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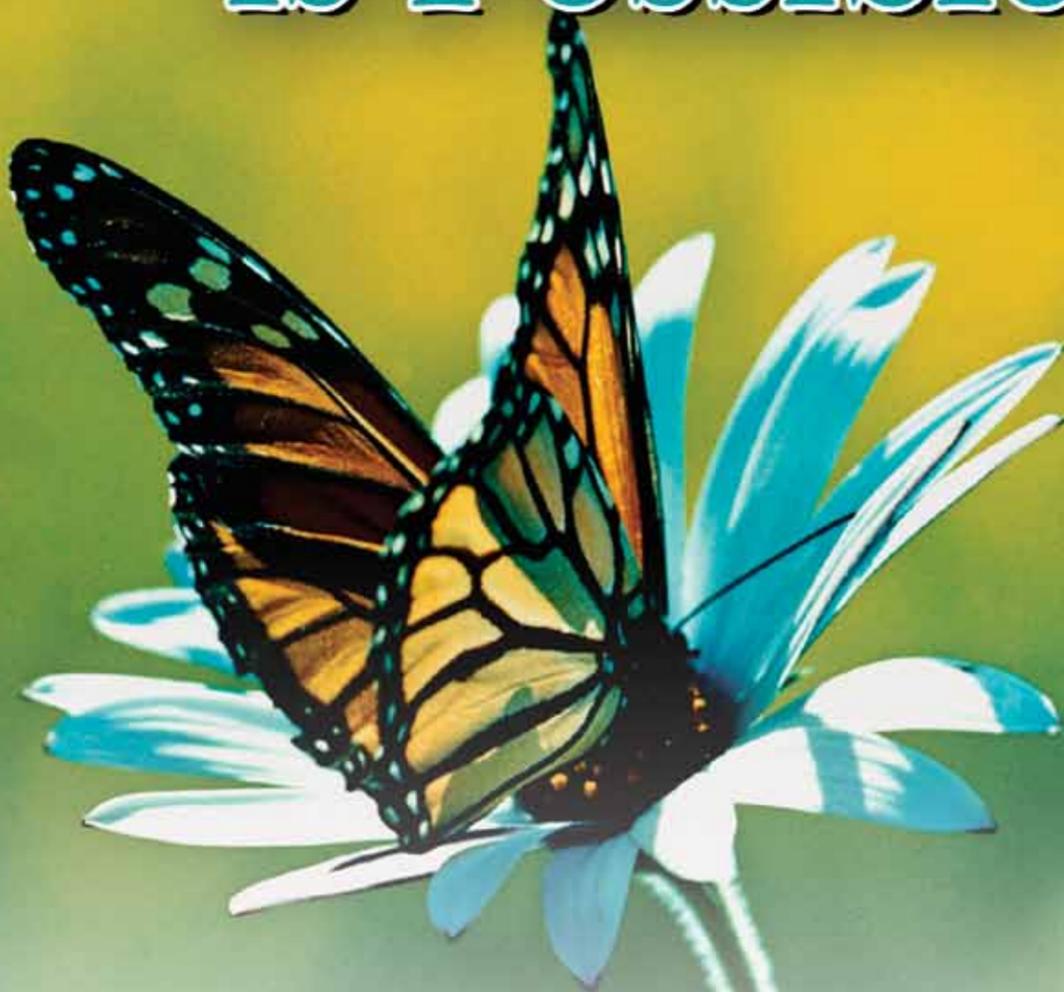
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WHAT WE'RE ABOUT

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

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

—R. Buckminster Fuller

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

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

MAKING CONNECTIONS

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

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

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

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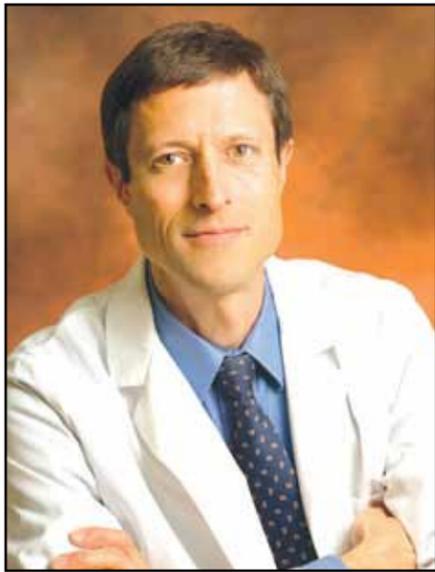
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Please set aside Sunday, October 9th on your calendar to share our joy at our 35th Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.

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

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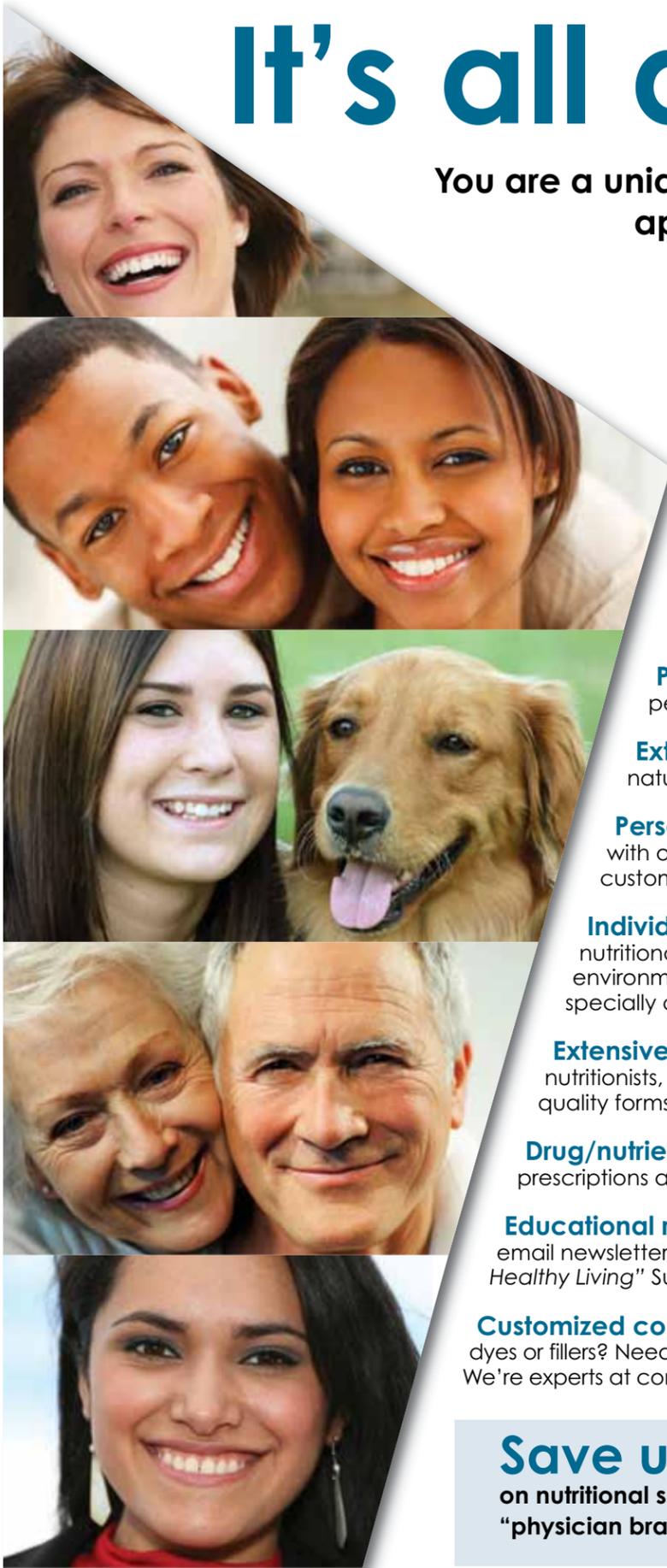
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Health Benefits of Plant-Based Diets

BY DANIEL REDWOOD, DC

Neal D. Barnard, MD, is a leader in preventive medicine, nutrition, and research. As an adjunct associate professor of medicine at the George Washington University and a researcher funded by the National Institutes of Health, he has led key research studies to improve the health of people with diabetes, obesity, lipid disorders, and other serious health problems, and to improve nutrition in schools and in the workplace.

He is the editor-in-chief of the *Nutrition Guide for Clinicians* and the author of more than 15 books on nutrition and health for lay readers, including *Dr. Neal Barnard's Program for Reversing Diabetes*, *Foods That Fight Pain*, *The Food Seduction*, and the newly released *21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health*. His research has been cited by the American Diabetes Association and the American Dietetic Association in official policy statements on healthful diets.

Dr. Barnard's articles have appeared in *Diabetes Care*, the *American Journal of Clinical Nutrition*, the *American Journal of Medicine*, *Pediatrics*, the *Journal of the American Dietetic Association*, *Scientific American*, the *American Journal of Cardiology*, *Obstetrics & Gynecology*, *Lancet Oncology*, *Preventive Medicine*, and many other scientific and medical journals. He is a frequent lecturer at scientific societies and a peer-reviewer for many medical journals.

He received his M.D. degree at the George Washington University School of Medicine. He founded the Physicians Committee for Responsible Medicine (PCRM) in 1985. PCRM is a nationwide group of physicians and lay supporters that promotes preventive medicine and addresses controversies in modern medicine. He later initiated the Cancer Project, providing nutrition information for cancer prevention and survival, and the Washington Center for Clinical Research, a center for nutrition-related studies.

