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## WHAT WE'RE ABOUT

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

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

—R. Buckminster Fuller

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

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

## MAKING CONNECTIONS

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

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

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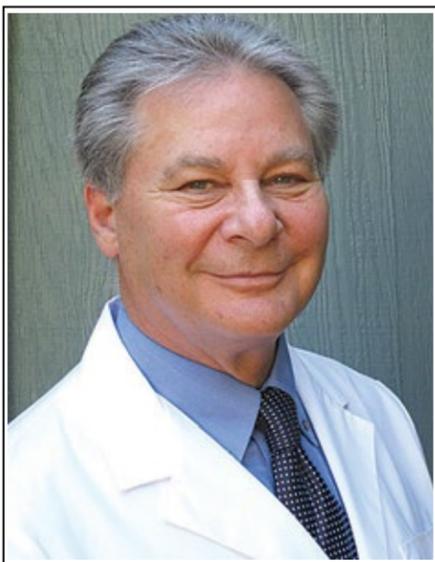
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Please set aside Sunday, September 27 on your calendar to share our joy at our 42nd Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time. I have been blessed with the honor of hosting this mind, body, spirit event for all these years and I am constantly amazed at the diverse group of attendees that wander the exhibit halls and workshop rooms with a common look of awe and amazement. Everyone has a sublime time.

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# Imagery And Healing

INTERVIEW BY DANIEL REDWOOD

Physician-author Martin Rossman is a leader in the field of mind-body medicine. A graduate of the University of Michigan Medical School in 1969, he has had a long-standing interest in the practical importance of attitudes, beliefs, emotions, and mind/body practices in medicine and health. In addition to a busy practice emphasizing non-drug medicine and patient participation, he has taught clinical guided imagery to over 10,000 health professionals since 1982.

Dr. Rossman is the author of *The Worry Solution* (Crown Archetype, 2011) *Fighting Cancer From Within* (Holt, 2003) and the award winning self-help book, *Guided Imagery for Self-Healing* (New World Library, 2000) and has written many articles and textbook chapters on imagery, mind/body medicine and integrative medicine. He is also the creator of dozens of guided imagery audios and home study courses for both the public and professionals.

He is Founder and Director of Marin Integrative Medicine and Medical Acupuncture, Greenbrae, California; Clinical Instructor, Dept. of Ambulatory and Community Medicine, University of California Medical Center, San Francisco; and a consultant to the Osher Center for Integrative Medicine at UCSF and the Rosenthal Center for Complimentary Medicine, Columbia University, in New York.

*For many years, you've been one of the leading lights among medical physicians who use guided imagery as a means of facilitating healing. For people who are not familiar with imagery, what does it involve?*

Imagery is a natural way that the brain stores, accesses and encodes information. Images are thoughts that you can see, hear, smell, feel or taste in your mind. So they have a sensory aspect. It's a very natural way of thinking and it's a very old way of thinking. It undoubtedly developed before our ability for more abstract thinking. We see that historically in cave paintings, petroglyphs, and early written languages like hieroglyphics where pictures begin to symbolize more abstract ideas like words and numbers.

People saw pictures in their minds and started to draw them and write them down, using them as ways of communicating amongst themselves. Later on, we started using those symbols to mean something somewhat different than what they literally represent, using writing and numbers. So imagery is a very basic and evolutionarily old way of thinking. We think that many animals also think in images. It's a pattern in our mind that probably started out representing things that we found in our outside world, but then



## Martin Rossman, MD

came to be able to also represent things that we just created in our imagination, symbols. And one of the great powers of the image is that it can represent many aspects of a person, object, place, or event at the same time.

*In a session where you're working with a patient or client using imagery, what's the procedure?*

There are a lot of ways to use imagery. One of the simplest is inviting people, for instance, to just daydream themselves to someplace beautiful, peaceful, and safe, a place that they'd love to be. It could be a place where they've actually been, it could be a fantasy place, or it could be a combination. But the key is that it's a place that's beautiful to them, where they can relax and just let go, to give themselves a little time where there's nothing they have to do. That's the quickest way I know to teach somebody to relax. It is simply a purposeful use of daydreaming, and nearly everybody daydreams.

That's a directed use of imagery, to

just teach people a way to relax and interrupt stress, which is generally the first thing we want to teach people to do. They can have an immediate experience and they get a quick sense that they can use their minds to help shift the way that they feel. Then, beyond that we might use directed imagery to encourage somebody to, let's say, relax muscles. They might focus in on their body and not only invite their muscles to relax but imagine that their muscles are getting very long and wide and soft and pliable. We might invite people to imagine more blood flow coming to an area. We might invite people to imagine that they're basking in the sun, and that the warm sun is focusing on a spot in their body that they want to bring more blood flow to, because blood is the way that the body delivers the elements of healing.

Beyond that, we might encourage people to focus on an area that's painful or uncomfortable, and let an image come to mind. It might be an anatomical or physiological image, or it might be a symbolic image. With back pain,

for instance, one of my patients had an image of a swayback mule come to mind when inviting an image for his pain, and saw it as a representation of how tired he was after 30 years of work. Another had an image of a knife in her back, and related it to a serious betrayal. The image has the ability to link emotional and life events to physical symptomatology.

*This is reminding me of a case you describe in your book, *The Worry Solution*, about a woman with severe, painful tendonitis in both forearms. Could you please share that story?*

It's a very good example of this. We were teaching a guided imagery workshop and this woman volunteered. She had severe, intractable pain in her forearms for several years.

*And she had been through all sorts of medical treatments.*

Yes. She'd seen neurologists, orthopedists and pain specialists. I'm not recalling whether she had seen acupuncturists or chiropractors. But she had really been through the mill and basically had every test there is, and nobody could diagnose it. So I used a Receptive Imagery method like I was just describing. I had her get into a relaxed state and invite an image to come to mind, and what came to mind were cold steel bars. I had her describe the qualities of the bars, because it's kind of hard to imagine what steel bars would be doing in her arms. She described them as cold, hard, rigid, unyielding, those kinds of words. In going deeper into the qualities of the image, you start to explore under the surface appearance and begin to move towards its deeper roots.

As she was describing those qualities, I asked her at some point whether that reminded her of anything else in her life, and she immediately said, "That sounds just like my grandfather." Then she tells us the story that she had been the caretaker for her grandfather the last few years of his life. She took good care of him before he died. She was his only relative, and he was this stern, hard, cold, unyielding kind of person, and hard to get close to. She started to cry, a lot of emotion started to come up. And then an image of her grandfather came to mind and I invited her to talk to her grandfather in her imagination. She expressed to him the feelings she had toward him and about him. The interesting thing was that in the imagery, he was able to express softer feelings to her—gratitude and appreciation—that he wasn't able to say while he was alive. It was a very emotional experience, with lots of crying, and feelings of grief and relief.

*continued on page 102*



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# Herbs for Pain

**“More than a third of reproductive-aged women enrolled in Medicaid, and more than a quarter of those with private insurance, filled a prescription for an opioid pain medication each year during 2008-2012, according to a report in this week’s Morbidity and Mortality Weekly Report (MMWR). These women who might become pregnant are getting prescriptions for opioid painkillers, such as Vicodin and OxyContin that can cause birth defects and other serious problems early in pregnancy.”**

~ Excerpt from “Opioid painkillers widely prescribed among reproductive age women,” Centers for Disease Control (CDC), 1/22/15

**“The United States has an estimated 600,000 heroin users, a threefold increase over the past 5 years. But that number is dwarfed by the estimated 10 million Americans who abuse prescription painkillers. Now we are seeing housewives coming in who have been addicted to Vicodin for two or three years before switching to heroin. You cannot even begin to measure how it tears families apart...it is devastating.”**

~ Lawrence Payne, spokesman for the Drug Enforcement Administration, quoted in *The Washington Post*, “At US-Mexican Border: A Flood of Heroin,” 2/1/15

BY TOM WOLFE, RH (REGISTERED HERBALIST,  
AMERICAN HERBALISTS GUILD)

Let us consider what herbalism can offer for the epidemic of use and abuse of pain meds. Is it not almost unbelievable that 25% of women of childbearing age in the USA are taking opioids, which can cause birth defects? Are you not stunned by the statistics on the use and abuse of pain meds?

This epidemic of pain and the growing crippling dependence on pain medication is another one of the signs that our lives need to be examined and recast. Some serious soul searching is in order to look deeply at the causes of so much pain that is overwhelming our population—especially our womenfolk. The question “Why are women suffering so much?” is long overdue, and answers will need to come that provide emotional and spiritual relief as well as herbal remedies for the physical symptoms.

First off, we need to be diligent in actively seeking answers to the question “What is causing pain?” In Ayurveda there are basically three causes of suffering: too much Vata, the element of air, or motion, which causes pain that moves around; too much Pitta, or heat, which causes pain due to flames (inflammation); and too much bulk, or Kapha, which cause pain by excess growth or things growing where they do not belong. The strength of this model of determining causes of pain is in seeking balance on all three levels—physical, emotional and mental/spiritual. This is not just fluff or lightweight speculation. To ask where we went wrong on each of these levels is fundamental to the deep healing of pain this epidemic demands. Thank God the knowledge of Ayurveda and 5 Element Theory from China is now available in the U.S. for us to begin the long overdue depth of approach to

bring the balance back.

Here is a brief list of the top 7 pain relieving herbs to get you started on the journey to more gentle and sustainable pain relief. The 7 herbs are: White Willow Bark, Jamaican Dogwood, Devils’ Claw, Kava Kava, Meadowsweet, Black

Cohosh and Ginger. I am not listing dosing since pain (especially to the level of using opioids) is a serious condition and each individual is different. There are more and more trained herbalists around to work with, so find us and we will help you chose a customized regimen for pain relief.

**White Willow Bark** (*Salix alba*)

is the first go-to herb for pain as an alternative to synthetic pills. It is often mixed with Meadowsweet to heighten its effect, and it is particularly helpful for easing the pain and inflammation of rheumatism, arthritis, and any joint-related inflammation. Because of its bitter and astringent taste, most people prefer

to take Willow in a tincture rather than a tea.

*Actions:* Anti-inflammatory, anti-pyretic, analgesic, antiseptic, astringent, vulnerary

**Meadowsweet** (*Filipendula ulmaria*) was once named “Aspirea,” which gave Aspirin its name. Meadowsweet is excellent for relieving pain in the muscles and joints, and it especially helps with arthritic pain. It combines very well with White Willow bark for additional pain relief. Meadowsweet also soothes and strengthens the digestive system, easing all manner of digestive pain, including heartburn and diarrhea.

*Actions:* Anti-rheumatic, anti-inflammatory, stomachic, anti-emetic, astringent, aromatic

**Jamaican Dogwood** (*Piscidia erythrina*) is one of the big guns for serious pain. It is used primarily in tincture form for headaches, neuralgia, and severe general pain. Although we include a photo of Jamaican Dogwood’s beautiful flowers, it is the stem bark that is used medicinally. This herb is a powerful sedative and is especially helpful in cases of nervous tension and pain-induced insomnia. I use the tincture form, as the taste isn’t the easiest to get used to.

*Actions:* Hypnotic, anodyne

**Devil’s Claw** (*Harpagophytum procumbens*) is an anti-inflammatory and known as an herbal anodyne (pain killer) particularly effective for people with swelling in the joints. Devil’s Claw contains a property that reduces inflammation in the joints. This African herb is native to Namibia. It doesn’t seem to work in every arthritis case, but it is extremely effective when it *does* work, so it’s worth a try!

*Actions:* Anti-inflammatory, anodyne

*continued on page 108*



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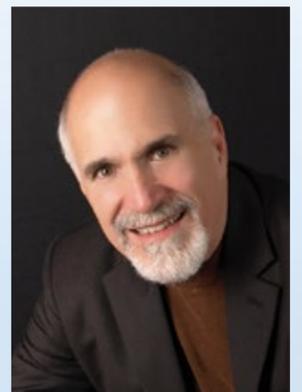
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His work has been featured in television specials to include, **MTV – I'm Allergic to Everything**. In 2012, PBS produced a twice Emmy™ nominated documentary – **Ageless Health – The TV Special** following six individual patients of the Roselle Center 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.

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# Acupuncture and Functional Medicine for Weight Loss

BY HELENA AMOS, M.AC, L.AC AND  
DOREEN MOREIRA, MD

With rates of obesity in this country at epidemic levels, and the prevalence of diabetes at an all-time high, the need for effective weight loss has become urgent. But the battle against the bulge isn't just about fat. It's part of a larger campaign for overall good health and wellness—and it's highly personal.

Along with diet, exercise, and other lifestyle changes, the use of acupuncture is another potential weapon in the fight for enduring weight loss. Acupuncture stimulates biological reactions in many organs and systems, and increases metabolism. There is a direct connection between the nervous system and endocrine system, both partly responsible for the loss of weight. The ideal scenario is a patient comes in, has several acupuncture sessions and then keeps dropping pounds. If you don't know how acupuncture works, this can look like a magic bullet! But it's important to understand what's involved to ensure you get the full benefit of this treatment.

While modern physiology explains this phenomenon, acupuncture has been known and practiced for thousands of years. It is a classical method and one of the branches of Traditional Chinese Medicine, along with Herbolgy, Traditional Chinese Massage and exercises like Chi-Gong. An acupuncturist can normalize metabolism and reduce cravings and overeating by stimulating certain energetic zones thereby initiating the weight loss. There are many advantages to this method, the greatest of which is that there are no side effects like those experienced with prescription drugs. There is no discomfort. You no longer crave sugary, salty, or greasy junk food, as the body simply does not want it.

Other benefits of weight loss through acupuncture include movement towards lower blood pressure and normalization of glucose. Type 2 Diabetes can start to reverse and hot flashes can improve or stop as the body gets back into balance. Back and joint pains from extra pounds and systemic inflammation improve, and overall quality of life can increase significantly allowing for more productivity and less anxiety and/or depression.

Classical methods of acupuncture treatment for weight loss consist of inserting needles into biologically active body points. Every patient is unique and eastern healers have a specific approach to each patient. The points are chosen individually, and can be related to the gastrointestinal tract, liver, kidney, pancreas, and thyroid function—all of which can assist in losing weight. This can require approximately ten to



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Acupuncture stimulates biological reactions in many organs and systems, and increases metabolism. There is a direct connection between the nervous system and endocrine system, both partly responsible for the loss of weight.

fifteen 30-45 minute long sessions for adequate treatment. It is very common to see dramatic water weight loss up to 8 pounds in the first week of treatments followed by more gradual but healthy loss of inches and pounds through the following weeks. A very knowledgeable practitioner, however, should conduct the acupuncture procedure, otherwise it will not work well.

Besides classical methods of acupuncture, the acupuncturist may add auricular acupuncture to the treatment regimen. This involves placing tiny needles or magnets at certain biologically active points on the ear. For example, there is a "Hunger Point" that blocks appetite and suppresses hunger for a long time; it speeds up the time to satiety resulting in the patient becoming satisfied with less food. Furthermore, the addition of certain herbal and homeopathic supplements at specific times during weight loss allow fat cells to release toxins and reduce in size.

Various types of functional medicine evaluation and treatment can also be performed in conjunction with the acupuncture treatments. Cortisol, insulin and thyroid hormone levels, as well as food sensitivities and overall GI tract health, are all implicated in weight gain and can be evaluated as indicated during the course of the acupuncture treatments.

Proper micronutrient status can help all of the cells in the body function better. Vitamins, minerals and antioxidants are all micronutrients that can be

evaluated—healthy levels of these are a foundation for good overall health. Replenishing any micronutrients that are deficient can significantly enhance the effects of acupuncture and the success of the overall weight loss treatment.

It is very important to remember that acupuncture, along with herbal or homeopathic remedies and the right hormonal and nutritional evaluation and support, can work like magic; but sessions are highly individual and should be conducted by a certified, experienced acupuncturist. In addition, occasional maintenance acupuncture sessions and functional medicine evaluations following treatment can enhance a patient's long term success in maintaining his or her new weight.

*Helena Amos, M.Ac., L.Ac. is a licensed Acupuncturist and owner of the Acupuncture and Natural Medicine Clinic in Rockville, Maryland. She can be reached at 301-881-2898. Doreen Moreira, MD, is an Integrative and Functional Medicine physician who provides functional medicine services to Dr. Amos' patients and can be reached at 240-383-8426. Visit rockvilleacupuncturemd.com/ for more information. See also their ad on page 55.*

## To Increase Weight Loss, Cut Fat More Than Carbs

NIH study examines the impact of fat restriction versus carb restriction



A scale shows pasta/carbs weighed against butter/fat.

Courtesy Dr. Kevin Hall, NIDDK

Dieting is standard operating procedure when you're trying to lose weight. But which diet? Paleo? Low-Fat? Low-Carb? Raw Food? Vegan? Vegetarian? Mediterranean? There are so many different types of diets available, that it just adds to the frustrating and overwhelming task of taking off a few, or a lot, of pounds. Fortunately, there is new research coming out that can help narrow down the search for the optimal diet, with results now backed up

by some scientific evidence.

In a recent study, restricting dietary fat led to body fat loss at a rate 68 percent higher than cutting the same number of carbohydrate calories when adults with obesity ate strictly controlled diets. This seems like common sense—cut out fat and you lose weight. The rub here comes from what the study findings imply about how these different dietary restrictions can impact overall weight loss because the body, and the brain, respond very differently depending on what's being cut.

Carb restriction lowered production of the fat-regulating hormone insulin and increased fat burning as expected, whereas fat restriction had no observed changes in insulin production or fat burning. Why is this important? These findings counter the theory that body fat loss necessarily requires decreasing insulin, thereby increasing the release of stored fat from fat tissue and increasing the amount of fat burned by the body.

The research was conducted at the

*continued on page 110*

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# Making Your Yoga Sustainable: One Pose A Day Practices

BY CLAUDIA NEUMAN

Many of us cannot even begin to burden ourselves with the task of practicing yoga each day. It is a scheduling challenge just to make it to a public yoga class for most. Carving out the time to do anything healing for ourselves is a mere luxury, which may involve finding childcare, money, transportation, and more.

A regular yoga class each week makes sense to most of us. We can schedule the time and get the support we need in advance; and for some, we just enjoy getting out of the house. For many of us that weekly yoga class becomes the highlight of our week. It is our time of self-nurturing and restoration, and most of all, we feel we are “doing our yoga practice” by going. We can simply follow the teacher’s prompts without having to think about what the next move is or worry about the time.

But what if you can’t make it to the class? If you travel, or something comes up, you are “stuck” without a plan. Your routine is interrupted, the stiffness creeps in and that sense of well being and vitality is a distant memory.

What if your yoga practice was not something you only did in class, but was something you would be able to access every day? Yes, I am suggesting you take charge of your yoga and practice without a class, without a teacher and totally on your own. Too difficult? Maybe not. Here are some interesting thoughts about motivating yourself to practice daily.

Most of us feel we concentrate better when we are in a class. Perhaps we are more attentive because we have to pay attention. It’s strange, but for many the biggest fear in life is that of looking clumsy while others are watching. If we have been brave enough to get our bodies into a yoga class, most likely we are going to be very mindful about how we are performing the poses; our senses are all “on.” In short, having others around is enlivening.

When alone, we are more subject to our perceptions of ourselves; to be more specific, we are usually subject to our own limiting perceptions of ourselves. If we think of ourselves as unknowledgeable about how to do yoga, or we see ourselves as having no time at all to do it, then that is how we live. We develop the belief that we can only do yoga well if there is a class in which to do it and a teacher that tells us how.

I believe yoga should be obtainable and sustainable for all. Daily yoga should be as natural a habit as brushing one’s teeth. If the mind is open and

the attitude is good, doing one yoga pose could change your life. In other words, doing one yoga pose with all of your heartfelt attention, even if it is for only a minute, will lead to so much more and help you to thrive.

Thriving in anything isn’t so much about how experienced you are at doing it, but how much heart and love you put into it. What you know doesn’t make you thrive; but what you do with what you know, how you do it, is what

makes you come alive. This is something I cannot emphasize enough, and it applies to just about everything in life. If something is worth your time—even if it is only five minutes or one minute—it is worth your attention, and most of all your heartfelt and earnest commitment.

## The Teacher Within: Noticing New Things

Ellen Langer, the renowned Har-

vard professor of psychology, has contributed much to substantiate that wonderful new-age adage, “Be the change you wish to see.” Based on the Bible’s Proverbs 23:7, “For as he thinketh in his heart, so is he,” this little mantra has gained momentum in the yoga world. Langer’s extensive research has shaped what is called the “positive psychology” movement with her famous studies on the illusion of control, decision-making, aging and her refreshing and amazing work on mindfulness theory.

Langer believes mindfulness can be obtained by simply noticing new things. As you notice new things you become more present. She describes mindfulness as a soft vigilance. And how to be mindful is simple, according to Langer—becoming more mindful would be to maintain a mindset of uncertainty. When we think we know, we limit. If we assume we don’t know, we approach things with an open mind and begin to do things with all of our attention.

Langer asserts that we should ask ourselves this question: What are five new things I am noticing now? Noticing is the action of engagement. Use the idea that you don’t know, just as you did when you were a child, and see what happens. You become more charismatic, more alive.

The reason we perform better in a class setting is because we go in assuming that the teacher knows more than we do, so we listen. I have always maintained that my students know more than I do—because they do. I remind my students they know everything there is to know about being a yogi because all of us did yoga naturally as children. Watch any child playing—they jump into a Hand Stand and a Back Bend without thinking about it. Children aren’t afraid of what they don’t know about moving their bodies; they are clear and open, ready to try and fall or try and stand. They are eager to try without self-limiting judgment or shame. That used to be you!

## Langer’s Study: Exercise and the Placebo Effect

In one of Langer’s studies she decided to look at whether our perception of how much exercise we are getting has any effect on how our bodies actually look and feel. To do this, she studied people whose day-to-day jobs are physically demanding: Hotel maintenance workers.

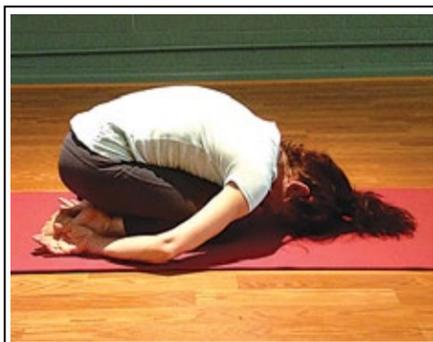
Langer questioned their perceptions about their health. In her survey of women who worked in this capacity, she found that 67% of them reported they didn’t exercise. More than one-

*continued on page 112*

## One Pose Practice Suggestions



Cat/Cow (Marjaryasana/Bitilasana)



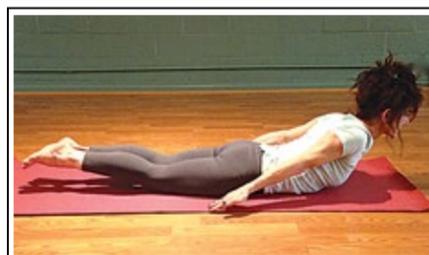
Child’s Pose (Balasana)



Downward Dog (Adho Mukha Savanasana)



Head to Knee Pose / Seated Forward Bend (Janusirsasana)



Locust Pose (Shalabasana)



Reclining Big Toe Pose with Twist (Supine Parivrtta Hasta Padangusthasana)



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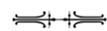
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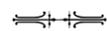
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Clinical Herbalist, Smile Herb Shop

## Will the Anti-Green John Kasich be the GOP VP?

BY HARVEY WASSERMAN

John Kasich, one of the “sleeper” candidates among the horde of Republicans running for president, is not to be ignored. His position as Ohio governor could make him a likely Vice Presidential nominee in a race that could be decided by the perennial swing state. Unfortunately, Kasich may be America’s most anti-green governor; but he has a critical decision coming up that could help change that.

Now in his second term, Kasich has established a national reputation as a leading enemy of renewable energy and enhanced energy efficiency. When he took office in 2011, Kasich opened fire by killing a \$400 million federal grant to restore passenger rail service between Cleveland, Columbus, Dayton and Cincinnati. Columbus is the largest capital city in the western world that people cannot get to by train. It also has no internal commuter rail, making it what some have called “the mid-sized town technology forgot.”

The rail grant had been painstakingly crafted over the better part of a decade by a broad bi-partisan coalition. It was poised to create hundreds of jobs and provide new opportunity for a number of small towns languishing along the restoration route.

The son of a postal worker, Kasich has long touted “jobs, jobs, jobs” as his trademark commitment. The polls were very tight just prior to Ohio’s 2010 election when a check for \$1 million came into his campaign chest from Rupert Murdoch, owner of Fox TV, where Kasich had anchored a commentary show. Between his time as a U.S. Congressman and the governor’s race, Kasich amassed a personal fortune by selling junk bonds to government pension funds.

Upon entering the statehouse in 2011 he sent the \$400 million rail grant back to the feds with stunning contempt. There were no public hearings, no legislative debates, and no discussion with Ohioans who had labored for years to bring the money into the state.

Kasich then attacked renewable energy. Under previous Gov. Ted Strickland, a bi-partisan coalition had constructed one of America’s most successful green power packages. By some estimates nearly a quarter-billion dollars had already come to Ohio consumers; but that money had come out of the pockets of corporate utilities, which were among Kasich’s biggest donors.

Meanwhile, major wind farms involving some \$2 billion in invested capital were poised to pour into north-

ern Ohio. Wind turbines can be especially profitable in the corridor just south of Lake Erie. The fertile farmland is flat, the breezes are steady, there are plenty of transmission lines, and the power can be generated relatively close to urban areas like Toledo, Canton, Cleveland and Akron. Thousands of jobs and radically reduced electric rates were set to revive Ohio’s gutted industrial economy.

A \$50 million solar farm was also slated for the southern part of the state. Businesses specializing in rooftop installations were thriving.

Kasich killed all that. Last year he signed a bill gutting the green power plan pending two years of “further study.” He then drove a stake through the heart of Ohio’s wind-powered future. Again with no public hearings or debate, Kasich slipped into law draconian restrictions on the spacing of wind turbines. For no apparent reason other than to kill the wind industry, the bill mandates extreme siting distances from property lines and buildings, which makes commercial turbine development a virtual impossibility in the Buckeye State. And Kasich has made Ohio the dumping grounds for fracking wastewater.

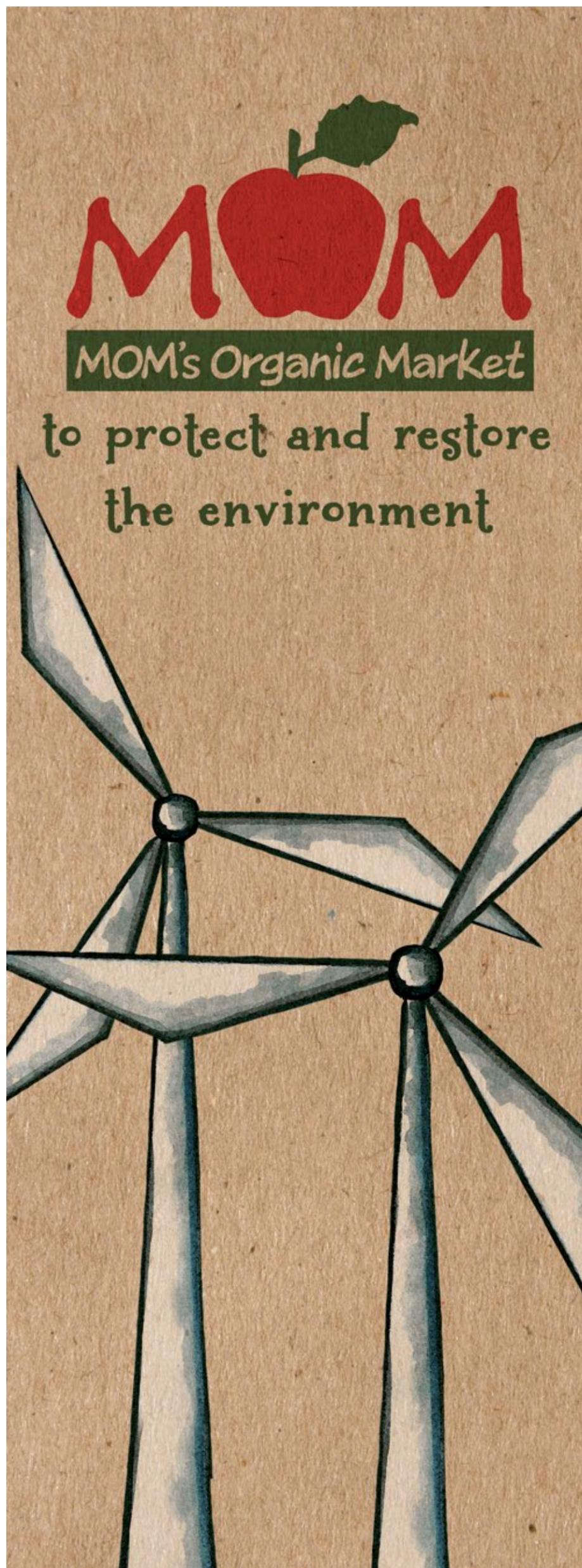
Yet even that doesn’t quite end the tragedy of Kasich’s epic energy fail.

The infamous Davis-Besse nuke at Oak Harbor, near Toledo, has been uneconomical for years. It’s recognized worldwide as one of Earth’s most dangerously decrepit reactors. Boric acid once ate through all but one-eighth’s inch of its pressure vessel, nearly causing a Chernobyl on Lake Erie. Its shield wall is crumbling, as is its overall infrastructure. Old age, mismanagement and corporate greed have left it, among other things, with a number of actual holes poked through its containment dome. Similar shenanigans recently forced the final shutdown of the Crystal River reactor in Florida.

Fifteen years ago the owners of Davis-Besse and the Perry reactor, east of Cleveland, took some \$9 billion from Ohio ratepayers to refurbish the two failing nukes in preparation for a “free market” in energy. Cincinnati-based economist Ned Ford has shown that siphoning off that money has helped cripple the industrial economy of northern Ohio.

Today neither nuke can compete with gas and renewables. So FirstEnergy, Davis-Besse’s Akron-based owner, wants the Ohio Public Utilities Commission (PUCO) to gouge \$3 billion more from ratepayers to keep Davis-Besse and its 50-year-old Sammis coal

*continued on page 113*



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# Can Cannabis Help Us?

## A Look at Endocannabinoids and Exocannabinoids

BY JAMES A. DUKE

I've learned a lot about *Cannabis* in the last three months, since I heard that it is legal to grow six plants in Washington, D.C., and they may issue permits for cultivation of medical marijuana even in Maryland. I've been in touch with four or five business groups that are seriously considering corporate undertakings in that direction. Since I think *Cannabis* is one of the best medicines there is, I would like to have at least one specimen plant here at the Green Farmacy Garden.

From past experiences elsewhere, I know *Cannabis* is easy to grow, and often shows up wild as a weed here in Maryland; but often not a natural weed, rather one that some clandestine planter sowed as his secret stash. I've run into at least three such stashes in the woods of Howard County, Maryland. It reminds me of my college days, botanizing with the University of North Carolina staff in the forests of the mountains of North Carolina. We were often trespassing on moonshiners' property; or they were trespassing on federal property. Equally dangerous and protective. That is one of the



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dangers in walking the woods here and there, 60 years ago and now. Secret *Cannabis* plantations are often booby trapped. This no longer poses a problem for me; stenotic neuropathy has crippled me and I can't even walk my own woods anymore. So I spend more time seated at my computer, compiling

data on the potential medicinal compounds in the weed. And I have a lot more to learn.

This does give me an opportunity to explain the ins and outs of endocannabinoids. Endocannabinoids are a group of molecules that affect neurons and their receptors in the brain. They

have been found to play a part in the way the body processes certain functions, like appetite, pain-sensation, mood and memory. When I started looking into them a few months ago, I naively thought they must be chemicals in *Cannabis*. And I imagine you will be as surprised as I to learn that all us humans are walking around with cannabinoids, at least endocannabinoids, already in us.

We all have several types of endocannabinoids, which occur in us and bring about the psychoactive effects of *Cannabis*, but are not found in *Cannabis* itself. I'm particularly interested in them because, after a long 86 years, I am showing some of the early symptoms of Alzheimer's disease (AD), often more euphemistically called dementia and mild cognitive impairment (MCI). The endocannabinoids each have gentle activities that can contribute minimally towards the alleviation or deceleration of AD (and my crippling neuropathy). So, we were all born with these innate chemicals that can help us stave off AD, significantly or trivially, if only we can synergize

*continued on page 114*

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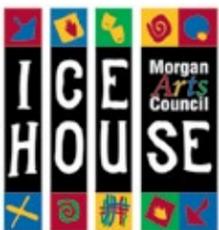
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# How to Raise a Wild Child: The Art and Science of Falling in Love with Nature

REVIEW BY ALYCE ORTUZAR

By Scott D. Sampson, PhD  
Houghton Mifflin Harcourt:  
New York  
2015; 327 pages (HB)  
ISBN 978-0-544-27932-2 (HB); \$25.00  
Author Websites:  
www.scottsampson.net;  
http://raiseawildchild.com

*Play is the highest form of research.*  
~ Albert Einstein

A dinosaur paleontologist is the perfect author for this passionate and engrossing guide to bringing nature home. The intent is to show how and why we should incorporate natural outdoor settings into our daily routines, and all that we stand to gain from doing so. Dr. Sampson's quest is to inculcate in children compassion for and a desire to become good stewards of what is and will be their planet. To achieve that, kids must engage in off-trail experiences in natural settings as often as possible, and preferably on a

daily basis. And to embrace those opportunities, kids need us—adult mentors.

Dr. Sampson directs much of his book to the adults in children's lives, and he includes compelling research documenting the emotional and physical benefits for all age groups from reconnecting and living with nature. It is a formidable list of positive higher order cognitive effects, reduced stress and mental fatigue, and a significant boost in mental clarity. In place of psychotropic pharmaceuticals that often have problematic side effects, mental health practitioners are prescribing walks in local, state, and na-

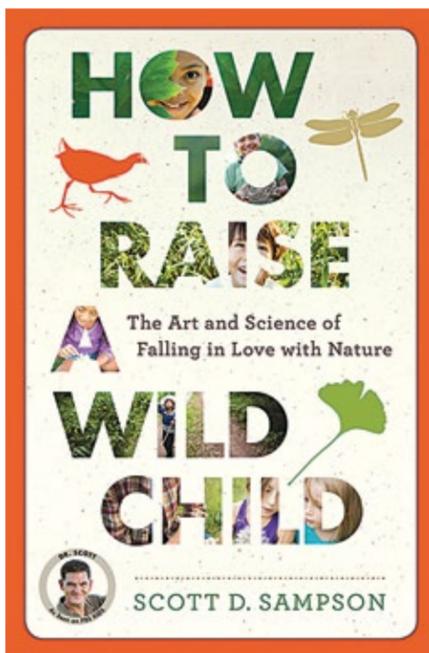
tional parks and wilderness areas for a range of disorders such as addictions, post-traumatic stress, depression, attention deficits, hyperactivity, and anger management. At-risk teens who have participated in wilderness backpacking trips report improved coping skills, increased self-confidence as a team player, a greater sense of self-reliance and leadership, and more compassion toward nature and toward other people.

Although Germany and numerous Scandinavian countries have never abandoned their forest kindergartens ("nature preschools"), the United States never fully embraced the concept and is mov-

ing even further away with a new emphasis on "academics" in kindergarten and the elimination of recess throughout elementary school. Yet the benefits from the original understanding of kindergarten have never been refuted. Those children "are more adept at assessing risks, have fewer accidents, are above average in math and reading, are curious (inquisitive), and are highly motivated." Forests and other natural settings provide multisensory immersion experiences. These natural play spaces tend to be complex environments (rocks, logs, mud, plants, insects, birds) that stimulate creativity, imagination, and an enthusiasm and respect for life itself.

A number of elementary and high schools around the country have embraced school gardens and natural schoolyards. The documented benefits and outcomes among students who experience unstructured time in gardens, backyards, and local parks are heartening but not surprising. The author compares the "careerism—learn to earn"

*continued on page 116*



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## ACCESSING YOUR INTUITION

BY REVEREND GERALDINE AMARAL

*The Light You Seek is in Your Own Lantern.*  
~ Zen Proverb

### The Truth About Tarot

Tarot is popularly viewed as a set of cards, an “occult” tool that predicts the future—you know the whole fortune-telling thing that gets a bad rap from popular culture, films and various stereotypes. But the truth is that it’s impossible to see or know the future with absolute certainty. So the fortune-telling aspect of the Tarot is really only a fraction of its true gifts.

So now, are you ready to learn the truth about Tarot—what it really is and how it can help you be more spiritually grounded and aware? You can use the Tarot to illuminate your path by tuning in to your inner guidance and wisdom, transforming challenges into opportunities for growth, and connecting with your Higher Self. The 22 cards of the Tarot Major Arcana, in particular, symbolize the life lessons we need to learn as we progress in our spiritual evolution. I hope that this article will demystify some of the confusion and mystery around this powerful tool and provide you with a more spiritual approach to the Tarot. I will be explaining that the Tarot offers an initiation into a metaphorical “language” that can lead to the spiritual center within each one of us.

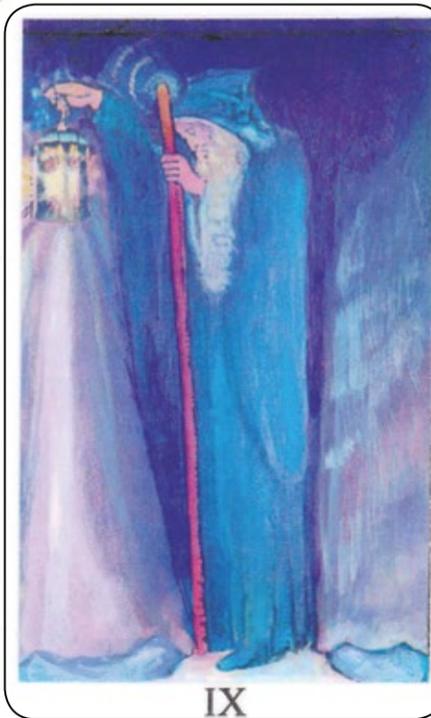
# The Spiritual Tarot

## Using Tarot Archetypes as a Path of Light

The 78-card Tarot pack has many uses. One of the things I love the most about working with these venerable cards is how versatile they can be. For example, the Tarot can be used for creative visualization, meditation, introspection and self-understanding, personal empowerment, divination, spiritual development, building and developing intuition, and fostering creativity. The list is almost endless because the Tarot cards portray the *totality* of human experience (both the earthly and spiritual aspects)! The Tarot deck can also be used in conjunction with other esoteric tools

and systems such as Feng Shui, crystals, the *I Ching* and astrology.

People often ask me, “Do you *really* believe in Tarot cards?” And my answer is a resounding “No!” The cards are just paper or card stock; they have no intrinsic worth. But what I do believe in is the *power of the mind* and the *power of Spirit* to work through us and through the universal symbols and images found in the cards. That is because the information found in the unconscious mind is in *images, symbols and pictures*—similar to what we see on the Tarot cards. Thus, the cards are a *visual expression* of the archetypal wis-



IX  
The Hermit

dom found in the unconscious. Further, many believe the deeper we go within ourselves, the closer we come to God. That is to say, our bodies are the temples, or the “housing” for the spirit within.

The unconscious mind is a vast resource—it contains the answers to many of our questions and the solutions to our problems. It is the creative, inventive part of our psyche. In the simplest terminology, the cards are a way of communicating with this unlimited resource *in its own language* (the language of symbols). That is the key—communicating with that armory of information in a language that it understands. Further, each one of us has unlimited potential available to us through the unconscious mind. Scientists inform us that the average person is using only about 3% of the brain’s power. So think about everything you know, everything you learned in college and high school, all the books you’ve ever read—this is only a small portion of the wisdom locked inside of you. The Tarot is a tool that allows you to unlock some of that potential.

The Tarot is a way of exploring *energies* and *vibrations*. In particular, the Tarot helps to reveal the unconscious with its immense storehouse of knowledge and the associated energetic processes of the human psyche. The Tarot

*continued on page 25*

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## ACCESSING YOUR INTUITION

### The Spiritual Tarot: Using Tarot Archetypes as a Path of Light ...continued from page 23

helps us to go beyond our limited, human, rational, linear way of thinking by guiding us towards a symbolic and supranatural perception of life. I like to think that when we consult the Tarot, we are “borrowing” the eyes and mind and expanded viewpoint of Spirit. Not only is the Tarot able to access the wisdom buried within the unconscious, but it also offers a way to enlarge our scope of vision. It helps us see life events and experiences from the big picture rather than as a series of isolated events.

Tarot cards can also be viewed as visual expressions of Carl Jung’s archetypes, also found in the unconscious. An archetype is a universal human behavior or pattern. The cards enable us to examine the inner terrain of our knowledge from the view of the archetypal energies that are working themselves out in our lives. As archetypal energies, the cards are able to help us speak to our conscious and unconscious mind in the most potent way possible—as images and symbols that capture the meaning of the archetypal “template.”

#### Pathworking with Tarot

My personal favorite way to use the Tarot is for “pathworking.” Pathwork-

ing usually relates to building *spiritual* character and progressing in our spiritual evolution. Aspects of pathworking can include creative visualization, which simply means placing a mental image of something you seek in your mind’s eye or your third eye, *as if you had already achieved it*. Perhaps you’ve heard stories of successful creative visualization practices—basketball players who visualize the ball falling into the hoop, or runners who envision themselves crossing the finish line, or baseball players “seeing” the ball going over the fence. One of my favorite examples is a story from Norman Vincent Peale. He described a couple he was counseling who were trying to sell their house, but having no luck. Peale advised them to imagine each day for 10 minutes a “sold” sign plunked on their front lawn. Shortly thereafter, the house was sold.

#### The Light in the Lantern

You can use *any* Tarot card for creative visualization since the cards capture *all* of our life experiences—the physical, the mental and the spiritual. But from an esoteric perspective, we can use creative visualization to promote not just *external* experiences, but also *internal* spiritual growth and clar-

ity. My favorite card for pathworking is the **Hermit** card. In fact, the Hermit can be a ubiquitous solution/advice card. That is to say, *whatever your problem, whatever your question or issue, the answer is the Hermit because this card is about giving it to the light*. What I mean by that is the light of the Hermit symbolizes the light of Spirit, or the light of the divine realm. Perhaps you have heard or used one of these expressions yourself: “Give it to God,” “Give it to the Light,” or “Let go and let God.”

Perhaps it will help you to think of it like this: The Hermit’s lantern symbolizes the bringing of light and clarity to our problems, to our personal darkness. The Hermit offers direction, guidance and healing, but he is also inviting us to get in touch with our Higher Spiritual Selves. We look to the Hermit’s light to attune our *earthly*, mundane selves with our *higher spiritual* selves. By acknowledging a higher force operating in our lives (the Infinite Consciousness) and by attuning ourselves to that concept, we allow our own inner light to be realized. And taking the analogy of the lantern one step further, we could say this light illumines both our own divine purpose and direction, and can also be an inspiration to others who are also drawn to the light. The light within each of us is reflected outward to touch the lives of others.

You can practice tuning into your inner light any time. Take a moment right

now. Think of a situation in your life in which you could use some divine help, some spiritual guidance. Or picture a person in your life who needs a spiritual intervention. And if you really want to accelerate your spiritual evolution, think of your enemy, someone you are having a conflict with, someone you don’t like or get along with or even someone towards whom you feel jealousy. Now imagine the Hermit card and picture the light from the Hermit’s lantern surrounding you, your issue or the person about whom you are thinking. Breathe in that light—imagine its warmth and healing. Imagine the light illuminating all that was previously dark or hidden. Finally, imagine the light changing any negative energies or thoughts into positive thoughts of a higher vibration. (Note: At the end of this article you will find a guided meditation you can use to practice utilizing the symbolic healing light of the Hermit.)

#### The Course in Miracles and the Light

*The Course in Miracles* (Inner Peace Foundation, 1975) teaches that it is through forgiveness that we can truly find our own inner light, which is how we discover the truth about ourselves—that *we are the light*. So, whenever you do the light meditation at the end, I might recommend you think of

*continued on page 27*

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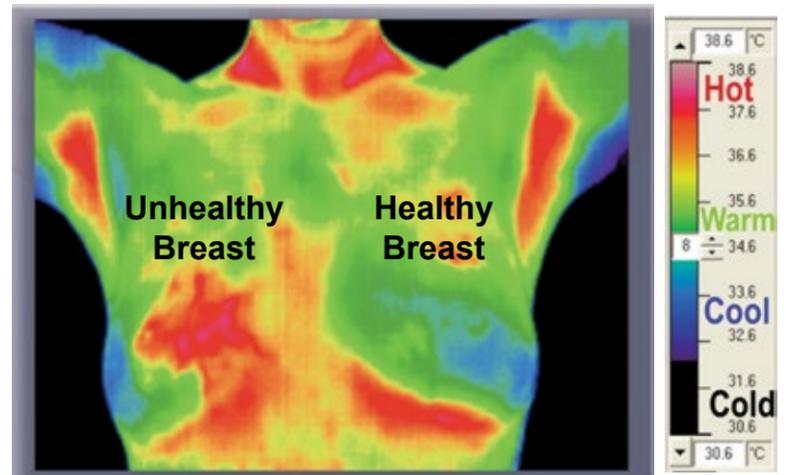


# Know your breast health risk.... and know that not all Thermography is the same

## What is thermography and what are the differences between a mammogram and a thermogram?

Thermal breast imaging is a functional test to evaluate temperature as an indicator of physiological, metabolic and/or vascular (blood vessel) activity. It does not directly detect or diagnose cancer but can indicate the level of risk for breast cancer. Causes of increased heat, which thermography may image, include a variety of conditions including cancer, inflammation, infection, healing scars, benign tumors and others.

Infrared Breast Thermography is a risk assessment tool. It does not replace Ultrasound, Mammography and/or MRI but has been an important FDA-approved tool for adjunctive breast cancer risk assessment since 1982. Thermography and Mammography are different, and both have an important role to play. Here is a comparison of the most important differences.



Thermography	Mammography
<i>A non invasive</i> , no radiation, no touch method of imaging the patterns of heat given off by your body. The associated patterns reflect different aspects of risk and/or breast health.	Radiation and compression are used to produce a radiological image of the inside of the breast.
<i>Functional assessment</i> : Thermal pattern changes are reflective of physiological or functional changes.	<i>Structural assessment</i> : The x-rays provide an image of a structure such as a mass, lump, or calcifications once they are large enough to be seen.
<i>Preventive</i> : Most useful <i>before</i> there is a cancer to identify low vs. high risk (i.e., “am I at high risk for developing a cancer?”) and help guide efforts to reduce risk (i.e., “is my risk level improving in response to my efforts?”).	<i>Corrective</i> : To help detect a tumor once it is already present. Once a tumor is detected, there is the possibility of biopsy, surgery, chemotherapy and /or radiation.

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- At CHH, we adhere to the American Academy of Thermology (AAT) guidelines for technique and resolution. These guidelines are internationally peer reviewed and are the strictest, most comprehensive guidelines in thermography.
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  - Color images for seeing regional heat patterns
  - Gray scale images for identifying certain thermovascular patterns associated with increased or decreased risk
  - A cold challenge, which consists of placing (gloved) hands in cold water to trigger a ‘chill response’. Healthy areas tend to have a uniform and healthy cooling response. Tumors often don’t cool or actually become warmer. This often makes the unhealthy area ‘stick out’ as having a different response than the healthy areas.
  - Nine views/images in total. Our reports typically include 5 color and 5 gray scale views and may include additional views.
  - Symmetry comparisons for various areas on each breast. Right/left

symmetry is the most important criteria for assessing breast health; on the reports, suspect areas are outlined and their temperature precisely measured (at thermal resolution of at least 0.1C) and are compared in order to assess risk level.

- Use of the internationally recognized (numerical) thermobiological (TH) risk rating system (in which the thermographic risk assessment ranges from lowest risk of TH 1 to highest risk level of TH 5). The different thermobiological ratings are statistically associated with different risk levels.

**Bruce Rind, MD** has been an integrative physician for over 30 years with extensive experience in the following areas:

- Integrative and holistic medicine. He is certified by the American Board of Integrative and Holistic Medicine (ABIHM).
- Nutritional medical approaches to health.
- Integrative approach to endocrinology.
- Osteopathic mobilization: He has taken the series of courses offered to MDs by Michigan State University College of Osteopathic Medicine (MSUCOM) and has 26 years of practice in this field. Working with the combination of thermography and osteopathic medical techniques has given Dr. Rind a unique perspective on relating structural health (e.g., rib cage dysfunction) to breast health. He has made presentations on thermography and these topics at the annual national conferences of the American Academy of Thermology.

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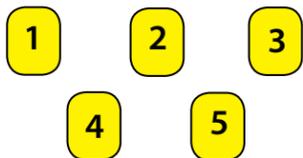
## ACCESSING YOUR INTUITION

### The Spiritual Tarot: Using Tarot Archetypes as a Path of Light ...continued from page 25

someone you need to forgive (and that someone could very well be yourself!). When we forgive, we are spreading the light; we are also *entering* into the light. Jesus said, "I am come as a light into the world." According to *The Course in Miracles* this statement represents his desire to share his light with each of us, not to separate himself from us. The *Course* also says, "Each of us is the light of the world, and by joining our minds in this light we proclaim the Kingdom of God together, and as one...Let us join together now, for my (Jesus) message is Light." The Hermit card is a symbolic way to "join our minds in this light." The Hermit's invitation extends to each of us: You can carry the image of the Hermit card in your heart. Let it be a model for sending healing energy and illumination to all whom you encounter.

#### The Spiritual Path and Challenges Spread

Below is a Tarot spread that can shed some insight on your own personal spiritual journey. It is a small spread, but sometimes using fewer cards can be more potent. Take your deck in your hands; say a prayer that invokes the highest spiritual energies. Ask for guidance and wisdom. Thoroughly shuffle the deck and then choose and lay the cards out. I always recommend you keep an important spread like this out for a few days, week, months (or even years!). Let it work on you, as you work on it.



1. The spiritual challenge(s) of the past
2. The spiritual challenge(s) of the present
3. The spiritual challenge(s) of the future
4. The gift(s) you are being given to deal with the challenges
5. The spiritual gift(s) you have to offer others

#### Your Daily Card for Spiritual Wisdom

The cards you select for a Tarot reading represent a morsel of knowledge that has bubbled up from your own unconscious. It represents Spirit offering you insight, light and wisdom. Choose a card each morning for guidance for that day. Look at the card. What is it trying to tell you? Whether you know anything about the cards or not, you can simply look at the images on the card and be open to messages from the spiritual realm. What is Spirit telling you about your current spiritual path? Remember: there are no wrong answers! Don't worry about what the cards mean—just let the images, the symbolism and the metaphors on the cards communicate to you. See what they stir up. Put the card in your pocket or your purse and look

at it every now and then. Remember, this process is about the power of the mind and the power of those spiritual forces around us. It is also about how symbols can help you access that inner subconscious mind and power.

You can also use the imagery on a Tarot card as a reminder to send out light and love to others. This is really the work that those on a spiritual path are doing on the planet now. This is the spiritual path we are all on—accepting and acknowledging we ourselves are spirits and we have the ability and power to commune with Spirit through our mind and hearts. The Tarot is simply a container enabling that communication process with Spirit.

May God bless you on your Path of Light.

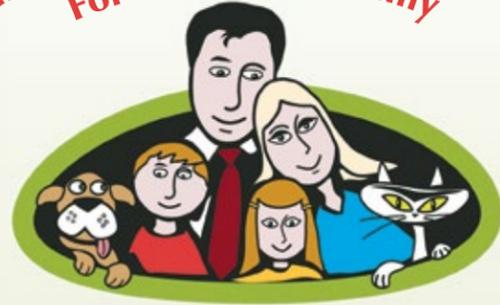
#### Light Meditation with the Tarot Hermit Card:

Take a few minutes to center yourself within. Take some nice deep slow cleansing breaths. Slowly now, imagine the light coming from the Hermit's lantern, which is the light of Spirit, coming towards you and around you. Let it engulf you. Now imagine it coming into your heart and then radiating out from your heart, illuminating everything it touches. Now imagine it going out to all the homes in your neighborhood, then to all the residents of your town, your state; then imagine that light traveling across the US, then up into Canada and down to South America. See it traveling across the oceans, into Europe, China, Asia, the Middle East, India and Australia. See that light touching each person, in each country everywhere, bringing peace and love and healing. Now imagine that divine light from the Hermit's lantern encircling the globe, spinning with the earth on its axis, permeating every part of the world, every heart and every soul of each person. Now hold that image in your mind and silently visualize that image in your heart of the Hermit's light engulfing the world, bringing peace to all.

*Reverend Geraldine Amaral is the author of Tarot Celebrations: Honoring the Inner Voice, creator of "Tarot 1-2-3," an instructional video and has been writing for Pathways for over 20 years. She fell in love with the Tarot about 30 years ago, and utilizing Jungian/archetypal psychology and Divine Metaphysics, has been studying and writing about the Tarot ever since. She is a respected/gifted intuitive counselor and nationally-known teacher. Her classes uniquely blend spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She is an ordained minister in the United Metaphysical Churches. She can be reached at 202-441-0415 or geraldine@thespiritualtarot.com. Visit her website: www.thespiritualtarot.com. See also her ad on page 83.*

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**Dr. Stéphane Provencher**  
D.I.C.S., C.K.T.P.

Holistic Chiropractic  
Physician

Dr. Stéphane Provencher, BS, DC, DICS, CKTP was born in Québec, Canada and received his B.S. Degree in Medical Biology from the University of Québec at Trois-Rivières. During the middle of his functional neuroanatomy master degree he decided to attend Logan College of Chiropractic, where he earned his Doctor of Chiropractic degree with honors in 2007.

He has submitted three articles for publication in scientific journals one of which was published in the JVSJ in 2009. He was the first chiropractor to present chiropractic research (Chiropractic Manipulation Reflex Technique – Organ Manipulation) at the Neuroscience Research convention in 2009 in Chicago.

Dr. Stéphane was named Researcher of the Year 2009 by SORSI, America's Chiropractors of the Year 2009, 2011 and 2012 by the Consumer Research Council of America and Presidential Appreciation award by SORSI in 2010. Dr Provencher is the co-founder and primary developer of the SORSI-EBRN (Evidence Based Research Network) and automatic online case reporting system to improve Chiropractic research. Dr Stéphane was awarded Talk of the Town of Haymarket, VA in 2013, 2014 & 2015.

Dr. Stéphane is the vice-president of the Whole-Listic Children's Foundation and wrote a book called Billionaire Parenting – Give your Kids the World in 2014 ([www.billionaireparenting.com](http://www.billionaireparenting.com)). His passion is to bridge western, eastern, alternative and holistic medicine under one roof and build a Whole-Listic Children's Hospital, Academy and Spa resort.

Dr. Stéphane will be featured among Wayne Dyer, Louise Hay, Tony Robbins, Bill Gates, Maya Angelou, Brian Tracy, Tom Hopkins, Bob Proctor, Jack Nicklaus and many other in the Leaders & Legends – One life, success, health, wealth and happiness book from the America's Legacy Library releasing this 2015.



**Gina Phelps,**  
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# Relationships Are Your Foundation

BY MISTY KUCERIS

Throughout Fall 2015 you'll find relationships are important to build a strong foundation in your life. This is a time period where you'll learn you can't do things on your own. Nor can you push your agenda if other people aren't supporting your efforts. By building coalitions, you will be able to create a secure life that supports your dreams.

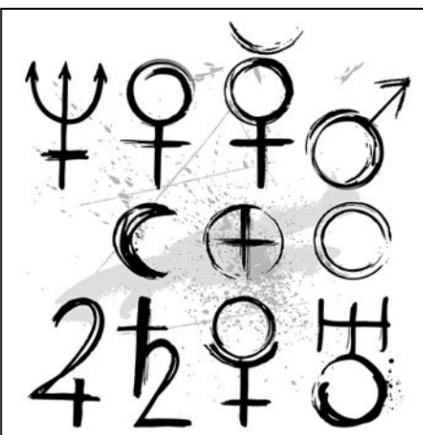
As you enter the month of September, Venus is still in retrograde motion and goes direct on September 6<sup>th</sup>. Venus retrograde is a subtle energy often ignored when occurring. At the time Venus is retrograde, which started on July 25<sup>th</sup>, you need to review your finances and make certain you're living within your budget. You need to re-evaluate your relationships with other people, both in your personal life and your professional life, to make certain you're being appreciated for who you are. And you may have even seen old friends re-enter your life so you can assess the progress you've made in life. Now that Venus goes direct on September 6<sup>th</sup> it's time to make certain you're

living within your budget and paying down those bills. It's also important to surround yourself with people you love.

When the partial solar eclipse occurs on September 13<sup>th</sup>, you may feel as if other people aren't respecting your routine. A solar eclipse occurs at the time of a new Moon. In this case both the Sun and Moon are in Virgo.

There are several important aspects to this eclipse. The first is that the eclipse forms a quincunx to Uranus retrograde. Expect the unexpected. Don't be surprised if you find your routine disrupted. While you may try to create new plans, you won't have all the information you need. Or you may have too much information and find yourself feeling overwhelmed. Try to be flexible and that will help.

The eclipse also forms an opposition to Chiron retrograde, which in-



dicates you need to take time to correct any past mistakes so those matters don't come back up and create more problems at a later date. It's possible you let other people take advantage of you. If that's the case, now is the time to create boundaries so others don't keep interfering with your happiness. Or perhaps you

expected too much of others. If that's the case, it's time to realize you may need to rely on your own resources in order to achieve your goals. If you are a Virgo or Pisces, you'll find this eclipse affects you more strongly than the other signs.

It's actually going to be a good thing that Mercury turns stationary retrograde on September 17<sup>th</sup>. It will remain retrograde until October 9, 2015. With Mercury in the sign of Libra, you'll find it very important to consider the various relationships in your life and their impact on your happiness. The

most important questions you'll need to consider are: Are these individuals showing their support for my needs? Or am I letting them exert some sort of power over me so that I'm trying to please them more than I'm trying to please me?

There's a desire to negotiate with others when Mercury is in Libra; but since Mercury is retrograde, the negotiations may not come to fruition until October 9<sup>th</sup> when it turns direct. If you need to negotiate, don't give too much away. Consider all aspects of the situation.

September 17<sup>th</sup> is a very important day astrologically because a new 28-year cycle begins. Saturn re-enters the sign of Sagittarius and will remain in Sagittarius until December 19, 2017. Saturn originally entered the sign of Sagittarius on December 23, 2014. It remained in Sagittarius until June 14, 2015, when it re-entered the sign of Scorpio.

It's actually not uncommon for Saturn to enter a new sign for a few months and then return to the previous sign for a few months before it finally makes its 2.5-year entry into the new sign again.

*continued on page 31*

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See website [www.takomachapel.org](http://www.takomachapel.org)  
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**All Message Service**  
1st Sundays at 1:00 p.m.

**3rd Sunday Goddess Circle**  
7:30 p.m. at 756 Silver Spring Ave.,  
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Sunday Discussion Groups after  
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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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[www.takomachapel.org](http://www.takomachapel.org)

## Relationships Are Your Foundation

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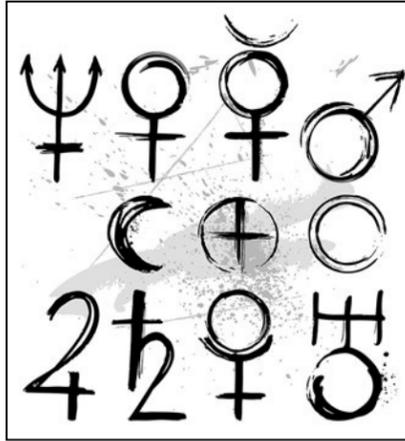
Saturn represents society and the rules and regulations that govern a nation. It also represents authority figures in your life. It's how you police your own actions in order to conform to societal values and create foundations that can lead to your professional success. Saturn can also represent the agrarian needs of a country and the world as a whole.

When Saturn is in Sagittarius, rules become stronger with religious organizations; and there are more rules governing daily life. So you'll feel as if society is trying to control you more than ever. At the same time, you may actually be giving the government this control because you want to make certain the world is secure and safe. This is a time period when you need to consider what's more valuable to you—your ability to do what you want, or your need to conform to others in your life.

Rituals also become more important when Saturn is in Sagittarius. You may feel you need to create rituals in your life, whether they are religious or familial. Some rituals are good because they bring you closer to other people. But some rituals can also stand in the way of progress. Whichever it is will be something you have to decide.

The one thing you will find with

Saturn in Sagittarius is that it's easier to be realistic about your goals. You'll be willing to take time and create the right foundation before you move forward. You'll be less willing to take unnecessary risks in life. You'll even try to



**Rituals also become more important when Saturn is in Sagittarius. You may feel you need to create rituals in your life, whether they are religious or familial. Some rituals are good because they bring you closer to other people. But some rituals can also stand in the way of progress. Whichever it is will be something you have to decide.**

understand the purpose behind some situations. Don't be at all surprised if you approach life from a more conservative perspective.

The Autumnal Equinox, which occurs on September 23<sup>rd</sup> when the Sun enters Libra, is always an important spiritual time period of the year. The astrological year is half over and you

often find yourself thinking about what you've done up to this point and what you want to do with the rest of the year. With the Sun forming a conjunction to the Moon's North Node, it's important for you to re-evaluate your past relationships. Engage other people in your decisions so you can gain their support. It's time to realize you can't do everything on your own.

are four Total Lunar (Blood Moon) Eclipses in a row over a two-year period. Often these Blood Moon eclipses have been attached to historic upheavals in Israel's history. They are called Blood Moons because the Moon turns a deep, blood orange or red, just before it moves into the eclipse phase.

A lunar eclipse occurs at the time of the full Moon. In this case, the Sun is in Libra and the Moon is in Aries, so once again it becomes important to understand how to balance your own personal needs with the needs of people you love. But you may find it difficult to express your needs during this eclipse, especially if you are an Aries or Libra. You may feel you have to fight to get your way rather than negotiate with others to reach a peaceful solution. If you are having difficulties in your relationships with others, perhaps it might help to think back to the various time periods that this eclipse occurred earlier in this tetrad. Those dates were: April 15, 2014; October 8, 2014; and April 4, 2015. If important events occurred during those time periods in your life, you'll find them resurfacing.

Mercury turns direct on October 9<sup>th</sup> and it becomes easier to understand what you need from relationships in your life. It also becomes easier to include other people in your plans. It's very important to understand you can't do everything by yourself. You

*continued on page 33*



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**Relationships Are Your Foundation**

...continued from page 31

need other people in your life. If you did try to negotiate matters when Mercury was retrograde and it didn't quite work out, you'll have another opportunity today. This time you'll be able to find a middle ground between what you and other people need.

On October 11<sup>th</sup>, Jupiter in Virgo forms a trine to Pluto in Capricorn. This is the first time that this trine occurs in this series. It will occur again on March 16, 2016, and June 26, 2016. Both Jupiter and Pluto in earth signs represent the importance of being fiscally responsible as well as prudent in your actions. In some ways, both of these planets represent the importance of upholding the law and maintaining a balance in society.

This trine could make life easier for you because you understand the rules that need to be followed and those that can be modified. You may want to push the boundaries but you won't. You'll also understand that other people don't want you to control them. They are willing to let you know the rules they want to follow. This makes it easier to find that common ground which can lead to success.

The new Moon with Sun and Moon in Libra occurs on October 12<sup>th</sup>, the day

after Jupiter and Pluto form their trine. Relationships continue to be important as you negotiate your way through life. But with the new Moon separating from an opposition to Uranus retrograde and a quincunx to Chiron retrograde, be prepared for the unexpected.



**People may make commitments and not follow through. Or they may feel as if you're expecting too much. The best way to use this energy is to be open to new ideas. That way if the unexpected happens, you can accept the situation. You may even find that the change of plans works better for you.**

People may make commitments and not follow through. Or they may feel as if you're expecting too much. The best way to use this energy is to be open to new ideas. That way if the unexpected happens, you can accept the situation. You may even find that the change of plans works better for you.

When the full Moon, with Sun in Scorpio and Moon in Taurus, occurs on October 27<sup>th</sup>, it's very important to be in touch with your feelings. While logically you understood that the change of plans was important on October 12<sup>th</sup>, you may still feel a little frustrated that it happened. You may feel as if you were not in control of the situation. But today, if you are in touch with your feelings, you'll finally understand how

ring today because this quincunx will happen again on June 17, 2016, and September 10, 2016, when those events will resurface.

In some ways Jupiter and Uranus are a very sympathetic energy. Both Jupiter and Uranus represent the need for change and the need to move into the future. Jupiter tends to want to move into the future through a system of changes. Uranus tends to create upheaval leading to changes. When there's a quincunx between these two planets, it means you want to create change in your life, you just don't know the best way to go about it. On one hand you want the change to come through societally approved methods. On the other hand you just want to be different and go for it. This can lead to a lot of confusion in your life. It can also lead to global tension between various power structures and their populations. If you can balance the lessons you've learned from the past with your desires for the future, you'll find you can use this energy to create change that leads to success.

important those changes were. You won't second-guess your actions.

On November 5<sup>th</sup>, Jupiter forms a quincunx to Uranus and you have the opportunity to make adjustments in your life that can benefit your future growth. It's important for you to make a note of any important events occur-

It's actually a good thing that the new Moon, which occurs on November 11<sup>th</sup>, is found in the sign of Scorpio. You really need to understand how to hold on to your belief systems. The new Moon is separating from a conjunction to Mercury, a trine to Chiron

continued on page 100



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## ENERGETIC LITERACY

# Happy Empaths from YOUR Generation

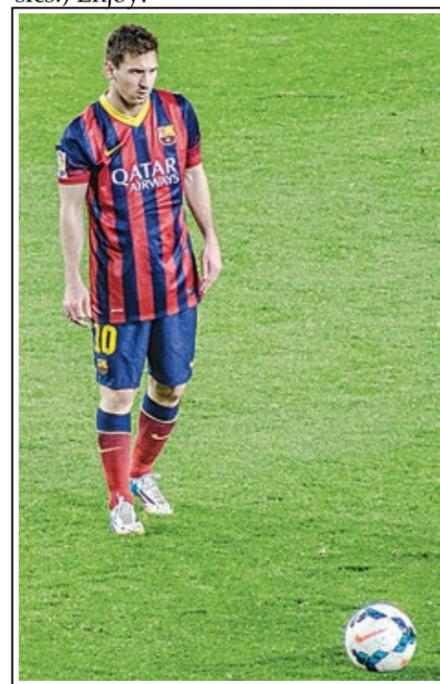
BY ROSE ROSETREE

It's true—unskilled empaths suffer. But enough with the victim-talk, because empaths can always develop skills! And once you learn those skills, you become so much happier. You can even learn how to do a Skilled Empath Merge.

Just as something funny is said to "tickle your funny bone," what happens when you do a Skilled Empath Merge? It tickles your soul. Even *reading about* a Skilled Empath Merge can do that for you. So relax, Happiness-Seeking Reader.

In this latest column in the series, I'm going to treat you to a sweet bunch of energetic literacy profiles. These public figures are empaths who have become skilled enough to enjoy their lives. They are, overall, happy empaths. For extra fun, I'll be profiling a public figure from each generation—*your* generation. In case you're curious, at the end of each profile, you can read a list of that person's empath gifts. (Note: If technical terms like "Chakra databanks" and "Stage Three Energetic Literacy" are unfamiliar to you, skip to

the end of this article. Regular readers of this column may recognize these basics.) Enjoy!



Millennial Lionel Messi



## A Holographic Universe:

*the use of epigenetics, quantum field theory, and the heart field to create and heal as the veil lifts to expose a deeper understanding of life*

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

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

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

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

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

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

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

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

### What does Rebecca do?

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

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



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

### About Rebecca Norris

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



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

## ENERGETIC LITERACY

About Millennials: Born 1980-2000, you're digital natives, Internet surfers. Valuing experiences over material purchases, you do not live to work. Seeking a full life, you're not only wired but also highly collaborative, enthusiastically reaching out to others.

Lionel Messi is widely considered the world's top professional soccer player. Apart from his day job on the FC Barcelona team, he is also a UNICEF Goodwill Ambassador who advocates for thousands of children who die every year from preventable causes. Besides all that talent plus his clear moral conscience, Messi has another reason for happiness—the man is worth about \$180 million.

High Heart Chakra Databank for Expressing His Soul:

Very, very large. Joyfully confident in himself, Lionel Messi totally trusts himself. (That just might include his skill on the soccer field, where the photo was taken.) This athlete has such an active intellect and, altogether, so much juiciness to his everyday experience. Boredom just doesn't happen.

Root Chakra Databank for Making Money:

Very, very, very large. Money is a tool, a way for Lionel to get things done. This soccer superstar has no fear about money, nor does he relate to wealth with greed. To him, money is more like a soccer ball, a way to get things done.

Third Eye Chakra Databank for Spiritual Growth:

Very, very large. Connection to the Divine is strongly present for Mr. Messi, and he is on track for using that graced connection to take action in ways that are spiritually meaningful to him. Agonizing over his path? Hardly. This man of high consciousness continues to evolve spiritually, challenging himself and integrating his life experiences.

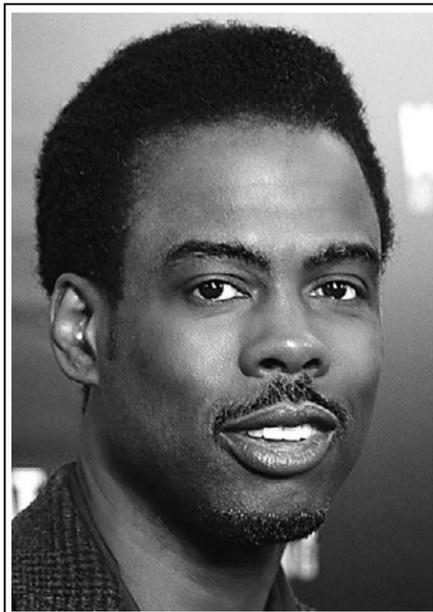
Empath Gifts for Lionel Messi:

1. Physical Intuition
2. Physical Oneness
3. Environmental Empath Talent

### Generation Xer Chris Rock

About Generation Xers: Born 1964-1980, you didn't grow up with computers, but you probably learned to use them way before finishing high school. Questioning authority, you care more to fix the neighborhood than to save the world. Known often as America's Latch Key Kids, maybe it's no coincidence that yours was the first generation to bring our society the concept of life-work balance.

Chris Rock is famous as a *Saturday Night Live* alum, a movie star, and director; but he is best known as one of the funniest standup comics of all time. Not afraid to discuss politics and race relations, Chris Rock has been a vocal critic of racial profiling. Often he describes incidents of "everyday racism" that have affected him, despite being famous since 1985. Regarding



Chris Rock

that fame, what is another reason why Chris Rock is widely respected? Celebrity or not, he lacks the typical "Look at me, I'm famous!" attitude.

High Heart Chakra Databank for Expressing His Soul:

Very, very large. In this lifetime, Mr. Rock is a destroyer of ignorance. (FYI: A technical term for this quality to his aura is that "he has come into this incarnation on the ray of Shiva.") A lightning-like clarity of thought is supported by exceptional ability to articulate his insights. When those words strike, he can change how people think. Sure, Chris Rock may be working as a comedian—and he's definitely funny—yet this social gadfly is just as serious as any politician or philosopher. Since he gets to do that as a performer, Chris just loves his life.

Root Chakra Databank for Making Money:

Very large. Earning ability is strong, yet tinged with anger and resentment. The anger partly serves as motivational fuel for Chris Rock, yet astral-level (subconscious) stuck energy also detracts from enjoyment of the money he makes. Still, in my opinion, this doesn't keep him from being overall an unusually happy empath.

Third Eye Chakra Databank for Spiritual Growth:

Very, very large. This intensely loving soul has a relationship with the Divine that is gorgeous and uninhibited, though hardly sugary. On his personal journey, the rough-and-tumble doings of everyday life are sometimes resented. Yet handling those annoying messes as they occur is no distraction from the huge progress Chris Rock is making spiritually—quite the opposite.

Empath Gifts for Chris Rock:

1. Emotional Intuition
2. Intellectual Empath Ability
3. Animal Empath Talent

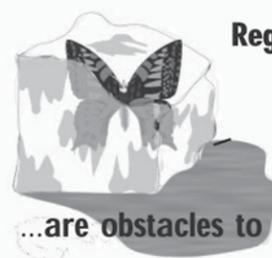
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# Past life Regression Therapy with Darshan Khalsa

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.



...health and happiness.

### 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?

## LIFE BETWEEN LIVES

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.

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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.

---

# Do You Have Hidden Food Allergies?

## Are these your symptoms?

**Fatigue**

**Itching**

**Hives**

**Memory Loss**

**Menstrual Problems**

**Psoriasis**

**Respiratory Problems**

**Sex Problems**

**Infertility**

**Muscle pains**

**Digestive Disorders**

**Depression**

**Headache**

**Joint Pains**

**Learning Problems**



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

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

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

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

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

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

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

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

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

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

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

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Happy Empaths from YOUR Generation

...continued from page 37



**Baby Boomer Ellen DeGeneres**

About Boomers: Born 1946-1964, yours was the first generation to grow up watching TV. Maybe you have been a Hippie or a Yuppie (or both), but you surely didn't grow up as a Techie.

Ellen DeGeneres is a hero to many who support the LGBT community. In the era of Caitlyn Jenner, it may be hard to remember (or believe) the huge scandal after Ellen came out as a lesbian on network TV in 1997, or how this almost ended her career. The comedian's successes since then include host-

ing the Academy Awards, authoring three books, and winning 13 Emmys for her daytime television talk show. Great kindness and compassion shine through her gentle humor.

High Heart Chakra Databank for Expressing Her Soul:

Very, very, very large. It's the most natural thing in the world for Ellen DeGeneres to be herself, and do this with zest.

Root Chakra Databank for Making Money:

Very, very, very large. Money, material possessions, physical things that can be enjoyed—all of this feels like Ellen's toy store. In general, joy illuminates Ellen's relationship to prosperity and success. Having such abundance causes Ms. DeGeneres to feel gratitude. Really, she'd feel grateful if she lived below the poverty line. This chakra databank expresses tremendous joy. It's her level of consciousness.

Third Eye Chakra Databank for Spiritual Growth:

Very, very, very large. This part of my Skilled Empath Merge with Ellen is as good as any to disclose that she has moved into **Enlightenment**, a natural

state of consciousness that is a goal for some. (You can read a lot more about Enlightenment at my blog, "Deeper Perception Made Practical.") After crossing the threshold into Enlightenment, spiritual growth isn't complete. It actually moves at a faster pace than before.

Back at this particular chakra databank, Ellen's personal identity is merged with the Divine. She is still herself, yet she also expresses that Divine identity more fully than people do pre-Enlightenment. Love and trust and playfulness characterize Ellen's path of spiritual growth.

Empath Gifts for Ellen DeGeneres:

1. Physical Intuition
2. Physical Oneness
3. Emotional Intuition
4. Emotional Oneness
5. Animal Empath Talent
6. Plant Empath Talent
7. Spiritual Intuition
8. Spiritual Oneness

**Silent Generation Superstar**

**Jane Goodall**

About members of The Silent Generation: Born 1927-1946, your "high-tech" childhood influences were radio and the movies. It's great to have you reading *Pathways* because your generation has always been exceptionally strong on reading. Growing up before feminism, life was simpler than today,



Jane Goodall

although not exactly as depicted for Richie and The Fonz on the "Happy Days" TV show. Not fiction: I've heard it on good authority that, in your era, the biggest schoolteacher complaints were for passing notes and chewing gum in class.

Dame Jane Goodall is the world's foremost expert on chimpanzees. The British anthropologist and animal rights advocate has received the equivalent of a knighthood. Her achieve-

continued on page 41

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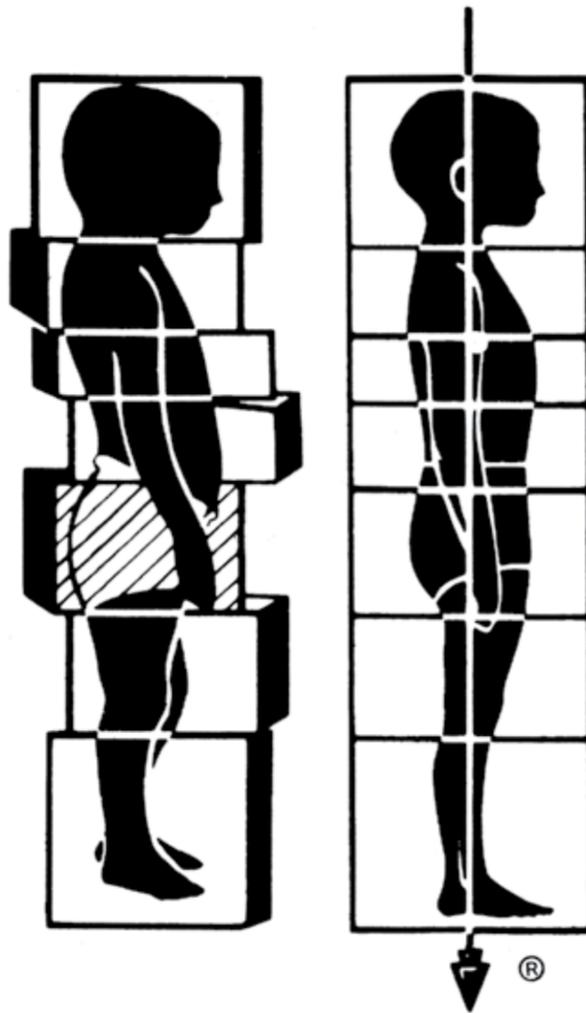
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## Happy Empaths from YOUR Generation

...continued from page 39

ments include founding the Jane Goodall Institute to protect the famous chimpanzees of Gombe National Park in Tanzania. At 81, she is nowhere close to retiring.

High Heart Chakra Databank for Expressing Her Soul:

Very, very, very large. What a laugh! This proper-looking, grandmotherly woman—a Dame, for heaven's sake—has one of the wildest, most free, wholly unconventional versions of soul expression that I have ever encountered. Just human enough to be considered sane, Jane Goodall's soul is expressed within the acceptable range for a normal person, yet the zest and physicality that she brings to life is just extraordinary.

Root Chakra Databank for Making Money:

Very, very large. Financial struggle shows here, perhaps traces left from her tough times in professional life before she became so successful, famous, even revered. Beyond that, Dame Goodall's relationship to money has a brittle quality, as though dealing with money is a necessary evil. She'd rather not be bothered.

Third Eye Chakra Databank for Spiritual Growth:

Very small. No depending on a God to rescue her, thanks very much. Jane Goodall believes in her senses, bolstered by her ever-fascinating knowledge about life's animal kingdom. At this point in her life, it has been a long time since she was remotely interested in personal development, or believed in it as something worthwhile.

On earth there are plenty of ways to evolve that do not involve spiritual growth. If you got to ask her for a list, and she had any desire to respond, I'll bet that Jane Goodall could give you plenty of ideas that, to her, matter far more than any intangible, vague quest for something that does not even exist.

Well, here's a coincidence, Happiness-Seeking Reader. After completing this energetic literacy research I came upon a quote by Jane Goodall from an interview published in *Reader's Digest* in September 2010. When asked if she believed in God, her response was, "I don't have any idea of who or what God is. But I do believe in some great spiritual power. I feel it particularly when I'm out in nature."

Isn't it fascinating how each one of us, empath or not, is loaded with gifts of the soul? Our specialness shines through at the level of auras. Yet one more reason to develop full energetic literacy!

Empath Gifts for Jane Goodall:

1. Physical Intuition
2. Physical Oneness
3. Animal Empath Talent
4. Environmental Empath Talent

### Basics About Energetic Literacy and Skilled Empath Merge

To help you understand more fully the ideas discussed in this article, here is some useful background information, which can also be found in "Energetic Literacy" articles published earlier this year in *Pathways*. They are all part of a series of columns about empaths, and part of our ongoing exploration of Energetic Literacy.

An empath is a person with at least one lifelong gift for directly experiencing what is like to be another person. Empaths are born, not made; 1 in 20 people were born as an empath. Of course, that includes many people who are famous.

Could there be more than one kind of empath? Definitely. With the work I do as an empath coach, I have identified 15 different gifts. Any one of them would qualify somebody as being an empath.

If you are reading this paragraph, you have word literacy. Happiness-Seeking Reader, you are equally capable of developing energetic literacy.

Around the physical body, everyone alive has an energy field, or aura. This is packed with information. Aura reading, or energetic literacy, means downloading some of that information. This skill develops in the following stages.

- Stage One Energetic Literacy is the sweet beginning of vibing out a person, maybe touching an aura or seeing a color.
- Stage Two Energetic Literacy happens with developing more skill, so you can read auras in more detail. Maybe even reading one chakra at a time. Major chakras are places in front of your body where information is especially concentrated.
- Stage Three Energetic Literacy is full energetic literacy. You can read auras whenever you like, either in person or from a photograph. This is literacy, not psychic development. The amount of detail available to you is vast, since you can read chakra databanks and not just chakras. Every major chakra contains 50 chakra databanks. Each one is a tube of energy with a size and quality that can change at any given time.

In this article I used Stage Three Energetic Literacy to read the individuals

continued on page 118

## DENTAL CARE IN A HEALING ENVIRONMENT

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

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# RESULTS Celebrates 35 Years of Working to End Poverty

BY LAURIE TIMMERMANN

The RESULTS model is simple: trained citizen activists from across the country influence their elected officials to create political will to generate policies and funding for solutions to overcome poverty. RESULTS' volunteer advocates learn to speak powerfully about the issues, develop advocacy and media skills, and then take action by writing media pieces and urging members of Congress and other leaders to support proven programs and policies that effectively tackle the causes of poverty both globally and in the US, producing high impact results (hence the name!).

RESULTS volunteers engage in advocacy activities as part of one of 115 local chapters in 38 states and the District of Columbia. People learn about RESULTS

from friends, colleagues, famous supporters and on college campuses. Proactive efforts seek to expand RESULTS into new districts via Volunteer Match and searching for like-minded folks on LinkedIn.

One ingredient in the group's impressive record of success stems from the uncanny ability of RESULTS' policy experts to excel in selecting pivotal leverage points and key legislation that have had significant impact in delivering access to economic opportunity, health, and education for the poorest.

At the 35-year mark, the RESULTS community and movement took the opportunity at its recent 2015 annual conference to reflect on and commemorate the pioneering work accomplished on many difficult global poverty, health and education issues, which had been commonly viewed as intractable.

#### Fostering Economic Opportunity via Micro-credit

Since 1985, RESULTS served as the

only citizen's advocacy group that actively participated in the building of the global microfinance movement, together with key allies and legislative leaders. Millions of poor toil in informal micro-enterprises, which lack access to capital and generate marginal profits. For the unbanked masses, loan sharks cash in on lending at usurious rates. While banks focus on the wealthy, micro-finance programs supply small loans for micro-enterprises at comparatively low rates without requiring collateral, promoting business success.

With its allies, RESULTS held its first Micro-credit Summit in 1997—attended by over 2,900 people from 137 countries—where the goal was set to reach 100 million “of the world's poorest people” with micro-credit services. RESULTS then created the Micro-credit Summit Campaign—the largest network in the microfinance sector—to track progress and to ensure best prac-

*continued on page 45*



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—Marilyn Morris, Silver Spring, Maryland

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- .... *experiencing loss and grief*
- .... *coping with role and gender issues*
- .... *stuck in unsatisfying careers*
- .... *facing issues of aging*
- .... *dealing with loss of meaning or failure of spirit*
- .... *mired in unhappy or destructive relationships*
- .... *confronting marital crisis or divorce*
- .... *seeking to improve communication skills with your partner*
- .... *wishing to enrich creatively your relationship*

## Erma Caldwell

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

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## GLOBAL VISIONS

### RESULTS Celebrates 35 Years of Working to End Poverty

...continued from page 43

tices were spread widely. RESULTS and its allies have insisted on open transparency, as well as requirements that poverty measurement tools are utilized to document that USAID and microfinance institutions are targeting and serving the very poor.

RESULTS lobbying efforts have led to over \$2 billion in USAID funding being allocated for microfinance over two decades. The microfinance movement has grown to over 1,000 institutions and over 100 million borrowers. For example, since its start in 1983, the Grameen Bank in Bangladesh has expanded to reach 85,000 villages through its 2,500 branches with its group-based micro-credit and savings, servicing over 8 million of the poorest women with very small loans to generate income. Sixty percent of borrowers are able to move out of poverty.

#### Maternal and Child Health

From the mid-1980s, RESULTS volunteers have been pioneers in advocacy for child survival. Early on, RE-

education as a priority mandate.

In the intervening years, RESULTS advocates have steadily kept up the momentum of being a voice for saving maternal and child lives with their elected leaders. Since 1985, tremendous progress has been made. The rate of preventable child deaths has dropped from 40,000 per day to 16,000 per day. Yet, millions of children still die needlessly each year before their fifth birthday.

The RESULTS global campaign in 2014 pushed hard to ensure the U.S. commitment of \$1 billion dollars over four years to support GAVI, the Vaccine Alliance—which was formally announced at Replenishment Conference Berlin in January 2015—to provide life-saving vaccines to 300 million children in developing countries, which will save 5 million lives.

World leaders have now committed to ending preventable child deaths by 2030 as part of the Sustainable Development Goals to be adopted by the

**In the intervening years, RESULTS advocates have steadily kept up the momentum of being a voice for saving maternal and child lives with their elected leaders. Since 1985, tremendous progress has been made. The rate of preventable child deaths has dropped from 40,000 per day to 16,000 per day. Yet, millions of children still die needlessly each year before their fifth birthday.**

SULTS advocates worked to add \$25 million to the Child Survival Fund and to increase funding for UNICEF and anti-poverty programs. In 1990, RESULTS mounted an impressive campaign of Candlelight Vigils to promote the World Summit for Children, with over 1 million participating in over 500 U.S. locations and in 74 countries, catalyzing a remarkable amount of media coverage.

RESULTS kept pressure on the US government to fulfill the pledges promised at the Summit. The following year, in 1991, witnessed an increase in funding for international children's programs by \$202 million. Later on, in 1994 RESULTS and others like Bread for the World fought to prevent cuts to these programs. In 1995, RESULTS was instrumental in the creation of Child Survival and Diseases Account by Congress and the earmarking of \$300 million for child health programs. Subsequently, RESULTS activists persisted each year in advocating for progressive increases in funding for the Account, which reached a total of \$700 million by 1998 and also added basic

U.N. in September 2015. USAID has undertaken an exercise to sharpen its focus and realign \$2.9 billion in spending for maternal and child health.

#### Malaria, HIV and Tuberculosis Prevention and Treatment

Malaria kills one million a year (most of them children), the AIDS pandemic is still rampant, and two million people die every year from tuberculosis (TB). Disease and chronic illness are major drivers of poverty, as when a family member is stricken; the related costs can strip families of their meager resources and assets.