The PCRM website is www.pcrm.org. It includes a wide range of evidence-based nutritional information supporting a plant-based diet, along with the online Kickstart program, which has already had 150,000 participants.

Your NIH-funded diabetes research (Diabetes Care, 2006) demonstrated that a low-fat, plant-based diet achieved better health outcomes for reversing diabetes than the diet recommended by the American Diabetes Association. Aside from that take-home message, what should people know about this research?

Perhaps the most surprising thing was not simply that a plant-based diet is effective; we were also struck by the fact that it was quite easy. Many peo-



Neal Barnard, MD

ple approach a diet change with a certain amount of trepidation, but very rapidly the diet fit like a new pair of gloves and people did very well with it. In fact, when we looked at the data on dropout rates with other kinds of diets, and how people react to them, it appears that a plant-based diet is as acceptable or more acceptable than other therapeutic diets. That was delightful to see.

In this study, did people prepare their own food or did you provide food for them? Was it a controlled, closed setting, or were people living their normal lives while following this diet?

In prior studies, we provided food. But in the NIH trial, everybody made

their own food, or they ate at restaurants or fast food places, wherever they wanted to eat. We did not provide meals for them. That was intentional because we wanted to see how it works in the real world.

Were there limits on calories or portion sizes in those following your diet?

No. That's in many ways the beauty of it. People with diabetes are used to being given a calorie limit, typically 500 calories less per day than what they would eat normally. So if a person is normally eating 2000 calories a day, a weight loss diet would cut them to 1500. And they are asked to maintain that level of intake for as long as it takes them to lose their excess weight,

which for most people means for the rest of their lives. That becomes punishing after a while.

Do people on those diets find it too difficult and eventually give up?

Many people do, or they compromise with it. And if they then ratchet back up their calorie intake, all of the unhealthy foods that they were eating in "moderation" increase as well, and they're right back where they started. So with a plant-based diet, we don't use calorie limits at all. Having said that, calorie intake does fall, largely because because the foods are low in fat.

Could you explain what this diet consists of?

Sure. We focus on four food groups: vegetables, fruits, whole grains and legumes. The legumes are beans, seeds and lentils. We also encourage people to have any reliable source of vitamin B12, which might be a multiple vitamin or it could be fortified foods. That's it. However much you want to eat is up to you. If you want to follow, say, an Italian pattern, it might be lentil soup or minestrone soup, followed by spaghetti with a chunky tomato sauce. If you want to do a Latin American pattern, it might be beans and tortillas. An Asian pattern might be tofu, rice and vegetables. How you interpret it is entirely up to you.

Without getting too technical, could you give some of the measures by which it was determined that the Barnard diet outperformed the American Diabetes Association diet in this study?

The main index of blood sugar control is called hemoglobin A1C. It should be below 7 in a person who has diabetes. Our people weren't near 7, they were around 8 at the beginning.

As time went on, the people who began the vegan diet had a drop of about 1.2 absolute percentage points, compared to a drop of 0.4 for the ADA group. By the way, a drop of 1.2 is huge. That's bigger than you would see with typical oral medications. We also tracked body weight. Both groups lost weight and they kept the weight off. We tracked people for a full year and a half and they never put all the weight back on. The vegans lost more weight but the difference between the two groups was rather small on weight loss. What's surprising is that the vegans lost more weight than the people who were intentionally counting calories and trying to lose weight. On the vegan diet, they were free to eat as much as they wanted, yet they still lost more weight than the people on the calorie restriction.

With regard to cholesterol, we

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An Herbalist Picks His 10 Most Incredible Herbal Products

BY TOM WOLFE

Those of you who have read my *Pathways* "Herb Corner" Column over the past 20 years know that I sometimes get all dreamy and philosophical about the green angels we call Herbs. These plants are very spiritual; in fact, I call them the "bridge between the gross or physical world and the subtle world (the world of energy)." This time, however, I am going to try something different and just simply pick my favorite 10 or so (who's really counting?) most incredible herbal products available in the United States today. Starting with White Sage Spray from Juniper Ridge Herb Company and ending with Argan Oil Shampoo Bar from Mystic Waters Soap Company, these ten easily available products are very simply the best herbal products money can buy. So *Pathways* Friends, come along with me and explore the ten most incredible herbal gifts for you to experience and enjoy

1. White Sage Spray and White Sage Leaves from the Juniper Ridge Company take the number one spot, which is not surprising to anyone who has ever tried their hand gathering herbs fresh from the mountains. The folks at Juniper Ridge say people ask them if they have a farm and they say, "Yes, we have a farm... the mountains." Totally committed to sustainable harvesting, the folks at Juniper Ridge use only the very best quality herbs, and believe you me, you can tell the difference right away.

Juniper Ridge has always made the best smudging sticks ever, and now they have made their White Sage into a spray mist for cleansing. White Sage has always been the Herb of choice of native peoples for cleansing the after effects of conflict or a troubled damaged soul's presence in your life. Of all the kinds of sage (and there are over 750 species occurring worldwide), true white sage is the best for smudging. A few dried leaves of white sage curled up in the bottom of an abalone shell will ignite with the touch of a flame and emit a cloud of white, purifying smoke. The very smell of white sage invokes peace and higher thoughts.

2. Lemon Balm Force. New Chapter's Lemon Balm extract tastes just like the herb if you break the super-critical extract capsule open. It is a very powerful concentration of the soothing and relaxing qualities of the Lemon Balm plant. New Chapter's Lemon Balm extract is my first choice of quality products to start the Lemon Balm journey. Lemon Balm is one of my favorite herbs after 37 years as a Medical Herbalist, especially for youngsters who



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White Sage leaves are a major component of Tom Wolfe's number one herbal product.

want to grow their first healing herb. It is another herb very easily grown. Lemon Balm also tastes great, is specific to soothing the nerve endings of the stomach, and is available as dried herb for tea. Hmm... Maybe it is not a coincidence that the herbs gentle enough for the young students are also the easiest to grow.

3. Triphala. Triphala is a combination of three fruits ('tri' meaning three, 'phala' meaning fruits) that is described in the ancient Ayurvedic health text Charaka Samhita (circa 1500 B.C.; "Samhita" means compilation) and throughout Ayurvedic literature as a tonifying, strengthening blood cleanser and gentle laxative. Each of the three fruits has specific health properties, confirmed by modern research. The fruit of Behada and the rind of Harada are known as gentle purgatives. The

fruit of Amla is a rich source of vitamin C, and the other fruits also contain tannins, lignans, and flavonoids that have antioxidant properties. For thousands of years, this formula has been used in India for healthy digestion and elimination.

The easiest way to cleanse the intestinal tract gently and thoroughly is to use Triphala. You will probably find, as most do, that Triphala is easy on the system. I would dose it at two 1-gram tablets with 6 ounces of water right before bed. This one combination is the favorite of many, many herbalists because it is so gentle yet deep in action. Triphala is primarily aperient (gently laxative) and astringent, which gives it its toning effect to the big three of digestion—the stomach, the small intestine, and the large intestine. Triphala can also be used at the beginning of an intensive cleanse. In that instance, I

would dose it at 1 to 1.5 grams per 50 pounds of body weight (up to 10 daily) for at least a week before beginning the rest of your cleansing program.

4. Holy Basil (*Ocimum sanctum*). New Chapter's Potency Assured™ Holy Basil offers the synergistic benefits found in the whole herb while simultaneously ensuring optimal strength for the greatest possible benefit. Regarded as the most sacred plant in Ayurvedic medicine, Hindus believe Holy Basil performs the indispensable spiritual function of balancing and toning the energetic chakra system. In Ayurvedic and western traditions, Holy Basil has also been used as an adaptogenic tonic to support the body's response to physical and emotional stress. As is often the case, modern scientific studies confirm this traditional use. Research demonstrates that Holy Basil safely increases physical and emotional endurance, improves the body's response to stress, and enhances adrenal function. Given our fast-paced lifestyles, Holy Basil's unique health benefits can be a wonderfully invaluable addition to our health maintenance routines.

5. Nubian Heritage Facial Spray is made from African Black Soap and Aloe barbadensis extract. African Black "Soap" is made from roasted cocoa (chocolate) pods, plantain skin extract and papaya enzymes. The plantain skins are sun dried and then mixed with palm and palm kernel oils. This is where the soap gets its rich color. Plantain skins are rich in vitamins A, E and iron. The African Black Soap has medicinal and antiseptic properties and it treats sensitive skin, oily skin, eczema, acne, blemishes, skin irritations, psoriasis, and more. It is very gentle in character, and when combined with Aloe extract, this facial spray gives a sense of protecting us from the rough and tumble world out there.

I use this Nubian Formula Black Soap Facial Spray in combination with Rosewater Spray from Heritage Herbs (Edgar Cayce's outfit) and Thayer's Witch Hazel Extract with lavender for daily skin care. I can really tell the difference on days that I do not use these three gentle sprays. Sometimes I only use the Rosewater, but whenever I will be "facing" challenges I always spray a bit of the Nubian Heritage African Black Soap on for energetic protection.

6. Zyflamend. This is what the creator of Zyflamend, the New Chapter Company, says about their great product: "Zyflamend inhibits the COX-2 enzyme and reduces inflammation, specifically around the joints. It also

continued on page 13

HEALING AS NATURE INTENDED

Colon Hydrotherapy

What is colon hydrotherapy?

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

Benefits:

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

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

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Soft Tissue Release is a unique injury treatment technique for soft tissue dysfunction that can provide relief from chronic or acute pain in as little as one session. At the heart of STR is a specific compression and precise extension. This coordinated movement is administered in a systematic manner resulting in a profound opening effect on all micro trauma and scar tissue. Muscle memory is engaged and relief from pain starts immediately.

Who needs STR?

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

Massage Therapy

Benefits:

Improves circulation, energy flow, immune system functioning and joint flexibility. Also, helps relieve tension, pain, stress and anxiety.

Modalities:

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

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



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

Isabel Hon,
M.S. in Holistic Nutrition, Candidate, CCH, LMT
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An Herbalist Picks His 10 Most Incredible Herbal Products

...continued from page 11

promotes healthy joint function and normal cell growth. It contains organic herbal anti-aging constituents that inactivate free-radicals, including Holy Basil, Turmeric, Ginger, Green Tea, Rosemary, Hu Zhang, Chinese Goldthread and Barberry, Oregano and Scutellaria." The product is available in 60 and 120 hexane-free soft gel capsules.

Here is my personal experience story with New Chapter's Zyflamend. In a prior favorite sitting spot in an herbal garden that seems like a dream very long time ago, I had this squirrel feeder. This squirrel feeder was adorable, with the squirrels sitting on a little chair eating the corn as if they were in a dining room. To make this happen you had to impale the corn on a nail that stuck straight up. Well, one unfortunate time setting up this feeder, I was not paying enough attention and impaled the center of my palm instead of the corn. A hot, angry inflammatory (very red) response set in and began moving toward my wrist. I wasn't too worried since an emergency room was two minutes away, but decided that if the inflammation went past my wrist I was on my way to modern medicine. As a last resort I took one Zyflamend for every twenty pounds of body weight,

which is a huge dose (for me, a big guy, this is 20 capsules, but who's counting?). Within five minutes, the inflammation began to recede and within an hour there was just a small trace of the nastiness. This was ten years ago and since then I have heard many examples from customers about the depth of anti-inflammatory power from Zyflamend.

7. St. John's Wort Oil and Calendula Oil. HerbPharm's infused St. John's wort oil is made with the fresh flowering tops of carefully wild crafted St. John's wort plants and organic olive oil. This beautiful red medicinal oil can be used to soothe inflamed skin, including sunburn and minor kitchen burns, as well as to ease nerve pain like sciatica and shingles. Although internally St. John's wort can increase one's sensitivity to sunlight, when used externally it can help to protect the skin and keep it from getting red and tender with sun exposure. This is a remedy that I keep handy in my herbal first aid kit year round.

Calendula oil extract is made from whole flowers of *Calendula officinalis* plants, which are Certified Organically Grown without the use of chemical fer-



© Luceluceluces, Dreamstime.com

Research demonstrates that Holy Basil safely increases physical and emotional endurance, improves the body's response to stress, and enhances adrenal function.

tilizers, pesticides or herbicides. To assure optimal extraction of Calendula's bioactive compounds, the flowers are hand-harvested while in full bloom, are carefully shade-dried to retain their full color & aroma, and are then thoroughly extracted. Calendula oil is a wondrous anti-inflammatory remedy, and is safe to use on children and adults. It can even be used to soothe diaper rash and mild genital irrita-

tion. I use it for all sorts of scrapes and bumps, and find it especially helpful after a day in the garden to keep me from scratching at all the mosquito bites I seem to collect! Calendula oil reduces the itching and the swelling from insect bites and is the first thing I reach for when there is any sort of rash or redness of the skin.

8. Neti Pots. A nasal wash can be as routine as brushing your teeth. Use it anytime to remove excess mucus due to congestion and rid the nostrils of pollen, dust, smoke and other allergens. It dissolves mucus build-up in dry climates or in heated or air-conditioned environments, and relieves nasal dryness due to air travel. Neti pots are helpful for seasonal and environmental allergies, chronic sinusitis, and for deepening your pranayama (yogic breathing) practice. Everyone can benefit from this simple tool.

9. I Sleep Soundly. In order to experience a deep, restful sleep, the body must be fully relaxed and the mind calm. 'I Sleep Soundly' contains natural muscle relaxants that help release the accumulated tension from a stressful day. In addition, the herbs also have a subtle, soothing effect on the mind that helps to ease the mental restlessness that can keep one tossing and turning throughout the night. Containing natural sleep promoters

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—PE William A. Tiller, Stanford University, author Tiller-Einstein Model of Positive - Negative Space/Time

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—Gary Schwartz Ph.D. & Ann Baldwin Ph.D., Lab for Advances in Consciousness and Health, University of Arizona

The Reconnection brings in "new" axiatonal lines which are part of a timeless network of intelligence and parallel-dimensional circulatory system that enable us to standardize unique vibratory levels and frequencies for healing and for our evolution. The Reconnection activates these new lines, allowing for the exchange of energy, light and information, the reconnection of DNA strands and the reintegration of 'strings'.

"We receive and sense these new frequencies – we do not send them. As a result, we are able to step beyond the limitations and frailties of technique." —Dr. Eric Pearl

*** For more information or to make an appointment, go to <http://Coop333.com>.

About Reconnective Healing and The Reconnection

As a doctor, Eric Pearl ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them — even though he hadn't physically touched them. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. His patients' healings have been documented in six books to date, including Eric's own international bestseller, **The Reconnection: Heal Others, Heal Yourself**, now published in over 30 languages!

Eric travels the globe extensively throughout the year bringing the light and information of Reconnective Healing onto the planet. He teaches practitioners how to activate and utilize this new, all-inclusive spectrum of healing frequencies that allow us to completely transcend "energy healing" and "technique" to access a level of healing beyond anything anyone has been able to access prior to now! To date, he has taught this new level of healing to more than 55,000 people in more than 70 countries, bringing about a spontaneous generation of healers worldwide.

www.TheReconnection.com

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Guess Who's Not Coming to the Environmental Dinner?

BY FRED TUTMAN
COLUMN EDITED BY CAM MACQUEEN

As a career environmentalist who happens to be African-American, the single most common question asked of me by white environmentalists is: How come more black people aren't involved in environmental causes? How come we aren't hiking the Appalachian Trail, working to save the Chesapeake Bay, recycling, planting trees and doing all that other stuff our white counterparts are doing to save the planet? Interestingly, and by contrast, the most common question I get from black people is: How can I find one of those Green Jobs white people keep talking about?

The ironic counterpoint between these two separate worldviews and disconnected priorities seems to me to be an apt way to portray how an almost invisible color line in the environmental movement has resulted in stark divisions and different realities. Some of us are disappointed that the material rewards of a promised green economy seem to have passed us by, and the rest of us are just trying to clean up the trash without disrupting the underlying social-economic order. These divisions in perspective are sometimes about as black and white and as starkly divided as the line to buy suntan lotion at the beach. Whites on one hand are building affinity groups and social movements around environmental causes that benefit them disproportionately. Blacks, on the other hand, are experiencing environmental hardships on very different terms due to inherent social and economic divisions in our culture, which they can neither ignore nor escape. But it is not only people of color who seem to be stuck in the parking lot for the leading environmental issue/cause movements in America.

The Deafening Silence of Sameness

A quick glance around the room at virtually almost any gathering of "environmentalists" reveals the absence of at least three very distinct interest groups whose inclusion ought to be essential for any cause movement seeking to succeed in America—ethnic minorities, people of faith and labor. It is hard to imagine how we could have an environmental movement at all without significant representation from these three important groups. They would be the heart and soul of any movement that seeks to engage America's conscience. And yet, why aren't more of these folks at our trash cleanups, Green Expos, Earth Days and so forth? By far, ethnic minorities experience egregious environmental disparities in the communities where they live that are unlike those of white counterparts. Mean-

while, people in almost any religious faith or stripe typically have doctrinal bonds to raw nature, stewardship and connection with a creator generally found in the unspoiled outdoors. And lastly, America's working class grinds its proverbial fingers to the bone for hourly pay in our factories, sweatshops or substandard workplaces fraught with environmental health hazards that threaten their longevity and risk their occupational safety. How can we as environmental change agents possibly be serious about protecting the planet if we cannot even raise a posse of the dispossessed? In this essay I'll focus more on the black/white divide because it is the one with which I have experienced the greatest intensity firsthand.

The more I travel all over the country and interact with environmentalists from many different backgrounds, the more the image appears of a white

defined environmental movement trying unsuccessfully to engage a disinterested and uninformed black populace. This phenomenon is downright insulting. I frequently find black people who suffer the greater majority of environmental hardships and disparities fighting bitter battles in their communities over the environmental things that matter to them while whites are doing likewise—but in separate communities. The sad truth is we simply don't live in the same neighborhoods, suffer the same environmental problems, nor enjoy the same level of access and involvement from large-funded environmental cause movements that substantially define the environmental agenda. Think race doesn't matter in the environmental world? Sure it does if the "environment" we are talking about is in America with its racially-obsessed heritage and invisible caste system.