RESULTS has been the leading advocate urging greater U.S. funding for bilateral TB programs and for the Global Fund to Fight Against AIDS, Tuberculosis and Malaria (Global Fund) since the Fund's inception in 2003. The Global Fund provides needed medicines, basic health care, bed nets and other supplies to those most in need. In 2000, Congress allocated \$35 million for TB control—triple the amount of the year

continued on page 46

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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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## GLOBAL VISIONS

### RESULTS Celebrates 35 Years of Working to End Poverty

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before. Legislation in 2002 approved \$75 million in bilateral funds, \$5 million in multilateral funds and \$250–300 million for the Global Fund. Thanks in part to advocacy efforts of RESULTS, historic HIV/AIDS, Tuberculosis, and Malaria legislation was passed in 2008 authorizing \$48 billion in funding over five years, including contributions for the Global Fund. In 2009, Joanne Carter, executive director of RESULTS, was selected to serve as a Board Member for the Global Fund.

#### U.S. Poverty

America is the wealthiest nation in the world, so it is incongruous that poverty still endures. In 2012, about 15 percent of Americans (46.5 million) lived below the poverty line, which was estimated at \$23,492 for a family of four in 2012. For children under 6, the poverty rate in the U.S. was 24.4 percent in 2012, which is up from 18% in 2007.

One of the best means for fighting poverty are features of U.S. tax code that assist working families, such as the Earned Income Tax Credit (EITC),

which gives tax refunds to low income workers, and the Child Tax Credit (CTC), which helps low and middle income families with the costs of raising children. A series of RESULTS domestic anti-poverty campaigns over the last 15 years have targeted protecting, improving and expanding access to these lifeline tax credits that currently lift 17 million Americans over the poverty line.

RESULTS volunteers have also worked diligently to expand and improve the quality of Head Start and opposed efforts to dismantle it over the past 15 years, with many successes. They succeeded in averting shifting oversight of Head Start to the states, focusing on the risk of losing essential services. Over the same period, RESULTS advocates called for funding increases in the Child Care and Development Block Grant program that provides child care subsidies to low-income households.

Protecting federal nutrition programs is a long-standing priority of RESULTS in its agenda of U.S. anti-poverty work. To cite just one example,

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## GLOBAL VISIONS

despite being told that no new resources were available, RESULTS and its allies influenced Congress to find the added funds needed to address real hunger. As a result, in the 2007 Farm Bill, the Food Stamp program, received an added \$8 billion over 10 years. Renamed the Supplemental Nutrition Assistance Program (SNAP), SNAP received a further \$20 billion in early 2009 from the economic recovery bill.

WIC (Women Infant Children supplemental nutrition program) provides food to low-income pregnant and nursing women and their children at risk of malnutrition. RESULTS volunteers joined others to lobby to increase WIC funding and were able to secure an added funding of \$260 million 1996 and \$76 million in 1997. RESULTS activists also helped pass a bill to provide almost \$4 billion for WIC in 1998. RESULTS' current work on nutrition policies will primarily focus on protecting SNAP and possibly WIC from deep threats in the federal budget process, especially in budget reconciliation.

In 1998, RESULTS and its allies successfully advocated for the Assets for Independence Act. Congress initially authorized \$125 million for Individual Development Accounts, savings plans that permit and encourage low-income people to save to pay tuition, start a business, or buy a home. The Act was subsequently reauthorized multiple times.

So how did RESULTS get started? RESULTS was founded by Sam Daley-Harris, a former music teacher from Florida and California with a drive to impact hunger and poverty. He was struck by the Hunger Project's analysis that the resources exist to end poverty, but what was lacking was the *political will*. Between October 1983 and March 1985, Sam personally made five 21-city trips to start RESULTS chapters. Sam later left RESULTS to head up the Micro-credit Summit efforts. He is the author of a series of three books on "Pathways Out of Poverty."

Over July 18-21, 2015, RESULTS held its high energy, high enthusiasm annual conference on Capitol Hill, attracting 535 citizen activists from across the US and from over 25 countries. The conference featured inspiring and empowering remarks by such luminaries as Marianne Williamson, Congresswoman Gwen Moore (D-Wisconsin), Sister Simone Campbell, Earth Institute's Jeffrey Sachs (speaking from Rome), Nobel Peace Prize winner Muhammed Yunis, and World Bank President Dr. Jim Yong Kim, among many other notable experts. On the last day, teams fanned out across Capitol Hill to inform legislators on key upcoming issues, specifically the Reach Every Mother and Child Act, soon to be introduced by Senators Collins and Coons, and to request the reauthorization of EITC and CTC and full funding for SNAP.

At the morning "pep talk," RESULTS volunteer Vanessa Garcia told her story of growing up as a girl in Mexico when it came to a point her family had no bread to eat. The next

day they left to journey to California, where her parents worked as cleaners while living in a garage and later in a living room, always struggling under the poverty line. One of Vanessa's teachers saw her potential and paid tuition for her to attend college. Vanessa learned of RESULTS due to Marianne Williamson and was drawn to get involved. In a RESULTS advocacy session with Congresswomen Loretta Sanchez (D-California), Vanessa apparently displayed a special sense of confidence and the Congresswoman remarked that Vanessa was someone she would like to have working with her in some capacity. At a later point, her campaign office recruited Vanessa for a post as campaign coordinator for the re-election campaign. Vanessa shared with me she had used RESULTS methods and organized multiple home campaign events per day as part of a winning campaign strategy. Vanessa now also serves on the Executive Committee of RESULTS' Board.

RESULTS gives the chance for busy people in all walks of life to volunteer as little as 6 hours a month and positively impact the lives of millions in the U.S. and around the world. Looking ahead, RESULTS' strategic plan is to join the global community in working to end extreme poverty, to end preventable maternal and child deaths, to overcome major diseases, and to promote universal education for all through the high school level; and thus ultimately to support achieving certain U.N. Sustainable Development Goals by 2030. As part of the Real Change Fellows initiative, RESULTS is enlisting the next generation of young adults who care about poverty in becoming change agents.

Since its founding 35 years ago, the RESULTS movement has never been content with small aims and ambitions in its vision to foster self-sufficient independence for individuals, communities and nations.

**More information can be found at:**  
www.results.org and  
www.microcreditsummit.org.

Contact information for local RESULTS chapters are:

Washington, D.C. – Lisa Peters,  
lmtreu@gmail.com

Northern Virginia – Elizabeth Berry,  
elizabethberry@aol.com

College Park, MD – Nyana Quashie,  
nyanaq@gmail.com

Laurel, MD – Patricia Behenna, behenna@verizon.net

*Laurie Timmermann is a 30-year global development specialist, with a focus on rural community development and food security, and a member of the Northern Virginia RESULTS team. She can be reached at: lauriedtimm@gmail.com.*

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**GREEN NEWS & VIEWS**

**Eco-routing:**

**The New Frontier of Eco-friendly Driving**

BY SARA LEPLEY

What if a GPS existed that provided the most fuel-efficient route instead of the shortest one? What if that GPS was found in an electric car?

Eco-routing is a new type of GPS software that can cut energy consumption by up to 51 percent. Unlike a normal GPS, which only takes distance into account, eco-routing considers traffic conditions, road grades and types, weather conditions and the weight of the vehicle. For drivers debating buying an electric vehicle or not, this could make a huge difference.

A key reason car buyers shy away from purchasing an electric vehicle is road anxiety. Road anxiety refers to the fear that an electric car's power will run out before the driver reaches his or her destination. While conventional gas stations are as ubiquitous as a McDonalds or Starbucks, electric charging stations are harder to come by. According to the U.S. Department of Energy, there are 63 charging stations in D.C., 221 in Virginia and 279 in Maryland.

With eco-routing, cars could maximize their range between charge ups. Therefore, drivers would be less at the mercy of charging station locations.

The concept of eco-routing first came from the University of California, Riverside. Thanks to a generous grant from the California Energy Commission, UC Riverside developed the navigation tool as well as tested it. They have been able to cut energy consumption by up to 51 percent.

The research has found it's way to the East Coast. Students at Virginia Tech are currently working with Dr. Hesham Rakha and Pramit Baul at the Virginia Tech Transportation Institute to determine ways to implement eco-routing technology into hybrid electric vehicles. Baul is the electrical graduate research assistant for the Hybrid Electric Vehicle Team of Virginia Tech, or HEVT. HEVT is currently transforming a conventional Chevrolet Camaro donated by General Motors into a hybrid electric vehicle for EcoCAR 3, a four-year competition. Baul hopes that the team will use eco-routing as their innovation topic for the competition.

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## GREEN NEWS & VIEWS



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According to Baul, hybrid vehicles have been around for over two decades. In order to improve the environmental benefits of hybrids, it is essential to think about innovation topics that bring in new technology. "Eco-routing will reduce petroleum energy usage and greenhouse gas emissions as well as increase consumer acceptability," said Lucas Shoults, HEVT's team leader. "Who doesn't like to save gas when given the option?"

### Eco-driving: A New Way Behind the Wheel

While engineers tweak designs for eco-routing software, drivers can make small changes to their driving habits in order to better their fuel economy. It's called eco-driving. Eco-driving is when people drive in such a way that they minimize fuel consumption and the emission of carbon dioxide. Hybrid and conventional drivers alike can implement eco-driving methods to get the most range out of their car, while lessening their carbon footprint.

The Automobile Association conducted an experiment last year to put eco-driving to the test. What would happen when 50 of their employees enlisted tactics such as streamlining their vehicles and combining short car trips? Fuel-saving success, apparently! They saved an average of 10 percent on their weekly fuel bills, while one employee saved more than 30 percent.

Would you make tweaks to your driving habits if it meant protecting your wallet and the environment? Here are 5 ways to get you on the road to more energy-efficient driving:

#### 1. Smooth and steady wins the race

According to EcoDrive.org, smooth driving with steady speed saves a lot of fuel compared to the same average speed but with sequences of acceleration and braking. Put your "cruise control" to work, and it could help you increase your miles per gallon (MPG).

#### 2. Take the weight off

When you aren't using cargo boxes or trays, take them off your car. Add-ons such as these (and others) make the car less aerodynamic, which makes it require more fuel. It's not just what you put *on* your car either. Take a look in your trunk and backseat. Is there anything you could take out? Extra weight reduces your vehicle's MPG. The effect is especially noticeable on smaller vehicles!

#### 3. Roll down the window...

...And let the wind blow your hair! On hot days, opt to roll the windows down instead of pumping up the air conditioning. Jamming to Springsteen's "Thunder Road" is optional, though encouraged.

#### 4. Combine short trips

Cold starts use more fuel. When possible, combine picking up the latest edition of *Pathways* with dropping off the recycling and returning your library books. Your car will thank you!

#### 5. Stick to the speed limit

Not only does safe driving protect your life and your driving record, it also significantly reduces fuel usage. According to the U.S. Department of Energy, aggressive driving can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Every 5 mph you drive over 50 mph is the equivalent of paying an additional \$0.20 per gallon for gas.

*Sara Lepley is a member of the Hybrid Electric Vehicle Team of Virginia Tech, which is pioneering research in the field of sustainable energy vehicles. The team is currently converting a Conventional Camaro into a hybrid electric vehicle in order to reduce energy consumption and minimize harmful emissions. This is Sara's second year on the team. For more information about work in this area, visit Facebook.com/otHEVT or email saradlep@ot.edu.*



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## TO YOUR HEALTH

# Side Sleeping Is Good For Your Brain

New Research Shows Sleep Position May Impact Mental Health

BY MICHELLE ALONSO

We all need sleep. The value of adequate sleep as a key part of a healthy lifestyle cannot be overstated. Health benefits to the mind, body and spirit range from restored energy, improved concentration and memory, and boosted mood to reduced inflammation, curbed appetite, and stoked creativity.

From a biological perspective, our brains need sleep to wipe our cellular slates clean, clearing out the waste and replenishing with fresh, healthy brain cells. But not all sleep is created equally. New research shows how you sleep, specifically how your body is positioned, impacts the brain's efficiency to clear out the gunk, and this has implications for staving off brain diseases.

Stony Brook University researchers Hedok Lee, PhD, Helene Benveniste, MD, PhD, and their colleagues, discovered that sleeping in the lateral, or side position, as compared to sleeping on one's back or stomach, is the best position to remove brain waste effec-

tively. According to their research, this proves to be an important practice to help reduce the chances of developing Alzheimer's, Parkinson's and other neurological disorders.

Over time, certain proteins build up in the body, filtering through the brain, and they can negatively affect the brain's processes. Furthermore, the buildup of brain waste chemicals may contribute to the development of Alzheimer's disease and other debilitating neurological conditions. By using dynamic contrast magnetic resonance imaging (MRI) to scan the brain's glymphatic pathway, a complex system that clears these waste products and other harmful chemical solutes from the brain, Drs. Lee and Benveniste and their team discovered that sleeping on one's side is the best position to remove waste from the brain most efficiently.

To conduct this study, the researchers compared the brains of rodents in three positions: lateral (side), prone (face down), and supine (face up). Dr. Benveniste reported, "The analysis

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## TO YOUR HEALTH



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showed us consistently that glymphatic transport was most efficient in the lateral position when compared to the supine or prone positions.”

In humans and many animals alike the lateral sleeping position is already the most common one. (The authors do note it's highly likely a wild animal's sleeping behavior is also influenced by survival, and thus might be different when compared to humans; but there are enough parallels to draw certain conclusions.) Additional research shows we've naturally adapted side sleeping as a biological imperative necessary to facilitate this clearing out of the metabolic waste products we accumulate during the day. And this process serves as another line of self-defense against potential disease-caus-

ing degeneration in the brain.

According to Maiken Nedergaard, PhD, a colleague from the University of Rochester involved with the Stony Brook University research team, the study certainly supports this theory. She explains, “Many types of dementia are linked to sleep disturbances, including difficulties in falling asleep. It is increasingly acknowledged that these sleep disturbances may accelerate memory loss in Alzheimer's disease. Our finding brings new insight into this topic by showing it is also important what position you sleep in.”

The study appears in the August 5, 2015, issue of *The Journal of Neuroscience*, and is available online at [www.jneurosci.org/content/35/31/11034.full](http://www.jneurosci.org/content/35/31/11034.full).

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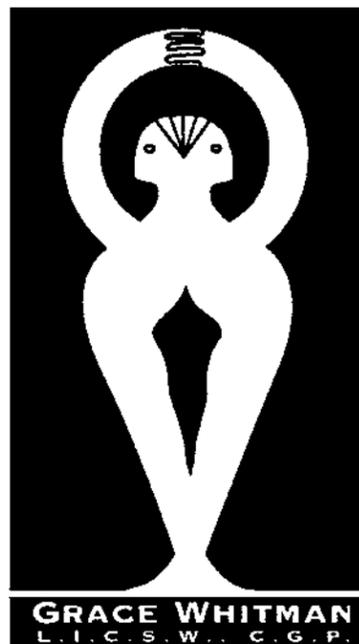
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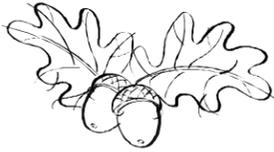
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## TO YOUR HEALTH

### Mindfulness, The Meditation Technique Everyone's Talking About

BY IAIN W. CAMERON

Mindfulness is a type of meditation that's said to enhance emotional well-being. It's become extremely popular in recent years, with major companies such as Google, Goldman Sachs and General Motors encouraging its practice amongst their employees. NASA, the US Olympic team and the Navy SEALs are just three organisations said to use this type of meditation as part of their training. Mindfulness has also been promoted by celebrities such as Gwyneth Paltrow, Kobe Bryant and Emma Watson. So what exactly is mindfulness and how is it practiced?

#### What exactly is mindfulness

Worry and anxiety often enter our minds via thinking about what has happened in the past or what may happen in the future. Mindfulness is a way of controlling this type of instinctive, yet negative thinking. By being fully focused on the present moment, it means you are not thinking about

the past or future and the worries or anxieties that may accompany this. As such, practiced regularly, mindfulness is said to have long-term benefits in how to cope with the stresses of everyday life.

#### What are the origins of mindfulness

The name mindfulness is a translation of the Sanskrit word for remembrance or awareness. It's known mostly as a form of Buddhist meditation but is also thought to date back to ancient Hindu traditions 2500 years ago. It has gained popularity and recognition in recent times, most notably through Jon Kabat-Zinn who introduced the Mindfulness-Based Stress Reduction (MBSR) Program at the University of Massachusetts in the late 1970's. Mindfulness has continued to grow in popularity becoming an accepted part of modern-day psychology. Mindfulness-Based Cognitive Therapy (MBCT) is the most recent innovation of this

*continued on page 57*

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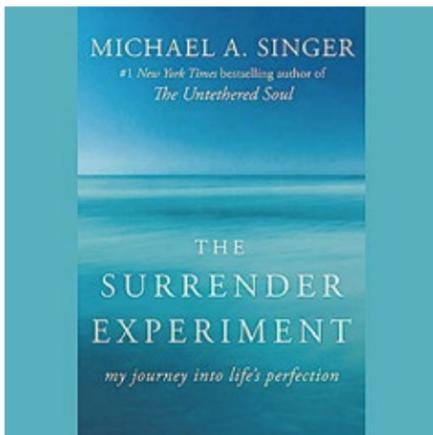
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# METAPHYSICAL BOOK REVIEWS

REVIEWS BY NICOLE ORTEGA



## The Surrender Experiment: My Journey Into Life's Perfection

By Michael Singer  
Harmony Publishing; New York, NY  
2015: 272 pp (PB)  
ISBN-13: 978-0804141109  
Author's website: <http://untetheredsoul.com/>

Ok, I admit it. I've been more than a little obsessed with surrender lately. But can you blame me? It's such a yummy topic. Who doesn't want more flow and ease in their life? "No need to use a vision board folks, just open your eyes and say yes to life!"

Don't believe it can be this easy? Well, then you have got to check

out Michael Singer's new book *The Surrender Experiment*. If the name drop alone doesn't have you running off to your local bookstore (are you seriously still here!?) then it must be because you haven't heard of Michael Singer. If that's the case, then please allow me to introduce one of the most awesome spiritual teachers of our time. Yes, I said awesome.

Michael Singer's first work was *The Untethered Soul*, a book that's been praised by thousands of people from the Amazon rooftops and graced the NYT Bestseller list when it was published back in 2007. I have this book in true triple threat form: hardcover, eBook and audiobook (yes, it was absolutely necessary). So when I got word that Mr. Singer was releasing a new volume just this past June, I had it queued up for purchase faster than you can say "preorder."

*The Surrender Experiment: My Journey Into Life's Perfection* is almost like a prequel to *The Untethered Soul*. It's the before, during and aftermath of Singer's spiritual awakening. Reading this book is seriously like steeping your soul in a spiritual fantasy novel, only it's *all true*. It's divinity-in-action—the condensed autobiography of a life lived in full spiritual alignment. If you're as fascinated as I am with the concept of surrender, alignment, and allowing more flow and ease into your life, then this is definitely the book for you.

Michael Singer used to be a regular ol' guy chasing a PhD in economics, when one day as he sat having the most casual of conversations with his brother-in-law, he noticed a running dialogue in his head that just *would not stop!* He credits this moment as the one that changed everything because ever since his initial awareness of this inner voice, he couldn't get the thought out of his mind (pun intended).

Singer recounts: "I don't remember exactly what we were talking about, but there had been a lull in our leisurely conversation. I noticed I was uncomfortable with the silence and found myself thinking of what to say next. I had been in similar situations many times before, but something was quite different about this experience. Instead of simply being uncomfortable and trying to find something to say, I *noticed* that I was uncomfortable and trying to find something to say. For the first time in my life, my mind and emotions were something I was watching instead of being."

And so the two brothers talked about "the voice," laughed, and life went on as usual. Except that it didn't. Michael Singer's life was never the same from that point forward. He comments: "I didn't have to try to maintain this awareness. It was who I was now. I was the being who was watching the incessant flow of thoughts pass through the mind...As I observed that

voice, something deep inside my being just wanted it to shut up. What would it be like if it stopped? I began to long for silence inside."

This longing became an obsession of sorts, and Singer adopted (synchronistically, of course) a Zen Buddhist practice. A strict meditation regime led to a powerful spiritual awakening, after which his entire life flipped itself upside down. That which no longer fit began to crumble away and rearrange as Singer struggled to maintain the inner tranquil state he longed for more than anything else.

What follows is a roller coaster of a tale that ends with the complete transformation of one man's spirit and character. Some highlights include: a divorce; a meditation circle of prison inmates; the founding of a 600-acre spiritual community; and perhaps most unexpectedly (though really, all of it is pretty unexpected) the establishment of a billion dollar software company, which eventually turns into WebMD. And all of this completely by life's own invitation. Singer reflects: "The more I was willing to let go of the inner noise created by my personal likes and dislikes, the more I could see subtle synchronicities in what was unfolding around me."

*The Surrender Experiment* is split into nine sections and fifty-six chapters, each one delving deeper and deeper

*continued on page 54*



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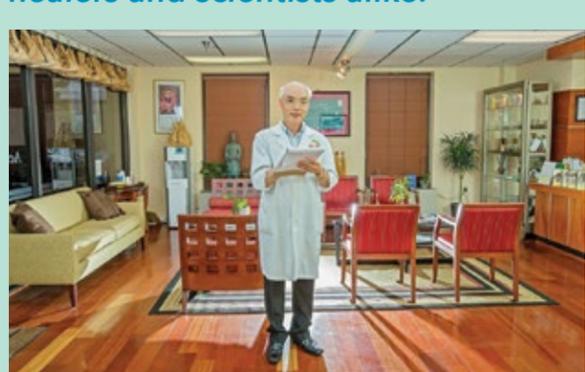


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## METAPHYSICAL BOOK REVIEWS

### The Surrender Experiment: My Journey Into Life's Perfection ...continued from page 53

into Singer's journey on the conscious spiritual path. It's an average-length book, 272 pages, but the short chapters make it nicer to pick up, read, and then put back down again. On the other hand, maybe this book should come with a label, "Warning, may cause reading time warp," because I found myself often muttering, "Just one more chapter...." You just can't help but wonder what's going to happen next.

Even the acknowledgments section tips its hat to flow. Singer writes: "In truth, life is really the author of this book. She is the one who manifested the flow of events that were so powerful and fascinating they demanded narration." The remainder of the book goes pretty much the same way—*this is what flow looks like, this is what surrender is, this is the ease that you want...* etc.

What you'll learn from this book and others on the topic is that the secret to a life filled with flow is simply to open up to the possibilities and then say yes when they arrive. Michael Singer's experiment with surrender certainly seems to prove this, almost to the point of excess. Life can be a beautiful unfolding, if you're willing to allow it.

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### The Deal: A Guide to Radical and Complete Forgiveness

By Richard Smoley

Tarcher Publishing: New York, NY

2015: 176 pp (HB)

ISBN-13: 978-0399172137

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## METAPHYSICAL BOOK REVIEWS

for you are a whole other story though, just sayin'). That said, *The Deal: A Guide to Radical and Complete Forgiveness* by Richard Smoley, has the potential to be life changing.

It's not that the book is a brilliant, standout original, or curls your toes with its poetic prose or anything like that. It's more like every so often, an author comes along and presents an old idea wrapped up like a shiny new present in a way that has you seeing things in a Goldilocks kind of way—the porridge is just right.

Anyone who's been on the spiritual path for more than five minutes understands how important love and forgiveness is. We all get it. But it's also incredibly hard to do, especially when you've been wronged in a big way or you're just naturally hard on yourself. But Richard Smoley spins these concepts slightly differently. He explains that forgiveness of others = forgiveness for yourself; and I don't know about you, but when I read those words I had a "whoa" kind of moment.

*The Deal* is a book about how to get the monkey off that you may not realize is hanging out on your back. It's about stripping off all the unnecessary armor, lowering the defensive shields, and breathing out the huge sigh of relief that you'll feel when you finally just let go of all the baggage. Because truthfully, there are no good reasons to continue carrying around any burdens

or grudges you're holding on to. They're only weighing you down.

Smoley writes: "The Deal is this: *You agree to give up all your grievances and resentments and grudges for good. In exchange, you ask for—and receive—complete forgiveness for yourself.*" And if you're as introverted as I am, there's a huge bonus. Forgiveness "can be, and often is, a simple matter of letting things drop. It need not involve blubbery reconciliations and lots of hugging." So if you're not into the 12-step style of making amends, you don't even have to tell said-offenders that you've forgiven them. All will be taken care of on an energetic level. Whew, thank goodness for that!

Chapter One of *The Deal* lays the groundwork with a description of "The Problem." Smoley explains how grudges are polluting your life and why it's better to let them go altogether. I know, I know, "sometimes it feels good to be angry!" you say. I did too, until I read his arguments challenging this line of thinking—one of which is that after a certain point we begin to merge with our grievances. We become our grievances, which is extremely unhealthy. This not only creates a destructive "us vs. them" culture, it also turns you into a victim; and as you well know, victimhood does not beget the powerful conscious creation you're here for.

Chapter Two is "The Deal" itself,

which is a really wonderful meditation. I personally wish Smoley's website had an audio version of this available; but as he suggests, you can always read the text and record the meditation in your own voice and then play it back while you do the actual process. Still, it would be nice to have it readily available.

The meditation walks you through a "release from the past." You'll find yourself asking, "Do I want to be released from these things?", and then doing a mini-life review. No worries if you can't remember every single grievance you've ever had (who could?). The point is to not purposely hold back and to let whatever comes up naturally flow. You'll release yourself, other people, past life drama, and finally, forgive. And in turn, you'll also grant your own self-forgiveness.

The whole exercise felt akin to a soul retrieval, where you reclaim lost pieces of yourself. They're not really gone; we're all whole, but energetically-speaking, there's a part of you that's repressed and needs to be healed. Part of the healing process is welcoming the soul parts back and re-integrating them into your life. You can do all kinds of special activities, and it can be really fun to play with your inner child for example. In the last step of *The Deal*, that's exactly what you do—you ask yourself if there's anything else that needs to be done to help the

forgiveness process along and then you can do that if an idea presents itself. The process ends with a water-based ritual of your choice, which can be as simple as washing your hands, and then reinforcing the healing work you've done with some kind of reminder or reinforcement such as a daily meditation, or even a simple affirmation.

That's pretty much it! The book is nicely condensed. Chapter Three provides more explanation about why all of this forgiveness stuff works. There's discussion of karma and debts, some of which I partially disagree with, as I don't believe in karma as a form of judgment any more than I believe in a God who judges; but it's a useful way of framing the concept of forgiveness nonetheless.

Chapters Four and Five take up the whole latter half of the book and cover challenges that may come up while "living the deal," such as renegeing, relapse and recovery (if this sounds like something straight out of AA to you, you're not crazy—there is an addictive element to holding grudges), and finally, questions and concerns.

Chapter Five is introduced with Smoley's own experiences with *The Deal*. Apparently, the whole shebang was born out of his study of *A Course in Miracles*, coupled with his desire

*continued on page 56*

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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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## METAPHYSICAL BOOK REVIEWS

**The Deal: A Guide to Radical and Complete Forgiveness**  
...continued from page 55

to escape the financial burdens in his personal life. His story is heartfelt and I almost wished it were part of the preface or the introduction instead. Then again, many people skip those (not me, I love beginnings...) so it's probably better left tucked snugly into Chapter Five.

Smoley's personal anecdote gives a much-needed personal connection to The Deal. As stories do, it humanizes the process and breathes life into what could otherwise be just another flat, self-help resource whose sole purpose in life is to provide the dust with a slightly more interesting place to land. Instead, you'll find yourself connecting with his tale and thinking, "Well if it did this for him, I wonder what it would do for me?"

In the end, what you really want to know is the answer to this question: In this busy world we all live in, where our attention is constantly pulled in 70 million different directions, is *The Deal*

worth your precious time, money and attention? Well, it ticks all the boxes: it's the good kind of short; all the essentials and no fluff; it's not all talk, it backs up the information with a phenomenal meditation for integrating the work; and it's built upon a potentially life-changing premise. What's not to love?

*Nicole Ortega is a professional astrologer, shadow-worker, Tarot reader and intuitive life coach specializing in helping conscious entrepreneurs move forward on their soul paths with less resistance. If you need clear, actionable insight to transform your perceptions, beliefs and stuck patterns, check out her site, [nicoleortega.com](http://nicoleortega.com), for more information.*

### **CALL FOR BOOKS TO REVIEW**

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

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## Mindfulness, the Meditation Technique Everyone's Talking About

...continued from page 52

stress-reducing technique, building on work achieved with MBSR.

### Who can benefit from practicing mindfulness

Mindfulness can be beneficial to anyone wishing to reduce stress and worry in their life. It's particularly helpful for people suffering from psychological conditions such as severe anxiety, depression and addiction. It's also thought to help with physical ailments such as heart disease, gastrointestinal problems and chronic pain. This is, in part, because those suffering from medical conditions like depression and physical pain are more prone to negative thoughts.

### Mindfulness in more detail

Without realising it, at any given moment, the brain is a hub of hyperactive mental activity. Thoughts can be racing away in many different directions, making connections, one thought leading to another and another. Often these thoughts lead to possible negative scenarios or memories of past events that have caused worry, emotional or physical pain. Mindfulness stops that. It creates a barrier between

those runaway thoughts and your consciousness. It makes you more aware that this type of negative thinking is there in the first place. By doing this and slowing thoughts down at a given time, it lets you take a moment to just be, to experience a present moment and nothing else.

Mindfulness itself has also highlighted the strong connection between psychological problems and physical problems. In other words, how we think can have an effect on what we physically feel. This is why many people experiencing a condition such as chronic pain, say practicing mindfulness helps them cope better with that pain.

### Is there any scientific evidence mindfulness works

There has been a number of controlled, scientific studies that have highlighted the positive effects of mindfulness. For example, a study by neuroscientists from Harvard University showed an eight-week program of mindfulness therapy produced changes in brain structure that were beneficial to patients. Using magnetic resonance imaging (MRI) scans, they revealed that participants practicing twenty seven

minutes mindfulness a day increased grey matter density in the hippocampus, the part of the brain that is associated with compassion, self-awareness and introspection.

Meanwhile, the area of the brain that is associated with depression and anxiety, the amygdala, decreased in density. This made many patients more open to a positive way of thinking thus reducing stress, pain and/or depression. A similar study published in the British medical journal *The Lancet* concluded that MBCT was just as effective as drug treatment in preventing patients relapsing into depression. Mindfulness being a lot less expensive than medication means it's both beneficial for patients and medical practitioners.

### How do you practice mindfulness

To begin the practice of mindfulness, find a quiet environment for yourself. Try to be as fully relaxed as you can be. Regulate your breathing. Become more aware of this breathing rhythm. As you breathe in and out, become aware of your senses. Don't judge or think about them, just sense where you are in the present moment. Sense, for example, your body against the chair. The temperature of the room. Sounds you hear. What you smell. However, don't let thoughts randomly enter your mind or wander off. Whenever you feel this is happening, bring your thoughts back to your breathing rhythm. Only sense

that present moment where you're practicing mindfulness. The aim here is to be in control of your thoughts, to make the present moment everything. Once you are only aware of the here and now, you are on your way to successfully practicing mindfulness.

### Incorporating mindfulness into your daily life

Although it can be helpful, it's not necessary to be in a completely quiet environment to practise mindfulness. Once you learn the technique or, ideally, adapt a technique that's best suited for yourself you will be able to practice it almost anywhere. It could be whilst sitting on a bus or train, at work or during leisure time. Likewise, the amount of time a mindfulness session can last is up to yourself. You could begin with short periods of around ten minutes a day and build up your time practicing mindfulness to, for example, forty minutes a day as you get used to it.

The more you practice mindfulness the more beneficial it can be. Mindfulness is not a miracle cure for a number of psychological or physical conditions. It is, however, recognised more and more as a very effective help to anyone who wishes to lead a more stress-free life.

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## WASHINGTON GARDENER

### Microgreens Pack a Mighty Punch

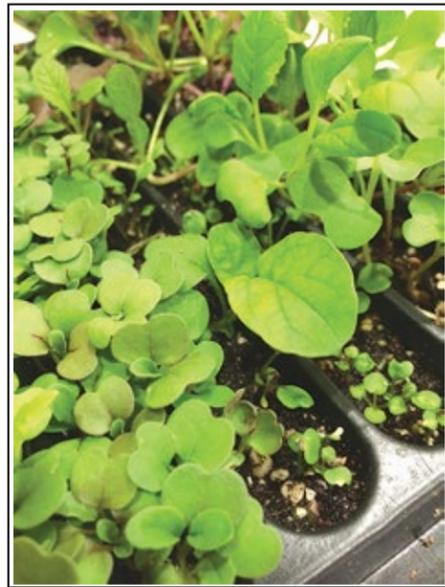
BY KATHY JENTZ

Microgreens are a nutritional powerhouse that are super-easy to grow and cook with. Young lettuce seedlings, harvested seven days after germination, have the highest antioxidant capacity as well as the highest concentrations of health-promoting phenolic compounds, compared with their more mature counterparts, according to a study published in the Journal of American Society for Horticultural Science.

Microgreens are beloved by chefs for adding just a kick of flavor to a wide range of dishes, from sandwiches and soups to garnishing a white pizza. My own favorite use is to put baby arugula greens in an egg salad sandwich (leave out the celery and onions). Try them in omelets, and, of course, as the base of a salad or just sprinkled in for color, texture,

and added flavor. Wendy Kiang-Spray, who blogs at [www.greenishthumb.net](http://www.greenishthumb.net) and is a big microgreens enthusiast, shares several smoothie recipes on her site that use these tiny and delicious plants.

Why pay high grocery store and restaurant prices when you can easily grow your own? All you need is a space on a sunny windowsill or a shallow container on a patio or porch. Start with a wide plastic container, like a salad



take-out shell. Poke several holes in the tray bottom and put the lid of the tray underneath to collect any excess water.

Next, add good potting soil. Look for a brand without added fertilizers, which are unnecessary for these tiny seedlings and may actually "burn" the new growth. Fill the container with no more than about two to three inches in depth of the soil. You'll want to buy



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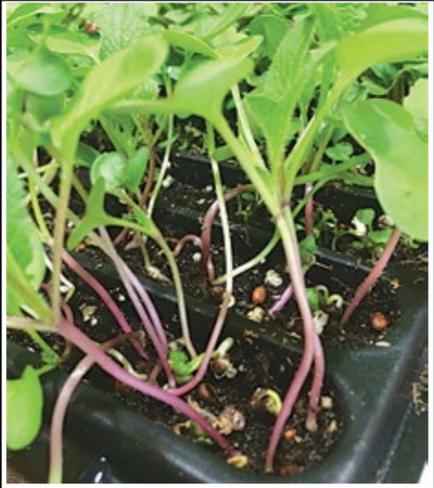
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# WASHINGTON GARDENER



lettuce greens, you can let the seedlings grow back and then come back to cut them again and repeat the process a few times before they eventually tire out.

Great choices for microgreens include radishes, beets, almost any lettuce green or brassica (broccoli, cabbage, etc.), peas, watercress, sunflowers, and leafy herbs like basil and parsley.

Try your hand at growing these baby greens and you may find that your easy success with it can be your “gateway drug” into the rest of the wide, wonderful gardening world!

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

*The magazine is now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year’s subscription is \$20.00—order by mail or online at www.WashingtonGardener.com. See the Washington Gardener ad to the right.*

your seeds in bulk, as you need to plant them fairly thickly. You may want to do several batches, planting a new container as the old one starts to thin out. Scatter the seeds across the soil surface. Try to space them out fairly evenly and then press them into the soil surface gently.

Water them in well using a spray bottle filled with filtered water, set on mist. Then place the tray in a sunny window. Keep the soil moistened by misting it a few times a day. You should start to see seeds sprouting by the end of one week and can start harvesting the greens at any time thereafter.

To harvest the greens, use clean kitchen scissors to snip off the seedlings just above the soil. With many varieties of



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## GREEN NEWS & VIEWS

### Nuclear Trumped by Renewables Worldwide, New Report Shows

TAKOMA PARK, MD, - The 2015 edition of an annual empirical analysis of the state of nuclear power globally, confirms a continued decline that belies claims to a "nuclear renaissance." Instead, the report shows, solar energy in particular, is soaring ahead while nuclear stagnates and falters.

The findings of the *2015 World Nuclear Industry Status Report*, published on July 15 in the UK and available online, illustrate, as Forum for the Future trustee, Jonathon Porritt, wrote in the foreword: "The impressively resilient hopes that many people still have of a global nuclear renaissance are being trumped by a real-time revolution in efficiency-plus-renewables-plus-storage, delivering more and more solutions on the ground every year."

A key finding in the report showed that solar power generation worldwide had increased by 38% while nuclear energy generation showed only a 2.2% increase. Delays and cost overruns persist at most of the 62 nuclear power plant construction sites, while the lights remain on in Japan, despite the fact that the country is at zero nu-

clear energy with all of its reactors still shut down.

"This is a valuable study which each year separates empirical fact from nuclear industry fantasy," said Kevin Kamps, a spokesperson for Beyond Nuclear. "It exposes the incredible uncertainties attached to a nuclear energy economy while demonstrating beyond the shadow of a doubt that renewable energy and energy efficiency are a far sounder investment and a much safer choice."

Among the key findings in the report:

- Nuclear plant construction starts plunged from 15 in 2010 to three in 2014.
- There are 62 reactors under construction — five fewer than a year ago — of which at least three-quarters are delayed. In 10 of the 14 building countries *all* projects are delayed, often by years. Five units have been listed as "under construction" for over 30 years.
- The share of nuclear power in the global electricity mix remained stable

*continued on bottom of page 117*

## Diane L. Haworth

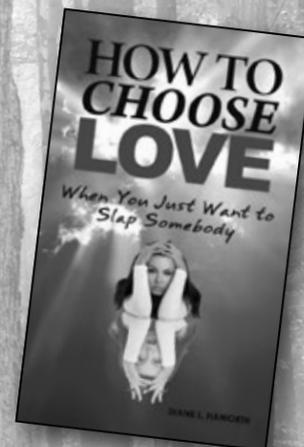


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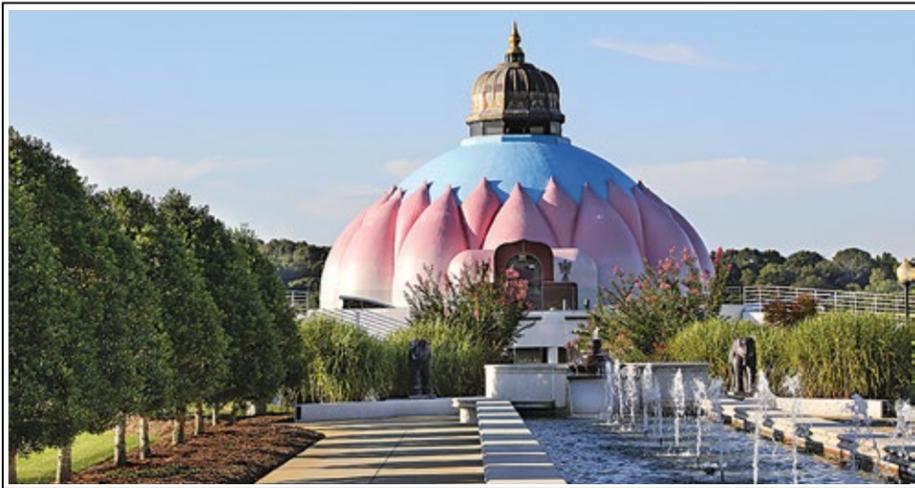
Beloved Friends,  
Behold! All life is a web of Light! After meditating around-the-clock with Maharishi Mahesh Yogi in the 70's, I saw clearly the interconnected web of light in people, the sky, trees, ground, and even the walls in buildings being the same. We are ONE! We are Energy/ Consciousness/ Creative Intelligence, whether we are aware of it or not. Developing awareness of our natural state is our birthright and happens at some time in each person's evolution. As more and more of us experience our minds melting into our hearts, we individually and collectively can know our true nature, a ground of being based on compassion and love. It is every person's destiny regardless of how many lifetimes are involved.

In that field of being there are no judgments, no good, no bad—just what is. I rejoice! The Washington, DC Network of Light exists to support and

celebrate people and spiritual groups. We come together to share and experience our individuality and our unity consciousness. In this way we participate in everyday life with more peace, bringing the divine nature into our conscious decisions and life experience.

We are delighted to announce we will be joining the Shanti Yoga Ashram in serving the poor on the 3<sup>rd</sup> Sunday of every month (see article below). Also, you are invited to “dive within to know the truth” free sessions, and to join Bill Sanda. Once again we will work with him in connecting with the universal Akashic records. Email: networkoflight@hotmail to get on the listserv for these and more upcoming events.

May we relax into the love we already are, with love,  
Lakshmi Barbara Carpenter, MSW, LICSW  
Founder, Network of Light



**A LOTUS Blossoms in Virginia**

Imagine the scene: You are driving along winding country roads somewhere in central Virginia. White-tailed deer prance and wild turkeys gracefully strut along lanes lined with trees and wild foliage. Off the road is an impressive pink archway with “Light Of Truth Universal Shrine” (LOTUS) displayed across it. As you make your way down the curving road, you see an out-of-place sight—a huge, pink, lotus flower-shaped shrine! It sits serenely in the valley, with an exquisite backdrop of the Blue Ridge Mountains and James River.

You have arrived to a peaceful countryside where the doors of the LOTUS welcome people of all backgrounds and beliefs. In 2016, the LOTUS celebrates its 30th anniversary. It was the first interfaith shrine to include altars for all faiths known and yet unknown under one roof. The LOTUS is set amid the peace and calm of a 16-acre lake and is adorned with pools, waterfalls, and a grand cupola topped with a golden spire. Breathtaking panoramic views loom large from several overlook sites.

Listed in *The Huffington Post* as one of nine “Utopias” to escape the modern world (April 25, 2015), this unique shrine is built in the shape of the flower that symbolizes the spiritual unfolding of the soul. The spiritually realized person lives in the waters of the world, yet is not disturbed or influenced by them. Such a person can beautifully serve the world.

But who built a shrine in the middle of nowhere—and why?

LOTUS was the vision and creation of Swami Satchidananda, the world-renowned Yoga master also known as the “Woodstock Guru,” as he was the one who gave the opening address at the Woodstock Festival in 1969. A highly regarded interfaith visionary, he went on to develop one of America's first Yoga teacher training certification programs, founded one of the first residential Yoga communities, and was recognized as a pioneer of the interfaith movement. During the 2014 centennial celebrations of his birth, Swami Satchidananda posthumously received the James P. Morton Interfaith Award, along with another recipient that year: former vice-president and Nobel honoree Al Gore.

When asked about the purpose of the shrine, Swami Satchidananda replied, “More people have died in the name of God and religion than in all the wars and natural calamities. But, the real purpose of any religion is to educate us about our spiritual unity. It is time for us to recognize that there is one truth and many approaches. The basic cause for all the world problems is the lack of understanding of our spiritual unity. The need of the hour is to know, respect, and love one another, and to live as one global family. Our humble aim in building the LOTUS is to spread this message.”

*continued on page 119*



## Terra Christa

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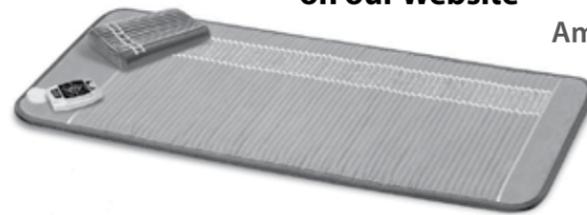
Reiki, Reconnective Healing and Amethyst Reiki are natural therapies designed to assist in achieving wellness and health on all levels.

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- Henry David Thoreau

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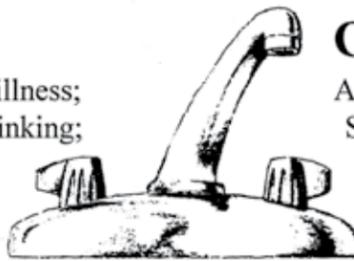
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## "CURES" for SICK WATER

### Problems:

Taste Horrible; Can cause illness;  
May have to boil before drinking;  
Leaves skin irritable and hair unmanageable when showering or bathing in it;



### Options:

Absolute 1 micron filtration; Reverse Osmosis System; Distiller; (All of the above meet NSF standard 53 and will filter out *CRYPTOSPORIDIUM*.)