© Sergey Khakimullin, Dreamstime.com

A quick glance around the room at virtually almost any gathering of environmentalists reveals the absence of at least three very distinct interest groups whose inclusion ought to be essential for any cause movement seeking to succeed in America—ethnic minorities, people of faith and labor.

Let's face it, environmental justice is generally an afterthought in a movement with a decidedly stronger gravity, well, towards the environmental concerns of America's most well-off citizens, namely, those with disposable income, who donate money to non-profit groups, participate in popular outdoor hobbies and wield the greater share of political or social influence. How about those living in the preferred communities where environmental conditions are among the amenities marketed by the real estate agent? Those with the particular education and training to grasp not only the underlying causes of pollution but who also have the social standing to speak out about these things without fear of reprisal from the authorities? In sum, these are members of society with every expectation that the very same pollution establishment that oppresses the rest of the world is actually an ally of those who live in the best places (property values are up!); or who are invested in the powerful institutions (where did you go to college?) and who have sufficient mobility to live where the environment pleases them (why don't those people in the ghetto just clean up that place?).

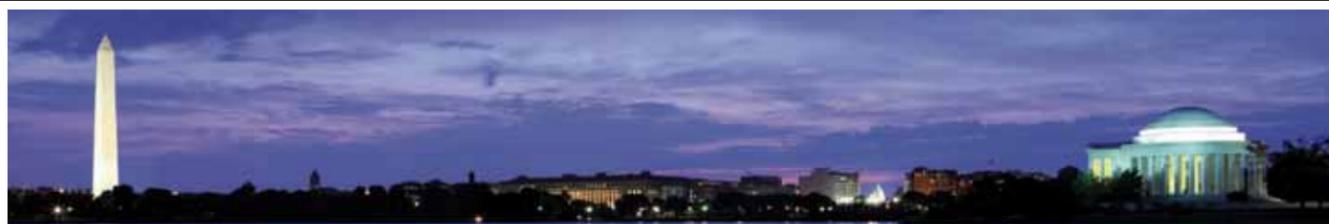
I am merely trying to point out that in America, factors such as race and class greatly influence your very concept of what the environment is. This has hindered our efforts. Your zip code says quite a bit about whether you have fresh air, clean water, open space and access to trails, parks and other amenities, which fundamentally affect not only your quality of life but also your longevity. For most of us, the quality and circumstances of the environment around us are so fundamental to our understanding and appreciation of what the environment is we virtually take for granted that the environment is generally no more than what we perceive it to be based on our experiences.

Whose Bandwagon Is It Anyway?

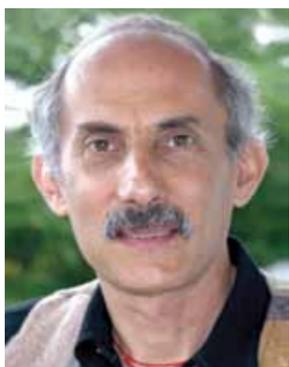
Now don't get angry, because this is not intended to be a mean-minded rant about racism, or an attempt to call anybody out. Instead I want to raise awareness and point out inherent circumstantial differences that deeply influence our individual notions about what an environment actually is. In fact, it is commonly said to me by whites that "we" are all part of the problem as though environmental problems are at least in part self-imposed. This is an amazing concept to most people of color! A young Latino immigrant once patiently explained to me that he could not personally be part of the environmental problems

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Wall of Silence:

The Untold Story of the Medical Mistakes That Kill and Injure Millions of Americans

REVIEWS BY ALYCE ORTUZAR

*"We thought it was like getting braces."
~ A mother whose son died.*

In this book, the authors are hoping that by putting a face to disturbing statistics and case studies of preventable medical errors, there will be more pressure on hospitals to improve conditions and outcomes. Problems include insufficient numbers of highly trained registered nurses, efforts of hospitals to cut costs by hiring workers with far less training, hiring fewer full-time nurses while relying more on temporary nurses, and increasing demands on nurses that jeopardize patient care

Wall of Silence: The Untold Story of the Medical Mistakes That Kill and Injure Millions of Americans

By Rosemary Gibson and Janardan Prasad Singh
LifeLine Press: Washington, DC
2003; 259 pages; HB
ISBN: 0-89526-112-X

and compel more nurses to leave the profession.

Defining the Problem

Problems with the treatments involve insufficient information to the patients ahead of time, downplaying risks, and a cavalier attitude with too little caution on the part of consumers toward surgical procedures. Advertisements promoting medications aimed at the public and letters of solicitation for procedures, such as knee replacements, from hospitals to consumers also treat pharmaceuticals, diagnostic tests, and surgical procedures much too casually and with too much overconfidence; the messages are irresponsibly flippant.

"Nearly 100,000 patients die a year in this country from medical errors, and thousands more are injured and disabled." The wrong drugs were prescribed; the wrong doses; botched surgeries; inadequate care from inexperienced medical students with no oversight; a wall of silence imposed on doctors and nurses to protect the hospital from lawsuits, which results in

a failure to correct problems to avoid drawing attention to the error; and a rush to cash in on performing procedures and tests the hospital may not be sufficiently equipped to do, but there is no mechanism or control to stop that trend or to withhold reimbursement. And the hospitals too often add insult to injury, or injury on top of injury, by failing to properly compensate, care for, or correct the harm. Also, mistakes in surgical facilities or medical offices away from hospitals are not counted.

In addition, governments at every level have failed to enact laws protecting patients from errors, with no outcry from the medical profession or health care organizations. "Medical mistakes happen quietly one at a time...tragedies that occur unnoticed." They are an epidemic in this country, but no one is demanding change. Newspapers are not tracking these data.

"The health care industry has not responded to the epidemic of medical mistakes in a way that any other sector of our economy would be compelled by the marketplace to do" (as in airplane

accidents and deaths that prompt investigations and changes). Without any impetus for change, the authors lament "another million deaths in the next decade" that could have been prevented.

What Individuals Can Do

Consumers need to read this book so they learn what to watch out for and what to do to protect themselves and their loved ones at every stage of care. There are also opportunities for taking action to improve conditions. The authors include a very interesting discussion of medical mistakes and how to define them that dates back to the Greek texts. And the authors engage in probing analyses of what went wrong and why, and how to prevent the error from happening again.

Of the many suggestions for change in this book, applying the standardized criteria the Institute of Medicine recommended for reporting errors to hospitals and state governments appears to offer a good opportunity for

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DENTAL CARE IN A HEALING ENVIRONMENT

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

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



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

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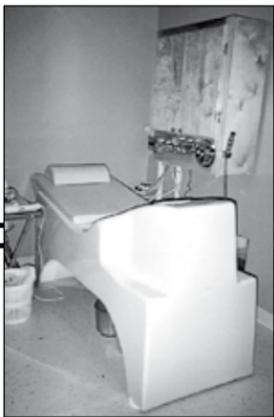


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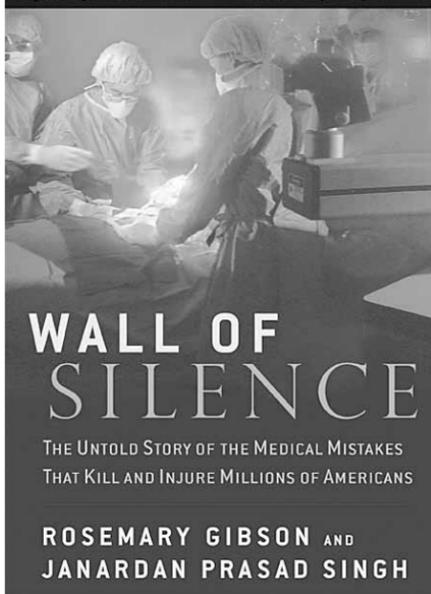
As demonstrated at the 2009 Pathways Expo, we now have available this cutting-edge, electromagnetic resonance machine that sends subtle, full spectrum frequencies of vibrations and geometries into the body designed to increase the energy level of each cell and return it to its original state of health. The result is an increase in emotional balance and physical energy to the body. The Quantum Pulse is an enhanced version of the original technology known commonly as the Vibe Machine. One **FREE** demo session available.



Wall of Silence: The Untold Story of the Medical Mistakes That Kill and Injure Millions of Americans

...continued from page 17

"A call to arms for families who have had loved ones disabled or die in the pursuit of medical treatment." —Former First Lady Rosalynn Carter



a fair, manageable, and transparent process that should result in significant improvements: nationwide mandatory reporting of any error in any health care facility that results in serious injury or death. These reports should be available to the public.

This informative book is a companion reader to *The Treatment Trap*, the next book in this excellent series by these authors.

The Treatment Trap: How the Overuse of Medical Care Is Wrecking Your Health and What You Can Do To Prevent It

By Rosemary Gibson and Janardan Prasad Singh
Ivan R. Dee: Chicago
2010; 238 pages
ISBN: 978-1-56663-842-5 (HB), \$24.95

The United States consumes more medical care than any other country in the world. Many diagnostic tests, surgeries, and treatments are performed simply to make a buck....Not all people who have unnecessary medical treatment live to tell about it.

~ Rosemary Gibson and Janardan Prasad Singh

First Do No Harm: Remembering Hippocrates

This book dispels numerous myths about the quality of health care in this country. For example, contrary to the belief that we have the best health care in the world, "we really lag behind many developed countries." We spend hundreds of million of dollars "for modest incremental improvements" that too often lead to more medical care than was needed, with harmful outcomes and depleted economic resources. The authors document a combination of overtreatment schemes and medical errors.