### Costs:

(installation is included in all prices; refrigerators with ice makers and front door cold water dispensers can be connected to most systems)

Counter-top Reverse Osmosis:	\$399
Under-counter Reverse Osmosis:	\$599 to \$899
Shower Filters:	\$49
Whole House Systems:	call

### Solutions:

- Install a filtration system at the kitchen sink and/or onto your water fountain or cooler that will produce *Pure or High Quality Drinking Water*;
- Install a shower filter;
- Install a Whole House Water System;
- Buy water and/or have it delivered



(some bottled water quality is questionable);

### Compare:

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

### Did You Know...

that most 5 gallon hot and cold water dispensers can actually be reconfigured for use with a filtration system which would eliminate the bottled water delivery and costs?



Under counter and counter top available



If you currently own a system that needs servicing

OR

To order, request a demo, or questions, call:

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## **The Pathways Event Of The Year**

# Enjoy 125 Exhibitors Who Heal, Entertain,

## AN INVITATION FROM THE FOLKS AT PATHWAYS MAGAZINE

Please set aside Sunday, September 27 on your calendar to share our joy at our 42nd Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.

We have been blessed with the honor of hosting this mind, body, spirit event for all these years and we are 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.

At only \$10, it's cheaper than most movies. You can attend up to 8 workshops of the 63 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing services; a psychic, Tarot, shamanic or face reading; or peruse hundreds of unique products.

This year, we are returning to the beautiful Fairview Park Marriott with plenty of indoor free parking. We have reconfigured our layout a bit to ease crowding in the main promenade.

**Please join us. Bring your friends.**

### A La Carte Wellness Holistic & Energy Healing Services, #49

Carole Franques is a Certified Practitioner of several modalities and offers products to enhance her clients' experiences. Tuning Forks, Pendulums, Inspirational Items will be available for sale. She will be accompanied by Deborah Oleszycki who will be doing personalized Angel Messages. [www.alacartewellness.com](http://www.alacartewellness.com)

### All Eco Design Center, #73

All Eco Design Center healthy, affordable, green remodeling experts - specializing in kitchen, bath, countertops, and flooring. Complete turnkey solutions by full service licensed general contractors with a sustainable all-inclusive one-stop showroom. We make the process smooth, fun and transparent, all while adding value and making your experience a win-win for both you and the planet! Give us an opportunity to improve your home by adding the benefits of healthier green materials. Visit our showroom or invite us over for a free consultation today. [www.allecocenter.com](http://www.allecocenter.com)

### Angel Guidance Coaching, #47

Workshops, private sessions and home study courses designed to assist

you to connect with your inner guidance/angels, live your life purpose and grow spiritually. Through our programs you'll gain tools to find your own inner answers and communicate directly with your angels. [www.CommunicateWithAngels.com](http://www.CommunicateWithAngels.com)

### Angel Talk TV / Radio Hosts Jim & Sandy Young, #120

Internationally Acclaimed Psychics, with over 10,000 Professional Readings since 1994. Authors of *The Evidence of Things Not Seen*, now in their 22nd year at Pathways' Expo. Sign up early for your own Personal Angelic Reading. [www.angeltalktv.com](http://www.angeltalktv.com)

### Arbonne International, #11

Arbonne is a 35-year-old company whose products are botanically based and inspired by nature. We offer premium skincare, cosmetics and health & wellness products for every age. All of Arbonne's formulations are gluten free, vegan certified, and free of GMO's, artificial colors, flavors and sweeteners. Come sample our world-class products crafted with integrity, expertise and innovation. [www.Arbonne.com](http://www.Arbonne.com)

### Arlington Metaphysical Chapel, #61

The Arlington Metaphysical Chapel is a Divine Metaphysics spiritual community, which practices and teaches the spiritual truth recorded in the Holy Bible and other sacred texts. Come by to learn more about us! Psychic readings, drawings, and spiritual healing. [www.arlingtonmeta.com](http://www.arlingtonmeta.com)

### Aromatherapy Center, #116

Intuitive Medical Readings, Healings, Past Life Healings, Chakra Healing & Balancing with expert & author of *Complete Book of Chakra Healing Techniques*. Aromatherapy healing perfumes & remedies for sinus, pain, stress relief, PMS, sleep, skin problems, plus... Essential oils. Diffusers. Healing crystals, music, and jewelry. Training: Medical Aromatherapy, Chakra Healing, Personal Development. Retreats. [www.Aromatherapy-Center.com](http://www.Aromatherapy-Center.com)

### ASEA, #69

Redox Signaling Molecules (RSM) decline as much as 90% over the span of a life from aging, stress, environment, and poor diets. There are no known nutrients to restore the body to make RSM. More than 11,000 scientific studies have clearly demonstrated that Redox signaling is involved in supporting virtually every major body system. Learn how Redox Signaling can help your body's cellular health. <http://signalmolecule.teamasea.com/newsite/>

### Astrology Gallery, #101

Astrology gallery helps people all over the world with clarity, peace and understanding with life's obstacles, giving people closure with loved ones that have passed or reuniting lovers. Valerie can tune in her energy through chakras and your energy. She will help guide you to happiness and opportunities.

### Aura Imaging / Photography, #123 & 124

The aura reflects the individual's state of consciousness. The color of the aura gives us information about the quality of consciousness, about emotions, thoughts, ability and vital energies of a person. It is the outer proof of the magnificence of the human spirit.

### Azurae Windwalker Shamanic Arts, #90

Personal Soul Petroglyph Portraits reveal your soul gifts, colors, totems, symbols, and angels for empowerment and healing. A 45-min. sitting is \$75. Healing petroglyph prints and cards strengthen your totem's help.

Shaman Spiral Amulets protect your energy keeping you strong.

### Be You Spa, #9 & 10

Be You Spa has Intuitive Readings, Near Infrared Light Therapy, Chakra Balancing, Energy Tune Ups, Teas, Candles and Chakra Oils. Helping You Be the Best You Possible through our services, classes and webinars. Stop by and find out more; first 100 get a rose. [www.beyouspa.com](http://www.beyouspa.com)

### Black Star Jewelry, #60

Himalayan Quartz Crystal Meditation Implements from Nepal. Carved Miniature Gemstone Deities. Unique, One-of-a-Kind Hand Crafted Sterling Silver Jewelry with Gemstones from the Kathmandu Valley. Unisex Designer Jackets in Silk and Recycled Fabrics. Evocative Accessories. [www.blackstarjewelry.com](http://www.blackstarjewelry.com)

### Bioresonance Body Mapping, NOVA Center For Alternative Medicine, #85

Dr. Sanford will be demonstrating Bioresonance body mapping, the most in depth and powerful form of testing the body to determine it's areas of weakness and toxicity. This special method determines specific organ(s) and toxins (metals, bacterials, viruses. Fungi/metal, ect.) Involvement. The testing then leads to an individualized care program with personalized frequency drops and diet. [www.NovaAltMed.com](http://www.NovaAltMed.com)

### BritPsychic, #44

Linda is a 3rd Generation British Born Psychic clairvoyant who has counseled for over 25 years using her intuitive gifts to provide help and direction in a sincere and ethical manner. She also offers London House fashion jewelry inspired to release the spirit within. Come see Linda FitzWilliams, BritPsychic. [www.Britpsychic.com](http://www.Britpsychic.com)

### Carlos The Medium, #12

Carlos is a naturally gifted psychic medium that is emerging in the DC area. Carlos will be the messenger between you and your loved ones in Spirit to bring you messages of love, hope, faith, and closure. [www.carlosthemedium.com](http://www.carlosthemedium.com)

### Diana Collins, Psychic, #64

For over 35 years Diana Collins has performed Tarot & past life readings with psychic input for your questions about career, finance, relationships, life mission.

# Enlighten & Offer Lots Of Wonderful Products

## **Creative Healing Trends, #75**

Creative Healing Trends is offering ThetaHealing Readings and Healings. Also get an aura photograph before and after your session to see the difference. Rebecca will also interpret the aura photographs and guide you to create your future. She is an intuitive and spiritual licensed counselor, Reiki Master, Hypnotherapist, Past Life Regression Therapist, and NLP life coach.

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

## **Crystalis Treasures, #94**

Come see our assortment of custom made power bracelets! Do you need love, money, health or more? We have a bracelet for you, plus Tarot decks, smudge, crystals and jewelry. 306 Elden St., Herndon, VA, 20170.

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

## **The DC Dentist, #112**

Learn the Benefits of Holistic and Biological Dentistry. Hear how holistic, biological and eco-friendly dentistry utilizes advances in medical technology to provide you with a customized experience that is less invasive, more effective and a healthier approach for your oral care.

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

## **Destarté® Jewelry and Dreamcatchers, #121**

Destarté®, known internationally for unique, hand-made, energetic jewelry, dreamcatchers and gifts of Spirit! Discover your true potential, meet your power animals, and find out what stones best resonate with you for your highest good.

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

## **Divine Heart Center, Fairfax LLC, #83**

Offering products and meditation CDs energized by Grandmaster Shailesh to improve your personal (aura), social and spatial (vastu) energy fields. Enjoy a 10-minute healing session to experience the healing power from Reiki and Raja Yoga Master Gaurav & Sunita. Building a powerful community of healers. Welcome!

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

## **doTERRA by Totally Essential, #71**

Providing educational opportunities for all people interested in learning how therapeutic-grade essential oils can be used as a self-care wellness alternative. Bringing together health-care professionals of traditional and alternative medicine to encourage further study and application of therapeutic-grade essential oils in modern health-care practices.

[www.totallyessential.org](http://www.totallyessential.org)

## **ECKANKAR: Experience the Light and Sound of God, #104**

Are you ready for your next spiritual adventure? The Eckankar booth offers you the opportunity to learn how to experience the Light and Sound of God directly. Rediscover HU—the universal word of Divine Love. This—and so much more!

[www.eck-va.org](http://www.eck-va.org)

## **The Elixir of Life, #63**

Ionized restructured antioxidant-rich water.

[www.justdrinkthewater.info](http://www.justdrinkthewater.info)

## **Foundation for Spiritual Emergence, #1**

Grace Miazza provides information on the human energy field, effects of blockages, past lives, and areas of spiritual energy healing. Mini healings will be available. Grace is a scientist, trained healer, and near death survivor, which opened her to other dimensional realities at a young age.

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

## **Four Quarters Interfaith Sanctuary, #105**

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

[www.4QF.org](http://www.4QF.org)

## **Free Stress Test, #45**

Find out how your mind can cause you to have stress, poor physical health, cause you to make inaccurate decisions, cause problems with work and many other undesirable conditions as well. Come to our booth for a free Stress Test.

[www.Dianetics.org](http://www.Dianetics.org)

## **Gainesville Holistic Center, #102 & 103**

Dr. Stéphane (holistic physician, author, researcher, speaker) is one of 300 Craniopath doctors in the USA. He specializes in difficult cases, pediatrics, and energy therapies. The Center provides physical, emotional, energy / spiritual healing.

[www.drstephane.com](http://www.drstephane.com), [www.billionaireparenting.com](http://www.billionaireparenting.com)

## **The Golden Lighthouse, #39**

Soni Weiss, Tarot consultant and behavior modification coach, will be here to answer your questions regarding, career, work, family, home, love life and spiritual issues. By combining her psychic abilities and her many years of experience in the business, coaching and medical fields she is able to give you practical advice and answers to your questions; improve the

quality of your life and relationships. [www.soniweissstarot.com](http://www.soniweissstarot.com).

## **GPS Your Path, #92**

Learn about your Energy Life Maps™ and decode your whole-life blueprint. Print your hands to reveal accurately your Soul Psychology, life lessons, gifts & authentic life purpose. Bonnie Patterino is one of a few IIHA Certified Hand Print Analysts in the world! After the decoding, you will receive a detailed one-hour live whole-life phone reading and recording within a few weeks. Print today at a lower rate. The results are worth the wait!

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

## **Habeebah's Herbals, #19**

Habeebah Muhammad, Certified Reflexologist, Certified Aromatherapist & Massage Therapist in traditional services and Sufi Unani preparation. She has a wholistic line of natural and organic body products that are spiritually heart created and righteously made. "It's About Chemistry and Creativity." Contact Habeebah for products & services; see information on the web site.

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

## **Diane L. Haworth, #15**

Diane L. Haworth, Intuitive Coach and author of *How to Choose Love When You Just Want to Slap Somebody* will have her book available for sale and introduce her new spiritual coaching program, The Empowered Spiritual Pathways.

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

## **Healing Boutiques, Dr. Thang Do, DC, #48**

Services include relief of chronic pain, weight loss and stress relief. Healing Boutique has it all. Electrotherapies, ultrasound, intersegmental traction, trigger points and myofascial release. From therapeutic exercises to cutting edge relaxation technology; using Laser Lipo and Magnesphere. Also offering a range of premium beauty care products.

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

## **Healing Gateway, #77**

Stop by Healing Gateway to talk with intuitive energy healer, Sherry Dmytrewycz, and learn about energy healing for you and your pets; and Sacred Flame Holograms as a tool for self-healing. Sign up to experience a clearing of dense energies with the Sacred Flame Holograms.

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

## **The Health Improvement Center, #96**

Are you nutritionally deficient? Do you have allergies? Find out today! Free testing.

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

## **Hidden Medicine Healing, #52**

Supplier of healing crystals, chakra balancing tools, crystal grids, floraco-peia oils, tumbled stones, Sweet grass, cedar, sage smudge wands and hand-made spiritual tools. Crystal singing bowls and sound healing. Kileigh Susice, owner, is a licensed massage therapist and shamanic practitioner providing mind, body, spirit healing, along with her own line of incense, oils, and blends that correlate with the Chakra energy centers.

[www.hiddenmedicine.org](http://www.hiddenmedicine.org)

## **Holistic Nutritionist, McLean Pharmacy, #84**

The eyes are the windows to your soul. But did you also know they are the windows to your health? The practice of Iridology, the study of the iris, can give us a clear picture of what is going on in nearly every part of your body based on the tissue health. Come by booth #84 and meet Steven Galloway, CNP, Holistic Nutritionist, and get your eyes and health analyzed at a special expo price.

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

## **Holistic Veterinary Healing, #82**

We offer top quality holistic and integrative compassionate veterinary specialty care. Our doctors have decades of experience within the healing field. We view your animal as a whole focusing on the root cause of disharmony for projected long term healing.

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

## **Hollow Reed Healing / It's Not Therapy, #20**

"What are the most effective tools for personal growth and healing?" The answers (from three progressive-thinking PhDs in mental health) are shamanic healing, hypnosis and NLP, EFT (the Emotional Freedom Technique, aka "tapping"), chakra movement, and voice dialogue/"parts work". Stop by to chat and pick up handouts on "Why Change is So Hard (and How to Make it Easier)," "Love Doesn't Conquer All," and "Optimizing Mind, Body, and Spirit."

[www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)

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

## Enjoy Shopping From A Wonderful Selection Of

### **Hypnosis Silver Spring, Don Pelles, #64**

Hypnotherapist Donald Pelles provides hypnosis for weight reduction, stop smoking, stress reduction, phobias, pain, pre-surgery and allergies. [www.hypnosissilver.spring.com](http://www.hypnosissilver.spring.com)

### **Indigo Moon, #36**

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

### **Inner Circle Gifts, #26**

Since 1986, our family business has been a love of crystals and gemstones. We collect from miners all over the world. In 1994 we introduced Starborn Creation to our jewelry customers. One-of-a-kind single & multi-stone sterling creations.

### **Inspired by Angels, #70**

Readings with Gena Wilson, LCSW, a Gifted Psychic, Medium, Angel Messenger, Animal Communicator, Psycho-spiritual therapist, and Reiki Master; [www.InspiredByAngels.com](http://www.InspiredByAngels.com). Hawaiian Aumakua Cards/Palmistry Readings with Kupua (shaman) Claudette Knox, a Gifted Intuitive, Huna Instructor, and Reiki Master Teacher.

### **Internal Makeover Cleanse, #86**

Did you know the average person has 5-20 lbs. of waste matter sitting in their colon? Sign up for your FREE 10-minute cleanse consultation at today's event. Cleanse and detoxify your mind, body & spirit, while losing excess weight! [www.InternalMakeoverCleanse.com](http://www.InternalMakeoverCleanse.com)

### **International Society for Spiritual Sciences, #67**

Vastushastra is a Vedic science of energies acting coherently through home/workplace to achieve healthy and peaceful life. Offering powerful energized products for happiness and prosperity. World-renowned Swami Manjulanand, founder-president of the International Society of Spiritual Sciences will be available for consultation. [www.manjulanand.org](http://www.manjulanand.org), [www.vastushastri.org](http://www.vastushastri.org)

### **Intuitive Oracle Card Readings by Sandy, #24**

Sandy Foley-Burgess: Clairvoyant~Medium~Empath~Intuitive Counselor.

Certified Practitioner provides readings that offer guidance, compassion and understanding. Available for Parties/Special Events. [www.compassionatereadings.com](http://www.compassionatereadings.com)

### **Intuitive Wellness Center, #72**

Miriam Hunter & Gina Maybury offer respite, relaxation and rejuvenation with crystals and mini energy sessions in Reiki, Quantum-Touch, and Access Consciousness. Join us and experience the relief. [www.intuitivewellness.center](http://www.intuitivewellness.center)

### **Joy of Being, Occoquan, VA, #50**

Have you experienced the Joy of Being? Our Healing Arts & Spiritual Retreat Center is located in Occoquan, VA. We will feature items from our Spirit Boutique (such as crystals & aromatherapy) as well as Aura Imaging w/a full color 30+-page report (AWESOME!), Angel Messages & Thai Reflexology. [www.Joy-of-Being.net](http://www.Joy-of-Being.net)

### **Joyful Light Reiki, #21**

Specializing solely in Jikiden Reiki with direct lineage from Japan, Joyful Light Reiki will be offering 20-minute Jikiden Reiki sessions for \$20. Information regarding Jikiden classes will be available. [www.joyfullightreiki.com](http://www.joyfullightreiki.com)

### **Dorothy Kadosh, Psychic Astrologer, #76**

Readings with Dorothy can be profound and uplifting, providing important details about angels, your loved ones and you, and past lives. Get dates for positive results in career, love and health. Go away feeling happy with something to look forward to.

### **Karmalades Household Cleaners with a Conscience, #22**

Hand crafted eco-luxury household cleaning products, formulated with simple natural ingredients that you can understand. Packaged in glass vs. plastic. [www.karmalades.com](http://www.karmalades.com)

### **Kangan Water // Juice Plus, #33**

KANGEN Alkaline Water and the UKON-Tumeric Supplement; [www.WhyChangeYourWater.net](http://www.WhyChangeYourWater.net). // JUICE PLUS+ and the Tower Garden—28 different fruits, vegetables and grains in a capsule or chewable form. [www.FruitsandVeggies.net](http://www.FruitsandVeggies.net)

### **Robin Knies – Theta Healing, Numerology, Chakradance, #55**

Soul Awakening & Create Your Reality are joining forces to invite your soul to a self-discovery party. We offer

Chakradance, Holistic Life Coaching, Intuitive Readings, Laugh Yoga, Numerology, Reflexology and Theta Healing. [www.RobinKnies.com](http://www.RobinKnies.com), [www.Solawake.com](http://www.Solawake.com)

### **Konstanza Morning Star, Certified Medium, #14**

Konstanza Morning Star, Certified Medium specializes in highly evidential mediumship readings and shamanic healing. She teaches mediumship development classes. Llewellyn Publications will release her book, *Medium: A Step-By-Step Guide to Communicating with Spirits* in August 2016. [www.silverpringoflight.com](http://www.silverpringoflight.com)

### **Larry LoBianco, Shamanic Practitioner, #79**

The Stone People Are Ready! Rocks, stones, and crystals are the bones of the earth and possess enormous stores of wisdom and healing power. Join Larry LoBianco, a shamanic practitioner, Spirit, and the Stone People for your personal stone reading.

### **Life Transforming Hypnotherapy, #65**

Joseph Mancini, Jr. – Hypnotherapy. Joe Mancini, PhD, CCHt, CRT., PLt., offers individual, couple and group hypnotherapy, and specializes in spiritual hypnotherapy (past-life regression, couples' regression, future progression, life-between-lives, counterpart selves, parallel lives) and much more! [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)

### **The Light Portal – See Your Spirit Guides, #27**

Antoine is a Light Portal and offers a unique form of Mediumship. His face will disappear and you will be able to SEE and talk to your Spirit Guides and departed loved ones in love and light. [www.light-portal.com](http://www.light-portal.com)

### **Lotus Wellness Center, LLC and Twig & Berry Apothecary, #74**

Lotus Wellness Center is a holistic wellness studio located in Manassas, VA, offering a wide variety of holistic services and classes in yoga, meditation, psychic and spiritual development. Twig & Berry Apothecary is the sole distributor of homemade bath and body products for Lotus Wellness Center. All products are infused with energy healing and made by master healer and vegan Diana Walker. [www.lotuswellnesscenter.net](http://www.lotuswellnesscenter.net)

### **Susan Lynne – Psychic, Intuitive, Medium, #16**

Susan Lynne is a gifted psychic & medium with over 30 years of experience.

She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. Available for readings, consultations. CDs and other gift items for sale. [susanlynnemediumlink.com](mailto:susanlynnemediumlink.com)

### **Mahalo Minerals, #113, 114 & 115**

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

### **Sandy McDougall, The Maverick Edge, #57**

As dynamic coach/mentor, Sandy McDougall empowers you and your mission through practical, creative, and intuitive guidance, and by guiding you to freedom through trusting your own inner wisdom. [www.themaverickedge.com](http://www.themaverickedge.com)

### **The Mindfulness Center, #78**

The Mindfulness Center in Bethesda, MD, is a charitable community wellness center offering individual services, classes and workshops in Mind-Body Practices including Yoga, Meditation, Tai Chi, Acupuncture, Nia Dance, Professional Teacher Trainings, Retreats, Mindfulness, Stress Reduction and Mind-Body Therapies for Chronic Conditions. Stop by our booth to enjoy a demo session of our services and therapies with our experienced practitioners! [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org)

### **Mystic Fire Glass, #18**

Jewelry creations made with gemstones, healing chakra crystals, hand blown glass, fine, sterling silver and gold-filled wire/chain. Hand blown vessels to hold essential oils, gemstones or prayer/affirmation scrolls. Support your healing journey with beauty and gifts from the earth. Glass has metaphysical healing properties for transformation. <http://etsy.com/shop/mysticfireglass>

### **National Integrated Health Associates (NIHA), #99**

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

# Artwork, Natural Clothing, Jewelry, Crafts & Crystals



Stop by 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](http://www.ombotanical.com)

#### **Pay It Forward Hypnosis, LLC, #56**

Courtney has trained with Dr. Brian Weiss and utilizes his methods/ inductions. She supports her clients by guiding them through personalized hypnosis sessions. Clients may experience healing, relaxation, and/or abundance exercises, access past life memories, and connect with their higher wisdom. [www.payitforwardhypnosis.com](http://www.payitforwardhypnosis.com)

#### **Jim Phillips – L.I.F.E. Coach, Author, Speaker, #68**

The Key to LIFE is our Living In Full Expression. As we live in full expression of who we truly are, Life returns to us the life experiences we truly desire. Learn how from certified professional L.I.F.E. Coach and author Jim Phillips. [www.prosperitybydesign.com](http://www.prosperitybydesign.com)

#### **Psychic & Chakra Healing of Bethesda, #91**

Psychic & Chakra Healing By God Gifted Spiritualist. Currently In Bethesda & Germantown, Maryland.

#### **Psychic / Spiritual Reading with Alice Jones, #35**

Alice Jones offers Spiritual and Past Life Readings, connecting with your Higher Self, Source, Angels, Archangels, and Ascended Masters, investigating soul path/ relationships, and Akashic Records. [www.AlicjaJones.com](http://www.AlicjaJones.com)

#### **Psy-Twins, #118**

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](http://www.Psy-twins.com)

#### **Raw Certified Organics for Everyone!, #58**

Raw Living Vegan Certified Organic Superfoods: Probiotics, Antioxidants, Concentrated Grass Juices, Sprouted Bio-fermented Complete Protein. Botanical Food-Grade Certified Organics for Skin, Hair, Bath, Body, Oral Hygiene, Home, Mosquito Protection and More! Cold-Processed. Tested for Purity. Ask about NEW Online/In-Stock Discounts. [www.FabulousOrganics.com](http://www.FabulousOrganics.com)

#### **Reconnective Healing Co-op, #89**

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](http://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](http://www.reflexologyandbeyond.com)

#### **Relay Foods – Sustainable and Everyday Groceries, #38**

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](http://www.RelayFoods.com)

#### **Remnants of Magic, #42**

Remnants of Magic makes one-of-a-kind wire-wrapped jewelry with your choice of gold or sterling silver wire. We wire wrap designer cabochons, faceted stones, crystal points or we can custom set your own unique stone. All jewelry is individually hand crafted so by nature is one-of-a-kind. We also have power bracelets, energy sprays, crystal wands and much more. [www.remnantsofmagic.com](http://www.remnantsofmagic.com)

#### **Renewal by Anderson, #34**

Information regarding energy efficiency and green products. Clean natural air purifier, home products. [www.andersoncorp.com](http://www.andersoncorp.com)

#### **Rising Phoenix Holistic Center, #66**

Rising Phoenix Holistic Center is the new hub for spiritual nourishment in the DMV, offering amazing workshops, healing services, spiritual coaching, and readings meant to inspire and facilitate personal expansion and well-being. We even have a metaphysical gift shop! [www.risingphoenixhc.com](http://www.risingphoenixhc.com)

#### **Rose Rosetree's Energetic Literacy, #119**

Empath Merges, Aura Readings, Face Readings—personal readings available from the *Pathways* "Energetic Literacy" columnist. Also find autographed copies of Rose's how-to books (366,000 copies sold). Rose Rosetree's 1,000+ media interviews

include "The Diane Rehm Show," *The Washington Post*, "The View." [www.rose-rosetree.com/blog](http://www.rose-rosetree.com/blog)

#### **Roselle Center for Healing, #98**

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](http://www.rosellecare.com)

#### **Sacred Circle, #106**

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](http://www.sacredcirclebooks.com)

#### **Bill Sanda, #86**

Heal unresolved energies from your past lives that are impacting you today through your Akashic Records. I will be offering 10-minute Akashic Record healing sessions. [www.facebook.com/HealingYour-SoulThruAkashicRecords](http://www.facebook.com/HealingYour-SoulThruAkashicRecords)

#### **Science of Spirituality, #41**

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](http://www.sosdc.org)

#### **Self Empowerment Education Center, #122**

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](http://www.seec-icmct.com)

#### **Self-Realization Fellowship, #53**

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](http://www.yogananda-SRF.org)

#### **New Earth Products, #46**

Introducing delicious 2 oz. daily renewal supplement that helps maximize brain health and healthy cellular performance. Perfect for athletes and active lifestyles, it's NSF Certified for Sport, all natural, without GMOs, added sugar, artificial sweeteners or colors, or energy crash. [www.projectmazama.com/Susan](http://www.projectmazama.com/Susan)

#### **NewGrowth Healing, #81**

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](http://www.NewGrowthHealing.com)

#### **NOVA Center For Alternative Medicine, #85**

Dr. Sanford will be demonstrating Bioresonance body mapping, the most in depth and powerful form of testing the body to determine its areas of weakness and toxicity. This special method determines specific organ(s) and the toxins (metals, bacteria, viruses, fungi, etc.) involved. The testing then leads to an individualized care program with personalized frequency drops and diet. [www.NovaAltMed.com](http://www.NovaAltMed.com)

#### **Nutrition Master Foods, #25**

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](http://www.nutritionmasterfoods.com)

#### **OM Ayurvedic Skin Rejuvenation, #37**

Get younger looking blemish free skin naturally with remarkable skin rejuvenation products by OM Botanical.

# Learn From And Share With Holistic Health

## **Seleme Health - Dr. Venus Seleme, #100**

Dr. Seleme's booth will offer 15-minute face diagnosis/detox appointments, 10-minute reiki sessions, informational materials, organic bath salts, coffee scrub bars, magnesium oil pain spray, custom organic millet pillows for cervical stabilization and her personalized 21-day/3-week body purification detox box.  
www.drseleme.com

## **Seven Oaks Retreat Center, #51**

Experience breathtaking views, delightful cuisine and outstanding hospitality at our serene spiritual retreat center. Located in the foothills of the Blue Ridge Mountains, we offer the ideal location for retreats of all sizes to experience complete relaxation, integrated health and personal growth retreats. We offer full service lodging and dining and are located 1 1/2 hours from the DC Beltway.  
www.sevenoaksretreat.org

## **Shamanic Healing Institute, #117**

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

## **Share International, #2**

This is a momentous time in the history of our planet with the emergence of Maitreya, the World Teacher and his group, the Masters of Wisdom, the spiritual mission of our Space Brothers and the current world crises. Welcome to our booth for free information.  
www.share-international.us/ne/

## **Smile Herb Shop, #97**

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

## **Sole Healing, #107**

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

## **Source Transformational Soul Healing, LLC, #28**

Experience Soul Healing Miracles Today. Learn to apply ancient wisdom, knowledge and techniques to heal your health, relationships, finances and more through the power of the soul. Offering books and CDs from *New York Times* best selling author Dr. and Master Zhi Gang Sha. Experience the joy of soul healing!  
www.mastershahealingctrlnham.weebly.com. http://onestsh.com

## **The Spiritual Tarot - Rev. 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, #62**

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

## **Stress Relief Center - Aura Reading & Lightworker Classes, #6**

Aura camera. Intuitive readings. Over 100 classes for crystal work, mantras, mudras, intuitive skills, channeling and energy modalities such as Reiki, 7 Facet Seichim, Karuna Ki, Reiki 5-18, Lightarian, Angel Reiki, Life Path Reiki, Joy & Laughter Reiki and others.  
www.stress-reliefcenter.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, Aura, Psychic Readings - Mara Berman & Holly Range, #95**

Mara Berman is a psychic and Tarot card reader. She conducts meditations contacting angels, guides and higher powers through light activations; maraberman@comcast.net. Holly Range is a psychic and Tarot card reader. She is a storyteller and conducts life lessons through story telling.

## **Tarot by Thomas, #13**

Professional and discreet Tarot consultations. Calling on more than a quarter century of experience, Thomas has read for people from all walks of life, nationalities and spiritual traditions. Available for private readings and events.  
www.tarotbythomas.com

## **Tarot Card Reader Sonia Subaran, #40**

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

## **Tavicare - Delara Tavakoli, MD, #110**

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

## **Telepathic TV-Neville Johnston & Mary Phelan, #43**

Neville is offering Palmistry and Angel Messages and Mary is offering Intuitive Tarot, Past Lives and Dream

Interpretation. They will also have their latest books, copper devices and oracle decks for purchase.  
www.telepathictv.com

## **Terra Christa, #93**

Terra Christa has been serving the Spiritual Community for over 20 years. Located in Old Town Vienna, Terra Christa offers many types of crystals, jewelry, books, music, healing tools, Aromatherapy, Angels, Native American art, Tibetan Singing Bowls and much more. At our Expo booth we'll offer types of healing tools: Pendulums, Etheric Weavers, Wands and Song Pods.  
www.terrachrista.com

## **Tim's Tarot, #59**

Tarot Readings by Tim Boyd, internationally renowned Certified Tarot specialist providing 20-minute Tarot consultations. See Bio online.  
www.TimsTarot.com

## **To The Point Tarot, #59**

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

## **Urantia Book Interfaith Committee, #17**

*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.  
www.urantiabook.org

# NATURAL LIVING EXPO

## Practitioners From Many Different Modalities

### Valley of Gems, #7 & 8

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....

### Venae, #111

Venae is a channel & will be offering healing message sessions and spirit board readings. Angels & saints work through her giving healing energy and personal messages. Also on offer will be jewelry, spirits boards, & pendulums.

### Virginia University of Oriental Medicine, #10

Student interns and clinical supervisors from VUOM are providing auricular acupuncture, massage, taking pulses and providing lifestyle suggestions in diet and exercise. Please stop by our booth for information about

our student clinic, our master practitioners, and samples.  
www.vuom.edu

### Washington DC Teaching Center, #23

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.

### Wisdom of the Tarot, #5

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

### Whispers of Joy, #40

Shamanic practitioner and messenger of Spirit. I will be doing readings, and selling my books and various other items.  
www.whispersofjoy.net

### Jamila White, Psychic, #54

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! Check out my new Pathways workshop! In-Person, Phone & Skype.  
www.InspiredJamila.com

### Jali Wright, Psychic-Medium, #31

Psychic Medium Jali Wright's readings integrate both psychic insight with spirit communication for information packed readings giving you answers and direction. Connecting with spirits through channeling and pictures, she inspires your Soul's Solution. Learn about her book, *Everybody Wants Great Sex, Right?* and her audio book "The Third Conversation" with

Monet Lamartina. Also available are energetically infused handmade cosmetics, J-Love.  
www.JaliWright.com

### World Trendz, #108 & 109

Goddess Clothing (skirts, dresses, blouses), shawls, scarves and ruanas, jewelry, Metaphysical tapestries, statues, bags, singing bowls. Belly Dance costumes and home décor items.  
www.worldtrendz.com

### Yoga Meditation Spirituality Vegetarianism Ayurveda, #32

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

## 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](http://www.NaturalLivingExpo.com)

**\$5<sup>00</sup> Off**

Admission to the Natural Living Expo

Sunday, September 27, 2015 • 10am–7pm

Fairview Park Marriott, Falls Church, VA • \$10 with coupon

Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

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ADDRESS \_\_\_\_\_

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**\$5<sup>00</sup> Off**

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Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

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GO TO [www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com) for additional coupons & updates

# Choose From 63 Dynamic, Creative,

## 10:30 AM

### Auras Can Tell You THAT?

Rose Rosetree  
Tickets  
Auras contain such practical info. Learn about 10 different kinds. Online dating! Buying flowers that won't droop! Spotting liars! \*\*\* Do you read auras already? Find more ways to use them. No skills for that yet? Get inspired to learn. \*\*\* Short readings of some audience participants included. Join *Pathways* "Energetic Literacy" columnist for surprises and fun. #119

### Intuitive Remote Viewing

Mary Phelan  
Arlington  
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! #43

### Psychology of the Spirit

Tamara Elassal, NCC, MSC  
Terrace  
You will learn about the psychology of each Chakra. Each of our Chakras is linked to different emotions, thought patterns and behaviors. Understanding the psychology of each Chakra helps you gain a better understanding of the way energy flows and how you may be causing blockages in your own energy field—blockages that can even impact your health—and how you can begin to clear them! #50

### Mind-Body-Spirit: 6 Ways to Make a Deep Connection

Diane L. Haworth  
Falls Church  
Author and coach Diane L. Haworth demonstrates easy ways to deepen our spiritual practice by consciously integrating simple mind-body-spirit exercises. #15

### Reiki Circle

Michele Barlock  
Vienna  
No prior experience with Reiki needed. All levels welcome. The purpose of this circle is to learn briefly about what Reiki is and how it can be a powerful part of your healing and wellness journey. Most of this uplifting session will focus on creating a group-healing circle with the intent of offering the Reiki energy to yourself or someone else in need. Your personal intent will be bolstered with the loving energy of others offering a heart centered healing. #93

### The Significance of This Moment in the History of Our Planet

Sheida Kourangi  
Langley  
Who are the Masters of Wisdom and what is their Plan? Who are the Space Brothers and what is their Mission? How can we serve the world in need and speed up our own spiritual progress at the same time? #2

### Internal Cleansing to Detoxify Your Mind, Body & Spirit

Titi Sibajene  
McLean  
Did you know the average person has 5-20 lbs. of waste matter sitting in their colon? Come learn safe and effective tools to cleanse and detoxify your mind, body & spirit, to get to your best you! Offering a range of health benefits including weight loss, improved energy, gut health and much more. #86

## 11:30 PM

### The Unseen Forces Affecting Your Life

Sherry Dmytrewycz  
Tickets  
There are many energies affecting your health and well-being. Learn what these energies are and how to protect yourself. #77

### The Spiritual Martial Art

Dorothy Kadosh  
Arlington  
Do something about negativity once and for all. Learn to raise your personal vibration and the vibration of your environment using simple techniques practiced for centuries. Reach a comfort level in your home, office and personal life never before achieved with continued education in psychic self-defense. #76

### Awakening to Your Spiritual Greatness

Members of ECKANKAR  
Terrace  
Tantalizing clues to our spiritual greatness abound—but what puzzle do they ultimately solve? How can our study of past lives, dreams, and conscious living reveal the Inner beauty and power that is our *true* self, Soul? #104

### The Shamanic Journey

Larry LoBianco  
Falls Church  
Shamanism is the oldest spiritual practice. In this workshop, Larry LoBianco, a shamanic practitioner, discusses the fundamental aspects of shamanism and shamanic journeying. Participants also have the opportunity

to experience a shamanic journey. Open to beginner and experienced journeyors. #79

### At the Crossroads of Beliefs

Joe Mancini  
Vienna  
In this session, Joe describes how we often do not get what we want, even though we are determined to achieve the goal. Beliefs, hidden or denied by the conscious self, can slow the manifestation or derail it. Joe also talks about the evolution from being healers to becoming co-creators. #65

### Guided Hypnosis

Courtney Starkey, M.Ed.  
Langley  
Using methods learned during her training with Dr. Brian Weiss, Courtney will guide the group through a fun and profound hypnosis session, including a relaxation exercise, past/current life regression, a healing exercise, accessing higher wisdom, and experiencing an abundance visualization. sing methods learned during her training with Dr. Brian Weiss, Courtney will guide the group through a fun and profound hypnosis session, including a relaxation exercise, past/current life regression, a healing exercise, accessing higher wisdom, and experiencing an abundance visualization. #56

### Blessings of Light

Hyun Martin  
McLean  
Perfection is the natural state. Light is Triumphant! Come and find out how we connect and utilize Light for Beauty and Health. From BioGenesis, Near Infrared Light, Far Infrared Light and LHE (Light Heat Energy), come and experience the Blessings of Light! #9 & 10

## 12:30 PM

### Multidimensional Healing Workshop

Grace Miazza, MEd, BSEE, BS Physics  
Tickets  
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

### Spiritual Tarot: An Introduction

Rev. Geraldine Amaral  
Arlington  
Please join author/*Pathways* columnist Rev. Geraldine Amaral to explore the

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

### Chakra Healing Techniques

Dr. Mireille Nedelec  
Terrace  
Discover simple Chakra Healing Techniques. Dr. Nedelec, co-author of *Complete Book of Chakra Healing Techniques*, will share tips to bring you more love (#4), better communications (#5), greater abundance (#1). Don't spend another painful day feeling disease. Heal your Chakras for spiritual, emotional, physical transformation & harmony. #116

### Facial Diagnosis and Detoxification

Dr. Venus Seleme  
Falls Church  
Dr. Seleme has been a chiropractic wellness specialist for seventeen years in Fairfax, VA. Her workshop will cover face diagnosis and how to detoxify the body gently. She will teach the relevance to chronic illnesses such as degenerative arthritis, IBS and Lyme disease. #100

### Decluttering and Organizing, Outside and Inside

Diana Collins & Donald Pelles  
Vienna  
Organizer and reader, Diana Collins offers ideas for transforming your home & office into a sanctuary with tips on de-cluttering. Hypnotherapist Donald Pelles teaches you how to go into "The Zone" and declutter your mind and spirit. #64

### Vastu (origin of Feng Shui): For Health, Happiness and Peace

Padmaja Mummaneni  
Langley  
Vastu Shastra is a Vedic science of construction and architecture—the ancestor of Feng Shui. Receive in depth information about Vastu and practical suggestions for maximum well being from placing certain objects for peace, prosperity, congenial relationships and happiness. Swamiji will discuss the benefits of "Vibrational Meditation," too. #67

### Jyoti Meditation Lifts You Up

David Newcomb  
McLean  
Learn to access inner light through a simple, natural, age-old technique that focuses your attention on the seat of

# Mind • Body • Spirit Workshops



your soul. Once learned, Jyoti Meditation provides lasting energy and blissful satisfaction. #41

## 1:30 PM

### Beyond The Veil

Jim & Sandy Young  
Tickets

Angel Talk TV/Radio hosts, Jim and Sandy Young—internationally acclaimed Psychics with over 10,000 professional readings since 1994—will offer what everyone year after year has crowded the room to experience. Where the audience may ask questions on Passed Over Loved Ones, Soul Mates, Career, Future Predictions, Angels, Guides & more. #120

### Ageless Health

Dr. Tom Roselle  
Arlington

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. #98

### Connecting With Your Loved Ones With Messages From Spirit

Carlos Alcocer  
Terrace

Your loved ones in Spirit are always with you. Learn how to recognize the signs and means for communication. Spirit works in amazing ways to send you a message. The workshop will conclude with a demonstration of mediumship. #12

### Modern Meditation in the Workplace

Tom Valone, PhD  
Falls Church

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.” #53

### The Reconnection: Explore the New Frequencies of Healing

Joan Fowler  
Vienna

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. #89

### Zoetic Meditation – Transforming Human Consciousness

Liora B. Hill  
Langley

Zoetic Workshops is 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. Hands-on healing will be available for those who desire it. #87 & 88

### Aromatherapy For Personal Care – What’s Good Practice

Patricia Bonnard  
McLean

For thousands of years, people have relied on plants for their good health and wellness. Learn about some common essential oils and carriers, and good practices for home use. Sample and ask questions. #62

## 2:30 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. #117

### The Chakras for Self-Healing

Uma Alexandra Beepat  
Arlington

Chakras are a hot topic word in today’s metaphysical community and it should be! Come learn in this fun and informative workshop about the history of Chakras and how they pertain to your soul journey. Also includes a short guided meditation to cleanse the Chakras and seek out imbalances. #74

### Beyond Life After Death

Matthew Tolford  
Terrace

We have heard about “Life Between Lives,” Life Reviews, and returning

to the earthly plane. Mediums communicate with passed loved ones, Angels, Guides, Seth (Jane Roberts), Abraham (Abraham/Hicks), Ramtha (J. Z. Knight), and other entities. How do they all fit? #81

### Age Management Medicine

Delara Tavakoli, MD  
Falls Church

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. #110

### Want to Lead a More Spiritually Rewarding Life?

Jali Wright & Monet Lamartina  
Vienna

Are you unfocused? Torn on what direction to take? Are you clouded with doubt and uncertainty? Internationally recognized Psychic Mediums Jali Wright and Monet Lamertina can help you alleviate your emotional baggage. Come and learn to rid yourself of these Emotionally Transmitted Diseases (ETDs). Also Discover Jali’s book, *Everybody Wants Great Sex, Right?* and their audio book *Ghosts Can Talk*. #31

### Got Cellular Health?

Joseph Christadore & Deborah Wetzel  
Langley

Why does your body take so long to heal the older we get? New science shows Redox Signaling Molecules (RSM) decline as much as 90% over the span of a life from aging, stress, environment, and poor diets. Learn what more than 11,000 scientific studies have clearly demonstrated—that Redox signaling is involved in supporting virtually every major body system. #69

### Three Meditations for Better Living

Gaurav Chikara  
McLean

Workshop attendees are guided through 3 powerful meditations created through inspiration from the Indian Yogis. The first meditation fights depression by opening up the heart center; the second one improves willpower; and the third one takes the seeker deeper into self-realization. Distance healing is channeled to the seekers during the meditations. Fol-

lowed by a short Q&A session. Be Happy, Be Healed. #83

## 3:30 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 Manifestation, and answers to your personal questions. #4

### Connect With Your Angels & Live Your Life Purpose

Melissa Kitto & Richard Lassiter  
Arlington

You are psychic! Do you trust your innate sensitivity or do you doubt your first impressions? In this experiential workshop, you’ll learn what your four psychic abilities are, and develop more trust in your own intuition. When you trust your intuition, you’ll find your niche in life and always be in the right place at the right time. #47

### The Seventh Angel – Saint Germain’s Alchemy

Rev. Kenneth Frazier  
Terrace

Did you know you were once an immortal being? Reclaim your immortality and the power to make yourself whole! Learn about the Aquarian Age Seventh Angel, Saint Germain, and his alchemy for healing and transforming your life. This interactive, entertaining workshop is based on the Teachings of the Ascended Masters as taught by Mark & Elizabeth Clare Prophet. #23

### Mind-Body Therapies: Clinical Applications, “Meditation as Therapy”

Aurora Hutchinson  
Falls Church

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, and quality of life; it also reduces stress and improves our quality of sleep. Learn the scientific evidence basis for using meditation in the therapeutic setting. #78

Updates, Directions, Coupons  
[www.NaturalLivingExpo.com](http://www.NaturalLivingExpo.com)

# All Workshops Are Included

## Shattering the Illusions of Limiting Beliefs

Jim Phillips  
Vienna  
Most of us limit our experiences in life because of limiting beliefs we hold about life and our Self. Shatter these illusions with Jim Phillips and create liberating beliefs that result in the incredible life you have yet to imagine. #68

## Innovations in Holistic Dentistry

Terry Victor, DDS  
Langley  
Learn the newest innovations for Dental Implants, how to have a natural, clean and healthy mouth and how your oral health can affect your overall health. #112

## Stress Less Naturally With Essential Oils

Colleen McCartney  
McLean  
There is a physiological response to stress, whether it's getting caught at a red light or pulling late hours for work. Learn the basics of what essential oils are & how they work. We will focus on the effect stress has on the body and how you can proactively support your body to deal with stress. #71

## 4:30 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. #118

### 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. #61

### Meditation with Angels and Auras

Mara Berman  
Terrace  
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. #95

### All About Medicinal Mushrooms

Jared Urchek, M.Ac, L.Ac, CZB  
Falls Church  
Preview the amazing source of natural medicine that comes from the gourmet and medicinal mushroom world. We will highlight some of the more notable species of mushrooms, their beneficial and medicinal effects, and how they can help you achieve greater health and well-being in your life. We will talk briefly about the role of fungi in nature, and how they also serve as a source of medicine for other animals, specifically the great Honey Bee. #97

### Optimum Health, Naturally, Through Integrative Medicine

Practitioners of National Integrative Health Associates (NIHA)  
Vienna  
Overall health and wellness with natural medicine and holistic dentistry with Holistic practitioners from Washington's premiere center for integrative medicine and dentistry. #99

### Experience Soul Healing Miracles Today

Master Sha Healing Center Staff  
Langley  
Join Certified Soul Teachers and Healers of Dr. and Master Zhi Gang Sha to learn the relationship of Soul, Energy and Matter and why we have challenges in our health, relationships and finances. Then learn to apply soul healing to begin the transformation of these challenges. Divine Healing Hands and Divine Soul Operation blessings will be offered to lucky attendees of this workshop. #28

### Quantum-Touch: the Power to Heal

Gina Maybury & Miriam Hunter  
McLean  
Quantum-Touch utilizes simple breathing techniques and body awareness exercises to accelerate healing. Join us to learn how you can easily: reduce and eliminate back pain and chronic pain; realign bones; balance organs, glands and systems; heal injuries and so much more. #72

## 5:30 PM

### Power of the Subconscious Mind

Kay Walkinshaw  
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. #122

### Messages From Spirit

Jamila White  
Arlington  
New Workshop! Learn how to meet and communicate with your own spirit guides, angels, or ancestors with an easy guided meditation that anyone can do. Receive personal messages from Jamila, one of DC's most fun, sought-after psychics and intuitive development teachers. #54

### Celebrating Spirituality the InterFaith Way: Walking the Labyrinth

Carrie Krystek, M.Ed. (AET)  
Terrace  
At Four Quarters, we use rituals, celebrations, and sacred sites to inspire people toward the directions they need to go. Join us as we explore the spiritual messages inherent within one of Four Quarters' sacred sites. It's a symbol that has transcended cultures, geography, and time itself to have many different meanings to many different peoples throughout the world: The Labyrinth. #105

### Build Big Freedom Through Small Intentions

Sandy McDougall  
Falls Church  
Discouraged or overwhelmed by the prospects of creating the balanced, creative, fulfilling life you want? Then think again. You can revitalize your creative, intentional, and empowered spirit in amazingly powerful ways, one small manageable step at a time. Come find out how. #57

### Who Are You? Finding the "WHOLE" U

Dr. Stéphane Provencher  
Vienna  
Who are you? How would people react if you exposed your true self? Does anyone know the real U? Lift your mask to allow your SOUL to be awakened. We attract people that metaphysically mirror; empower changes to regain the "WHOLE" U. #102 & 103

### Manifesting with ThetaHealing

Rebecca Norris  
Langley  
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. #75

### Making Change Easier – Tools for Getting Unstuck

Eric Weinstein  
McLean  
Quick tips for personal growth/wellness, such as: Make your mind work for you, not against you. What will-power can't do, habits can. Enjoy the journey and reach a destination. Resolve inner conflict. What your "bad" behavior wants for you. #20

## 6:30 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. #16

## Please Note:

The Exhibit Hall Closes At 7 pm  
The 6:30 Workshops Run Until 7:30 pm

# NATURAL LIVING EXPO

## In The Price Of Admission

### Aura Reading - The Easy Way

Madhulika Jinsi  
Arlington  
Learn how to use innate senses immediately to start reading the aura and learning to interpret it. No previous experience needed. Follow your primary sense to start getting intuitive information. #6

### Chakradance

Beth Schmaltz and Robin Knies  
Terrace  
Chakradance is a dance practice for body and soul. It's a powerful experience that will free and energize you. It combines spontaneous dance, guided imagery and music to promote well-being. The music is the key; it resonates deeply with each of the seven major chakras. #55

### The Heart of the Matter - Oriental Medicine for the Heart

Celia Hildebrand  
Falls Church  
Oriental Medicine (OM) considers the Heart to be Monarch and ruler of the physical, mental and emotional bodies. Whether heart disease or heart break knocks the ruler off the throne, OM can help restore the normal rhythm of life and blood, and facilitate recovery from depression, sadness, trauma and grief. Come and explore our approach. #80

### How to See Your Spirit Guides and Deceased Loved Ones

Antoine Chevalier  
Vienna  
Antoine is a Light Portal and a Holo-

graphic Medium. He will explain how you can see and help other people see spirit guides and deceased loved ones. #27

### Mantra Meditation Workshop

ISKCON Spiritual Center Staff  
Langley  
The ancient texts of the Vedas describe mantra meditation as the perfect cleanse for the mind. It washes away all the toxins (like stress, anxiety) from our consciousness and uplifts it to a spiritual platform from where we can see the world and interact with it in a spiritual and compassionate way. In this workshop, you'll learn what Mantra meditation is, its history and benefits, and how to apply it in your life. #32

### The Kingdom of Heaven Within the Hearts of All Mankind

The Urantia Book Fellowship Interfaith Committee  
McLean  
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. #17

**Many thanks for joining us this year!**

**Please share the Expo information with your friends.**

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**Admission to the Natural Living Expo**  
Sunday, September 27, 2015 • 10am-7pm  
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Please complete this simple coupon to gain admittance to the Natural Living Expo for only \$10. Please fill in an accurate email address and we can save trees by informing you by email only (no need for mailing address if email address is included). Please present it at registration (do not mail it). Pathways will not, under any circumstances, sell or give this information to anyone. We will only use it to mail you a flyer and discount coupon for our next Expo.

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**For metro directions, coupons and an online program:**

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## FALL CALENDAR

### SEPTEMBER

-1-

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

**Transcendental Meditation for Licensed Massage Therapists:** Course has been approved for 13 Continuing Education contact hours by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Reduced stress, improved stamina, balance and inner happiness is approved for 13 continuing education contact hours by the NCBTMB. For more information, or for a presentation on the benefits of TM to your group, organization or business, call 301-881-5400, or email at [bethesda@tm-women.org](mailto:bethesda@tm-women.org). Visit: [www.tm-women.org](http://www.tm-women.org).

-2-

**9/2-7 Stones Rising, Six-Day Ceremonial Intensive** that culminates with two hundred people raising two Standing Stones, using ropes, rollers and a lot of hard work. Join us for a Celtic inspired complex of service, ceremony, and celebration. Every hand is needed, every task important,

every breath a blessing on the Great Work for our great grandchildren, Seven Generations down the line. Four Quarters InterFaith Sanctuary, Artemas, PA. 814-784-3080; [www.4qf.org](http://www.4qf.org).

-3-

**Ascended Master Teachings on Cosmic Law.** The Messenger Mark L. Prophet gives profound teachings on Ascended Master Law regarding self-mastery and enlightenment through personal experience to guide all true seekers on their spiritual path. Workshop at 7:30pm. [www.washdctc.org](http://www.washdctc.org); [washdctc@yahoo.com](mailto:washdctc@yahoo.com). 301-270-3312

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

-5-

**Organic Beekeeping** with Kirsten and Michael Traynor. For more information: [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

**Public Group Mediumship Session,** 6-8pm. Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$35. Join the Group: [www.lisaboslett.com/payment-page-grps/](http://www.lisaboslett.com/payment-page-grps/).

**Practical Reiki Master Certification Course,** 10am. Reiki Master Alice

Langholt teaches a simplistic & easily learned method to channel "Life Force Energy" to others or yourself. Three Qualifying Workshops. Institute for Spiritual Development, 5419 Sherier Pl., NW DC 20016. [www.isd-dc.org](http://www.isd-dc.org)

**Spiritual Sensing & Psychic Development Workshop.** Jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. [www.silverspringoflight.com](http://www.silverspringoflight.com)

-6-

**Tarot Workshop.** 10am-5pm. Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$125. Register: [www.lisaboslett.com/payment-page-Life/](http://www.lisaboslett.com/payment-page-Life/).

-7-

**9/7-13 Sample 23 FREE CLASSES at Dream Yoga Studio** to celebrate National Yoga Month and your awesome self! On Sept. 12, come to Dream's 13th Anniversary Open House & WELLNESS FAIR, from 1-5pm to explore yoga, tai chi, Mindfulness Based Stress Reduction (MBSR), Yoga Therapy, Thai Yoga Massage, Quantum Healing, The Bowen Technique and other Healing Arts. Also awaiting you at the Fair: FREE Mini-Classes for all ages & ability levels, Wellness/Nutrition/Ayurvedic & Posture Assessments, shopping Ten Thousand Villages and

Serenity Fitness Boutique Trunk Show, FREE samples, giveaways, more! At 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101! Register for FREE at [www.DreamYogaStudio.com](http://www.DreamYogaStudio.com) or call 703-448-YOGA (9642).

-8-

**9/8-10/6 Physicians Kitchen Fall Session:** this 5-week series focuses on healthy eating and food preparation using seasonal foods. Food-as-medicine doctor Nicole Farmer, MD, and nutritionist Xonna Clark are passionate about healthy eating and its powerful effects on the body. They created this series to teach the basics of whole food nutrition. Each session starts off in the classroom and moves into the kitchen for cooking demos, recipe discussion and sample tastings. Students receive materials and recipes to take home. 5:30-7pm at Casey Health Institute. To sign up: [www.caseyhealth.org](http://www.caseyhealth.org).

-11-

**Candlelight Yoga,** 7:30-9pm: Join us for this flowing and soothing candlelight flow class. Release tension and balance energy, while soft candlelight sets an ambiance to calm the mind. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

*continued on page 76*

## Seasonal Gatherings at Four Quarters

### SAMHAIN

Friday October 30th -  
Sunday November 1st, 2015



*The Autumn Winds Blow Cool,  
and The Veil is Thin.*

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 & WINTER SOLSTICE THE LONGEST NIGHT & SUN'S RETURN

Friday December 18th -  
Sunday December 20th, 2015



*The Wheel Has Turned; Harvest  
Has Ended and Frost Covers The Land.*

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!



## Four Quarters InterFaith Sanctuary

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## Fox Haven Organic Farm and Learning Center

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

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

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

Sept. 5 Organic Beekeeping with Kirsten and Michael Traynor

Sept. 12-13 Permaculture Design Course class 1

Sept. 18-20 Mindfulness Retreat for educators

Sept. 19 Farm to Table Dinner; Harvest time

Oct. 17 Telling it Like it Is: A one day storytelling workshop with Susan Gordon

Oct. 17 Farm to Table Dinner; Harvest time

Nov. 21 Valley Craft Network tour and reception



**Fox Haven Organic Farm and Learning Center**

3630 Poffenberger Road

Jefferson, MD 21755

240-490-5484

[www.foxhavenfarm.org](http://www.foxhavenfarm.org)

## FALL CALENDAR

### September, cont.

-12-

**Eating for Energy** with Rosaline. 2pm class at Smile Herb Shop, College Park, MD. More information, and full calendar of classes, available at [www.SmileHerb.com](http://www.SmileHerb.com).

**Introduction to a New Reality with Dr. Todd Ovokaitys**, 9am-5:30pm.

Day-long intensive that will help you to build a new platform for making sense of the unprecedented shift taking place around us and shaping the emergence of the new world. Ice House Theatre, Mercer and Independence Streets, Berkeley Springs, WV. [www.transitiontalks.org](http://www.transitiontalks.org) to register.

**Meditation, Yoga and Happiness** with Sarah McLean.

[www.blueberrygardens.org](http://www.blueberrygardens.org)

**New Tai Chi, Sword and Bagua classes** with Grandmaster Bai from China. Register online at [www.tccii.com](http://www.tccii.com).

**Psychic Fair at The Golden Lighthouse** Metaphysical Center, Herndon, VA. See details at [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com).

**Psychics Night Out-Psychic Fair**, 7pm. Personal Readings. Palmistry-Tarot- Billets & More. Inst. for Spiritual Development, DC-NW. [www.isd-dc.org](http://www.isd-dc.org)

9/12-13. **Energy HEALING Workshop** with *Pathways* Columnist Rose Rosetree, Sterling, VA. "Use Your Power of Command for Spiritual Cleansing and Protection." You'll do great with these easy-to-learn, leading-edge skills for the Age of Awakening. 703-450-9514; [mitch@rose-rosetree.com](mailto:mitch@rose-rosetree.com).

9/12-13 **Permaculture Design Course, Class 1**. Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

-13-

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

-17-

**The Essentials of Shamanism**, first of 10 classes. A training program of knowledge and practice of spiritual healing. [www.shamanic-healing.org](http://www.shamanic-healing.org)

**Do people always come to you for advice?  
Do you want to help & inspire others?  
Would you like to start your own coaching practice?  
Attend a 5-Day Intensive LIFE COACHING Training  
October 7-11 in Washington, DC**

- Provide career, relationship, health, & business coaching
- Help people successfully move through crisis, change, and transition
- Guide clients to discover their life purpose
- Use a proven process used with over a million people
- Get individual support to develop your successful marketing campaign

*Guaranteed that you'll make up the cost of the training or we'll make up the difference!*



Call 858-484-3400 or visit us at [www.LifePurposeInstitute.com](http://www.LifePurposeInstitute.com) for information or future dates and locations

## FALL CALENDAR

-18-

**9/18-19 Weekend Meditation Retreat with Dr. Norris.** This retreat allows you to go deep into the realms of personal awareness and integration with the universal field of awareness—ultimate consciousness. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

**9/18-20 Mindfulness Retreat for Educators and Caregivers.** Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

-19-

**Harvest Farm to Table Dinner.** Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

**Free information session for the Blue Heron Wellness Yoga Teacher Training.** Are you looking for a career in yoga, surrounded by a community of like-minded people? Or are you looking to deepen your yoga practice and take it to the next level? This 200-hour Yoga Teacher Training will get you there! It starts October 2015 and meets 1x/month. Find out more at [www.blueheronwellness.org](http://www.blueheronwellness.org) or call 301-754-3730. Free session starts at 2pm.

**Life, Death and the Afterlife, 6-9pm.** Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$100. Register: [www.lisaboslett.com/payment-page-Life/](http://www.lisaboslett.com/payment-page-Life/).

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

-20-

**Restorative Yoga, 12:30-2pm.** Calm your mind, relax your body and lift your spirit in a soothing and therapeutic way. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

**The Paranormal, 6-9pm.** Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$125. Register: [www.lisaboslett.com/payment-page-Life/](http://www.lisaboslett.com/payment-page-Life/).

-21-

**Reel and Meal at the New Deal Café.** Celebrate our 8th Anniversary! Join us for a special surprise evening! R&M is a monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$14.00 (optional) vegan buffet starts at 6:30p.m. Free screening begins at 7pm—documentary to be announced.

*continued on page 78*



# Ruscombe Mansion

## Holistic Health Center

# OPEN HOUSE

## Sunday, October 11, 2015

### 1-4 PM

Free Educational Panels · Holistic Demos  
Healthy Foods · All Ages Welcome



Ruscombe Mansion Open House is your chance to find out which holistic therapy is right for you with one-on-one question time with our practitioners, panel discussions, yoga by the lily pond, and delicious vegetarian fare.

[www.Ruscombe.org](http://www.Ruscombe.org)

410-367-7300

4801 Yellowwood Ave, Baltimore, MD 21209

**Green Comfort**  
School of Herbal Medicine  
P.O. Box 376  
Washington, VA 22747  
540-937-4283

The mission of the Green Comfort School of Herbal Medicine is to educate and empower individuals to heal themselves using herbal medicine.

New School Year 2015-2016

## Foundations of Herbal Medicine Herbal Apothecary

10 month programs begin in September

19 September	Intro to Actions/Phyto-chemistry	20 September	Intro to Herbal Apothecary
10 October	Immune & Lymphatic System	11 October	Tincture Making
14 November	Respiratory System	15 November	Vinegar, Glycerin & Honey
12 December	Digestive System	13 December	Cordials & Elixirs
9 January	Nervous System	10 January	Food as Medicine
13 February	Reproductive & Endocrine	14 February	Lotions & Potions & Powders
12 March	Muscle Skeletal System	13 March	Holistic First Aid
9 April	Cardiovascular System	10 April	Wild Food Cooking
21 May	Integumentary (Skin) System	22 May	Herbal Spa Day
11 June	Urinary System	12 June	Apothecary projects



Shamanic Herbalism with Matthew Wood ~ October 24 & 25

Herbal First Aid and Botany for Survival with 7Song ~ May 11-15 2016

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

Compassion Over Killing presents:



# D.C. VEGFEST

A Free Vegetarian Celebration  
in the Nation's Capital!

Saturday, October 3, 2015

11:00 a.m. to 6:00 p.m.

Yards Park at the Navy Yard

DCVegFest.com ★ #DCVegFest15



## FALL CALENDAR

### September 21, cont.

The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Susan Barnett at susnbarn@earthlink.net; visit [www.newdealcafe.com/events/reelAndMeal](http://www.newdealcafe.com/events/reelAndMeal).

-22-

9/22-10/13 **Mindfulness Meditation Series:** is a 4-week course exploring the ways mindfulness meditation can help you manage the stress and anxiety of daily life. Introduces mindfulness to attendees, highlights the elements of the program, and includes mindfulness meditation exercises. Under Dr. Amanda Skowron's guidance, learn how to incorporate mindfulness into your daily life to encourage greater calm. Participants receive a CD of guided meditations and informative handouts. Class fee is \$159; runs Tuesdays from 5:30-7pm, at Casey Health Institute. To sign up: [www.caseyhealth.org](http://www.caseyhealth.org).

-24-

**Ascended Master Yoga Free Workshop.** The Ascended Masters have mastered the art and science of yoga. Free workshop to discover the abundant tools they've given us to follow in their footsteps. 7:30-9pm; 301-270-3312, [www.washdctc.org](http://www.washdctc.org), [www.ascendedmasteryoga.com](http://www.ascendedmasteryoga.com).

-26-

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

**Finding Freedom and Flow** with Sandy McDougall. [www.blueberrygardens.org](http://www.blueberrygardens.org)

**Seasonal Qigong Workshop,** 12-4pm. This will be an Earth element oriented workshop. Themes will include nourishing the blood and clearing the mental faculties. Transforming and transporting qi and blood. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

-27-

**42<sup>nd</sup> Natural Living Expo,** Fairview Park Marriott Hotel, Falls Church, VA. The Pathways Event of the Year! 125 Exhibitors, 63 workshops, free indoor parking. \$10 admission with coupon. 10am-7pm. See pages 63-74 for a complete program and discount coupons or visit [www.naturallivingexpo.com](http://www.naturallivingexpo.com) for more information.

**Yoga Nidra Meditation Workshop,** 12:30-2pm. Yoga Nidra helps us to relax and to live centered lives, free of conflict, anxiety, fear and suffering. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).



## Self-Realization Community

~Where All Are Embraced  
in the Heart of the Divine~

Please join us for a  
Celebration of Life – Now in DC!

2nd & 4th Sundays at 10:00–11:30 a.m.

### Samsara House 2023

36 R Street NW, Washington, DC 20001

<http://samsarahouse.org/aboutus.html>

1st & 3rd Sundays at 10:00–11:30 a.m.

Soul Source, 18015 Muncaster Road, Derwood, MD, Rear entrance

Visit: [www.thesoulsource.net](http://www.thesoulsource.net)

### We invite you to join us for Sunday Celebrations:

Meditating, stretching, singing, spiritual readings and teachings, children's lessons  
Children, adults, singles, couples, LGBTQ – all are welcome!

We honor eight Ascended Masters as Guides and Co-Creators of this community:  
Mother Mary, Paramahansa Yogananda, Buddha, High Priest Melchizedek, Jesus Christ,  
Mary Magdalene, Lady Quan Yin and Lao Tzu.

### OUR PREMISES

From Buddhism: inner peace is attained through the jewel of non-attachment

From the Self-Realization Tradition: Union with the Divine through Unconditional Love

From Judeo-Christian tradition: Loving God with our whole selves and loving our neighbors as we love ourselves

From the ancient tradition of Tantra: the Sacred Feminine exists equal to and in harmony with the Sacred Masculine, and Sacredness is present everywhere.

For more information, please go to:

[www.selfrealizationcommunity.org](http://www.selfrealizationcommunity.org)

or call Rev. Carol "Anandi" Richardson, M.Div., M.P.H.  
at 269-365-8939

or email her at: [carol.dodson.richardson@gmail.com](mailto:carol.dodson.richardson@gmail.com)

**illuminate**  
F R E D E R I C K

## Mind-Body-Spirit Festival

Sunday, October 18th 10am–6pm  
Admission \$5

Holiday Inn Frederick  
Conference Center at FSK Mall  
5400 Holiday Drive, Frederick, MD 21703

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

## FALL CALENDAR

-29-

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

-30-

**Wednesday Night Mediumship Development Circle**, 7:30-9:20pm. Spiritualist Medium Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. 8 weeks. Silver Spring, MD. www.silverspringoflight.com

**Part Two of Your Soul Centered World**, Living Inside Love to reach your full personal and spiritual potential by Linda Dulicai. See workshop page for details: www.thegoldenlighthouse.com.

### OCTOBER

-1-

**Ascended Master Teachings on Cosmic Law**. The Messenger Mark L. Prophet gives profound teachings on Ascended Master Law regarding self-mastery and enlightenment through personal experience to guide all true seekers on their spiritual path. Work-

shop at 7:30pm. www.washdctc.org; washdctc@yahoo.com. 301-270-3312

-3-

**Counter the "Computer Posture" with Yoga**, with Amy Van Mui. Focus on yoga poses that help counter the time we have spent in front of screens. At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Floor, Suite PH7; 1-3pm. Open to all, no prior experience necessary, \$38. Information at www.unitywoods.com or 301-656-8992.

**Making Cordials: Nutritious Adult Beverages from Nature**. Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at www.foxhavenfarm.org.

**Tarot Workshop**, 10am-5pm. Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$125. Register: www.lisaboslett.com/payment-page-Life/.

**Yoga, Reiki and Meditation** with Belinda Chiu. www.blueberrygardens.org

-4-

**Life, Death and the Afterlife**, 6-9pm. Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$100. Reg-

ister: www.lisaboslett.com/payment-page-Life/.

-6-

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

-7-

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

**10/6-11/10 Merging Yoga and Meditation**, with Carol Cavanaugh. Blend two practices that enhance our capacity to appreciate life and weather its storms. At Unity Woods Yoga Center in Arlington: 4001 N. 9th Street (Randolph Towers), Suite 105. 4:15-5:45pm, Tuesdays. \$115/six-week course information at www.unitywoods.com or 301-656-8992.

-9-

**10/9-12 Zero Balancing** with Michael Oruch. www.blueberrygardens.org

-10-

**"From Spiritual Experience to Spiritual Realization."** How can we best mine the spiritual gold of past life recall, dream work and conscious Soul Travel? Please join us for an 11am-12pm roundtable discussion and a 2-3:30pm book discussion. Free guidebook provided. Eckankar of Northern Virginia: 703-916-0515.

**Medicinal Mushrooms 101**. 10am class at Smile Herb Shop, College Park, MD. More information, and full calendar of classes, available at www.SmileHerb.com.

**Public Group Mediumship Session**, 6-8pm. Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$35. Join the Group: www.lisaboslett.com/payment-page-grps/.

-11-

**Open House at Ruscombe Mansion Holistic Health**. Healthy food, demos, panel discussion on your health journey. FREE event. 1-4pm. Details at www.Ruscombe.org or 410-367-7300.

**Part Three of Your Soul Centered World**, Living Inside Love to reach your full personal and spiritual potential by Linda Dulicai. See workshop page for details: www.thegoldenlighthouse.com.

*continued on page 80*



Holterholm Farms, LLC — Jefferson, MD  
One of our 492 Northeast farmer-owners.

### You're invited to a Farm Discovery

Join us in the pasture, meet the farm family and spend time with the animals. Food and fun for all ages!

**Saturday, October 10**  
**10:00 a.m. - 3:00 p.m.**

RSVP today:  
ov.coop/farmdiscovery



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# KarmaFest

Enhance Your Body, Expand Your Mind, Awaken Your Spirit.



SAVE THE DATES



**KarmaFest "unplugged"**  
**October 10-11**  
Havre de Grace, MD



**Swim with The Dolphins**  
**November 8-14**  
Bimini, Bahamas



Or Visit Us at Our Permanent Location  
Where It Is KarmaFest EVERY DAY!

**The KarmaFest  
Trading Post**

1818 Hanover Pike, Hampstead, MD 21074  
Open Wed-Sun, 10 am-9 pm

For More Information go to  
[www.karmafest.com](http://www.karmafest.com)  
or contact Patricia Hawse at [Patti@KarmaFest.com](mailto:Patti@KarmaFest.com)

## FALL CALENDAR

### October 11, cont.

**The Paranormal**, 6-9pm. Location: 14113 Robert Paris Court, Chantilly VA, 20151. Fee: \$125. Register: [www.lisaboslett.com/payment-page-Life/](http://www.lisaboslett.com/payment-page-Life/).

-17-

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

**Harvest Dinner and Cooking Class.** Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

**Telling It Like It Is: One-Day Storytelling Workshop** with Susan Gordon. Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

-18-

**Illuminate Frederick Mind-Body-Spirit Festival.** 10am-6pm. Admission \$5. Holiday Inn Frederick Conference Center at FSK Mall. 5400 Holiday Dr., Frederick, MD 21703.  
[www.illuminatefrederick.com](http://www.illuminatefrederick.com).

**The New Age of the Holy Spirit: Session 11** - "The Resurrection of Our Lord." Meditate on the Lord of Life, who is within each of us, for a trans-

fer of momentum on the opening of chakras. Experience the science of the spoken word and the violet flame. 1:30-3pm, The Washington DC Teaching Center, 6935 Laurel Avenue, Suite 202, Takoma Park, MD 20912. 301-270-3312; [www.washdctc.org](http://www.washdctc.org)

-19-

**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 Susan Barnett at [susnbarn@earthlink.net](mailto:susnbarn@earthlink.net); visit [www.newdealcafe.com/events/reelAndMeal](http://www.newdealcafe.com/events/reelAndMeal).

-22-

**Ascended Master Yoga Free Workshop.** The Ascended Masters have mastered the art and science of yoga. Free workshop to discover the abundant tools they've given us to follow in their footsteps. 7:30-9pm; 301-270-3312, [www.washdctc.org](http://www.washdctc.org), [www.ascendedmasteryoga.com](http://www.ascendedmasteryoga.com).

-23-

10/23-24 **Weekend Meditation Retreat with Dr. Norris.** Take your

# Experience the Yoga of Knowledge

Swami Bhoomananda Tirtha in USA

Spiritual Discourses, Workshops, Interactive Satsangs & Guided Meditation

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Washington DC Metro Area

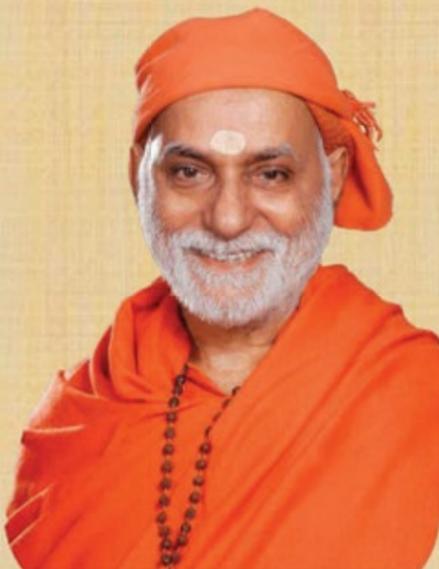
22 - 30 October, 2015  
Orange County, CA



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Pankaj Bhatia	703-748-8405
Shanti Natarajan	949-262-9569



## Is it time to remember who you are and why you're here?



### Interactive Spiritual Presentations

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

**Saturday, October 10, 2015**

Roundtable Discussion: 11 am to 12 pm  
Book Discussion: 2 - 3:30 pm

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

#### "Worldwide Seminar Presentation"

**Sunday, November 8, 2015 from 2 - 3:30 pm**

**Sunday, November 15, 2015 from 2 - 3:30 pm (Repeat Broadcast)**

Each year, modern prophet Harold Klemp addresses a series of timeless and topical spiritual subjects with his unique blend of humor, wisdom, and compassion. Please join us as we stream his talk from the 2015 Eckankar Worldwide Seminar. After the presentation, there will be an opportunity to share insights and questions.

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

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



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

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

## FALL CALENDAR

mindfulness practice to the next level and explore the transcendent nature of meditation by immersing yourself in the field of awareness. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

-24-

**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 recognizing spiritual guidance. Develop effective techniques to establish rapport with your spirit team. Silver Spring. [www.silverspringoflight.com](http://www.silverspringoflight.com)

-25-

**Basic Training for Light Workers & Healers** by Linda Dulicai. See website workshop page for details: [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com).

**Preparing for the Holidays Workshop.** Learn from Simply Organized, Spiritual Spectra and Eventful Results how to prepare and enjoy celebrating stress-free holidays! 2-5pm at 3691 Park Ave., Ellicott City, MD 21043, 2nd floor Community Room; \$37 (Early Bird), \$47 (after September 13), \$57 (day-of cash only). 888-934-3642; <http://www.SpiritualSpectra.com>.

-26-

**Healing Tour to John of God in**

**Brazil** with Official Casa Guide and Medium Kathy South. For more information, go to [www.kathysouth.com](http://www.kathysouth.com). Email [kathysouthhealing@gmail.com](mailto:kathysouthhealing@gmail.com) or call 703-924-3768.

-30-

10/30-11/1 **Samhain Celebration.** The Autumn winds blow cool, and the veil is thin. 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. Four Quarters InterFaith Sanctuary, Artemas, PA. 814-784-3080; [www.4qf.org](http://www.4qf.org).

-31-

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

## NOVEMBER

-5-

**Ascended Master Teachings on Cosmic Law.** The Messenger Mark L. Prophet gives profound teachings on Ascended Master Law regarding self-mastery and enlightenment through personal experience to guide all true seekers on their spiritual path. Workshop at 7:30pm. [www.washdctc.org](http://www.washdctc.org); [washdctc@yahoo.com](mailto:washdctc@yahoo.com). 301-270-3312

-7-

**Reach Higher Levels of Mediumship.** This wonderful 1-day experiential workshop is for all who desire to bring greater evidence and accuracy to their ability to communicate with the Spirit World. [www.silverspringoflight.com](http://www.silverspringoflight.com)

**Salves and Infusions.** 2pm class at Smile Herb Shop, College Park, MD. More information, and full calendar of classes, available at [www.SmileHerb.com](http://www.SmileHerb.com).

**Spontaneous Healing.** How to Use Your Inner Harmony with Brandon. [www.blueberrygardens.org](http://www.blueberrygardens.org)

11/7-8 **Reiki 1 Certificate Training.** No previous experience is necessary for Reiki I. This enjoyable training gives you an understanding of Reiki and its benefits for you and those around you! The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

-8-

**Hear the words of a modern prophet!** Join us for a heart-opening streaming of the keynote talk at the 2015 Eckankar Worldwide Seminar from 2-3:30pm. Repeat broadcast on November 15, from 2-3:30pm. Eckankar of Northern Virginia: 703-916-0515.

-11-

11/13-14 **Mindfulness for Veterans.** Ben King, founder of Armor Down, discusses Mindfulness techniques (yoga, meditation and more) that help our military service members make a successful transition back to civilian life. The Mindfulness Center: 301-986-1090; [www.TheMindfulnessCenter.org](http://www.TheMindfulnessCenter.org).

-14-

**Making Creams & Body Butters.** 11am class at Smile Herb Shop, College Park, MD. More information, and full calendar of classes, available at [www.SmileHerb.com](http://www.SmileHerb.com).

**Spice Queen Cooking Class, Holiday Edition.** 2pm class at Smile Herb Shop, College Park, MD. More information, and full calendar of classes, available at [www.SmileHerb.com](http://www.SmileHerb.com).

-16-

**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 6:30p.m. Free screening begins at 7pm—documentary to be announced. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770.

*continued on page 82*



## Kathy South Transformational Healing

*Energy work that transforms your life.*

### Spiritual Healing

Kathy is a spiritual medium and master healer who works directly with high-vibrational and highly evolved spirits of Light who heal you directly through her mediumship.

### Training

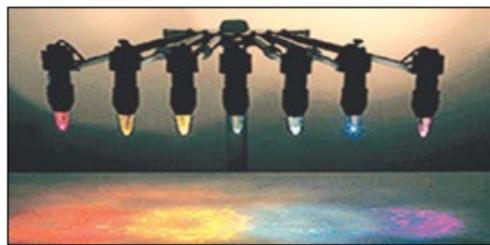
Kathy offers training in a variety of Lightarian Attunement Programs, Cell and Organ Regeneration, and Magnified Healing 1st Phase.

### Trips to John of God in Brazil

Kathy is an Official Guide and well-respected medium by John of God. She leads group trips to John of God several times a year and delivers photos for distant healing.

### John of God Crystal Bed Therapy

Kathy is a medium for the John of God Healing Spirits. She generates and holds a high vibrational space to facilitate the healing powers of the Crystal Bed.



*Crystal Bed Therapy is safe and non-invasive. The crystals create a portal for the Healing Spirits to direct their healing energy. It rejuvenates; balances and aligns your energy fields; raises the vibration of your energetic bodies to assist in overall wellness; and allows the Spirits to work **directly** with you. Any healing that occurs is due to these benevolent spirits.*

Contact Kathy about sessions, training and upcoming trips to John of God at:

[www.kathysouth.com](http://www.kathysouth.com)  
[kathysouthhealing@gmail.com](mailto:kathysouthhealing@gmail.com) • 703-924-3768



*Kathy South & John of God  
(Casa Dom Inácio - Brazil)*

## If you're among the 1 in 20 people born as an "empath," life's about to get a whole lot better...

- Does being with certain people leave you physically drained?*
- Do you seem to soak up other people's emotions like a sponge?*
- Have you tried other advice for empaths to no avail?*
- Do you secretly worry there's something's wrong with you?*

Your local Pathways columnist, Rose Rosetree, founded the field of Empath Coaching. Now she has published a book that can help you enormously.

***The Empowered Empath: Owning, Embracing and Managing Your Special Gifts*** — Get your copy through your favorite bookstore or as an eBook. (For details and a free sample chapter, see [www.rose-rosetree.com](http://www.rose-rosetree.com).)

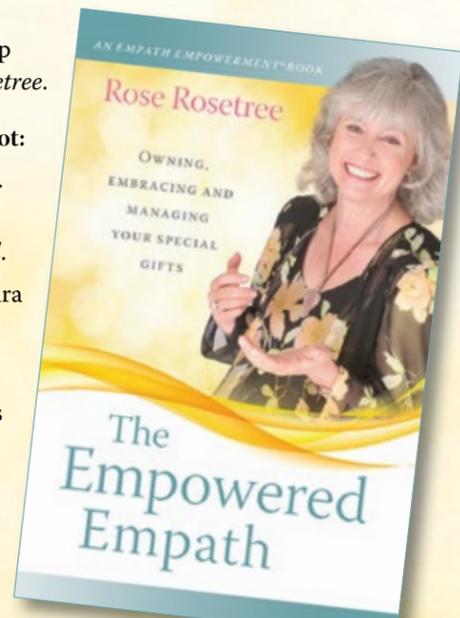
Find community at the Facebook group *Empath Empowerment®* with Rose Rosetree.

**Helpful whether you're an empath or not:**

- ◆ Follow @RoseRosetree on Twitter.
- ◆ Interact at Rose's popular blog *Deeper Perception Made Practical*.
- ◆ Personal sessions with Rose for aura healing with Energy Spirituality, by phone or Skype or in person.

Check the workshop schedule at Rose's website, [www.rose-rosetree.com](http://www.rose-rosetree.com).

703-450-9514  
[mitch@rose-rosetree.com](mailto:mitch@rose-rosetree.com)





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## FALL CALENDAR

### November 16, cont.

For more info, contact Susan Barnett at [susnbarn@earthlink.net](mailto:susnbarn@earthlink.net); visit [www.newdealcafe.com/events/reelAndMeal](http://www.newdealcafe.com/events/reelAndMeal).

-19-

**Ascended Master Yoga Free Workshop.** The Ascended Masters have mastered the art and science of yoga. Free workshop to discover the abundant tools they've given us to follow in their footsteps. 7:30-9pm; 301-270-3312, [www.washdctc.org](http://www.washdctc.org), [www.ascendedmasteryoga.com](http://www.ascendedmasteryoga.com).

-21-

**Poplar Spring Animal Sanctuary's Thanksgiving with the Turkeys:** 12 noon-4pm. 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, fish, dairy, eggs, or honey) dinner or dessert item to serve 8. \$10 suggested donation. Help support the Poolesville, MD sanctuary, home to more than 200 rescued farmed animals. For more information: [www.animalsanctuary.org](http://www.animalsanctuary.org).

**Valley Craft Network tour and reception.** Fox Haven Farm and Learning Center, 3630 Poffenberger Road, Jefferson, MD 21755. Visit our event page at [www.foxhavenfarm.org](http://www.foxhavenfarm.org).

11/21-24 **Core Zero Balancing** with Fritz Smith.  
[www.blueberrygardens.org](http://www.blueberrygardens.org)

-22-

**Yoga for Two**, with Rocky Delaplaine and Carolyn Bluemle. Practice yoga with a partner and shift between balance and imbalance, support and challenge. Share and have fun! At Unity Woods Yoga Center in Bethesda: 4853 Cordell Avenue (Triangle Towers), 16th Floor, Suite PH7. 2:30-5pm. Open to all, no prior experience necessary. \$60/pair. Information at 301-656-8992 or [www.unitywoods.com](http://www.unitywoods.com).

## DECEMBER

-3-

**Ascended Master Teachings on Cosmic Law.** The Messenger Mark L. Prophet gives profound teachings on Ascended Master Law regarding self-mastery and enlightenment through personal experience to guide all true seekers on their spiritual path. Workshop at 7:30pm. [www.washdctc.org](http://www.washdctc.org); [washdctc@yahoo.com](mailto:washdctc@yahoo.com). 301-270-3312

-12-

12/12-13 **Magnified Healing 1st Phase** with Kathy South. 2-day Workshop. For more information go to [www.kathysouth.com](http://www.kathysouth.com). Email [kathysouthhealing@gmail.com](mailto:kathysouthhealing@gmail.com) or call 703-924-3768.

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## FALL CALENDAR

-18-

**12/18-20 Yule & Winter Solstice.** The Longest Night & Sun's Return. The Wheel has turned, harvest has ended and frost covers the land. 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. Four Quarters InterFaith Sanctuary, Artemas, PA. 814-784-3080; www.4qf.org.

### ONGOING

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

#### aCHieve Weight Loss Program:

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

**Ageless Wisdom Teachings: free weekly talks and classes** on the Emergence of Maitreya and the Masters of Wisdom, the most potent form of meditation, the path of initiation, the spiritual kingdom and various aspects of esoteric philosophy. Please RSVP at: skourangis@gmail.com.

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

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

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

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

**Community Night at Casey Health:** Every Monday evening; \$5 for the entire night! Yoga 5-5:30pm; Reiki 5:45-6:45pm; Meditation 5:45-6:45pm.

Open to all! Come join in the fun! www.caseyhealth.org

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

**Community Yoga Classes at Unity Woods Yoga Centers.** Every Friday, 6-7pm. Open to all levels. \$8/cash drop-in fee. In Bethesda at 4853 Cordell Ave. (Triangle Towers), 16th Floor, Suite PH7. In Arlington at 4001 N. 9th St. (Randolph Towers), Suite 105. Information at www.unitywoods.com or 301-656-8992.

**Continuing Yoga,** in this Iyengar-based yoga class, the basic poses will be refined with an emphasis on all the standing poses. Inverted poses (headstand, plow, and shoulder stand) are introduced. Classes held Tuesday and Thursday at noon at Casey Health. Yoga Packages available. Single class drop-in \$18. To sign up: www.caseyhealth.org.

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

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

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

**Family Systems Constellations Training with Francesca Mason Boring,** one weekend per month, March-September. www.blueberrygardens.org

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

**Free talks** about the one known as the Christ, Messiah, Imam Mahdi and

*continued on page 84*

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— Aristotle



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

## FALL CALENDAR

### Ongoing, cont.

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

**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](http://www.washdctc.org)

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

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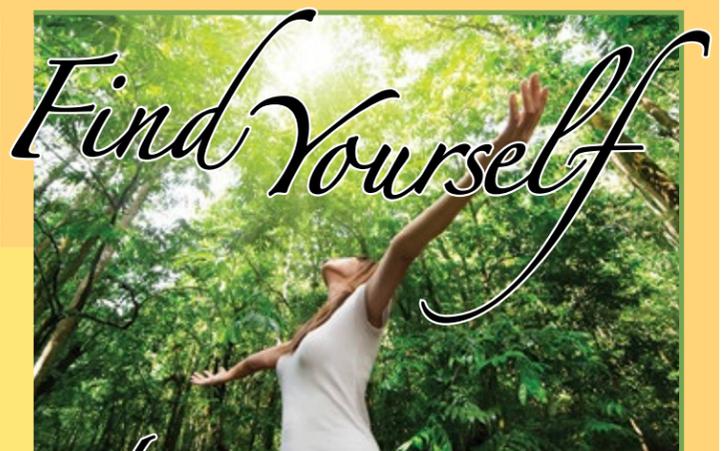
diovascular endurance and increases flexibility while gaining body awareness. Classes offered every Tuesday from 6-7pm at The Casey Health Institute. 800 S. Frederick Ave., Gaithersburg, MD. Visit [www.caseyhealth.org](http://www.caseyhealth.org) to register or call 301-355-2030.

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

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

**Messages from Spirit Group Psychic-Medium Reading Event,** 3rd Tuesday of the month, 6-7pm. Cost: \$30. 10440 Shaker Dr., Suite 103, Columbia, MD 21046; [info@SpiritualSpectra.com](mailto:info@SpiritualSpectra.com); [www.SpiritualSpectra.com](http://www.SpiritualSpectra.com).