The United States (U.S.) currently spends 16 percent of its gross domestic product (GDP) on health care, borrowing from China and other countries to pay these bills. If these expenditures do not change, the U.S. will be spending 25 percent of its GDP on health care by 2025. As to what we are purchasing, the authors expose serious deficiencies. "So much of medicine is guesswork.... too little scientific evidence exists to justify a great deal of today's medical practices." In other words, despite advertisements and rhetoric to the contrary, more is not always better and does not necessarily represent "sound science." Too many accepted and promoted medical practices can maim and kill patients.

These authors argue that errors and uncertainty pervade many medical decisions that the public is told are based on definitive science, and the ensuing harm and exorbitant costs are morally unacceptable and economically unsustainable. People need to read this book to become better informed about practitioners, tests, treatments, and their own behaviors as consumers. Too many people adhere to an undeserved and unquestioning faith in this flawed system. According to some health care insiders, "Medical care that does not make people better has become more prevalent." An estimated 33 percent of medical care is overused and unnecessary.

The authors define overuse as "when the potential for harm of a health-care service exceeds the possible benefit... The revolving door of seemingly benign yet unnecessary tests and office visits that can stir an avalanche of still more tests and procedures....The rendering of treatment when no evidence exists that it will yield a benefit." There are untold numbers of unnecessary prescription drugs, lab and diagnostic tests, and surgeries that people accept because of a "uniquely American phenomenon...of...overwhelming pressure to do more." Our consumption-oriented, market-driven economy "depends on selling anything and persuading people to consume more of everything," including medical care. Deceptive advertisements target consumers, and hospitals send letters directly to prospective patients cavalierly promoting surgeries such as knee and hip replacements.

The authors lament the failure of too many practitioners within the medical community to publicly acknowledge that people are unknowingly subjected to invasive and harmful procedures and tests, which the patients were told are safe and necessary. These practices can comprise twenty-year experiments without informed consent, and patients have even died. Yet "nothing stops the

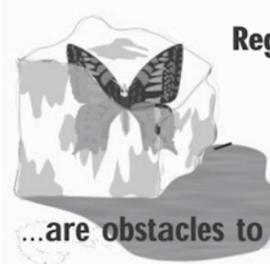
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Past life Regression Therapy with Darshan Khalsa

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.



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

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

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

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

...health and happiness.

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Darshan 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.

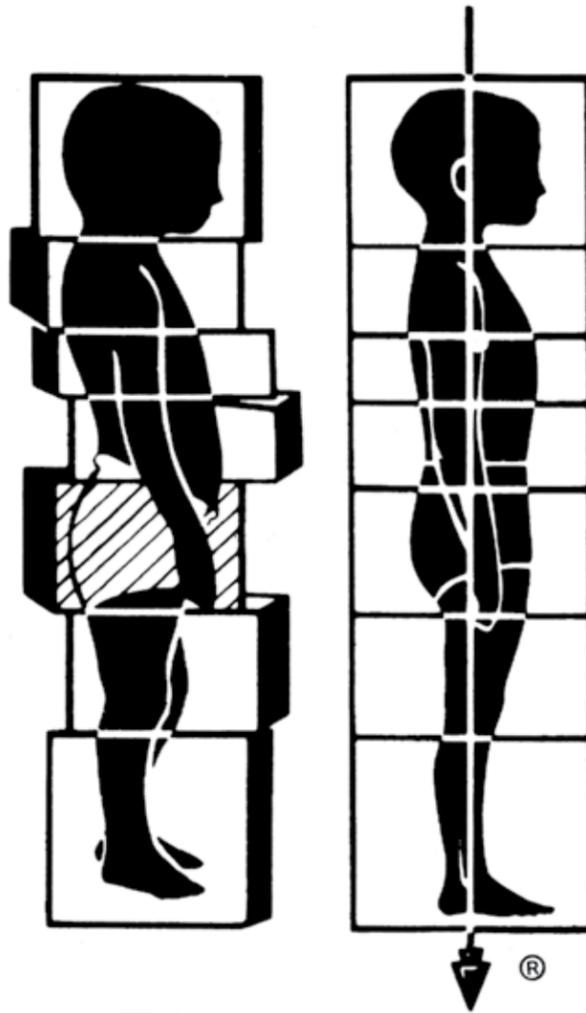
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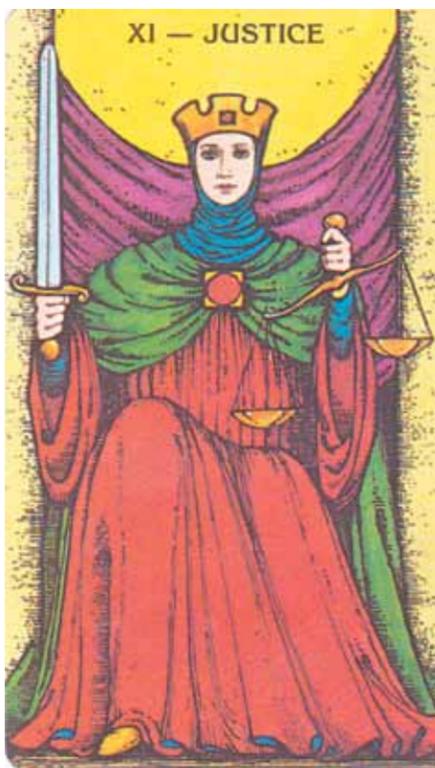


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Justice and the *Laws of Mind*



“Om Kriyam Namah”
My actions are aligned with cosmic law.

BY GERALDINE AMARAL

Divine Metaphysics

Divine Metaphysicians say that there are certain *Natural Laws* or *Spiritual Laws* that govern all that has been created in both our visible and invisible worlds. Also called the *Laws of Mind*, metaphysicians believe that these *Laws* are immutable and unchangeable and there is *never* a time in which the Source, or Spirit, sets aside the *Laws* in response to any human appeal nor suspends the *Laws* for any reason whatsoever. These *Universal Laws* relate to, and are applied to, our human experience. The *Laws* offer principles by which we can live our lives successfully. They allow Spirit to make itself known in our everyday lives, and conversely, they allow that which is unmanifest in our lives, such as the thoughts we think, our hopes, our dreams and our aspirations, to become manifest. Collectively, we call them the *Laws of Mind*, with the word “Mind” referring to the Mind of the Divine, the Universal Consciousness, or the First Cause (however you chose to define God).

The *Laws of Mind* operate in all aspects of life, including the energies required to achieve what we seek. Di-

vine Metaphysics teaches that living in *harmony* with these *Laws* allows you to experience a more fulfilled life—flowing with those spiritual forces that surround us. By honoring these *Laws* we can develop a way of being that aligns our consciousness with *abundance* or *success*. **NOTE:** These *Laws* do not punish us if we ignore them or break them. They do not have any bias—they just are. Suffering and difficulties come up when we resist them. The goal of understanding and practicing these *Natural Laws* is to work *with* them, to integrate them into our lives so they become automatic ways of being.

Knowing that Tarot cards portray universal archetypes, it recently occurred to me that certain of these *Spiritual Laws* can be ascribed to individual Tarot cards. This makes eminent sense—the *Laws* are meant to guide humanity along our spiritual path and soul progression. The Tarot does exactly this as well! So, let’s take a quick look at how Divine Metaphysics defines some of the *Laws*, which Tarot archetypes might relate to the *Laws*, and then explore the *Law of Reciprocity* in more in depth, along with its corresponding Tarot card, Justice.

The *Laws of Mind*

There are different versions and names for these *Spiritual Laws*. The *Laws* described below are only some of them, and you may find many other interpretations in metaphysical literature.

1. Law of One: You are ONE with the Divine Mind, as is all of humanity. You can never be separated from the Source, however you perceive it. The Masters said, “Everything is one with everything else.” Ramana Maharshi said, “There are no others.” The *Law of One* may best be expressed in the *World* card since it captures the notion of our inter-connectedness and the continuous eternal nature to our souls.

2. Law of Mind: The *Law of Mind* is related to the *Law of One*. It states that there exists a Universal Intelligence, which is a field of conscious awareness, but without form. This field of consciousness is also called “the Mind of God.” Other names include: The Universal Subconscious Mind, the Allness, the First Cause, and the Infinite All Knowing, and so on. We all share

continued on page 23

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ACCESSING YOUR INTUITION

Justice and the *Laws of Mind*

...continued from page 21



in this Consciousness with Source. The *Course in Miracles* says that we are the thoughts of God made manifest. Words can also be understood as the *physical manifestation* of thoughts, and they produce a vibration. Therefore, from a metaphysical

point of view, when Source began to create the worlds, it was done through vibration—through “word” and “thought.” Just as each one of us has a unique vibration, words produce their own unique vibration. The nature of the universe, of the Divine Mind, is that we can create vibrations with our thoughts and words! A corresponding Tarot card for the *Law of Mind* is the *Magician*, which reflects the Hermetic Axiom: *As above, so below.*

3. Law of Reciprocity: Also called the *Law of Attraction*, or the *Law of Karma*, this *Law* defines our existence as a dynamic flow of give and take. It states that you attract whatever you put your

attention to, “like attracts like.” This *Law* springs from the creative power of thought. Whatever energies you put into your conscious or subconscious mind through thought or action, you attract similar energies into your experience. Your thoughts and actions go out into the Universal Subconscious Mind and attract similar thoughts that empower your original thoughts. This *Law* is very much tied to the *Law of Cause and Effect*. The *Law of Reciprocity* is captured by the *Justice* card, which is discussed in further detail later.