*continued on page 101*



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For more information please see [www.hwcourses.com/avatar](http://www.hwcourses.com/avatar).



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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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Dancing In Silence, Inc., is a traditional martial arts center dedicated to the preservation & dissemination of traditional martial arts & meditative disciplines. The center offers instruction in:

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Immortal Wand (Tai Chi Ruler)  
Tai Chi Fan  
Tai Chi Sword  
Hiep Tinh Mon (Vietnamese)  
Evening classes (first two classes

are free) are available on Tuesdays, Wednesdays, and Thursdays at UPCOB, 4413 Tuckerman St., University Park, MD (near University of MD, College Park, MD). We also offer free Tai Chi and Qi Gong instruction on Saturday mornings. Beginners are welcome. Feel the flow of energy within as you perform Qi Gong exercises and Lao (old) Yang Family Tai Chi Chuan. You will leave feeling more vibrant, energized, and ready to face the day.

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Lao (Old) Yang Family Style Tai Chi Chuan from Mr. Raymond Cooper. Mr. Cooper learned from Teacher Lu Hung Bin. Teacher Lu learned from Yang Shou Hou who was taught by Yang Jian Hou. Yang Jian Hou learned from his father, Yang Lu Chang, the founder of Yang Family Tai Chi Chuan.

For more information, call 301-466-5894, visit [www.DancingInSilence.com](http://www.DancingInSilence.com), or email at [info@DancingInSilence.com](mailto:info@DancingInSilence.com).

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Continuing beginner classes meet Saturday morning at 8:30am and Intermediates/Corrections on Sunday morning at 9:30am.

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



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Barbara Brennan School of Healing Graduates Penny Chang, BHSP,

CMA, and Serge Rasclé, MS, BHSP, share their 10+ years of training and 14 years experience as professional energy healers, leading you on a transformative journey into the world of healing.

[www.HealingHeartSchool.com](http://www.HealingHeartSchool.com) or 434-244-3012 for details.



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# Classes & Learning Centers



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

may also have playgroups, moms' nights out, journal clubs, preschool co-ops and other activities for members. See [www.membership.holisticmoms.org](http://www.membership.holisticmoms.org) for more benefits of membership. Started in 2009, the Arlington/Alexandria chapter meets on Thursday evening, usually the 3rd

week of the month and has additional members-only events. Check blog for updates, evening meetings for first-time visitors and members. [www.holisticmomsarlex.blogspot.com](http://www.holisticmomsarlex.blogspot.com), or find us on Facebook. Children welcome.



Hot Yoga Spa Nutrition & Wellness Center is a premier yoga, fitness studio and spa where our mission is to renew your mind, restore your body and revive your spirit. We offer hot yoga 26+2, vinyasa flow, power yoga and barre classes (60-90 min., suitable for all levels and will strengthen, balance, detoxify and exhilarate your body & mind), spa (facials, body treatments, massage—Thai, Swedish, Deep Tissue & Sports—laser lipo, lash extensions,

make-up application), nutrition and wellness services (nutritional counseling, grocery store tours, kitchen evaluations), all in two convenient locations in Woodbridge, near Potomac Mills, and in Tysons Corner. We feature a boutique with the latest yoga gear & spa products, private showers, several state-of-the-art studios, far-infrared sauna, an organic tea & oxygen bar.

Hot Yoga Spa Nutrition & Wellness Center  
3310 Noble Pond Way, Woodbridge, VA 22193  
1961 Chain Bridge Road, McLean, VA 22102  
571-989-1668  
[www.hotyogaspava.com](http://www.hotyogaspava.com)  
[www.facebook.com/hotyogaspava](http://www.facebook.com/hotyogaspava)  
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Institute for the Advancement of Service

The Institute for the Advancement of Service (IAS) is an educational and spiritual organization offering web-based courses and outreach events in soul development, service, leadership, and group life. The foundation of IAS teachings and practices derives from *The Soul*

and *Service Trilogy*. The Trilogy consists 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, PhD. Translating key spiritual principles into practical blue-

prints for action, *The Soul and Service Trilogy* books and website courses have been used worldwide to transform lives and organizations. For more information, visit [www.ias-online.org](http://www.ias-online.org), or email [bitsias@aol.com](mailto:bitsias@aol.com).



Integrative Meditation Retreats  
October 2015, Annandale, VA

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

Dr. Jim Green developed the integrative content and format over a 30-year period. Rev. Jim Wilkins has continued offering and enriching the retreats since 2008. Three and one half days of individual and group techniques allow participants to experience consciousness at a deeper level and develop individual potential.

Reviews:  
"The retreat gave me a renewed inner peacefulness. I've felt better than I have in a long time. I would recommend this retreat to anyone, regardless of their meditation history." CR, Accountant  
"A life changing event, it helped me make connections between past events and some current behavior issues." SA, Entrepreneur  
"I have learned there are many

ways to meditate. You brought an ease to the teaching that made it interesting and fun." GK, Contractor  
Limited to 6 participants. Approx. 33 hrs. of instruction. Fri. eve. 7:00–10:00pm; Sat. & Sun. 8:30am–10:00pm; Mon. 10:00am–7:00pm.  
For details and an application, contact Rev. Jim Wilkins, 703-300-2742, or email [j.wilkins@cox.net](mailto:j.wilkins@cox.net).



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

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

Nidra and much more. We offer a weekend space for wellness workshops and trainings. Conveniently located off Rt. 29 at exit 13, The Life Dance Loft invites you to come embrace vitality and joy in your life! [lifedanceme@gmail.com](mailto:lifedanceme@gmail.com)  
[www.lifedance.me](http://www.lifedance.me)



The Meditation Museum is a one-of-a-kind unique space to find yourself. You will view exhibits and be able to attend many workshops and events! You are invited to enhance the quality of your thoughts, your lives and the world around you! This museum will bring you back to a knowledge of your true selves and how it impacts our world. You will love the staff, the atmosphere,

quiet room, and people who attend the various workshops. This is a national treasure of a place, where one can visit to experience peace, wisdom, power and love. All events are free of charge, however, your generous tax-deductible contributions and good wishes are appreciated. The Meditation Museum is located at 9525 Georgia Avenue, Silver Spring,

Maryland. For info and workshop listings, please visit [www.MeditationMuseum.org](http://www.MeditationMuseum.org), or call 301-588-0144. Like us at: [www.Facebook.com/MeditationMuseum](http://www.Facebook.com/MeditationMuseum). Tune in to the America Meditating Radio Show at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating), or on our free "Pause for Peace" app.

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# Classes & Learning Centers

## Meditation USA

Awaken Your True Potential  
Experience the Profound

Arlington, Centerville,  
Ellicott City, Rockville  
[www.MeditationUSA.org](http://www.MeditationUSA.org)

We offer something special—a method for obtaining your personal goals and to have a happier more meaningful life. Through a method called subtraction, instructors guide students to let go of unwanted thoughts and negative thinking, which limit each person's potential

and make it harder to achieve personal goals. Anyone can follow this method, even children. This method is taught in schools in Korea because of its many benefits.

Our centers provide guided meditation from morning to night, and free introductory sessions weekly. MD Lo-

cations: Ellicott City and Rockville. VA Locations: Arlington and Centerville.

Please visit [www.MarylandMeditation.org](http://www.MarylandMeditation.org) or [www.VirginiaMeditation.org](http://www.VirginiaMeditation.org) to find testimonials and the times and locations for the free introductory sessions. [www.MeditationUSA.org](http://www.MeditationUSA.org)



NEW FUTURE  
SOCIETY

New Future Society is a Center for awareness, inspiration and inner nourishment. Come and experience a Meditation or Yoga class; Healing Sessions for the Body, Mind and Spirit; monthly talks/conferences on the Nature of Higher Consciousness; Day of the Goddess; Yoga Teacher Training; the Library and Gardens; or one

of our other events designed to uplift, heal and inspire.

Individual retreats are available in The Healing Center in Rockville. Rejuvenate your body, mind and spirit with this rich and sacred experience as you live with the master teacher Savitri.

New Future Society Center is lo-

cated at 10410 Arctic Ave., Rockville, MD. For more information or sign up for the newsletters, please call: **301-452-7780**, or email: [savitri@newfuturesocietycenter.com](mailto:savitri@newfuturesocietycenter.com).

[www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com). Like our Facebook page: New Future Society Center.

## 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](http://www.prohealing.net).

To register for classes, visit [prohealing.net](http://prohealing.net), email [kevin@prohealing.net](mailto:kevin@prohealing.net), or call Kevin Mutschler, L.Ac., Dipl.Ac., **240-461-9300**.



THE REIKI  
CENTER  
OF GREATER  
WASHINGTON

The Reiki Center of Greater Washington in Rockville, Maryland, has been serving the area since 1999 with Public Events, Sessions and Classes. We welcome all who wish to join our community of "Reiki People" who seek to add the energy of Reiki to their daily lives. Call us at **301-963-0787** or visit us at [www.reikicenter.info](http://www.reikicenter.info) for more info.

Crystal Classes — Classes covering the metaphysical and energy healing properties of rocks and minerals. Crystal Journeying II: 11/14.

Gendai Reiki Classes — Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles. Gendai Reiki Gokuiikaiden (Master/Teacher): 12/18-12/20.

Healing Sessions — Offered by ap-

pointment at our center 2 blocks from the Rockville Town Center, or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy® Classes — Basic: 11/7; Intermediate: 11/8; Advanced: 11/9. Healing Angels of the Energy Field: 9/27.

Karuna Reiki® — Advanced Workshops for Reiki Masters to augment their skills.

Lightarian Reiki®, Rays® or Angel-Links® Sessions and attunements. Deepen your connection with Ascended Masters and Angels — 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 three times monthly. Call or email

before attending.

Reiki and IET Student Clinics — Allow the public to receive sessions from RCGW Reiki Students. Held one weekend day and one evening per month. Call before attending.

Sekhem-Seichim-Reiki (SSR) Classes — Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Practitioner: 10/31-11/1, 1/2/16-1/3/16; Master/Teacher Facets I-VII: 8/13-8/15/16.

Usui Reiki Classes — Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 9/19-9/20, 10/17-10/18, 11/21-11/22; Level II, 9/12-9/13, 10/10-10/11, 12/5-12/6; Level III: 10/23-10/24 (Practitioner) and 10/25-10/27 (Teacher).



AnAlternativeWay.info

Looking to live with heart filled passion and/or an inner satisfaction that never runs dry no matter what is happening in your life?

There is such a way. Its key is our own creativity and creative ability. However, if our creative spirit (creative-spirit.info) is not free to explore its desires, rather than experiencing

passion and/or inner satisfaction we can experience disappointment, dissatisfaction and/or discouragement with life if not outright pain, depression, and illness. The root of many addictions is a result of trying to numb the pain, discomfort or other feelings we experience when our creative spirit remains bound. Releasing our creativ-

ity ([ryuc.info](http://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](http://gentlephoenix.com)) and/or group programs ([ryucprograms.com](http://ryucprograms.com)).

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# Classes & Learning Centers



*The Rockville Reiki & Wellness  
Center for Women*

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

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

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

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

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

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



Beginning, intermediate, and advanced shamanic classes with an experienced teacher, authorized by Sandra Ingerman and Betsy Bergstrom. With no dogma or cultural trappings, apply shamanic principles to daily life with workshops, shamanic movies, and journey groups, too.

Comprehensive healers' training includes understanding the "big picture" and learning new protocols. And you'll get support from an ongoing, free practitioners' circle.

Healers' Training includes:

- vibrational healing, soul retrieval,

helping spirit & power object retrieval

- removal of cords, thoughtforms, intrusions, implants, and "ghosts"
- reconnection to the soul's purpose, tribe, Nature, Great Wheel, seasons, and more.

Aspects others rarely teach include ethics, clear mediumship, and a profound, advanced understanding of the Shaman's allies, tools, and cosmology. Everyday Shamanism for Everyone helps you:

- learn to journey for direct access to wisdom and healing
- heal your thoughts, emotions, and ego

- stop being a victim; become your hero
- become your authentic soul-self
- develop healthy boundaries (great for "empaths"!)
- "protect" yourself without protection via my unique approach
- be fully human, aligned with your soul and Nature.

What are you waiting for? Learn the secrets of shamanism to step more fully into your power, every day. Mary "Tyrle" Rooker  
[Tyrle@ShamanicSpring.com](mailto:Tyrle@ShamanicSpring.com)  
[www.ShamanicSpring.com/](http://www.ShamanicSpring.com/)  
**301-891-1288**



The Shamanic Way invites the individual, family, group or organization to journey within and experience personal and/or professional transformation. Two modern shamans with experience in Soul Retrieval and leading rituals, Marsheen and Nina uniquely co-create sacred ceremonies to honor special occasions, mark solstice and equinox celebrations, and provide trainings in shamanic healing arts such as Journeying, Mask Making and the Medicine Wheel.

Let Native American and Celtic traditions open up pathways for inner guidance, awaken your true identity and power, and grace you with

healing. Both Marsheen and Nina are experienced in the use of these tools, and both are dedicated to helping people discover the beautiful gifts that are sleeping within each of us.

Marsheen Helgeson, R.P.P., has served the Washington DC area as a polarity practitioner, intuitive counselor and teacher of the natural healing arts for 21 years. Her love, and application of the Earth Way, has awakened in her the ability to create and lead ceremonial circles and workshops. Marsheen's private practice includes polarity therapy and craniosacral therapy, and the art of Soul Retrieval, extractions and journeying

as a counseling and healing tool. **703-379-8633.**

Nina Gibson is a scientist, musician and modern shamanic practitioner. She uses her biochemistry/engineering expertise and training in shamanic arts to bridge scientific and spiritual truths with the Earth Way, bringing ancient ways into everyday life. She leads workshops, circles, group singing as well as individual sessions for Journeying, Soul Retrieval, Intuition and Soul Voice. 8-Part Shamanic Series forming now! Experience the Sacred Circle of Earth Spirituality in ritual, journeying and self-healing. **703-437-5504.**



A Healing Arts Center

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

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

Personal & Professional Health Building Workshops (CEUs Available):

- Tuning Fork Therapy (Levels 1-6)—see website for upcoming Workshop dates

- Introduction Biodynamic Craniosacral Therapy
- Aromatherapy (Introduction to Essential Oils)
- AstroBioChemical Nutrition — Cell Salt Therapy
- Vibrational CDs
- Meditation
- Individual & Corporate Wellness Coaching

Private Health Treatments:

- Board Certified Polarity Therapy
- Biodynamic Craniosacral Therapy
- Tuning Fork Therapy
- Quantum BioElectric Analyzer
- Private Life/Spiritual Coaching
- Corporate Wellness Coaching

Berkeley Springs, WV & Washington, DC classes, workshops and appointments available.  
Phone: **304-258-9751**  
Email: [SETherapies@gmail.com](mailto:SETherapies@gmail.com)  
[www.SETherapies.com](http://www.SETherapies.com)

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# Classes & Learning Centers



Helping people help themselves to a healthier, more rewarding and enjoyable life.

www.Starchaser-HealingArts.com

- Classes and workshops:
- Reiki (Usui, Sekhem-Seichim, Karuna)
  - Integrated Energy Therapy
  - Lightarian
  - Aromatherapy
  - Integrated Healing
  - Natural Wellness

All classes are taught by a Reiki/IET Master and registered professional aromatherapist. CEUs offered.

We offer in-depth certification classes with plenty of individual attention and opportunities to practice. Our

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

We offer aromatherapy consultations, energy work sessions, reflexology and integrated and shamanic healing.

We design and handcraft all-natural therapeutic and energetic aromatherapy products for individuals,

practitioners and healing centers. All our products are infused with healing energy as well.

301-660-7229

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

TCCII's Teachers and Healers make learning fun, exciting and meaningful exactly because they

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Visit us online at [www.tccii.com](http://www.tccii.com).



Transcendental Meditation for Licensed Massage Therapists

Transcendental Meditation for Licensed Massage Therapists: The Transcendental Meditation course has been approved for 13 Continuing Education contact hours by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Reduced stress, improved stamina, balance and inner happiness

are approved for 13 continuing education contact hours by the NCBTMB.

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.

For more information, or for a presentation on the benefits of TM to your group, organization or business, call 301-881-5400, or email at [bethesda@tm-women.org](mailto:bethesda@tm-women.org).

Visit: [www.tm-women.org](http://www.tm-women.org).

Group Rates Available.



unity woods

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

located in Bethesda, MD; and Arlington, VA; and we offer Saturday classes at Dupont Yoga in DC.

All Unity Woods classes are taught in the Iyengar tradition. Iyengar Yoga develops awareness through precise alignment and attention to the subtle aspects of posture, breath, mind, and spirit. Our teachers are primarily Certified Iyengar Yoga Teachers who have trained for many years. As a result we

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

Our fall session of classes begins Thursday, September 17. New students may take their first class free anytime during the session. For details see [www.unitywoods.com](http://www.unitywoods.com).

# Health Services

Natural Healing



Above & Beyond Holistic Services is a heading that encompassed two divisions of the same business. One is about products we sell and make up in the lab, usually customized for the need of the patient.

The other division is Above & Beyond Holistic Medicine, LLC, where the most work is done and miracles happen. In this division (under the same roof) an uplifting environment greets you, and highly skilled practitioner hands and knowledge—working with everything from healing

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

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

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

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

Located in Winchester, VA, call for appointment or brief consultation:

540-722-2751

[www.aboveandbeyond-energy.com](http://www.aboveandbeyond-energy.com)

[kathleen@aboveandbeyond-energy.com](mailto:kathleen@aboveandbeyond-energy.com)

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# Health Services

ARE YOU IN SEARCH OF?...  
DISCOVER A PERMANENT SOLUTION  
TO YOUR HEALTH CONCERNS



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

Acupuncture & Natural  
Medicine Clinic  
Excellence in Holistic Care

- Are you concerned about aging?
- Are you concerned about aging? Tired?
- Are you bothered by allergies?
- Are vitamins/supplements working for you?
- Do you know your allergies can affect your ability to lose weight?
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- Detoxification and absorption issues
- We let your nutrition and supple-

ments work for you  
• Efficient weight loss protocols using Functional Medicine

Dr. Amos is a seasoned professional with over 20 years of experience in successful treatment of a wide range of health conditions.

If you are searching for a balanced approach to your health, consider Dr. Helena Amos. Dr. Amos received her M.D. in Europe and is a licensed acupuncturist. While practicing as a medical doctor, she participated in a seven-year acupuncture and natural medicine apprenticeship taught by distinguished doctors from China. She completed three years of Master's level acupuncture in England and the USA. She continues to receive advanced-level training in acupuncture, homeopathy, herbology and nutrition.

Dr. Amos focuses on addressing causes rather than suppressing symptoms and provides her patients with the highest quality care.

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

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

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Allergy Elimination  
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www.rockvilleacupuncturemd.com  
doctorhelena@aol.com



Tune in online to the *America Meditating Radio Show* for inspiring discussions featuring celebrities, leaders, authors, and average folks sharing success stories. Discussions provide listeners with new and inspiring ways to combat challenges that we encounter along the journey of life. This is not an ordinary radio show, but rather, a unique format of combined

sharings of poetry, wisdom, meditation, and music. Hosted by prominent motivational speaker and teacher Sister Jenna, Director of the Meditation Museum in Silver Spring, MD.

All past shows available On Demand on the show page at [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating) and on our FREE "Pause for Peace" app. Also on: Stitcher, iTunes, Aha Radio,

TuneIn, and Spreaker.

Spread the Word and Follow Us! Visit our website at [www.meditationmuseum.org](http://www.meditationmuseum.org), follow us on Twitter @AmericaMeditate, and like America Meditating and the Meditation Museum on Facebook. Email: [AmericaMeditating@gmail.com](mailto:AmericaMeditating@gmail.com).



As certified Nurse-Midwives, we provide personalized prenatal and gynecologic care. We attend your birth at your home or at our center. We work with women experiencing their first pregnancy, and families that have given birth before.

At BirthCare, we share responsibilities with you to promote health. We provide you with information and encourage you to read and ask questions. All aspects of yourself—mind, body, spirit—are important.

We can begin working with you for gynecologic care, including breast checks, pap smears, contraception, and pre-conception planning; or we can start during your pregnancy with prenatal appointments.

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

consultation with physicians at hospitals close by.

If you are a healthy woman enjoying a healthy pregnancy, a planned birth at home or in a birth center with professional attendants has been statistically proven safe for you.

Our office is conveniently located in Old Town Alexandria near King St. Metro Station.  
BirthCare & Women's Health  
1501 King St., Alexandria, VA 22314  
703-549-5070



Blueberry Gardens Healing Center provides wellness services for groups and individuals. We offer Acupuncture, Nutritional Counseling, Physical Therapy, Massage and related body work modalities such as Muscle Release Technique™, Rosen Body Work™, Trager Body Work™ and yoga therapy by highly qualified

certified practitioners.

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

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

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

Healing Center:  
[www.blueberrygardens.org](http://www.blueberrygardens.org);  
301-580-5468.  
Blueberries and Produce:  
[www.blueberrysupick.com](http://www.blueberrysupick.com);  
240-324-6110.



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

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

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

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

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# Health Services

## Acupuncture Healing Support CareFirst Preferred Provider



Kevin Mutschler, L.Ac., Dipl.Ac.  
HealingSupport.com

I help patients of all ages facing all kinds of health and life challenges, including: anxiety • migraine • insomnia • stress • neck and back pain • cancer • menopausal syndrome • chronic fatigue • fibromyalgia • MS • and IBS.

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"I should have come in a lot sooner. I cannot believe how Kevin's treatments turned around my experience of my chemo-therapy." —NG

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Acumedicine Acupuncture, PC  
Kevin Mutschler, L.Ac., Dipl.Ac.  
**240-461-9300**

kevin@healingsupport.com  
8700 Georgia Ave., Suite 404  
Silver Spring, MD 20910  
www.healingsupport.com



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- Helps in reduction of weight and inches
- Increases circulation and the sense of well being.

For more information about the procedure, or to schedule a 20-minute free consultation, call **301-881-2898**.

Dr. Helena Amos  
Acupuncture & Natural Medicine Clinic  
11140 Rockville Pike, Suite #530  
Rockville, MD 20852  
www.rockvilleacupuncturemd.com  
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For more information, visit us at www.indulgencemassagebodywork.com. You may also reach us at **240-221-1629**.



Located in downtown Bethesda, MD, The Mindfulness Center is a non-profit organization, promoting health and self-healing for individuals and the community, through charitable, educational and medical research programs in mind-body therapies.

The Mindfulness Center offers an array of classes, services, and educa-

tional programs that foster meditative awareness, stress reduction and optimal wellbeing, including: Meditation, Yoga, Tai Chi, Massage, Acupuncture, Reiki, Nia, and Wellness Programs for Cancer and other conditions. We also offer professional training and CEUs for Yoga Teacher Training, Meditation as therapy, Reiki and a range of other

therapies to help you realize optimal personal well being both in your body and career.

To register for classes, please visit our website, www.TheMindfulness-Center.org, call us at **301-986-1090**, or stop by our center at 4963 Elm Street, Suite #100, Bethesda, MD 20814.

# Health Services



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- Trauma Release
- Healing touch
- Psychic surgery

After a session:  
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Lyriel Claire, energy healer  
703-739-9339

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



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# Metaphysics



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

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

the National Council for Geocosmic Research, Inc.

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Sally A. Knuckles, Pastor  
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Lecture and Message Service: 7:30 p.m.  
Adult Study: 9:45 a.m.  
Spiritual Healing at 10:30 a.m. and 7:00 p.m.

Tuesdays:  
Healing Meditation 7:00 p.m.

Wednesdays:  
All Message Service on 1st Wednesday of the Month; Mediumship Development 2nd Wednesday; Bill Sanda and Akashic Record Healing 3rd; Seminarian All Message Service 4th; Mediumship Development 5th.

Classes 7:30 p.m.

Spiritual counselors available by appointment for private consultations.

The Arlington Metaphysical Chapel is a Metaphysical church with Spiritualist roots. We offer classes, workshops, special programs and speakers throughout the year. Some courses in Mediumship, Spiritual Healing and other areas can be applied toward certification or ordination with our national association, The United Metaphysical Churches (www.unitedmeta.com).

Visit our bookstore, which has one

of the largest selections of Metaphysical books in the area.

For more information about services, special programs and workshops offered by AMC, please contact: Arlington Metaphysical Chapel 5618 Wilson Boulevard Arlington, VA 22205  
Phone: 703-276-8738  
Email: info@arlingtonmeta.org  
Website: www.arlingtonmeta.org  
Find us on Facebook, Twitter and Meetup  
Office Hours:  
Monday-Friday 9:00 a.m.-3:00 p.m.



The Center for Spiritual Enlightenment

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

spiritual development from beginner to advanced students of Spiritualism.

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

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www.eckankar.org  
Maryland: eck-md.org  
877-764-0800  
Washington D.C.: eckankar-dc.org  
202-462-4866  
Northern Virginia: eck-virginia.org  
703-916-0515



Heidi Lahm  
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 15

years. I specialize as an intuitive liaison facilitating between you and your guides to provide information to you.

If you are looking for a Tarot reader to help you connect with your spiritual guides and to help you understand

the possibilities that are available to you in the universe, please contact me for a reading at 773-230-3033, hglahm@gmail.com.

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# Metaphysics

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Gena Wilson, LCSW



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

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

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

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

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S. Alice "Alicja" Jones

S. Alice "Alicja" Jones is a Psychic, Medium, and Intuitive Healer who gives Spiritual and Past Life Readings. She communicates with the Angels, Archangels, Ascended Masters, the Devic Kingdom, Cosmic Brotherhood of White Light, the Council of Twelve, Karmic Board, Universal Mind, and your ancestors to bring you messages about relationships, your health, your career choices, educational decisions, and life purpose. These messages

many times include Past Lives and how they impact your current life, solutions to pressing problems, or a loved one in spirit to comfort you.

A Reiki Master, Alice is a gifted intuitive energy healer, an Assoc. Lead Minister and Board member of Rays of Healing Church and facilitates *A Course in Miracles*.

Certified in Access Consciousness, Quantum Touch, Karuna Reiki, Usui Reiki, and offers Metatron's Healing

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# Personal Services



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**Eric Weinstein**, practitioner of hypnosis, EFT ("tapping"), and shamanic healing

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MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

**Smile Herb Shop**  
Your Friendly Emporium for Healthful Living

**Smile Herb Shop, College Park**  
4906 Berwyn Rd., 20740  
301-474-8791  
www.smileherb.biz  
Mon: 10am-6pm, Tues-Fri: 10am-8pm,  
Sat: 10am-6pm, Sun: 12pm-5pm  
Smile offers natural foods, bulk herbs and spices; gourmet foods and beverages (water processed decaffeinated coffees and teas); natural body-care products, vitamins and supplements; books, cards and gifts.



**MOM's of Frederick**  
5273 Buckeystown Pike, 21704  
240-566-1444  
www.momsorganicmarket.com  
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The staff at Pathways thanks these Natural Food Stores for providing their communities with healthy, natural products.

We also give them thanks for acting as important distribution outlets for Pathways Magazine, now in our 39th year of serving the DC metropolitan area.

### CABIN JOHN, MD



**Bethesda Co-op Natural Food Market**  
6500 Seven Locks Rd., 20818  
301-320-2530

Indulge your "Inner Gourmet"  
Since 1975, Fine Wines & Microbrews  
Local & Organic Produce • Gourmet  
Cheeses & Delicacies • Organic Foods  
Fresh Pastries & Artisan Breads • Vitamins  
& Body Care • Unique Gifts, Cards •  
Clothing...and more! Open 7 days a week.

### COLUMBIA, MD



**David's Natural Markets**  
5430 Lynx Lane, 21044  
410-730-2304  
www.davidnaturalmarket.com  
Mon - Fri: 8am - 8pm  
Sat: 9am - 7pm Sun: 10am - 6pm  
A full service market specializing in natural & organic foods and products at three locations. Weekly specials and an in-house nutrition consultant available. David's Café with specials, vegan/vegetarian selections also offers catering and cooking classes.

### GAITHERSBURG, MD



**Whole Foods Market, Kentlands**  
316 Kentlands Blvd., 20878  
301-258-9500  
www.wholefoodsmarket.com/stores/kentlands  
8:00 am- 9:00 pm 7 days a week  
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

### BETHESDA, MD



**Village Green Apothecary, Bethesda**  
5415 Cedar Lane, 20814  
301-530-0800

www.myvillagegreen.com  
Mon-Fri: 8:30am-6pm, Sat: 8:30-5pm  
Expert guidance, knowledge and a custom-tailored mix of nutritional and pharmaceutical products; working closely with nutritionists, chiropractors and holistic physicians through our custom compounding lab; discounts and delivery

### CLARKSVILLE, MD



**Areas leading natural food market!**

**Roots Market - Clarksville**  
5805 Clarksville Square Dr., 21029  
443-535-9321  
www.rootsmkt.com

Mon-Sat: 9am-8pm, Sun: 10am-7pm  
Local and independently owned market specializing in natural, organic and gourmet foods and products.



**MOM's of Columbia East**  
7351 Assateague Dr. #190, 20794  
Columbia East Shopping Center  
410-799-2175  
www.momsorganicmarket.com  
Mon - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

### GREENBELT, MD



**Greenbelt Co-Op Supermarket and Pharmacy**  
121 Centerway, 20770  
301-474-0522 • www.greenbelt.coop  
A true cooperative, we are owned by our more than 6,000 local members. The primary mission of the Co-Op Supermarket & Pharmacy is to meet the food, pharmacy, and everyday needs of the Greenbelt community. Freshness, Value, Quality and Variety at fair and reasonable prices. Co-Op is open to everyone, you don't have to be a member to shop and save with us.

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## HYATTSVILLE, MD



### Market

**Yes! Organic Market, Hyattsville**  
5331 Baltimore Ave., Suite 101, 20781  
301-779-1205

www.yesorganicmarket.com  
Mon-Sun: 7am - 10pm

"Your one-stop health food store"

Offers vitamins, herbs, body care products, essential/ fragrance oils, books, produce, bulk foods, sandwiches, soup and sushi.

## ROCKVILLE, MD



ROCKVILLE

**Dawson's Market, Rockville**  
225 North Washington St., 20850  
240-428-1386  
www.dawsonsmarket.com

Dawson's Market is a locally focused organic & natural grocer in Rockville, offering everything from wine & beer to made from scratch breakfast, lunch and dinner items. Powered 100% by wind & committed to sourcing locally (within 100 miles), Dawson's Market encourages supporting community, environment and health.

## SILVER SPRING, MD



**Whole Foods Market, Silver Spring**  
833 Wayne Ave., 20910  
301-608-9373

www.wholefoodsmarket.com/stores/silverspring  
8am-10pm, 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

## DC NATURAL FOODS



**Everlasting Life Health Complex**  
2928 Georgia Ave. NW, Washington 20001  
202-232-1700

Sun: 11am-9pm and Mon-Sat: 9am-9pm. Specializes in all vegan foods, all the time. We feature a diverse line of vitamins, food supplements and Tahitian Noni Juice. The Source of Life Juice Bar showcases live raw foods. In addition, we offer shakes, tonics, drinks, vegan sweets and soy cream. Eat-in or carry-out. Nutritional consultations and access to Health Practitioners available.

## KENSINGTON, MD

### KNOWLES APOTHECARY



#### Knowles Apothecary

10400 Connecticut Ave., Suite 100, 20895  
301-942-7979 • fax/301-942-5544  
www.KnowlesWellness.com

Mon.-Fri: 9am-6pm, Sat.: 9am-1pm

Full service pharmacy, complete line of vitamins, supplements and homeopathic remedies.  
See page 3 for discount coupon.



#### MOM's of Rockville

5566 Randolph Rd, 20852  
301-816-4944

www.momsorganicmarket.com

Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

## TAKOMA PARK, MD



#### TPSS Co-Up, Takoma Park

201 Ethan Allen Ave., 20912  
301-891-2667

www.tpss.coop

Open 9am-9pm Daily.

We are the area's best choice for healthy, natural groceries. We have the best selection of organic produce around, huge bulk section including herbs and coffee, expanded personal care area with a great selection of body care products as well as vitamins, herbs, homeopathic remedies, and other supplements; ecological household products, deli items, pet care and more.

## SECRETS OF NATURE

SecretsofNatureHealth.com



#### Coy G. Dunston

3923 SOUTH CAPITOL ST., SW  
WASHINGTON, DC 20032

PHONE  
202.562.0041

#### Secrets of Nature

3923 South Capitol St., SW,  
Washington, DC 20032  
202-562-0041

With Over 35 years of experience, our health food store has a lot to offer.

We have herbs, vitamins, teas as well as raw and natural foods. We also have quite an extensive library of information for you to educate yourself and family on the growing concerns of nutrition, your health and wellness.

## MOUNT RAINIER, MD

### Glut Food Co-op Natural Foods for People, Not for Profit

#### Glut Food Co-op, Mt. Rainier

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www.glut.org

Glut provides quality nutritious foods at a reasonable price. We try to avoid overprocessed, chemically tainted foods. We support local and/or organic enterprises over conglomerates and agribusiness whenever possible.

Glut has traditionally supported peace, environmental and social justice movements. This is rooted in our founding by conscientious objectors during the Viet Nam war.

## SEVERNA PARK, MD



### ORGANIC MARKET

#### Goodlife Organic Market

485 Richie Hwy North, 21146  
410-544-9515

www.goodlifeorganicmarket.com

Mon - Sat, 9am-8:30pm; Sun 10am-6:30pm  
The finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun comfortable clean, safe environment. Also offering bulk herbs, natural bakery, seafood, powerhouse sandwiches and hot food bar.

## DC NATURAL FOOD STORES



### Senbeb Natural Food Coop & Senbeb Cafe

#### Senbeb Natural Foods Co-Op

6224 3rd St., NW  
Washington, DC 20011  
Mon. - Sat.: 11am-8pm  
202-723-5566

In business for 20 years promoting whole foods, nutritional supplements. One-third of a 3-business complex, with Senbeb Café and "The Sistrum," dedicated to healthy living. Café has an all vegan menu & offers totally raw "live plates." The Sistrum is a boutique specializing in African clothing, cards, gifts.

## OLNEY, MD



Areas leading natural food market!

#### Roots Market, Olney

16800 Georgia Ave., 20832  
301-774-1344

www.rootsmkt.com

Mon-Sat: 9:00-8:00, Sun: 10am-7pm

Local and independently owned market specializing in natural, organic and gourmet foods and products.

## SILVER SPRING, MD

### ECOLOGY HEALTH FOOD

#### Ecology Health Food, Silver Spring

904 Bonifant Street, 20910  
301-589-2188

Lots of vitamins, minerals, herbs and personal care products. We carry many hard to find items—call to see if we have what you are looking for. We also feature a deli that serves delicious, healthy dishes at low prices. We have been serving the Silver Spring community for many years and we invite you to sample our products.

## Blue Nile

#### Blue Nile Botanicals

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Washington 20001  
202-232-3535

www.bluenilebotanicals.com

Offers over 300 bulk herbs/spices, also herbal preparations, vitamins/supplements organic/natural cosmetics, essential/fragrance oils, candles, incense. Serving the DC area since 1974.



### Market

#### YES! Organic Market, Brookland

3809 12<sup>th</sup> St., NE, Washington 20017  
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www.yesorganicmarket.com

Mon-Sat: 7am-10pm Sun: 7am-9pm

Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## DC NATURAL FOODS, CONT'D



### Market

**YES! Organic Market, Capitol Hill**  
410 8th St., SE, Washington 20003  
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www.yesorganicmarket.com  
Mon-Sat: 7am-10pm Sun: 7am-9pm  
Washington's original natural food super market, with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

## DC NATURAL FOODS



### Market

**YES! Organic Market, Petworth**  
4100 Georgia Ave, NW, 20011  
202-291-5790

www.yesorganicmarket.com  
Mon-Sat: 7am-10pm Sun: 7am-9pm  
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches, soup and sushi.

## FALLS CHURCH, VA



Nourish Market by Kennedy's, Falls Church  
1053 W. Broad St., 22046

703-533-8484

www.nourishmarket.com

Mon-Sat: 10am-7pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.

## SPRINGFIELD, VA



**Whole Foods Market, Springfield**

8402 Old Keene Mill Rd, 22152  
703-644-2500

www.wholefoodsmarket.com/stores/springfield  
8am-9pm, 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.



### Market

**YES! Organic Market, Cleveland Park**  
3425 Connecticut Ave., NW 20008  
202-363-1559

www.yesorganicmarket.com  
Mon-Sun: 7am-9pm  
Washington's original natural food super market with vitamins, herbs, body care products, essential/ fragrance oils books, produce, bulk foods sandwiches and soup.

## VIRGINIA NATURAL FOOD STORES



## HERNDON, VA



**MOM's of Herndon**

424 Elden St., 20170  
703-483-6740

www.momsorganicmarket.com

Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

## WARRENTON, VA



**The Natural Marketplace**

5 Diagonal Street, 20186  
540-349-4111

Naturalmarket@aol.com

www.thenaturalmarketplace.com

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Sat, 9am - 6pm • Sun, 11am - 4pm

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703-535-5980

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Mon - Sat: 9am-9pm, Sun: 9am-8pm

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## LEESBURG, VA

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**For Goodness Sake, Leesburg**

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703-771-7146

Mon.-Wed.: 9am-7pm,

Thurs.-Fri.: 9am-7:30pm,

Sat.: 9:30am-6pm, Sun: 11am-5pm

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Woodbridge, 22192

(near Staples)

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## FAIRFAX, VA



**MOM's of Merrifield**

8298 Glass Alley, Fairfax 22031  
703-663-8810

www.momsorganicmarket.com

Mon. - Sat: 9am-9pm, Sun: 9am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

## MCLEAN, VA



Nourish Market, McLean

8100-E Old Dominion Dr., 22102

703-288-3031

www.nourishmarket.com

Mon-Sat: 6:30am-8pm • Sun: 10am-4pm

An innovative health food market and deli featuring wholesome foods prepared with natural, organic and local ingredients. We offer natural and organic grocery items, chemical-free household merchandise, organic body care products and premium supplements. We specialize in offering vegetarian, dairy-free, gluten-free and other dietary options.



### Market

**YES! Organic Market, U St. Corridor**  
2123 14th St., NW, Washington, 20009  
202-232-6603

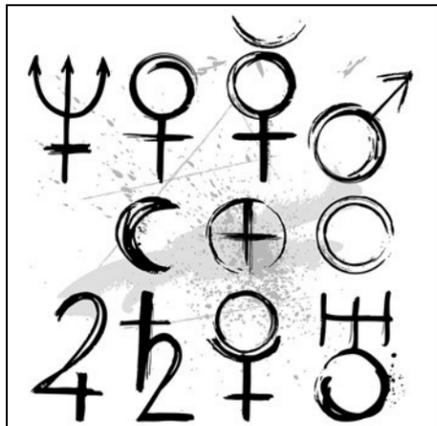
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Washington's original natural food super market, with vitamins, herbs body care products, essential/ fragrance oils books, produce, bulk foods, sandwiches soup and sushi.

**The Staff At Pathways Magazine Thanks These Natural Food Stores For Providing Their Communities With Healthy, Natural Products.**

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**Relationships Are Your Foundation**

...continued from page 33



retrograde, and a sextile to Jupiter. This means other people may have tried to convince you of doing things their way. Or you may have seen some potential new direction in your life and weren't certain whether to go in that direction. As long as you hold on to your beliefs, you'll know which direction to take.

Also, when the new Moon is in Scorpio, it's very important to get as much information as possible before you make any choices in your life. You need to understand the situation and assess potential problems so you can avoid

them before they occur. Other people may view you as being stubborn because you're not moving too quickly, but that's just fine.

A few hours after the new Moon occurs on November 11<sup>th</sup>, the Moon's North Node enters Virgo and the Moon's South Node enters Pisces. The lunar nodes are very important in understanding your personal growth as well as the growth of a nation and public opinion. This is a cycle that occurs every 19 years and lasts for a little over one year.

The Moon's North Node represents what you want to strive for in life while the Moon's South Node indicates what talents you bring into this life that can help you move into the future. The Moon's North Node also represents what other people expect from you while the Moon's South Node represents what fears you have that interfere with your success.

When the Moon's Nodal Axis is in Virgo and Pisces, you need to focus on developing a healthy lifestyle and simplifying your daily routine. It's also important to approach situations from a spiritual perspective. If you let the fear of this energy control your life, you may start pulling back from situ-

ations and isolating yourself from the very people who love you. But if you approach life from a positive perspective, you'll find problems are easier to solve and people are willing to help you.

When you look at the Moon's Nodal Axis from a mundane perspective, it can represent the desire of countries to improve their health, both economically and socially. It can also represent increased use of religion as a way of motivating the public to take action. In the negative, it can represent the use of religion as a way of building paranoia and fear. In the positive, it can be the use of spiritual awareness to increase empathy for other people.

With Sun in Sagittarius and Moon in Gemini, the full Moon occurs on November 25<sup>th</sup> not long after the Sun enters the sign of Sagittarius. This full Moon is creating the energy of a mutable T-square that includes Saturn, Mercury, and Neptune. When a mutable T-square is active in a full Moon chart, you feel as if you need to make changes. But where to begin? With Saturn you want to hold on to the important foundations in your life. With Mercury you want to discuss the situation with your friends so you can understand your own thoughts. With Neptune you want to be able to approach matters in a spiritual manner without losing your direction. This full Moon really

does emphasize the need to find spirit in your life and your friendships with others. It's also a time period to release any fears that prevent you from feeling the acceptance other people offer.

Perhaps there is a spiritual harmony that Saturn forms the first of three squares to Neptune on November 26<sup>th</sup>. The other two squares will occur on June 17, 2016, and September 10, 2016. With Saturn you want to make certain you have a firm foundation and a clear understanding of your needs. With Neptune you want to find a way to live your dreams so that spirit can operate in your life. Once again it's important you don't let fears stand in the way of feeling good about your life and what you've achieved. Set up boundaries so other people don't take advantage of you. Let yourself reach out to other people if you need their help. This is a time to build coalitions of support so when this aspect occurs again in June and September 2016 you'll be able to find ways to balance your needs with your dreams.

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



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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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**For more information, contact:**

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*(please put PM in subject line)*

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

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



## FALL CALENDAR

### Ongoing Events, continued from page 84

**Transcendental Meditation for Licensed Massage Therapists:** Course has been approved for 13 Continuing Education contact hours by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Reduced stress, improved stamina, balance and inner happiness is approved for 13 continuing education contact hours by the NCBTMB. For more information, or for a presen-

tation on the benefits of TM to your group, organization or business, call 301-881-5400, or email at [bethesda@tm-women.org](mailto:bethesda@tm-women.org). Visit: [www.tm-women.org](http://www.tm-women.org).

**Transmission Meditation:** How to serve the world in need and advance your own spiritual evolution at the same time? Inquire at [skourangis@gmail.com](mailto:skourangis@gmail.com).

Check out the Pathways website for hundreds of events & resources.  
**[www.PathwaysMagazine.com](http://www.PathwaysMagazine.com)**



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**Imagery and Healing:  
Interview With Martin Rossman, MD**

...continued from page 9

This process took probably 20 or 30 minutes, and her arm pain was tremendously relieved afterwards. She went on to see a therapist who works with the imagery process and continued this kind of internal dialogue over maybe half a dozen sessions. She had no more arm pain; it's several years later and it never returned. I believe that if we often have sadness, grief, emotional pain or conflict, but we don't know how to process it. We might be cut-off to the point where we don't even know we're feeling it. But it's going to find a way to express itself one way or the other.

*What forms can this expression take?*

There are only three ways that strong emotion can express itself. It can express itself directly, by people feeling and expressing it verbally, maybe creatively or artistically, or maybe by crying or yelling, or talking to a friend or to a therapist. The direct way is probably the healthiest way. If we can't do that for some reason, either because it's prohibited in our family or we don't have good ways of expressing it directly, then the second way people will

express it is through their behaviors—eating too much, drinking, smoking, risky behaviors, gambling, infidelities. We call it “acting out,” and it is acting out. The person is expressing, in somewhat of a disguised way, the conflict or the pain that they're feeling.

The third way is through the body, through bodily symptoms of all kinds, largely pain. Medical doctors see it all the time, chiropractors see it all the time, acupuncturists see it all the time. We see people in pain. We do our best to make a diagnosis, but we can't always make a diagnosis even though people are in genuine pain. And whether you're giving medications, or adjusting them, or needling them, or whatever, it kind of eludes relief. When I see that, that's when I try to get people to explore these guided imagery approaches.

*You're describing some very powerful effects of the mind-body connection. How important is it for health practitioners who deal with people in pain on a regular basis, to bear in mind that “physical” pain may have a nonphysical cause, at least in part?*

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Michael, Author of 7 books,  
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the Earth and the New Jerusalem*



Michael El Nour

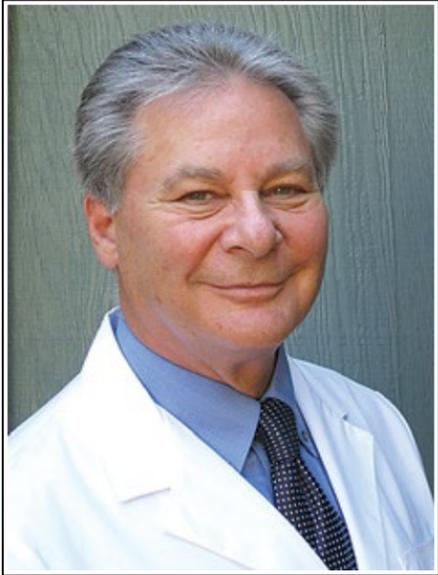
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## PATHWAYS INTERVIEW



*If somebody's got an acute back injury, for instance, on a functional MRI you'll see increased activity in the somatosensory cortex that relates to an area of the back, where the injury happened. But let's say that the person has had plenty of time for the injury to heal up, or they've had medical or chiropractic or acupuncture treatment, but years later they're still having pain, and we can't find a cause for it. If you take a functional MRI of those people, that pain locus is in the prefrontal cortex, where narratives and stories and elaborations on our experience take place. So it's kind of taken up residence as a kind of story. So it's real and there is a physical cause, but the physical cause is no longer in the back. It's in the brain.*

up, or they've had medical or chiropractic or acupuncture treatment, but years later they're still having pain, and we can't find a cause for it. If you take a functional MRI of those people, that pain locus is in the prefrontal cortex, where narratives and stories and elaborations on our experience take place. So it's kind of taken up residence as a kind of story. So it's real and there is a physical cause, but the physical cause is no longer in the back. *It's in the brain.* And finding ways to help people give expression to, or unravel and come to terms with that, is a whole different ballgame and I think we all need to be aware of it. I'm still not terribly happy with the way we talk about it because people are often very sensitive about it. Every practicing clinician has had the experience where people get offended if you start to say that maybe it's stress.

*They don't want to think that you are saying that it's all in their head.*

Yes, people are very sensitive about that.

*Understandably.*

Yes, and so we have to find ways of talking about it. Since the advent of this new brain science that lets us look at it, I have in my office a couple of these functional MRI pictures, where people have a relatively recent injury and the [brain] activity is in one place, while in people who have longstanding pain, it's in another place. What I've found is that if I show them these pictures, it takes that self-blame out of it, and I can say that the pain has created a circuit in your brain over here. That it's not your mind; it's your brain. Somehow, there's less shame and blame associated with that. It doesn't imply that people are crazy or that they're making it up or that they're weak. It's that this pattern has created a circuit in their brain. And we have special ways to help them unwind those circuits, which might involve relaxation, or guided imagery, neurofeedback, or other mind-body methods.

*The idea of neuroplasticity, that what we think and feel literally changes structures in our nervous system (chiefly the spine and brain), is really a different understanding of the nervous system than I learned in school a generation ago. I don't have the sense that the new paradigm, based on scanning methods like functional MRI, has really percolated down to the level of the general population. Is that your sense?*

I don't think so, though there is a tremendous amount of interest. Many best-selling books in the last five to ten years have dealt with this, starting with Norman Deutsch's *The Brain That Changes Itself*, which kicked off the rage about neuroplasticity. There is a lot of popular interest and a lot of press about it, television shows. I think it is percolating down faster than some of the other concepts we've seen come into the culture in the last 30 or 40 years. There's certainly lots of information that we can draw from now

*continued on page 104*

It's interesting and very important. It's a difficult terminology, though, isn't it?

Yes.

I assume it has a physical cause. Thoughts are physical things. The brain emits different patterns of energy with different kinds of thinking. It's a subtle level of physical reality that we haven't quite been able to get to yet. We're at a place where we can watch the brain with functional MRI, and see what areas of the brain are lighting up when people are in pain. We've noticed that in people with chronic pain syndromes that no longer relate to physical areas that were the original source of the pain, the brain activity actually takes up residence in a different area, an area of the brain that processes information.

If somebody's got an acute back injury, for instance, on a functional MRI you'll see increased activity in the somatosensory cortex that relates to an area of the back, where the injury happened. But let's say that the person has had plenty of time for the injury to heal



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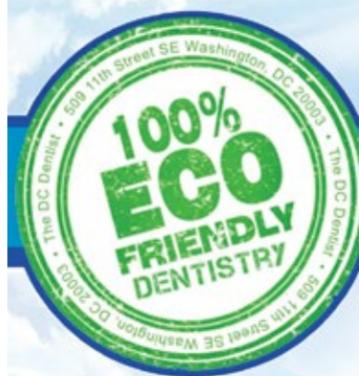
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## PATHWAYS INTERVIEW

### Imagery and Healing: Interview With Martin Rossman, MD

...continued from page 103

online. Some of this is in the form of relatively simple articles—ones that are written for lay people, some of the pictures in particular.

About 15 years ago, when I was still teaching at our Academy for Guided Imagery, I was predicting that our thoughts about the “mind-body” equation would transform to “brain-body.” Which on the one hand seems like a step back, because it’s so materialistic, but on the other hand makes it much more easily acceptable to the general populace. I’m starting to see that; I certainly am in my practice. When I show them these [functional MRI] pictures and I ask if they’d like to learn a way to start to shift that pattern, and create some new pathways in the brain that can take the place of those, people are much more open to it than to something that’s more psychotherapeutic. Even though this turns out to be psychotherapeutic.

*In your most recent book, The Worry Solution, you speak of “bad worry” and “good worry.” I think everyone would agree that worry has a relatively bad reputation, so we can more readily understand and perhaps identify personally with the bad type of worry. Please tell us how it differs from good worry.*

Basically, good worry solves problems and bad worry creates problems. My own belief is that whether you think in terms of God or evolution, it’s hard to believe that we would have a capacity like worry which is entirely negative. Worry is really a function of the imagination. It’s a function of our ability to project potential scenarios, what the future might be like if we acted in different ways. So we think, “What if I did it this way? What if I did it that way?” And we can foresee and imagine barriers and obstacles and threats in advance, without actually having to subject our bodies to those dangers.

*So there’s a survival function to worry.*

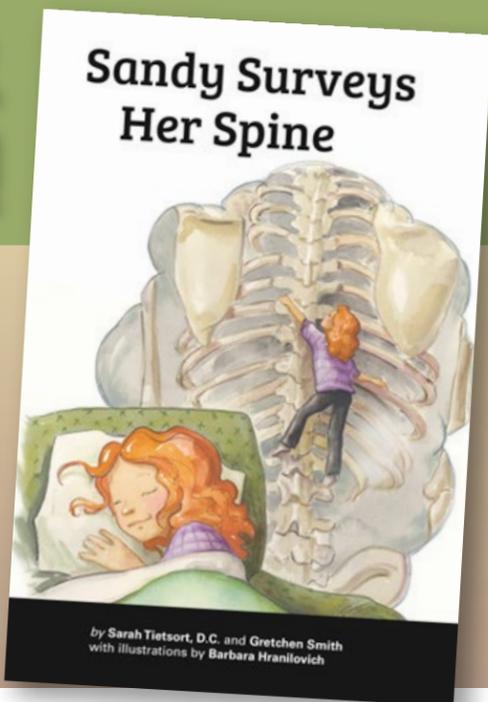
It’s a tremendous advantage. I think it’s the imagination that lifted our ancestors above the animal kingdom in terms of our ability to change the environment around us. David Bresler, my partner at the Academy for Guided Imagery, used to say that primitive man, living on the African savannas, was a prey animal. Naked, medium sized, not very fast, no fangs, no claws, couldn’t fly, couldn’t swim very well. So we are literally prey animals. And the thing that has allowed us to become the dominant creature on earth—notwith-

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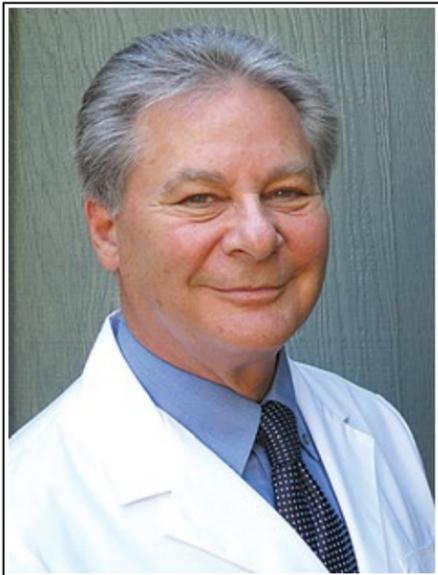


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## PATHWAYS INTERVIEW



**You're basically hypnotizing yourself on an ongoing basis, with all of the images of what you fear and dread. And that can cause anxiety, an ongoing stress response in the body, and make you more vulnerable to breakdown and to all kinds of illness.**

standing the opposable thumb, which is certainly very important—is really our imagination, our ability to think, “Well, what if we sneak up on that mastodon from the back, rather than the front?” I’m talking about people’s ability to think about doing things in a new way. So that’s good worry, very related to planning and problem solving and imagining how things could be. Everything that mankind has created, everything on Earth that wasn’t created by God or Nature, came from someone’s imagination. That’s where it started. So it’s a hugely powerful faculty to have.

But because it’s a powerful tool, if you don’t use it properly, or you’re not aware of how you’re using it, it can very easily turn into a bad habit, where you’re letting your imagination run wild, and you’re just going over and over all the things that you dread, without it leading to action or potential ways of dealing with it. You’re basically hypnotizing yourself on an ongoing basis, with all of the images of what you fear and dread. And that can cause anxiety, an ongoing stress response in the body, and make you more vulnerable to breakdown and to all kinds of illness.

*In the book, you described a process where people divide their worries into categories based on things they can do something about and things they can’t do something about. Could you talk about that?*

The first thing I do is to encourage people to write down everything that they’re worrying about, whether it’s big, medium or small.

*Do these lists get fairly extensive?*

Sometimes they can get long. You know, it’s interesting. I taught this in classes for several years before I wrote the book, to test out different things. And this writing down process is really interesting. Some people found that there were just a couple of things on it, and they were surprised at that. Other people had a whole long list and couldn’t even finish it because when they finished they’d come up with something else. Some people would find that almost all their worries were in the column where they couldn’t do anything about it. They would start with methods for dealing with that, which range from grieving, to letting go of it, to accepting it, to turning it into a process that I call “Positive Worry,” which is basically taking the thing you’re worrying about, that you can’t do anything about, and flipping it around so you begin thinking about how it would come out if you were God, basically. How it would come out if you were in charge.

*How does this help?*

You’re still focusing on the thing that’s worrying you, but now it’s more like a prayer, a positive intention. So instead of worrying about how your Aunt Mildred is going to do in the hospital, and whether she’s going to get sicker or die—which is a natural worry—how about taking a few minutes and focusing on Aunt Mildred and sending her love and positive energy, or praying in whatever way you pray, imagining that she is being delivered strength and healing energy and that, if it’s up to you, she will get better. You’re focusing on the same issue, but instead of going around and around thinking about bad things that might happen, you’re thinking about what you would like to have happen. It may or may not affect what happens to Aunt Mildred, but it will affect how you feel in the moment. So those are processes for dealing with worries you can’t do anything about.

Then in the column that has things you *can* potentially do things about, you take time with those things and also learn to use certain guided imagery processes to boost your creativity and enhance your ability to take effective action to address or to solve those problems.

There’s a third column, of things you’re not sure you can do something about. You may recognize all of this as being close to the serenity prayer, “Let me have serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” So I teach an Inner Wisdom meditation, which is a very potent guided imagery process, where you get very deeply relaxed, you invite an image into your mind that represents the wisdom that you have inside you (because we all have a lot more wisdom than we commonly use), and you have a conversation in your own mind about this from the

*continued on page 106*



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## PATHWAYS INTERVIEW

### Imagery and Healing: Interview With Martin Rossman, MD

...continued from page 105

perspective of your wisest self. And that very often can help you clarify issues and decide where they go.

*In your book, you quote Mark Twain as saying, "I have known a great many troubles, but most of them never happened." I know that's true for me. Would you say it's true for everyone?*

There's actually been research on this, where they had people write down all the things they worry about, and they followed them out over months or sometimes even a year. They find that 85% of the things people worry about never come true.

*Does that mean that the worry is dysfunctional?*

I think that this is one of the major reasons that it's easy to develop a bad worry habit, because the brain may get rewarded when these things don't come true, and conclude that the reason it didn't come true is because it worried about them enough. It's a kind of magical thinking, which I think happens on a deeply unconscious level. It's superstition.

There's an apocryphal story of a crone who walks around and around her house carrying a bundle of twigs, all day long, every day, and wears a rut in the ground around her house. Finally, after some years one of the neighbors talks to her and says, "We've noticed that you walk around your house all day carrying this bundle of twigs, and we're wondering what you're doing." She answers, "I'm keeping the house safe from tigers." And the neighbor says, "Well, we're in Indiana and there are no tigers here." She goes, "See, it's working!" So that's how a bad worry habit happens. It's kind of an inverted or distorted form of prayer.

What I have done is to get people used to recognizing that bad worry, and we get there by writing things down and sorting them out, and then taking the time to learn this very simple process that I call positive worry, which is to take that same thing and imagine that there's a red circle with a slash through the image of the worst outcome, and instead creating an image of the best outcome for that particular thing. Then you put your energy into your intention that the best outcome will come true, or your prayer

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## PATHWAYS INTERVIEW

**Our biggest successes have come from our imagination, but our biggest challenges have also come from the imagination. And it's the human imagination that's going to be able to solve them.**

that the best outcome comes true. Like I said, it may or may not affect what happens in the outside world, but it will affect your mood. It won't create nearly as much anxiety. It gives people a positive feeling.

*Is there anything else you'd like to add that we haven't touched upon?*

I wrote *The Worry Solution* because worry is the part of the worry-anxiety-stress continuum that we have the chance of becoming conscious about and intervening with. There's a lot to worry about in our world. There are real problems, and a lot of our biggest problems are ones that we invented through our imaginations, like nuclear power, like the problems with pollution and global warming and so on. Even cultural wars and religious hatred come from our images of who we are and who we should be and what other people should be like. Our big-

gest successes have come from our imagination, but our biggest challenges have also come from the imagination. And it's the human imagination that's going to be able to solve them. I think it's really critical, both on a personal level and on a global level, for people to claim the power of their imaginations and learn how to use the power of this tool skillfully, and not let it run away with them and create anxiety and stress where it doesn't really have to be.

*Daniel Redwood, DC, the interviewer, is director of the all-online Master of Science in Human Nutrition and Functional Medicine program at the University of Western States. He is also a singer and songwriter whose most recent album is Songs for Animals, People and the Earth (www.danielredwoodsongs.com). He lives and works in Portland, Oregon. See his ad on page 114.*

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## THE HERB CORNER

### Herbs for Pain

...continued from page 11

**Kava Kava** (*Piper methysticum*) is a slightly intoxicating pain relieving herb that is very relaxing most often without any hangover. Polynesian natives traditionally use the root of the kava tree as a mild tranquilizer and pain reliever. It is one of the best herbs for stopping panic attacks. It creates a sense of peace, mental calm and even mild euphoria, and this is in addition to its muscle relaxant, pain-relieving, and sedative properties.

**Actions:** Antispasmodic, anodyne, stimulant, diuretic, antifungal, muscle relaxant, anesthetic, anticonvulsant

**Ginger** (*Zingiber officinalis*) is a warming and anti-inflammatory herb. It's also very tasty, which makes it easy to take. Ginger is best known as a circulatory booster and a digestive aid, but it is also very helpful in pain-relieving formulas. Ginger breaks up stagnant energy and warms stiff muscles, helping to bring healthy blood flow to affected areas. Ginger is great as a base for external pain formulas, providing relief for muscle spasms and joint pain of various kinds.

**Actions:** Stimulant, carminative, rubefacient, diaphoretic, aromatic, emmenagogue, sialogogue

**Black Cohosh** (*Actaea racemosa*, for-

merly *Cimicifuga racemosa*) is especially helpful for headaches, back pain and sciatica. Black Cohosh is well known as a woman's herb for normalizing hormones, but it is one of the best remedies for nerve pain in the herbal world. It is also especially helpful for rheumatic pains, arthritis, and muscular pain including menstrual cramps. Black Cohosh provides a mild anti-depressant and mood-enhancing action too, helping to relieve emotional and mental pain as well as physical.

**Actions:** Anti-spasmodic, nervine, sedative, tonic, alterative, emmenagogue

Secondly, we have to ask the question "What kind of pain are we suffering and how are the symptoms manifesting?" The 5 predominate types of pain symptoms are muscular tension, inflammation, injury (including repetitive motion), and finally fibromyalgia and other chronic immune disorders. So let us investigate herbal remedies for each of these 5 types of pain.

#### Muscular Tension

This is probably the most common, and most insidious, pain that affects us today. Constant low-to-middle level stress can create a buildup of tension in the muscles leading to pain, stiffness and discomfort (especially in the shoulders, neck, and jaw), headache, nausea and other gastrointestinal is-

ues, and poor sleep as well as a host of other related symptoms.

Simple remedies like a hot water bottle or hot bath can soothe body and mind; and herbs like White Willow Bark, Ginger Root, Jamaican Dogwood, and Feverfew can be used to relieve the symptoms, but the stress should be dealt with as well. Adaptogenic herbs such as Ashwagandha, Eleuthero, Rhodiola, and Bacopa help the body deal more effectively with stress. Scullcap, a popular nervine, also has an anti-inflammatory action that helps with chronic pain. Turmeric root can soothe digestive distress as well as provide some pain relief. Anti-spasmodic, or muscle-relaxing herbs are an excellent support to reduce the pain of over-tight muscles. Cramp Bark, Valerian Root, and Kava Kava are all excellent choices.

#### Inflammation

Inflammation can be caused by poor diet (especially an excess of refined sugar), lack of exercise, injury, stress, genetic tendency, or it can be a symptom of other conditions. It can show up in any body system, and can be temporary or chronic. Inflammation due to a bruise or sprain is easily recognized; we all know to rest the affected area, elevate, and use ice to reduce the swelling. But what if the inflammation is in your head, neck, back, or digestive system? There are herbs that help re-

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## THE HERB CORNER

The analgesic herbs such as Willow Bark, Black Cohosh, California Poppy, St. John's Wort, and Scullcap (to name a few) can be very helpful with pain and discomfort; and the anti-inflammatory herbs like Turmeric, Ginger, Cayenne, and Cinnamon can reduce swelling.

swelling in the hands, arms, neck, or shoulders could well be due to computer keyboard/mouse use, especially when combined with poor posture. Improving your posture and keeping hands and wrists warm while on the computer are a great start; braces and pressure bandaging can also be helpful. The analgesic herbs such as Willow Bark, Black Cohosh, California Poppy, St. John's Wort, and Scullcap (to name a few) can be very helpful with pain and discomfort; and the anti-inflammatory herbs like Turmeric, Ginger, Cayenne, and Cinnamon can reduce swelling.

### Fibromyalgia and Chronic Fatigue Immunodeficiency Syndrome (CFIS)

Fibromyalgia is now known to be a disorder of the Nervous System, which is manifested primarily as pain in the muscles and connective tissues. Antispasmodic herbs, analgesics and anti-inflammatories may bring some relief to the fibromyalgia sufferer, but it is important to address the Nervous System issues for long-term improvement. Herbs such as Nettle Seed, Fresh Oat Milky Seed, Ashwagandha, and a host of other tonic and rejuvenating herbs may be useful for long-term treatment.

Dietary and lifestyle changes are also essential. Chronic Fatigue Syndrome stems from an issue with the Immune System, and so that must be treated. Medicinal Mushrooms, especially Reishi, Turkey Tail, and Chaga, are highly recommended for normalizing immune function and can have a powerful effect on immune concerns of all kinds. Strengthening herbs and adaptogens such as Ashwagandha, Eleuthero, and Schisandra help sup-

port energy and enthusiasm. Support for mood and stamina can also be helpful. Fibromyalgia and CFIS are both complex disorders that are best worked with over time with an herbalist familiar with them.

In summary, what is needed to reverse this alarming trend is knowledge of herbal use within a context of balancing our lives. These God given herbs are here now for us to use and we need to humbly admit that we gravely need emotional balance and mental/spiritual balance as well. The more we grow these herbal allies in our own gardens, and hold them fragrantly close to our hearts, we will find the kindness, balance and love the Infinite Intelligence intended for us all along. Then God willing with these herbs the pain will end.

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.com](http://www.smile-herb.com), 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 16.

duce inflammation in the whole body. Turmeric and Ginger Roots are the first to consider. These herbs have been studied and found to be effective in the muscles and digestive system, as well as the cardiovascular system, to reduce inflammation and discomfort. There are many anti-inflammatory herbs and spices: Cloves, Cinnamon, Scullcap, Oregano, Devil's Claw, Boswellia, and Meadowsweet, for a start.

### Injury, including repetitive motion

Injuries such as sprains and strains are treated with mild pain reducing action (too strong a pain killer can easily lead to re-injury!) and anti-inflammatory treatments. Repetitive motion injuries, also known as repetitive stress or repetitive strain, can be caused by any recurring stress on a joint, muscle, or tendon. These days it's most often due to computer, smartphone, and tablet use, as well as numerous job-site strains, athletic activities, and the like.

Aching, tingling, weakness, or

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## To Increase Weight Loss, Cut Fat More Than Carbs

...continued from page 13

National Institute of Diabetes and Digestive and Kidney Diseases (NIH), part of the National Institutes of Health. Kevin Hall, PhD, NIDDK senior investigator and lead study author, explains, "Compared to the reduced-fat diet, the reduced-carb diet was particularly effective at lowering insulin secretion and increasing fat burning, resulting in significant body fat loss. But interestingly, study participants lost even more body fat during the fat-restricted diet, as it resulted in a greater imbalance between the fat eaten and fat burned."

More than two-thirds of American adults are overweight or obese. Maintaining a healthy weight can help prevent complications related to overweight and obesity such as heart disease, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

"Our data tell us that when it comes to body fat loss, not all diet calories are exactly equal," Hall said. "But the real

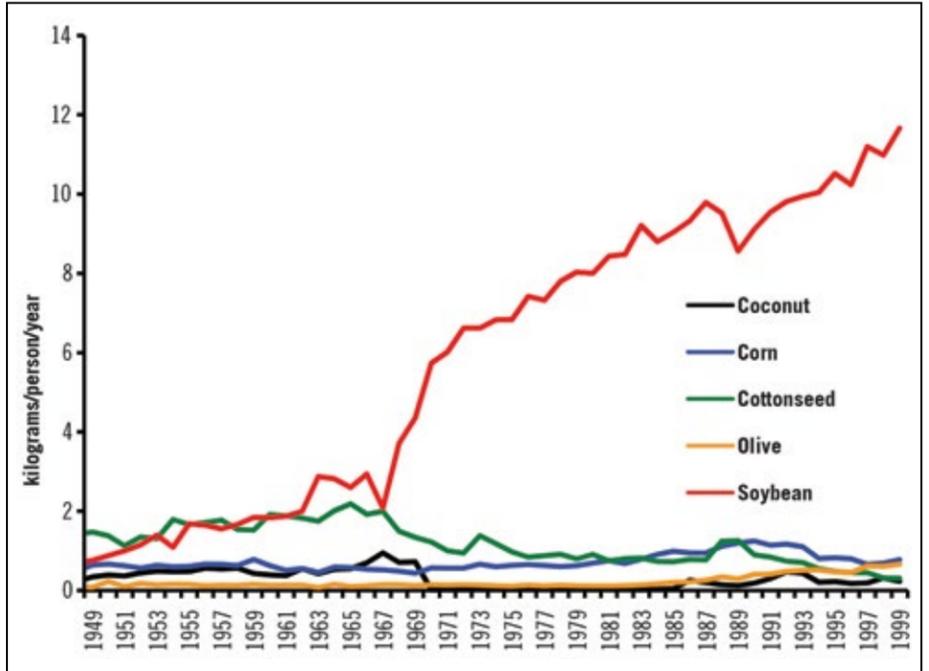
world is more complicated than a research lab, and if you have obesity and want to lose weight, it may be more important to consider which type of diet you'll be most likely to stick to over time."

While the study doesn't provide concrete answers to sustainable weight loss, it does give researchers more clues; and ultimately overweight individuals gain a little insight into the what they should and should not put in their bodies while trying to lose weight.

"This NIH study provides invaluable evidence on how different types of calories affect metabolism and body composition," said NIDDK Director Griffin P. Rodgers, M.D. "The more we learn about the complicated topic of weight loss, the better we can find ways to help people manage their health."

Results of this study were published in the August 13 issue of *Cell Metabolism*.

You can also watch a brief video summarizing this study online at [www.youtube.com/watch?v=8TrjAGMhASw](http://www.youtube.com/watch?v=8TrjAGMhASw)



Soybean oil intake has increased dramatically for those eating the modern industrial food diet, and now research shows that this inexpensive oil contains high levels of a type of fat that's contributing to the obesity epidemic.

Chart by the National Institutes of Health

## Linoleic Acid in Soy Strongly Linked to the Obesity Epidemic

FROM MOTHER EARTH NEWS,  
BY RICHARD MANNING

Seldom does a story stand so starkly illuminated, boldly outlined by the lines of a graph. The focal point is a period in the mid-1960s, when forces aligned to launch the current obesity epidemic and a host of health problems in the United States. As you'll see, it was a perfect storm.

The data for this graph comes from an ambitious 2011 study called *Changes in consumption of omega-3 and omega-6 fatty acids in the United States during the 20th century*, which was published in the *American Journal of Clinical Nutrition*. Researchers posed a question fundamental to understanding modern health concerns, including diabetes, heart disease, obesity and mental health: How does our collective diet today differ from the common diet 100 years ago? The study examined consumption of 373 foods, but then went deeper by looking at how the composition of those foods varied over time, from 1909 to 1999. This latter detail—for example, how a modern chicken breast is different from its 1909 counterpart—turned out to be critical. Specifically, researchers examined fat consumption—not just fat in general, but the quantities of particular fats.

Despite what you may have heard, per capita fat consumption hasn't increased substantially in the United States throughout the past century. Per capita carbohydrate consumption has increased, however, causing low-carb advocates to cite this factor alone as

the cause of the obesity epidemic. The data from the fat study doesn't contradict this hypothesis, but certainly refines the picture to pin at least some blame on the dramatic increase in our consumption of soybean oil, thanks to industrial agriculture's concentration on this single crop.

Myriad food sources provide dietary fats, from lard and butter—the mainstays of the Edwardian-era kitchen, when the study's data stream began—to margarine, canola oil, flaxseed oil and olive oil. Starting in the mid-'60s, what stands out—indeed, leaps off the graph—is the thousand-fold increase in per capita consumption of soybean oil. No other food in the study comes even close to matching that explosion.

Partly this is because of the ubiquitous vegetable oils, made mostly from soy, that now lurk on grocery shelves and in processed foods. But it's also related to the way animals are raised. Today's industrially raised livestock, poultry and farmed fish are almost universally fed soybean meal and oil. Their feed's components are then found in the meat, milk and eggs sold to consumers. This study and others like it are explicit about this: Consumers get much of the soy in their diets secondhand from eating industrial meat, eggs and dairy products, as well as farmed fish.

Why is this a problem? Soybean oil is very high in linoleic acid, an essential omega-6 fatty acid that is linked to obesity. Because we now consume a thousand times more soybean oil than we did a few decades ago, this means we're getting a much higher amount



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## TO YOUR HEALTH

of linoleic acid. A diet that has a high omega-6 to omega-3 fatty acid ratio is linked to inflammation, but the evidence on obesity connects specifically to linoleic acid.

Nothing is inherently wrong with linoleic acid; it is, after all, an essential fatty acid. But it's problematic in excess, as evidenced from a 2012 study published in the journal *Obesity*. Feeding lab animals a diet in which 8 percent of their calories come from linoleic acid, a mirror of the modern U.S. diet, made them fat. Reducing their linoleic acid intake to 1 percent (in line with our ancestral diet), and replacing those calories with calories from other fats, made these same animals skinny again, like throwing a switch. Same amount of calories, same high-fat diet—but with different kinds of fats—and obesity reversed itself.

Yet even these studies may underestimate the long-term damage. A 2010 French paper moved the focus to epigenetics, the study of problems created by the behavior of one generation that are then passed on to the next. That study confirmed the role of linoleic acid in causing obesity. Researchers then bred the fat mice for several generations and found that the same diet made every succeeding generation fatter still. The results revealed a cumulative effect across generations.

How did we arrive at this excess of certain kinds of fats in our diets? Any

Midwesterner can tell you that today's industrial agriculture really is, more specifically, the cultivation of corn and soybeans, most of which are genetically modified. The large-scale, mechanized, chemical-dependent system made popular by the so-called Green Revolution of the mid-20th century allowed farmers to grow monoculture commodity crops in enormous surplus. The trend began with cereal grains, but eventually U.S. corn and soy production skyrocketed. This created a massive increase in available carbohydrates and linoleic acid, which were cheaper than animal fats, such as lard and butter. Food processors switched from traditional animal fats to vegetable oils, and livestock farmers began including corn and soy in animals' rations. Both we and the livestock we raise for food were left with little choice but to eat up all that cheap linoleic acid.

Also in the '60s, the American Heart Association and the USDA recommended that we stop eating butter and eggs and switch to "heart-healthy" vegetable oils. Massive subsidies were put in place that still pay farmers billions of dollars annually to grow soybeans, corn and other commodity crops. Aggressive marketing campaigns persuaded us to eat products containing vegetable oils. All of this converged exactly when that line for soybean oil consumption took off in the graph of this key study, and the obesity epidemic began within

a decade after that point. We have been victims in this complex interplay that's led to ill health. Only in recent years has the cover been lifted on the bad science about fats.

We now understand that butter, lard, meat and eggs from pastured animals provide the kinds of omega-3-rich fat profiles that actually contribute to a healthful diet.

*Excerpted from MOTHER EARTH NEWS, the Original Guide to Living Wisely. To read more articles from MOTHER EARTH NEWS, please visit [www.MotherEarthNews.com](http://www.MotherEarthNews.com) or call (800) 234-3368 to subscribe. Copyright 2015 by Ogden Publications Inc.*



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**YOGA TODAY**

**Making Your Yoga Sustainable: One Pose A Day Practices**

...continued from page 15

third of those reported that they didn't get any exercise at all. Langer asserts, "Given that they are exercising all day long, that seemed to be bizarre." What she found to be even more alarming is that despite the fact that all of the women in her study exceeded the U.S. Surgeon General's recommendation for daily exercise, their bodies did not seem fit, healthy or lean. She measured their body fat, blood pressure, weight and body mass index and found all of these matched their individual perceptions about their *perceived* amount of exercise, rather than their actual amount of exercise.

Dividing the workers into two groups, she set about following one group during each day, explaining to them how many calories they were burning throughout their daily tasks, and reinforcing the fact that all of their activity already met the Surgeon General's definition of an active lifestyle. The other group was given no information at all. One month later, Langer returned to take measurements of each set of women. She found that in the group they had educated, blood pressure, body fat and weight had *decreased* by at least 10%.

There is a lot to derive from Langer's study, but one thing seems clear—what you think about makes a difference. So, here's a plan you might be able to live with.

Do one yoga pose a day. Or, try do-

**"When we think we know, we limit. If we assume we don't know, we approach things with an open mind and begin to do things with all of our attention."**

ing one yoga pose in the morning and one in the evening. However, do these poses with as much attention to the details as you would anything else in your life that seems important. Be sincere, keep an open mind, and look for what is new and different each time. Fascinate yourself and see where it leads. You may find you'll *think* your yoga practice is sustainable...and the body will follow.

**One Pose Practice Suggestions:**

See photos on page 15.

- Cat/Cow (Marjaryasana/Bitilasana)
- Child's Pose (Balasana)
- Downward Dog (Adho Mukha Savanasana)

- Head to Knee Pose /Seated Forward Bend (Janusirsasana)
- Locust Pose (Shalabasana)
- Reclining Big Toe Pose with Twist (Supine Parivrtta Hasta Padangusthasana)

**Additional Resources**

Ellen Langer on Mindfulness: [www.youtube.com/watch?v=v1RJo51JWME](http://www.youtube.com/watch?v=v1RJo51JWME)

The Langer Mindfulness Institute: <http://langermindfulnessinstitute.com>

Published works of Ellen Langer: [www.ellenlanger.com/books/3/mindfulness](http://www.ellenlanger.com/books/3/mindfulness)

NPR report of Langer's study on exercise and the placebo effect: [www.npr.org/templates/story/story.php?storyId=17792517](http://www.npr.org/templates/story/story.php?storyId=17792517)

*Claudia Neuman, MSW, E-RYT 500, is a certified Anusara® Yoga instructor and has been teaching for three decades. Please visit: [www.alignwithgrace.com](http://www.alignwithgrace.com), or [www.yogafiveo.com](http://www.yogafiveo.com) for information about Claudia Neuman. See her ad on page 107.*

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## PEACE AND ECOLOGY

### Will the Anti-Green John Kasich be the GOP VP?

...continued from page 17

burner in operation, even though neither can compete on the open market.

The proposed bailout has sparked anger throughout the state. Most of Ohio's large commercial and industrial energy users oppose the plan, along with the core of the state's consumer and environmental communities. Demonstrations at the PUCO have been well attended, and Ohio's biggest home newspaper—the Cleveland *Plain-Dealer*—has editorialized against the bailout. As a result of public pressure, the PUCO has repeatedly postponed its decision.

Nor has the governor yet weighed in.

But Kasich will ultimately have to be heard on an issue that could decide the state's financial and industrial future. For Ohio's teetering economy, sinking yet another \$3 billion into obsolete fossil/nuke burners would be suicidal. Germany, California and other advanced powers are now transitioning into a future defined by green power. If Kasich continues to steer Ohio away, the state is doomed to obsolescence and decline.

Technically the issue is the Public

Utilities Commission's to decide. But Kasich is well positioned to become at least the GOP's Vice-Presidential nominee. Ohio is always a key swing state, making the governor a valuable geographic asset.

As a candidate, where he stands on the future of energy will be heavily scrutinized. Thus far he seems firmly in the Koch camp, supporting the billionaire brothers' attacks on any energy source that threatens their gargantuan investments in obsolete fossil fuels/nukes.

Should that carry over into support for the extremely unpopular Davis-Besse bailout, Gov. Kasich's already extensive anti-green resume could cause him serious problems as the 2016 presidential campaign progresses. On the other hand, it will guarantee him a spot high on the wish list of the nation's biggest corporate polluters.

*Harvey Wasserman wrote SOLAR-TOPIA! OUR GREEN-POWERED EARTH. He reports from central Ohio, and edits www.nukefree.org. See his ad on page 112.*

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## THE SPICE CHEST

### Can Cannabis Help Us?

...continued from page 19

them with some of the exocannabinoids, which are naturally occurring compounds in the *Cannabis* plant.

I just want to point out the paradox: the endocannabinoids are in us, not in *Cannabis*, while the exocannabinoids are not normally in us, until we consume *Cannabis*. You see the exocannabinoids are almost exclusively in *Cannabis*. But once we consume *Cannabis*, we are aggregating the endocannabinoids and the exocannabinoids, for the good or the bad, for better or worse, depending upon which *Cannabis* exocannabinoids and other *Cannabis* compounds we get.

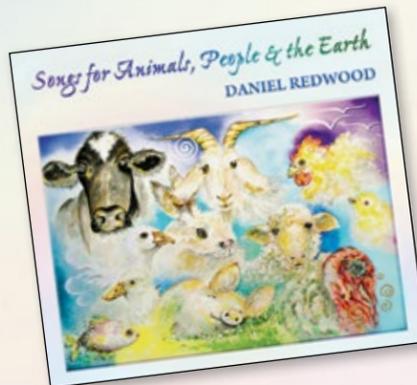
I wish to acknowledge an excellent recent article on the subject found in *HerbalGram*, "The Biochemical System Controlling the Effects of Cannabis: An Introduction" (Volume 12, Issue 6, June 2015). It was written by Dr. Jahan Marcu, PhD, senior scientist at Americans for Safe Access and an author of the American Herbal Pharmacopoeia's *Cannabis* monograph. He has contributed significant research in the area of cannabinoid receptors. Marcu stresses the medicinal importance of that biological system, which he terms the endocannabinoid system (ECS). The system is built out of G protein-coupled receptors, called CB<sub>1</sub> and CB<sub>2</sub> receptors,

and the endocannabinoids that bind to them. The ECS maintains normal cerebral and physiological function.

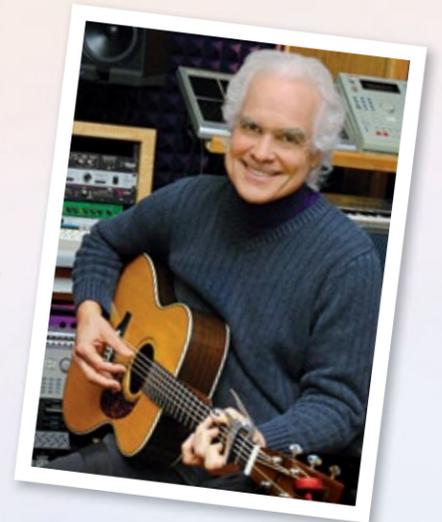
In his concise paper, Marcu notes that *Cannabis*, working presumably with the ECS, has been shown to help with amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease), autism, cancer, convulsions, Crohn's disease, Dravet syndrome, epilepsy, glaucoma, glioma, HIV, multiple sclerosis, neurodegenerative disorders, Parkinson's disease, PTSD (post-traumatic stress disorder), spasticity, traumatic brain injury, and wasting. Additionally, Marcu notes that a number of genetic mutations and polymorphisms of the ECS are associated with such human diseases as alcoholism, anorexia, bulimia, chronic pain, GI disorders, mental disorders, migraines, etc. He even mentions a Clinical Endocannabinoid Deficiency Syndrome. While he does not indicate the positive mitigating effects on Alzheimer's specifically, the inference can be made because of the effect on neurodegeneration.

I have found more than a dozen *Cannabis* phytochemicals that have been reported to help Alzheimer's. Some exocannabinoids and several terpenes found in *Cannabis* are reportedly amyloid plaque inhibitors (amy-

"The peace movement has Phil Ochs and Pete Seeger; the animal rights movement has Daniel Redwood, whose songs of justice for animals are deeply moving and inspiring. I love this album."  
-BRUCE FRIEDRICH, Senior Director for Advocacy, Farm Sanctuary



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## THE SPICE CHEST

loid beta-blockers), anti-alzheimeran, anti-excitotoxin, antiglutamate, anti-tauropathic, memorigenic, neurogenic, neuroprotective, nootropic, Notch-1-signal enhancer, or tau-tangle-inhibitor. Those are just big technical buzzwords that suggest a potential against Alzheimer's.

Natural Plant Anti-alzheimeran Chemicals (in CPAD, my *Cannabis* database)

Here is a partial list from my research. Note: The serial numbers preceded by an X are PubMed serial numbers, in case you'd like to check out the fuller abstract.

ANETHOLE (X21075180)  
 TRANS-ANETHOLE (X24777545)  
 BORNEOL (X23134284)  
 CANNABICHRMENE (X23941747)  
 CANNABIGEROL (X24727978;  
 X25252936)  
 CANNABIDIOL (X25703248;  
 X24288245; X25024347)  
 CARVACROL (X23877802)  
 BETA-CARYOPHYLLENE  
 (X25171128)  
 TRANS-CARYOPHYLLENE  
 (X25417010)  
 CHOLINE (X25923965)  
 P-CYMENE (X25471840)  
 DIHYDROSTILBENES (X16392814;  
 X20043671; X23245693)  
 ALPHA-EUDESOL (X10771035)  
 BETA-EUDESOL (X12023507)  
 FERULIC ACID (X21272180;

X21858698; X24168390; X24373826;  
 X25807957; X26063498)  
 ISOEUGENOL (X23161090)  
 MYRCENE (X24972849)  
 QUERCETIN (X22008478)  
 TRYPTOPHAN (X22702392)  
 VITEXIN (X25300425)

Any of these *Cannabis* chemicals might interact negatively or positively; some may potentiate, others diminish, the anti-alzheimeran potential of the other. Certain combinations will hold more promise than others, but there is still much more research to be done (who will fund this?) to unlock the best combinations.

This year I have seen government PubMed published studies showing the potential of the weed to help in more than a hundred ailments. But keep your ears and eyes open for exciting new medical developments, especially on the frontiers of Alzheimer's, cancer, depression, epilepsy, fibromyalgia, glaucoma, multiple sclerosis, nausea, neuropathy, pain, and Parkinson's.

Nearly every week we see and hear more and better evidence for the true medical capabilities of marijuana. Responsible allopathic physicians, herbalists, medical practitioners, naturopaths, and scientists of other disciplines are discovering more and more medicinal applications of some of the

wholesome chemicals in *Cannabis*. But a few of the exocannabinoids, not many, are potent hallucinogens, which can be dangerous. So there's a bad and good side to the weed. Good scientists are breeding the weed for better medicines for the betterment of mankind; bad ones are trying to exploit the dangerous side of the weed for personal gain.

May the good weed and the good guys prevail. And may medical marijuana address many more of our untamed ills. I just hope we find a good treatment for Alzheimer's before I get it.

*Considered an authority on herbs and spices, Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years where he brought his Father Nature's Pharmacy online—one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, The Green Pharmacy, Duke has authored or co-authored 40 other books on herbs, spices and food. For more information, see his Green Pharmacy Garden ad on page 58.*

*Green Pharmacy Garden (GFG) tours and/or personal consultations are available by appointment (in-depth reviews of herbs of interest). If you are interested, please email Helen Lowe Metzman, GFG Director, at helometz@hotmail.com, or go online to www.thegreenpharmacygarden.com.*



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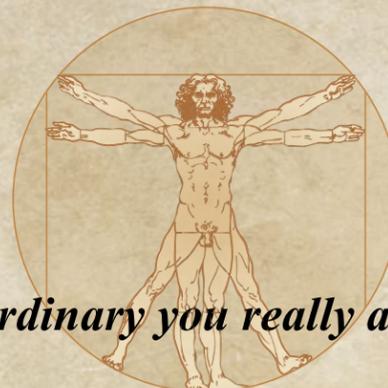
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## BOOK REVIEWS

### How to Raise a Wild Child: The Art and Science of Falling in Love with Nature

...continued from page 21

and “the inertia of test-driven learning” that dominate the current public school model in this country with “place-based education grounded in values such as community, sustainability, renewing the human-nature bond, and preserving a viable planetary ecology and economy.”