4. Law of Creative Visualization: “Seeing is Believing!” This *Law* is closely related to the *Law of Reciprocity*. The images we hold in our mind draw like energies to us. In creative visualization, we use our minds and imagination to make our dreams and hopes come to fruition by placing an image of what we seek in the area of the “Third Eye.” Imagine what it is you want as if it were already true—and let yourself really have the experience of it being true on the *inside*. This opens the door to actually bringing what you seek into being on the physical plane. When used correctly, creative visualization can improve your life and help you attract success,

love, health, confidence and prosperity. Many believe it is capable of altering our environment and circumstances, causing events to happen. It is a natural process that uses the power of thought and natural/universal laws.

Note: ANY Tarot card can be used in a creative visualization process in which you “magnetize” yourself to achieve what is pictured on the card. Place the picture of what you seek in your mind’s eye (or Third Eye)—let the Tarot image be your model, helping you to draw that experience to you. What energies do you wish to attract? Find a Tarot image that reflects those energies you desire and infuse that image in your own mind.

5. Law of Self-Determination: Also called the *Law of Free Will*. This is all about the role of personal responsibility. It is your “Self” that determines your fate – nothing and no one else does that to you, or for you. When you have a sense of personal causation that comes from within, you have the strength to overcome the obstacles you will face in life. This *Law* encourages you take personal responsibility for your actions and the results in your life. In partnership with Spirit, we can have a sense of personal power in our life circumstances. You can succeed through self-determination, “If it’s going to be, it’s up to me!” Free will gives each soul the opportu-



nity to follow its path, to be happy, or to stray from the path and be miserable. Are you *proactive* or *reactive*? A good match for the *Law of Self Determination* is the *Chariot* who shows us how one attains success through the use of personal will and intention.

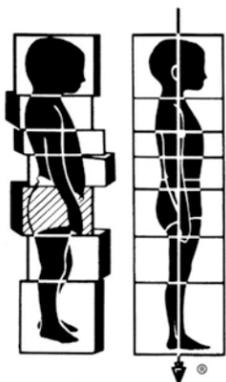
6. Vacuum Law of Life: There is an expression that says, “Spirit abhors a vacuum.” By that we mean the universe cannot send you positive vibrations until you let go of anything you are holding onto that is *negatively affecting your vibration*. Thus, one of the fastest ways to improve your life is to create vacuums. There are many ways to do this, such as clearing your clutter, releasing old clothes, shoes, books, pictures, even persons that are energetically bringing you down and so on. This vacuum may also include releasing old wounds and negative beliefs we hold about ourselves. Holding on to the negative means there is no room for the positive to come into your life.

continued on page 63

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THE SPICE CHEST



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Pomegranate
Punica granatum L.

Fighting Diabetes: Green Antidiabetics

BY JIM DUKE, ART BY PEGGY DUKE

It has been fourteen years since I published my best book, the only one called a best seller, *The Green Pharmacy* (TGP). It helped finance my Green Farmacy Garden, a large plot of land where my wife, Peggy, and I have collected and cultivated over 300 native and non-native plant species. It represents over sixty years of work learning all about these amazing botanicals.

So now I am 82, the book is 14 and the Green Farmacy Garden is a lucky 13 years old. Last summer, I showed small delegations from the FDA and USDA a small cinnamon specimen growing in my garden. Beside the cinnamon shrub was an announcement suggesting that the spice Cinnamon, generally recognized as safe, might in fact be better for diabetics than the expensive pharmaceutical Avandia. Here we are, a year later, and I'm still thinking about diabetes, especially with all the news about the high rates of obesity in this country. As it turned out, Avandia made the news, too, and my little sign had a great deal of foresight.

Two Conditions, Two Approaches

There are two main types of diabetes—Type 1 (insulin-dependent) and Type 2 (non-insulin-dependent). People with Type 1 diabetes inject insulin daily to manage their blood sugar. People with Type 2 produce their own insulin, but their cells do not respond to the insulin properly. Type 2 is the more common form, accounting for 85 to 90 percent of cases. It usually accompanies or leads to obesity. Type 2 diabetics can usually control their blood

sugar with a good diet (including those species mentioned herein), exercise and weight loss, sometimes in combination with oral medications, natural or synthetic, which bolster their own natural insulin. There are several different types of diabetes medicines on the market, including Glucophage, Januvia, Prandin, Actos, and the now infamous, Avandia.

It is often possible for people with Type 2 diabetes to avoid taking drugs. I stridently prefer this approach whenever possible. My readings tell me that dietary approaches are cheaper, more effective and with fewer side effects than the pharmaceuticals. As I look over TGP, the more recent *The Green Pharmacy Guide to Healing Foods* (Rodale Books, 2009), and the current scientific literature, I see that although there have been many synthetic drugs developed, the tried-and-true herbals remain constant. On the other hand, the newer drugs were designed, at least say I, more to make money for Big Pharma than to help John Q. Public. Meanwhile the FDA, the agency established to help protect the American public rather than Big Pharma, has approved these more expensive and more dangerous drugs. Ultimately, the FDA has had to reverse approval of, or completely recall, certain drugs manufactured to treat diabetes when the health risks associated with them were clinically proven.

Let's take the case of Avandia. The following headline appeared in the Health section of *The Washington Post* on June 29, 2010, "Consumer Reports

continued on page 27

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Natasha Ryan, N.D.



Dr. Natasha Ryan is a board certified and licensed doctor of naturopathic medicine. She received her doctorate from Bastyr University in Seattle, Washington. Dr. Ryan moved to the Washington D.C. in 2006 from Scottsdale, Arizona, where she worked in private practice helping people balance their hormones, lose weight, manage stress and create a healthy lifestyle. Recently Dr. Ryan joined the team at Knowles Apothecary in Kensington, MD as the new Wellness Manager and now she is excited about offering wellness consultations in the new Knowles

Wellness Center. She brings her expertise in health and wellness to Knowles, a community centered establishment devoted to the health of the DC metro area. Dr. Ryan is interested in working with individuals who want to expand their knowledge and use of integrative medicine.

Duffy MacKay, N.D.



Dr. Douglas (Duffy) MacKay is a licensed Naturopathic Doctor. He recently moved to the Washington area to further his work in dietary supplement science, policy, and regulation. Dr. MacKay is frequently called upon as a nutrition and natural medicine expert and has published articles in peer-reviewed journals. He also serves on three prestigious peer review journals. Dr. MacKay's practice focuses on integrating the best that natural medicine has to offer into patients overall approach to optimal health. He enjoys working with

patients of all ages.

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Psoriasis

Respiratory Problems

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Muscle pains

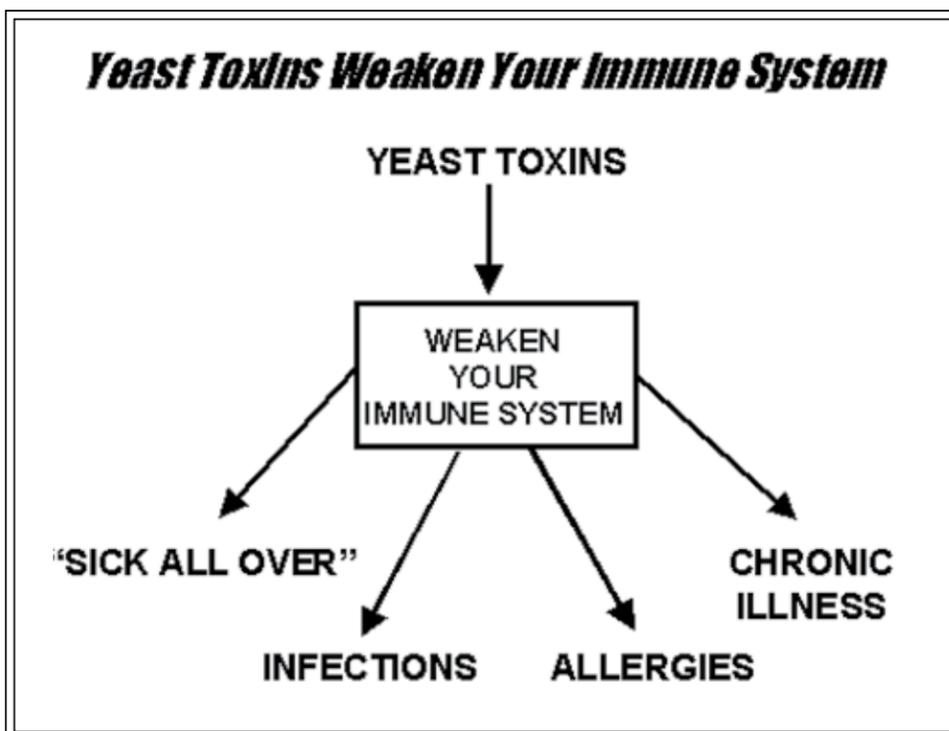
Digestive Disorders

Depression

Headache

Joint Pains

Learning Problems



* Modified from William G. Crook, M.D.