A new green school in Palm Beach, Florida, placed the clean energy and other ecological innovations where they would always be visible to the students as ongoing teaching and learning tools. The school is also equipped with an indoor/outdoor environmental classroom. Sampson extols the Waldorf and the original Montessori models for their “experiential, inquiry-driven, hands-on, project-based, often outdoor learning, with built-in time for reflection. Place-based education uses nearby local nature and culture (the community) as the foundation for the entire curriculum. Whether the subject is math, language arts, science, or social studies, emphasis is on real-world experiences and integrative projects” that include community service learning opportunities.

Rated twentieth in education world-

wide, the United States is leaning toward even longer school days and more classroom hours with less time for lunch and recess. Finland is rated number one and “is opting for shorter classroom hours and more play time, which mostly occurs outdoors with fifteen minutes outside between lessons.” In California, the Berkeley School Lunch Initiative (a district-wide public school endeavor) encompasses school gardens, cooking, composting, and recycling. Lunch is part of the curriculum. Lessons from natural schoolyards and school gardens “incorporate environmental health, water conservation, GMOs, and the industrial food system.”

“Students learn math by calculating the number and spacing of seeds within a given plot. They learn social studies by studying the plants and food grown by indigenous cultures. The ever-changing garden landscape provides abundant fodder for writing language arts reports, short stories, poems, and blogs and integrating endeavors and skills such as printmaking and photography—a whole year’s curriculum. Students also become astute

and healthy eaters and consumers” and critical and analytical thinkers.

Sampson points out that these vitally important skills and abilities cannot emerge when kids are indoors or glued to an electronic mind-numbing screen. He cites definitive research to support his criticisms of our ubiquitous reliance on electronics in and outside of the classroom. “No visual simulation can compare to a face-to-face encounter with a moose, coyote, or glacier-capped mountain. Nature viewed on a screen is detached.” “Some psychologists compare our dependence on screen technologies to an eating disorder. The central concern seems to be that the overuse of digital technologies is somehow rewiring our brains in ways that diminish our health and even our humanity.”

Studies definitively show that a “heavy consumption of information technology reduces attention spans, makes us more easily distracted, decreases short-term memory, interferes with learning and performing even simple tasks.” We become “more impatient, impulsive, forgetful, and narcissistic.” Multitasking is a myth because it actually lowers efficiency. For each additional hour of electronic media that children consume, there is “a two-fold increase in emotional problems in girls and boys experience peer problems.” Both groups have high rates of

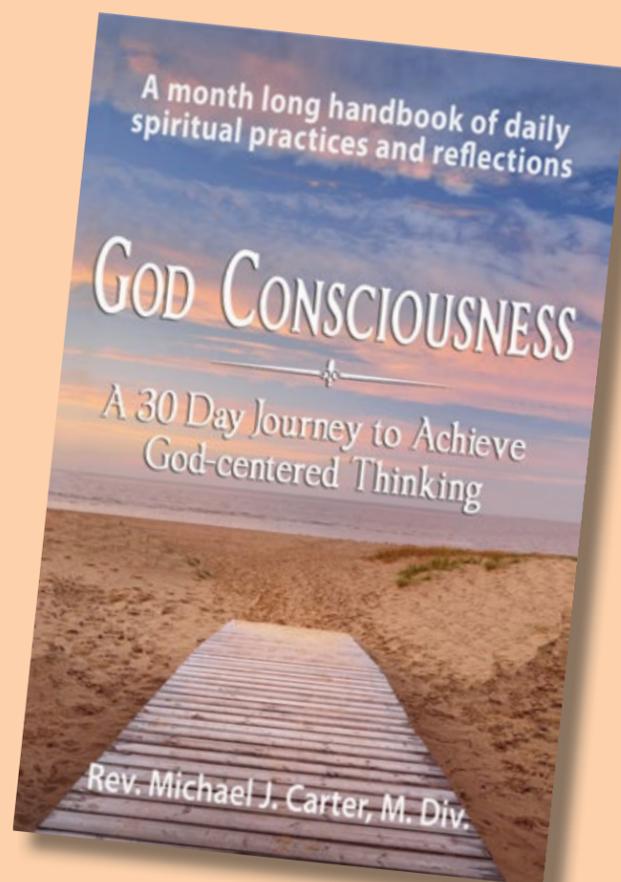
## God Consciousness A 30 Day Meditation Guide To Self Realization

Encouraging all true spiritual seekers to look within, this 30-day calendar seeks to empower the individual to fully embody the teaching that the Kingdom and Queendom of “God” exist within each and everyone of us. No matter what your conception of God may be, the goal of this meditation manual is to assist the reader in becoming free from the illusion that we are separate from each other and the energy of what many refer to as “God.” This oneness realization is the key to the deep inner transformation we are seeking. Reconnect with “God Consciousness.”



#### BIO

Author Rev. Michael J. Carter, originally from Baltimore, is an ordained Interfaith minister who earned his Masters in Divinity Degree from Union Theological Seminary in New York City. Rev. Carter’s other two books are entitled, *Alien scriptures: Extraterrestrials In The Holy Bible* and, *A New World If You Can Take It: God, Extraterrestrials and The Evolution of Human Consciousness*. He has been a regular consultant on the History Channel’s hit TV series, *Ancient Aliens*, where he discusses the possibility of extraterrestrial life and its impact on religion. Rev. Carter currently serves as the minister for Unitarian Universalist Congregation of The Swannanoa Valley in Black Mountain, North Carolina.



## BOOK REVIEWS

obesity. Our reliance on technology “is excessive and can stunt brain development and also reduce our empathy from the isolation.”

“We begin life as highly adept thinkers” with our brains and our senses open to the entire world, but “we tend to lose this proficiency by middle childhood simply through disuse” and a profound imbalance of what we nurture and what we neglect. Despite research documenting that studying art, music, and foreign languages at an early age generate higher order cognitive abilities and social and emotional well-being, those classes are the first to be eliminated to the pay hundreds of millions of dollars annually for standardized tests created by companies that often have nothing to do with education. How did we put a man (and finally a woman) on the moon without standardized tests? We did it with so many of the opportunities we have eliminated in education that nurture what Maria Montessori and philosopher John Dewey understood as the two sides of our brain. Literacy in science and math continues to decline in this country though private schools are able to hire scientists, mathematicians, and science, math, and philosophy majors public school credentialing criteria exclude as unqualified.

Scott Sampson is on a mission to stop the current destruction of our natural resources and the decimation

of nature made possible by our present dysfunctional world view that we can exist outside of and even without nature. This wonderful book overflows with historical and practical knowledge and wisdom and a wealth of interdisciplinary resources.

### Additional Reading and Resources

*What the Robin Knows* by Jon Young (His Wilderness School teaches nature mentoring)

*I Love Dirt!* by Jennifer Ward

*Sharing Nature with Children* by Joseph Cornell

*Experience and Education* by John Dewey

*Help Your Child to Wonder*, an essay by Rachel Carson published in 1956

*Asphalt to Ecosystems: Design Ideas for Schoolyard Transformation* by Sharon Danks

Environmental Learning for Kids (ELK), [www.elkkids.org](http://www.elkkids.org)

Outward Bound, [www.outward-bound.org](http://www.outward-bound.org)

David Suzuki Foundation, [www.davidsuzuki.org](http://www.davidsuzuki.org)

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

### GREEN NEWS & VIEWS

## Nuclear Trumped by Renewables Worldwide, New Report Shows

...continued from page 60

at less than 11% for a third year in a row.

• China, Germany, Japan — three of the world’s four largest economies — plus Brazil, India, Mexico, the Netherlands, and Spain, now all generate more electricity from non-hydro renewables than from nuclear power. These eight countries represent more than three billion people or 45 percent of the world’s population.

The full report can be downloaded for free at: <http://www.worldnuclear-report.org/-2015-.html>

*Beyond Nuclear aims to educate and activate the public about the connections between nuclear power and nuclear weapons and the need to abandon both to safeguard our future. Beyond Nuclear advocates for an energy future that is sustainable, benign and democratic.*

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## ENERGETIC LITERACY

### Happy Empaths from YOUR Generation ...continued from page 41

featured here. Although everyone can develop skills, for the full, Stage Three version of energetic literacy, only an empath can do a Skilled Empath Merge. Many techniques are available for doing this safely as a Master Empath.

Skilled Empath Merge gives a more intense, personal experience than techniques of aura reading. For this article, I used the technique for "Remote Empath Merge Through a Photograph" from "The Master Empath: Turning on Your Empath Gifts at Will—in Love, Business and Friendship."

*Rose Rosetree offers energy healing skills and energy reading skills for the Age of Awakening. Other specialties are enlightenment coaching and Empath Empowerment®. Learn about personal sessions and the Mentoring Program in Rosetree Energy Spirituality at [www.rose-rosetree.com](http://www.rose-rosetree.com). More resources: The Empath Empowerment Skills Group on Facebook. Follow @RoseRosetree on Twitter. See also her ad on page 81.*

*If you have any questions or comments about this article, feel free to comment at a special blog post created for this purpose. Click onto <http://tinyurl.com/Be-a-Happy-Empath>.*

*All photos come courtesy of Wikimedia Commons. In no way is it implied that the photographers or the subjects endorse either this article or the use of the image.*

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## NETWORK OF LIGHT NEWS

### A LOTUS Blossoms in Virginia ...continued from page 61

The LOTUS has much to offer to many. Its architecture intrigues numerologists. The measurements of the shrine center around the auspicious number 108. The Shrine is 108 feet from tip to tip of the open lotus petals, while its insides measure 54 feet by 27 feet, from floor to ceiling. Robert Venturi, one of the major architects of modern time, noted during a visit, "LOTUS is a unique architecture of the 20th century that acknowledges symbolism, emits information, and engages color within its aesthetic. It employs elements that are everyday as neon and spiritual in their expression."

Visitors arriving at the gateway to the temple immediately see that everything was designed to be symmetrical. Symmetry gives a sense of comfort and guides one inward to meditation. A walk along the reflecting pond can inspire reflection on one's own life. Water calms the mind and opens the heart. At the end of reflecting pond, the two carved granite elephants—symbols of the earth element, strength and knowledge, and an Eastern symbol of the removal of obstacles—greet you. Walking behind the waterfall to enter the shrine, you may experience the negative ions and spirit of the water and thus feel charged by the water and cleansed by that process.

Once inside the LOTUS, you'll en-

ter the All Faiths Hall. This circular room displays scriptures, pictures, and other sacred objects from the various faiths. In the center of the hall is the One World sculpture, which offers the message that there are many types of people on the earth and it takes all of us working together to keep the earth in balance.

The sculpture is positioned on top of a meditation vault. Underneath this vault, during the foundation-laying ceremony in 1981, sacred waters, earth, and gems brought from all over the world were placed there. Even a piece of moon rock was placed inside, showing that the LOTUS is not just sacred for the people on this planet but for those beyond it, as well.

Since the inception of the interfaith movement, there have been some who have misunderstood the goals of interfaith cooperation—that it means that it's a movement to merge all religions into one world faith—but this is not accurate at all. As Swami Satchidananda clarified, "The idea behind LOTUS is not to have all faiths merge into one. If there is only one kind of flower in the garden, it's no longer a garden. Should the flowers fight about their colors, their scents, their shapes, and forms? Should they hate each other for their differences? We seem to appreciate the variety, texture, shapes, and scents of the flowers as they blend together to create a beautiful bouquet. God created

all this variety for us to enjoy and for this beauty to enrich our lives. Our aim should be to understand the unity and enjoy the variety."

LOTUS is designed to move energy from its foundation to the top spire—just as in the human body moves kundalini, the spiritual energy that moves from the base of the spine through the chakras or spiritual centers to the top of the head, heralding spiritual realization. There are five yantras or mandalas—all in line, one above the other—on its central core, which goes through the center of the LOTUS, from the foundation up to the ceiling of the sanctuary. The energy of the shrine builds from the vault filled with gems, holy water, and earth, and it radiates up to the yantra on the floor of the vault. It continues up through the sculpture on the first floor and up to the stained glass yantra on the ceiling above the sculpture.

The upper floor is the sanctuary level of the shrine. Here, you will find another yantra—also in line with this central core—in the form of an altar. A column of light rises from the central altar to the top of the dome, where it divides into twelve rays to illuminate altars set within the petals of the LOTUS. Each altar represents a major faith, and resting upon it, is a carved inscription about the Light from that faith. Other known faiths and those that are still un-

*continued on page 120*



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*It is my firm belief that Brad's intervention with my son Freddy, age 8, saved his life and the life of our family. Brad's treatment enabled Freddy to be weaned from all of his medications that were prescribed for his asthma. Now a year later, Freddy has made it through two of his worst allergy seasons without ANY medicine at all. I am eternally grateful to Brad for what he has done for Freddy. As a mother I will never be able to thank him enough!*



### VISION

*When we came to Brad my then 9 year old son had disciform keratitis (a corneal lesion) that had caused his blue eye to turn white like a marble. The specialist had told us he would be blind in that eye until adulthood when he would be a candidate for a corneal transplant. When Brad first saw J, he received him with such a gentleness and lovingness that I wept. We had been in so many sterile doctors offices. In those places fast paced physicians shuffled us from room to room, test to test and only spoke to me, the parent.*

*Within two weeks J's eye was showing dramatic improvement, much to the surprise of his two corneal specialists. Over the first months his vision improved from 20/400 to 20/60 where it has remained for over a year. I can't emphasize enough the value of having someone who puts the "care" in healthcare. — Kate*

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## NETWORK OF LIGHT NEWS

### A LOTUS Blossoms in Virginia ...continued from page 119

known are also represented. Following the central rising light as it divides to shine on each altar, one is reminded that all faiths have, as their source, the same Light. Conversely following the guiding rays of any faith, we are led back to that one, universal Light.

At the top of the Shrine above the clerestory is the cupola with a gold spire, which acts as an antenna drawing uplifting energy to the Shrine.

The fifth yantra is the building itself. When you step into the LOTUS, you are walking into a three-dimensional yantra. You are walking into, and becoming part of, a sacred geometry and a sacred symbol.

During the opening of the LOTUS in 1986, over 3,000 people, including clergy and spiritual leaders, came and charged its "battery." Through daily meditation inside the LOTUS, periodic recharging through special ceremonies, and continual upkeep of the physical plant, the sacred energy of the LOTUS is maintained and nurtured.

One of the most moving aspects of the LOTUS is that its message—"Truth is one, paths are many"—is given without one word being said. It's demonstrated symbolically and through the deep experience of peace and unity felt inside the LOTUS. The entire LOTUS expresses what we hopefully will cultivate within each of us—that we

move upward toward the higher energetics of life in which we embrace everyone as our own sister and brother.

The LOTUS is open daily and all are welcome. Hours vary depending on the time of year. Visit: [www.lotus.org](http://www.lotus.org) for driving directions, hours, and two incredible 360-degree virtual tours.

### The Tale of the Resistance Riders of Virginia

The sounds of whirring wheels and shifting gears could be heard as the riders rounded the bend and before they came into clear view. Thirsty from the day's 40-mile trek (but smiling, nonetheless) they arrived at Satchidananda Ashram—Yogaville, a spiritual center and intentional community in the heart of the Blue Ridge Mountains.

There, happy hearts, vats of herbal tea, and cookies were waiting for them. The Yogaville community welcomed the nearly two dozen Resistance Riders who would be cycling over 350 miles in 10 days, following the proposed path of the Atlantic Coast Pipeline (ACP) across Virginia.

The Resistance Riders aren't on a joyride. They're one of the many groups helping to amplify the voices of Virginia communities and landowners directly impacted by the ACP, and demonstrate a unified student movement against climate change. Dotting their route are anti-ACP signs in windows, yards, and shops that read, "No

Pipeline!" or "All Pain, No Gain."

Dominion Resources' 42-inch, 550-mile pipeline, which would rip through the George Washington National Forest and many quiet, historical communities like Yogaville, is planned to pump 1.5 billion cubic feet of natural gas through its network daily. Since the company has never built, operated, or maintained a pipeline of this size before, countless alarming concerns are being voiced from the public. (Their response to these concerns? Dominion sued landowners who wouldn't grant the company access to their land.)

The small communities that will be affected by the pipeline feel at a loss for how to fight for the land. The answer? Raising awareness—within Virginia and beyond. That's where Resistance Riders step in.

The group of cyclists, which is comprised of students from colleges and universities throughout Virginia, are members of the Virginia Student Environmental Coalition (VSEC). They created the Atlantic Coast Pipeline Resistance Ride (ACPRR) as a way to bring attention to the potential destruction. Their mission was cycling through areas the pipeline would impact, engaging with community members, and documenting the journey via various media platforms. ACPRR highlighted the concerns of landowners, drew attention to the value and irreplaceable

*continued on page 132*

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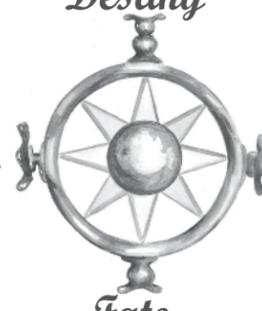


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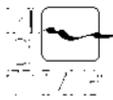
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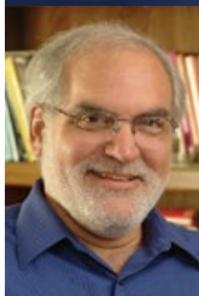
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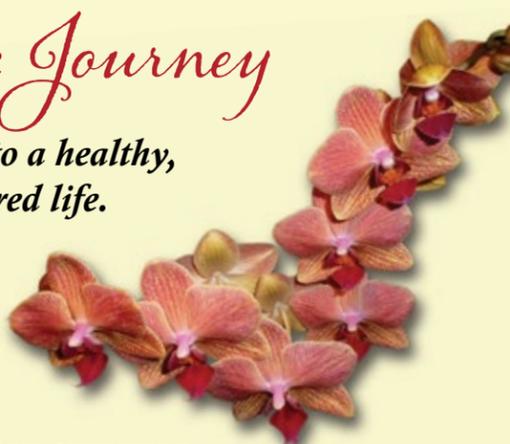
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Gardner Chiropractic..... [www.easyspine.com](http://www.easyspine.com)  
Washington Chiropractic..... [www.washingtonchiropractic.net](http://www.washingtonchiropractic.net)  
Sandy Surveys Her Spine..... [www.outsidethelinescommunications.com](http://www.outsidethelinescommunications.com)

## CHURCHES & SPIRITUAL CENTERS

Arlington Metaphysical Chapel..... [www.arlingtonmeta.org](http://www.arlingtonmeta.org)  
Center for Spiritual Enlightenment (NSAC)..... [www.TheCSE.org](http://www.TheCSE.org)  
Circle of Worship..... [www.onecircle.net](http://www.onecircle.net)  
CommUnity on the Hill..... [www.unitychurchdc.org](http://www.unitychurchdc.org)  
Four Quarters Interfaith..... [www.4QF.org](http://www.4QF.org)  
Institute for Spiritual Development..... [www.isd-dc.org](http://www.isd-dc.org)  
Superet Light Center..... [www.spopmwashdc.org](http://www.spopmwashdc.org)  
Takoma Park Chapel..... [www.TakomaChapel.org](http://www.TakomaChapel.org)  
Telespectral LLC..... [www.angeltalktv.com](http://www.angeltalktv.com)  
Washington DC Teaching Center..... [www.washdctc.org](http://www.washdctc.org)

## CLASSES & LEARNING CENTERS

Avatar Course®, The..... [www.hwcourses.com/avatar](http://www.hwcourses.com/avatar)  
Braided Way Healing Arts..... [www.braidedwayhealingarts.com](http://www.braidedwayhealingarts.com)  
Duke's Green Farmacy Garden..... [www.thegreenfarmacygarden.com](http://www.thegreenfarmacygarden.com)  
Green Comfort Herb School..... [www.greencomfortherbsschool.com](http://www.greencomfortherbsschool.com)  
Institute for the Advancement of Service (IAS)..... [www.ias-online.org](http://www.ias-online.org)  
Living Your Gifts..... [www.livingyourgifts.com](http://www.livingyourgifts.com)  
Maryland University of Integrative Health..... [www.muih.edu](http://www.muih.edu)  
Soul Source Spiritual Center..... [www.theSoulSource.net](http://www.theSoulSource.net)  
Starchaser Aromatics and Energy Work..... [www.starchaser-healingarts.com](http://www.starchaser-healingarts.com)

## CLEANING SERVICES

Maid Brigade..... [www.maidbrigade.com](http://www.maidbrigade.com)  
Maid to Perfection..... [www.mtpmaid.com](http://www.mtpmaid.com)

## COACHING & COUNSELING

Balanced Living Institute..... [www.CommunicateWithAngels.com](http://www.CommunicateWithAngels.com)  
Counseling & Guidance Center..... [www.psychsight.com](http://www.psychsight.com)  
Culp, LCPC, LPC, Courtenay J..... [www.counselingandcoaching.com](http://www.counselingandcoaching.com)  
Healing Light Center, LLC..... [www.healinglc.com](http://www.healinglc.com)  
Life Purpose Institute..... [www.lifepurposeinstitute.com](http://www.lifepurposeinstitute.com)

NRG Concepts..... [www.nrgconcepts-4U.com](http://www.nrgconcepts-4U.com)  
Releasing Your Unlimited Creativity..... [www.ryuc.info](http://www.ryuc.info)  
Self-Talk Coach..... [www.selftalkcoach.com](http://www.selftalkcoach.com)

## CRYSTALS & STONES

Crystalis Treasures..... [www.crystalis.com](http://www.crystalis.com)  
Olde Towne Gemstones..... [www.oldtownegemstones.com](http://www.oldtownegemstones.com)  
Stones That Heal - Knowles Apothecary..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## DENTAL

Ackerman & Assoc. of Alexandria..... [www.ackermandds.com](http://www.ackermandds.com)  
DC Dentist..... [www.theddentist.com](http://www.theddentist.com)  
Fischer, DDS, Richard..... [www.evergreen8.com](http://www.evergreen8.com)  
Goldman Dentistry..... [www.mgoldmandds.com](http://www.mgoldmandds.com)  
Modern Smile Dental..... [www.dentistofficegaithersburg.com](http://www.dentistofficegaithersburg.com)  
NIHA - Dentistry..... [www.nihadc.com](http://www.nihadc.com)

## ECKANKAR

Eckankar of Northern Virginia..... [www.eck-virginia.org](http://www.eck-virginia.org)  
Maryland Satsang..... [www.eck-md.org](http://www.eck-md.org)

## ENERGY WORK

Kathy South Transformational Healing..... [www.kathysouth.com](http://www.kathysouth.com)  
Somatic Energy Therapies..... [www.SETherapies.org](http://www.SETherapies.org)

## ENVIRONMENTAL PRODUCTS

Ostrows..... [www.ostrowpedicpillowtoppillow.com](http://www.ostrowpedicpillowtoppillow.com)  
SavvyRest - Rockville..... [www.srb.com](http://www.srb.com)

## EVENTS

Center for Inner Resources Development..... [www.cirdna.org/aboutUs.html](http://www.cirdna.org/aboutUs.html)  
DC Mind Body Spirit..... [www.dcmindbodyspirit.com](http://www.dcmindbodyspirit.com)  
DC Veg Fest/Compassion Over Killing..... [www.vsdcc.org](http://www.vsdcc.org)  
Illuminate Frederick..... [www.illuminatefrederick.com](http://www.illuminatefrederick.com)  
KarmaFest - Soul Purpose Productions..... [www.KarmaFest.com](http://www.KarmaFest.com)  
Organic Valley Farm Discovery Event..... [www.ov.coop/farmdiscovery](http://www.ov.coop/farmdiscovery)  
Take Back Your Health Conference..... [www.TBYHConference.com](http://www.TBYHConference.com)  
Traditional Chinese Culture Institute Intl., LLC (TCCII)..... [www.tccii.com](http://www.tccii.com)

## FACE READING

Empath Coaching // Rose Rosetree..... [www.rose-rosetree.com](http://www.rose-rosetree.com)

## FENG SHUI

All Eco Design Center..... [www.allecocenter.com](http://www.allecocenter.com)  
Feng Shui Consultant, Jeannie Tower..... [www.fengshuimagic.com](http://www.fengshuimagic.com)  
Interior Alchemy..... [www.interioralchemy.com](http://www.interioralchemy.com)  
Mindful Decluttering and Organizing..... [www.clutterfreenow.com](http://www.clutterfreenow.com)  
REFRESH Interiors..... [www.refreshinteriorsdc.com](http://www.refreshinteriorsdc.com)

## FINANCE

Bach, Eric..... [www.ericbachcpa.com](http://www.ericbachcpa.com)

## FITNESS

High Energy Fitness..... [www.nancykarabaic.com](http://www.nancykarabaic.com)

## GARDENING

GoGardeners Garden Coaching..... [www.gogardeners.com](http://www.gogardeners.com)  
Love and Carrots..... [www.loveandcarrots.com](http://www.loveandcarrots.com)  
Mother Earth News..... [www.motherearthnews.com](http://www.motherearthnews.com)  
Washington Gardener..... [www.WashingtonGardener.com](http://www.WashingtonGardener.com)

## HAND PRINT ANALYSIS

GPS Your Path // Vows And Wows, Inc./Handwriting..... [www.gpsyourpath.com](http://www.gpsyourpath.com)

## HEALING & HEALING CENTERS

Berkeley Springs..... [www.berkeleyssprings.com](http://www.berkeleyssprings.com)  
Blueberry Gardens..... [www.blueberrygardens.org](http://www.blueberrygardens.org)  
Cardinal Center For Healing, The..... [www.cardinalcenterforhealing.com](http://www.cardinalcenterforhealing.com)  
Healing Gateway..... [www.healinggateway.com](http://www.healinggateway.com)  
Healing Heart School, The..... [www.healingartspace.com](http://www.healingartspace.com)  
Hollow Reed Healing // It's Not Therapy..... [www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)  
Mind Body & Soul Healing Center..... [www.mbshealing.com](http://www.mbshealing.com)  
Overcome Your Programming..... [www.Share-International.org](http://www.Share-International.org)  
Path of Life Wellness Center..... [www.drkalu.com](http://www.drkalu.com)  
Quantum Clearing // Lyriel Claire..... [www.lyrielclaire.com](http://www.lyrielclaire.com)  
Rockville Reiki Ctr for Women..... [www.facebook.com/RockvilleReikiCenter?fref=fb](http://www.facebook.com/RockvilleReikiCenter?fref=fb)  
Self Realization Community..... [www.selfrealizationcommunity.org](http://www.selfrealizationcommunity.org)  
Spiritual Spectra..... [www.SpiritualSpectra.com](http://www.SpiritualSpectra.com)  
Zenquility..... [www.Zenquility.com](http://www.Zenquility.com)

## HEALTH & WELLNESS CENTER

Above and Beyond Health Services..... [www.aboveandbeyond-energy.com](http://www.aboveandbeyond-energy.com)  
Acupuncture and Natural Medicine..... [www.rockvilleacupuncturemd.com](http://www.rockvilleacupuncturemd.com)  
Blue Heron Wellness..... [www.BlueHeronWellness.com](http://www.BlueHeronWellness.com)  
Casey Health Institute..... [www.caseyhealth.org](http://www.caseyhealth.org)  
Indulgence Massage & Bodywork..... [www.indulgencemassagebodywork.com](http://www.indulgencemassagebodywork.com)  
Integrative Family Medicine..... [www.integrativefamily.com](http://www.integrativefamily.com)  
Joy of Being..... [www.joy-of-being.net](http://www.joy-of-being.net)  
National Integrated Health Associates (NIHA)..... [www.nihadc.com](http://www.nihadc.com)  
Roselle Alternative Care Group..... [www.rosellecare.com](http://www.rosellecare.com)  
Ruscombe Mansion..... [www.Ruscombe.org](http://www.Ruscombe.org)  
White Oak Wellness..... [www.white-oak-wellness.com](http://www.white-oak-wellness.com)

## HEALTH FOOD // NATURAL FOOD STORES

Glut Food Co-op..... [www.glut.org](http://www.glut.org)  
MOM's - Mom's Organic Market..... [www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Smile Herb Shop..... [www.smileherb.com](http://www.smileherb.com)  
Spiral Path Farm..... [www.spiralpathfarm.com](http://www.spiralpathfarm.com)

## HEALTH PRODUCTS

Your Scents and More..... [www.yourscentsandmore.com](http://www.yourscentsandmore.com)

## HOLISTIC HEALTH PRACTITIONERS

Bloem, MD, Fred..... [www.drbloem.com](http://www.drbloem.com)  
Center for Health and Healing – Bruce Rind, MD..... [www.drrind.com](http://www.drrind.com)  
Gainesville Holistic Health Center..... [www.drstephane.com](http://www.drstephane.com)  
Gennaro, MD, Margaret..... [www.drmgennaro.com](http://www.drmgennaro.com)  
Healing Tree Holistic Medicine..... [www.healingtreeholisticmedicine.synthasite.com](http://www.healingtreeholisticmedicine.synthasite.com)

## HORTICULTURAL THERAPY

Creative Resources of People..... [www.creativeresourcesofpeople.com](http://www.creativeresourcesofpeople.com)

## HYDROPONICS

Montgomery Hydroponics..... [www.montgomeryhydro.com](http://www.montgomeryhydro.com)

## HYPNOSIS

Hollow Reed Healing // It's Not Therapy..... [www.Its-Not-Therapy.com](http://www.Its-Not-Therapy.com)  
Hypnosis Silver Spring..... [www.hypnosissilverpring.com](http://www.hypnosissilverpring.com)  
Life Transforming Hypnotherapy..... [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)

## JEWELRY

Black Star Jewelry..... [www.blackstarjewelry.com](http://www.blackstarjewelry.com)  
Gold Works..... [www.goldworksUSA.com](http://www.goldworksUSA.com)

## MASSAGE / MASSAGE TRAINING

Bethesda Therapeutic Massage..... [www.marciamassage.com](http://www.marciamassage.com)  
Potomac Massage Training Institute (PMTI)..... [www.pmti.org](http://www.pmti.org)  
Robert Jordan Health Services..... [www.RobertJordanHealthServices.com](http://www.RobertJordanHealthServices.com)  
TM® for Women – Massage Training..... [www.tm-women.org](http://www.tm-women.org)

## MEDITATION

Guhyasamaja Center..... [www.guhyasamaja.org](http://www.guhyasamaja.org)  
Meditation Museum..... [www.meditationmuseum.org](http://www.meditationmuseum.org)  
Meditation USA..... [www.MeditationUSA.org](http://www.MeditationUSA.org)  
Mindfulness Center, The..... [www.themindfulnesscenter.org](http://www.themindfulnesscenter.org)

## METAPHYSICS

Golden Lighthouse Metaphysical Center, The..... [www.thegoldenlighthouse.com](http://www.thegoldenlighthouse.com)  
Inspired by Angels..... [www.InspiredbyAngels.com](http://www.InspiredbyAngels.com)

## NATUROPATHY

Naturopathy Services - Knowles..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)

## NEUROFEEDBACK

Better Brain Center, The..... [www.thebetterbraincenter.com](http://www.thebetterbraincenter.com)

## NUTRITION

Allergy & Nutrition Clinic..... [www.LauraPower.com](http://www.LauraPower.com)  
Health For Life, LLC..... [www.HealthbyHelen.com](http://www.HealthbyHelen.com)  
New Light Nutrition..... [www.newlightnutrition.com](http://www.newlightnutrition.com)

## ORIENTAL MEDICINE

Virginia University of Oriental Medicine..... [www.vuom.edu](http://www.vuom.edu)

## PARENTING

Holistic Moms Network - Arlington/Alexandria Chapter..... [www.holisticmoms.org](http://www.holisticmoms.org)

## PAST LIFE

Regression Therapy - Darshan Khalsa..... [www.kundalini-yoga.us](http://www.kundalini-yoga.us)

## PHARMACY

Brookville Apothecary - Knowles..... [www.BrookvilleWellness.com](http://www.BrookvilleWellness.com)  
Knowles Apothecary..... [www.KnowlesWellness.com](http://www.KnowlesWellness.com)  
Village Green Apothecary..... [www.myvillagegreen.com](http://www.myvillagegreen.com)

## PHYSICAL THERAPY

Blue Nyle Therapy Services..... [www.bluenyletherapy.com](http://www.bluenyletherapy.com)  
Physical & Massage Therapy Associates..... [www.physicalmassage.com](http://www.physicalmassage.com)

## PSYCHIC

Arlington Metaphysical Chapel – Psychic Saturday..... [www.arlingtonmeta.org](http://www.arlingtonmeta.org)  
Boslett, Lisa..... [www.lisaboslett.com](http://www.lisaboslett.com)  
Britpsychic.com..... [www.Britpsychic.com](http://www.Britpsychic.com)  
Driscoll, Susan..... [www.martinsmessages.com](http://www.martinsmessages.com)  
Intuitive Reading With Sandy..... [www.compassionatereadings.com](http://www.compassionatereadings.com)  
Joan of Light..... [www.joanoflight.com](http://www.joanoflight.com)  
Jones, Alice..... [www.alicajones.com](http://www.alicajones.com)  
Krafft, Melody..... [www.melodykrafftartist.com](http://www.melodykrafftartist.com)  
Light Portal..... [www.light-portal.com](http://www.light-portal.com)  
Marie-Claire..... [www.marie-claire.tv](http://www.marie-claire.tv)  
Morning Star, Konstanza..... [www.silverpringoflight.com](http://www.silverpringoflight.com)  
Psychic Life Readings..... [www.lifemissionreadings.wix.com/vanessa-talma-lord](http://www.lifemissionreadings.wix.com/vanessa-talma-lord)  
Psychic Photo Reading..... [www.psychicphotoreading.com](http://www.psychicphotoreading.com)  
Spirit Sage Awilda..... [www.spiritsage.com](http://www.spiritsage.com)  
Two Dragons..... [www.CynthiaChauvin.com](http://www.CynthiaChauvin.com)  
Voice of the Gatekeepers..... [www.voiceofthegatekeepers.com](http://www.voiceofthegatekeepers.com)  
Wallet Wishes & Crystal Forests..... [www.crystalforests.com](http://www.crystalforests.com)  
White, Jamila..... [www.inspiredjamila.com](http://www.inspiredjamila.com)

## PSYCHOTHERAPY

Assoc. of Holistic & Traditional Therapists..... [www.dreileenbuese.com](http://www.dreileenbuese.com)  
Assoc. of Holistic & Traditional Therapists..... [www.drmilliegoldstone.net](http://www.drmilliegoldstone.net)  
Cornelius, MSW, LCSW, John..... [www.johnwccornelius.com](http://www.johnwccornelius.com)  
Inspired Choices..... [www.yourinspiredchoices.com](http://www.yourinspiredchoices.com)

## QI GONG

Capital Qi Gong..... [www.capitalqigong.com](http://www.capitalqigong.com)  
Pro-Healing Seminar / Lunchtime Qigong..... [www.prohealing.net](http://www.prohealing.net)

## ONLINE CONNECTIONS

### QUANTUM TOUCH

Intuitive Wellness Center, Miriam Hunter ..... [www.intuitivewellness.center](http://www.intuitivewellness.center)

### RADIO / PODCASTS

America Meditating Radio Show ..... [www.blogtalkradio.com/americanmeditating](http://www.blogtalkradio.com/americanmeditating)

### REFLEXOLOGY

Om Tare Tranquility ..... [www.omtaretranquility.com](http://www.omtaretranquility.com)  
Wiss, Brigitte ..... [www.reflexologyandbeyond.com](http://www.reflexologyandbeyond.com)

### REIKI

Body & Soul Shepherd ..... [www.bodyandsoulshepherd.com](http://www.bodyandsoulshepherd.com)  
Nature Business Corporation ..... [www.natbuscorp.com](http://www.natbuscorp.com)  
North Star Healing Arts ..... [www.northstarhealingarts.com](http://www.northstarhealingarts.com)  
Reiki Center of Greater Washington ..... [www.reikicenter.info](http://www.reikicenter.info)

### RETREATS // VACATION RENTALS

Elk Forge Lodge ..... [www.elkforge.com](http://www.elkforge.com)  
Fox Haven Learning Center and Organic Farm ..... [www.foxhavenfarm.org](http://www.foxhavenfarm.org)  
Sevenoaks Retreat Center ..... [www.sevenoaksretreat.org](http://www.sevenoaksretreat.org)

### SHAMANIC HEALING / STUDIES

Shamanic Healing Institute ..... [www.shamanic-healing.org](http://www.shamanic-healing.org)  
Shamanic Spring ..... [www.ShamanicSpring.com](http://www.ShamanicSpring.com)

### SPAS

Bethesda Salt Cave ..... [www.bethesdasaltcave.com](http://www.bethesdasaltcave.com)  
GPS Your Path / Vows And Wows, Inc. .... [www.gpsyourpath.com](http://www.gpsyourpath.com)  
Hot Yoga Spa Nutrition & Wellness Center ..... [www.hotyogapilatesspa.com](http://www.hotyogapilatesspa.com)

### SPIRITUAL CENTERS

Institute for Spiritual Development ..... [www.isd-dc.org](http://www.isd-dc.org)  
Rosicrucian Order, The ..... [www.rosicrucian.org](http://www.rosicrucian.org)

### TAI CHI

Boyd, Tim ..... [www.timstarot.com](http://www.timstarot.com)  
Cloud Hands Tai Chi ..... [www.CloudHandsTaiChi.net](http://www.CloudHandsTaiChi.net)  
Dancing In Silence ..... [www.DancingInSilence.com](http://www.DancingInSilence.com)  
Glen Echo Tai Chi ..... [www.GlenEchoTaiChi.org](http://www.GlenEchoTaiChi.org)  
Laura, Judith ..... [tarot.judithlaura.com/read.html](http://tarot.judithlaura.com/read.html)  
Tarot by Thomas ..... [www.tarotbythomas.com](http://www.tarotbythomas.com)  
The Spiritual Tarot / Tarot Celebrations ..... [www.thespiritualtarot.com](http://www.thespiritualtarot.com)  
Wisdom of the Tarot ..... [www.wisdomofthetarot.com](http://www.wisdomofthetarot.com)

### THETA HEALING

Creative Healing Trends ..... [www.creativehealingtrends.com](http://www.creativehealingtrends.com)

### VISION HEALTH

Sikes, Alan ..... [www.DrAlanSikes.com](http://www.DrAlanSikes.com)

### VOLUNTEERS

A Wider Circle ..... [www.widercircle.org](http://www.widercircle.org)  
Johns Hopkins Meditation Research Study ..... [www.hopkinsmeditation.com](http://www.hopkinsmeditation.com)  
Montgomery County Stroke Association ..... [www.mcstroke.org](http://www.mcstroke.org)  
New Dream, The ..... [www.newdream.org](http://www.newdream.org)

### WATER SERVICES

Crystal Clear Pure Water Services ..... [www.crystalclearpurewater.com](http://www.crystalclearpurewater.com)

### WEBSITE WELLNESS

Website Wellness ..... [www.brenden.com](http://www.brenden.com)

### WEIGHT LOSS

Self-Empowerment Education Center ..... [www.seec-icmct.com](http://www.seec-icmct.com)

### WOMEN'S HEALTH

Birth Care & Women's Health ..... [www.birthcare.org](http://www.birthcare.org)  
Transcendental Meditation for Women ..... [www.tm-women.org](http://www.tm-women.org)

### YOGA

Dream Yoga Studio & Wellness Center ..... [www.dreamyogastudio.com](http://www.dreamyogastudio.com)  
New Future Society Healing & Yoga Center ..... [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com)  
Unity Woods Yoga ..... [www.unitywoods.com](http://www.unitywoods.com)  
Yoga is for Everybody ..... [www.alignwithgrace.com](http://www.alignwithgrace.com) // [www.yogafiveo.com](http://www.yogafiveo.com)



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PATHWAYS 42nd  
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See pages 63-74

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## NETWORK OF LIGHT NEWS

The Tale of the Resistance Riders of Virginia  
...continued from page 120



The Resistance Riders of Virginia visited the LOTUS in May. They bike in protest of the Atlantic Coast Pipeline project, which is proposed to run within a few miles of the shrine.

natural beauty of this landscape, and helped bring further awareness to the environmental and social problems this pipeline poses.

Nqobile Mthethwa—one of the cyclists who is from South Africa and currently a student at the University of Virginia—has been a great ally and resource to both YES and Friends of Buckingham in her capacity as an intern for Chesapeake Climate Action Network. She explained the essential end result behind the Resistance Ride: “We will confront Dominion Power and the Federal Energy Regulatory Committee (FERC) with the stories we hear. We are demonstrating that students and communities are united in the fight for social and environmental justice in Virginia.”

Their pit stop at Satchidananda Ashram—Yogaville and the Light Of Truth Universal Shrine (LOTUS) was especially meaningful for the local community. If Dominion’s plans are carried out, the pipeline will be only half a mile from Yogaville and the LOTUS, with a compressor station planned within five miles, threatening the peace and tranquility of this spiritual oasis. Each year, thousands of guests from around the world come to Yogaville to visit or take Yoga retreats, programs, and trainings at this haven in Buckingham County. What is considered a second home for many would be compromised on multiple levels.

Naturally, the staff and community members were delighted to welcome the cyclists to Yogaville. During their visit, the cyclists took part in a program that introduced their efforts, as well as having the opportunity to learn about Yogaville Environmental Solutions (YES), a new initiative to support and adopt sustainable energy practices and to oppose the Atlantic Coast Pipeline.

“No pain, no gain” has long been the motto of the exercise-driven. But neither the physically fit cyclists nor many of the communities along the proposed ACP route are embracing that credo. Instead, they are further

mobilizing and are urging each of us to “feel the burn” and proclaim: “All Pain, No Gain—Stop the Pipeline!”

For more information about YES, the Atlantic Coast Pipeline, and what you can do to oppose its construction, visit: [www.allpainnogain.com](http://www.allpainnogain.com), [www.friendsofbuckinghamva.org](http://www.friendsofbuckinghamva.org), or email: [YES@Yogaville.org](mailto:YES@Yogaville.org).

### Network of Light Joins the Essene Church of Peace In Feeding the Homeless

Network of Lighters are blessed to be invited to join the Essene Church of Peace to feed our homeless sisters and brothers the third Sunday of each month. We shall help prepare homemade vegetarian cooked meals with biodynamic or organic produce.

We will serve our homeless friends at Franklin Park (corner of 14th St. and K St.), on September 20, October 15 and November 15. We have been serving the poor since the early 1980’s. We love the opportunity to join with Victor, Lakshmi, Seraswati, Hanniman, Durga and others. When we serve the poor, we serve ourselves; and we often receive more benefit from them than they receive help from us. It is our privilege to be involved in this project. Thank you, God!

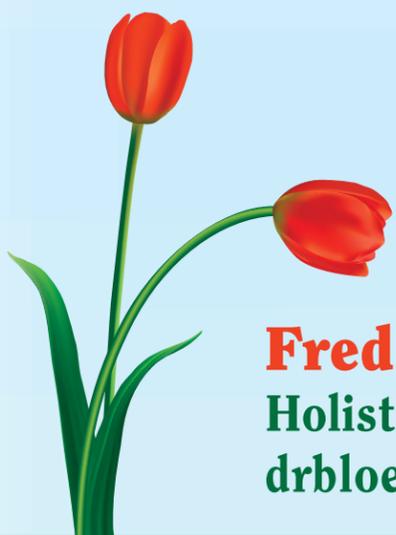
### Heart-to-Heart Turning Within to Know the Self

Through Meditation and Self Inquiry we dive within to know our own true nature. The moment our mind consciously merges in our heart we experience our oneness, peace and stillness. What a blessing it is to come together, share openly with each other and realize that we have the love within us that we have sought outside ourselves.

Everyone is invited to this gathering at The Network of Light, which is located at 6304 30<sup>th</sup> St NW, Washington, DC, 20015. Exact date and time of the gathering is still being planned. Email: [networkoflight@hotmail.com](mailto:networkoflight@hotmail.com) to get on the listserv to be notified of this and all NOL events.

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