Healthy people all have a small amount of yeast in their digestive systems; women also yeast in the vagina. This is normal. You will also find in the guts a small amount of unfriendly bacteria. However, there should be a large amount of friendly bacteria called probiotics (like acidophilus and several others). These friendly bacteria are extremely important to keep you in good health. They do the following functions: keep in check the yeast to prevent an overgrowth of them; they are essential to make several vitamins that your body needs (several B vitamins, vitamin A, vitamin K and biotin); they also boost your immune system to prevent you from catching an infection (bacterial, viral, or fungal).

As long as the friendly bacteria (probiotics) are in your guts you are protected. But if the probiotic dies, you will start having an overgrowth of yeast and the by-products of the yeast will be absorbed into the blood stream which can target any organ in the body. It can target the respiratory system and cause respiratory infections; or your skin causing rashes or skin conditions; or your finger and toe nails causing fungal infections. It can also target the brain and cause foggy mind, mood swings, forgetfulness, and depression. In fact, yeast overgrowth is a very common

cause of chronic depression. In females, the by-products can target the bladder and vagina; in males, the prostate can be affected.

You may ask at this point, what may kill the friendly bacteria? The number one cause is the repeated use of antibiotics. Antibiotics will kill the friendly bacteria with the unfriendly ones and leave the yeast behind. So after all the friendly bacteria have been killed, you will have an overgrowth of yeast with some of the above mentioned problems. The other factors that can kill the friendly bacteria are poor diets (eating a lot of junk foods, sweets, white flour, and processed foods). Also stress and prolonged use of a certain hormone like birth control pills are common factors.

Is there treatment for yeast problems? The answer is yes. First, the treatment starts with the replacement of probiotics (friendly bacteria) which is the cornerstone of good long term results. Second, there are several medications; natural or prescription drugs, that can be used to kill the yeast. Third, but most important, the diet. This is basically a yeast free and sugar free diet which is included in my 6 week detoxification program. This program includes special nutrient supplements, essential fatty acids, and regular exercise to boost your immune system.

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THE SPICE CHEST

Fighting Diabetes: Green Antidiabetics ...continued from page 25

Insights: Doubts surface about the safety of a diabetes drug," (copyright 2010, Consumers Union of United States, Inc.). I translated that headline and article to mean "Avoid Avandia." But the Consumers Union was too cautious to say that. They had long advised "a time-tested older medication call metformin is your safest and best first bet." (And that's roughly what Sanjay Gupta said on CNN July 4, 2010. To his credit, he also suggested diet and exercise.) The long-standing advice from *Consumer Reports* was reinforced by these findings from an FDA-led study, where it was determined that of the 227,000 people who took Avandia or Actos, those using Avandia had an increased risk of stroke, heart failure and death. In its Best Buy Drugs report, *Consumer Reports* recommends three low cost generics costing \$10 to \$60 per month (mostly or all covered by insurance) instead of the more expensive and more dangerous Avandia.

Neither *Consumer Reports* nor Sanjay Gupta mentions that cinnamon has been shown clinically to help Type 2 Diabetes. The FDA prohibits them from talking about an herb or spice with medicinal intent, but these are also the same people who originally approved Avandia as "safe and ef-



Cinnamon

ficacious." Cinnamon, like the average plant, may contain 5,000 different natural chemicals, all or most biologically active. I suggest cinnamon as an herbal alternative to Avandia—having learned that Avandia seems to offer more cardiopathic risk than diabetic benefit—and would recommend about 1/2-1 g cinnamon a day under the guidance of a good clinician.

In an intelligent consumer-friendly country, the government should support clinical comparisons of the dangerous and expensive pharmaceuticals with the competitive, safe and relatively inexpensive herbs and spices. I would be able to say cinnamon is safer than Avandia only after expensive trials are conducted—some estimate \$1.7 billion on average is spent to prove a new drug safe and effective—thus proving the safety and effectiveness in humans to the satisfaction of our FDA. And only then would the FDA permit me to advise you to take the spice instead. There's little likelihood of that happening. However, I'd still put my money on cinnamon.

The Green Antidiabetic Pathways

Since I retired from the USDA I have developed a spice search database, an impressive collection of indications and activities of some 200 culinary herbs and spices (<http://www.ars-grin.gov/duke/plants.html>; <http://www.ars-grin.gov/duke/dev/all.html>). On July 3, I searched the database to see which herbs and spices had the best evidence for efficacy against diabetes. I searched only for those botanicals whose evidence scores were 2 or 3, a level that I, in my professional opinion, deem competitive with pharmaceuticals. In addition to cinnamon, I can name several other herbs, mostly familiar, that are widely recognized to help prevent or

contain diabetes, and all of which are safe, barring rare allergies in very few people. The FDA prohibits me from recommending these other 7 foods for diabetes, but if I could, I would. And so I will. They are: almond, chickpea, fenugreek, holy basil, onion, pomegranate, and the South American Sweetener Stevia. Here's a sample of the scientific evidence I found for each, along with their referenced PubMed source abstracts (listed in parentheses).

Almond (*Prunus dulcis*). At one California clinic, 65 obese and/or overweight patients were on a low calorie diet that included 2.5 ounces of almonds per day. An alternative group on almost the same diet received no almonds but foods equal to the almonds in calories and proteins. Of those already diagnosed diabetic patients eating almonds, 96% reduced their diabetes medication, as compared to 50% of those not receiving almonds. They also fared well with blood sugar, insulin, cholesterol, HDL, LDL, and triglycerides. But most of all, the almonds reduced obesity, with the patients losing 62% more total weight, 50% more belly fat, and 56% more body fat. (X17116708). Remember: obesity itself leads to Type 2 diabetes, heart disease and other killers.

A Canadian clinical study in 2006 said that lowering after-meal blood *continued on page 31*

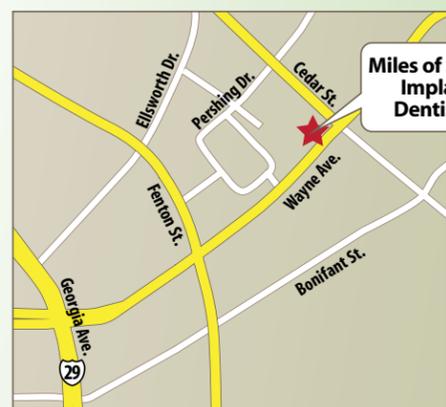
Do you feel embarrassed by missing Teeth?

Missing teeth can cause many problems such as not being able to eat your favorite foods like apples, vegetables, nuts and steaks. This will over time affect your general health because of poor nutrition. Missing teeth can cause embarrassment and make you withdraw from social and business situations. Missing teeth that are not replaced can lead to bone loss in your jaw which can cause your other teeth to shift. When you have bone loss in your jaw from missing teeth, this leads to weakening and loosening of the remaining teeth; jaw pain kicks in and life can be very miserable.



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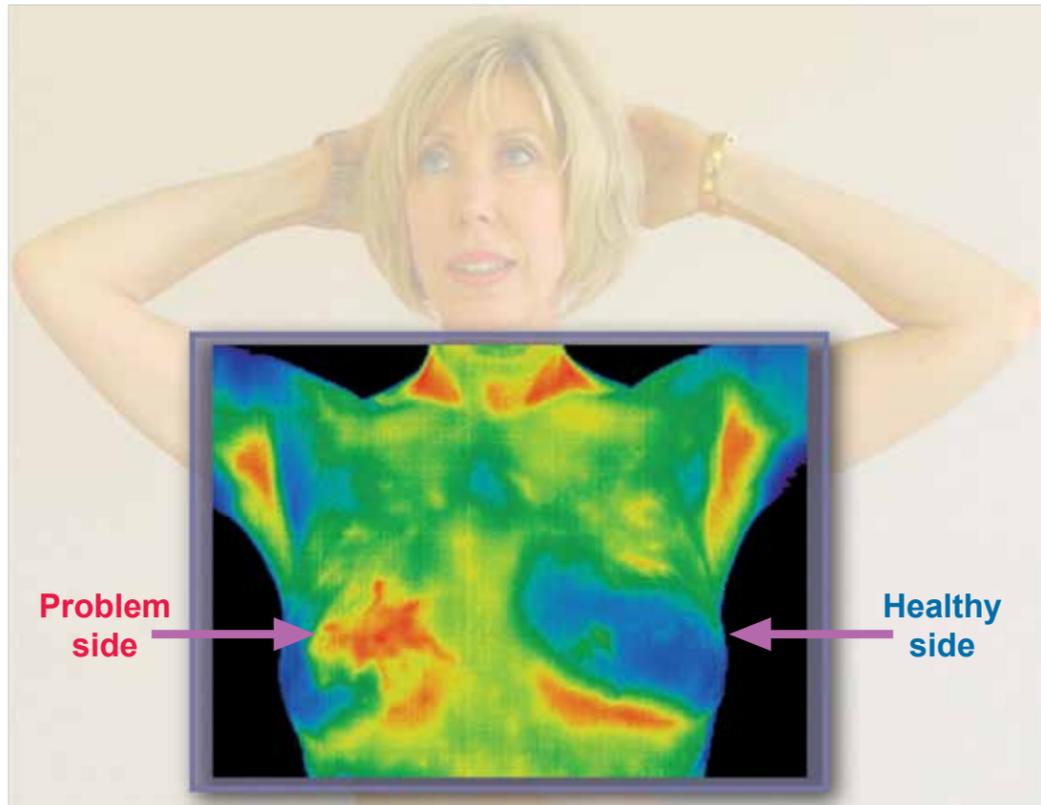
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****Referenced articles**

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

cancer using clinical examination and mammography together. This increased to 98% when breast thermography was added.

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

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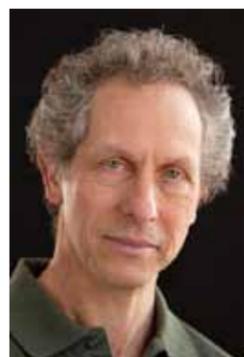
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Fighting Diabetes: Green Antidiabetics

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sugar variance may decrease the risk of oxidative damage to proteins. Almonds are likely to lower this risk by decreasing the blood sugar variance and by providing antioxidants, possibly explaining the lower risk of heart disease attributed to nuts. (X17116708). When I discussed this study in my *Guide to Healing Foods*, I was guarded, suggesting that modest consumption (1, 2 or 3 oz.) might reduce the blood sugar surge. Do not overdo it! Too much of any good thing can be bad.

Chickpea (*Cicer arietinum*). Beans (legumes) in general, and specifically chickpeas, chickpea sprouts, and hummus, are great for the blood sugar and lipid levels. But I am not the only one saying that. Indians scientists just published on several mechanisms by which the chickpeas improved diabetes and blood sugar. Sprouts were even better, both for preventing and managing diabetes. (X21126210). Chinese scientists suggest the incorporation of the mineral vanadium into the sprouts for even better control of blood sugar. (X18431678). In another Chinese study in 2007, they showed that chickpea markedly improved insulin resistance, thereby improving blood sugar and lipid levels, preventing or slowing dia-

betes and related obesity. (X17666145). Spanish scientists in 1999 recommended legumes in general, and chickpeas specifically, for diabetes. (X10642898).

*Holy Basil and Holier Hummus
So Diabetes won't Overcome us
Fenugreek, Diced Onion, Biblical
Chickpeas
Can Help you beat Type 2 Diabetes*
—Anon. poet, 2011

Fenugreek (*Trigonella foenum-graecum*). There are well over a hundred citations of studies on fenugreek and diabetes in the Library of NIH (see PubMed), with nineteen studies in 2010-11 alone. Indian studies in 2011 show fenugreek was almost as potent as insulin itself and comparable to the drug glibenclamide (US brand names Diabeta, Glynase and Micronase) at regulating the blood sugar. An Egyptian study noted fenugreek was good both for diabetes, and ailments in the so-called metabolic syndrome. Fenugreek was even better at stimulating the immune system. Japanese studies (2011) confirm that fenugreek is also useful for managing diabetes-related fatty liver and obesity. Tunisian studies (2010) also show that fenugreek belongs on the antidiabetic pathway. I'm sure you can find this

important herb in Middle Eastern shops and the Smile Herb Shop in College Park. From the seed you can make a maple-scented tea, with lemon, sweetening with stevia, and other spices that help regulate the blood sugar. I sometimes call the concoction InsulinADE.

InsulinADE: There are a number of spices that research shows can help the body use insulin more efficiently. These include bay leaf, cinnamon, cloves, coriander, cumin, and turmeric. I'd simply add a pinch or two of each of them to a pot of fenugreek tea (or green or black tea) and steep several minutes. You might like to ice the tea in summer. There is one interesting side effect of fenugreek—it can enlarge the breasts and increase the flow of mother's milk.

Holy Basil (*Ocimum tenuifolium*): Coincidentally, I am sitting here sipping iced holy basil tea with lemon and sweetened with Stevia. But I am not drinking it for diabetes. It is my DeStressTEA, what they call an anxiolytic, or calming, tea for major anxiety and stress. It has a lot of good evidence to help also with diabetes, not to mention high cholesterol. In his great new book *The Healing Spices* (2011), Bharat Agarwal tells us that the leaf extracts of the holy basil also "significantly lowered the blood glucose [blood sugar]" in laboratory animals with and without diabetes. And my USDA database lists

several different chemicals from holy basil that can help prevent and/or alleviate Type 2 diabetes. An Indian study in 2008 suggested that extracts could delay the onset of insulin resistance in rats and could be used "for treating diabetic patients with insulin resistance. (X18085503). Citrus helps extract the active ingredients of the holy basil, and especially the stevia I use to sweeten my DeStressTEA, and both have still other chemicals useful in diabetics. Dozens of chemicals with dozens of activities can be viewed for free on my USDA database.

Onion (*Allium cepa*). (X15582196; X17052873; X18393435). For years, I have praised my favorite veggies combo—green beans cooked with onion, to which diced raw onion is added with vinegar upon serving. Mmmm! The acetic acid in vinegar (I like it spiced with hot sauce) slows the emptying of your stomach, slowing the absorption of carbohydrates, thereby slowing the rise in blood sugar following eating. A spoonful of vinegar can lower blood sugar up to 25%. But boil those onions with the outer husk intact (discarding the husk before eating), and you will have a brownish-yellow whole onion concoction. The yellow is due to the edible flavonoid quercetin, Quercetin is but one of a half dozen proven antidiabetic compounds in the versatile onion.
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"My wife took me to see Dr. Mai because I was diagnosed with **BIPOLAR MANIAC MENTAL DISORDER** 15 years ago and my mental condition got worst severely. My wife told me I could not sleep at all and I ate very little . . . the worst thing is my recall, I forgot things. . . There was once I forgot to put my trouser back after I took to the bathroom in Dr. Mai's clinic and I walked out with only my underwear. . . Now after treatments with Dr. Mai I can sleep 8 hours a day, I can eat normal, . . . and now I can drive safely back home. . . I can remember things more clearly.

-Miguel Berrios

"Acupuncture is valid for **chronic DEPRESSION** and for **severe BIPOLAR DEPRESSION**. My self and my daughter have the condition and it helps both of us. My daughter is functioning in her role as a teenager which she couldn't before. She was totally non-functioning. Now she is doing her school works and goes to school almost every day. So it is a big different. Thank you Dr. Mai."

-Ruth Morison

I had scary **PANIC ATTACKS** for many years. . . . After 3 months of treatment with Dr. Mai I do not experience them anymore. . . . Thanks to Dr. Mai now I feel happier every day. Thank you Dr. Mai for making me felt normal again."

-Mary De Villers

"My daughter was sick, really depressed. After trying a lot of things someone suggested Dr. Mai could address **DEPRESSION** . . . within about a month there were marked improvements . . . My **BLOOD PRESSURE** kept going down in the 120s over 80s . . . I went off medication and it stays the same . . . My **CHOLESTEROL** level drops down to about 150, and I went off medication for that."

-Frank Morison.

"My primary doctor, Dr. Silbar had diagnosed me with **DIABETES** . . . So far I have been extremely pleased with the results . . . I was taking 500mg of . . . in the past on daily basis , right now I am not taking that at all and it still gives me the same result . . . According to current classification I wouldn't be considered diabetes right now."

-Neil Marchadie.

"I am 83 years old . . . I had significant **URINARY problem** including **FREQUENT, PAINFUL, SCANTY, INTERRUPT**

URINATION . . . I also had **chronic NASAL ALLERGY** for more than 40 years, very **EASY TO CATCH COLD, chronic SCIATICA** for 50 years, I also had **chronic CONSTIPATION** for more than 60 years. When I first came to Dr. Mai my **BLOOD PRESSURE** was very high 163 over 106. But only after a month of treatments with Dr. Mai my blood pressure now is under control. I have not even used any medication for my high blood pressure since then. . . . All my symptoms have disappeared and my health has improved dramatically."

-Charles Charles.

"Alex's **ASTHMA** was gone and he was on no medication. He is 21 years old now, that was back in 1996, and he has not had an episode of **ASTHMA** . . . He is able to sail and physically active, plays kick ball . . . I would go back to Dr. Mai in a heartbeat.. He is an excellent doctor."

-Susan Lehman, Alex Moran's mother.

"I used to get severe **MIGRAINE** everyday and it would last all day. Now I can't even remember the last time I had one. Dr. Mai has improved my condition dramatically."

-Marisa Machin

"Since I have been under his care, I had relieved of my **DIABETES**, my **BLOOD PRESSURE** is much better, I had no **PAIN** in my neck or my arm . . . my legs are a lot better. He had treated my **ENTIRE MEDICAL PROBLEMS**, all of them . . . And to this point I am a lot better, a lot better than I was, much better."

- Jacqueline Baxter

"Now I have no **PAIN** at all in my ankle after 2 treatments . . . when I walked in and when I moved it hurted . . . It took only 2 treatments really to get almost completely normal which is I think really amazing. . . . I have seen significant improvements in my **SLEEP**, in **HAIRLOSS, ALLERGIES, BACK PROBLEM, ANKLE PROBLEM** . . . I can't contribute to nothing else but Dr. Mai's treatments."

- Chris Spector

"I have had chronic **PALPITATION** for many years. . . I have been here with Dr. Mai for the last one month . . . my palpitation is almost gone, 98% is gone. So I am happy."

-Dr. Neelam Kapil, MD

"I have suffered 4 ½ years with terrible **MENOPAUSE problem** . . . but I have been alleviated to 75% less of the problem that I

ever had. . . Thank you very much Dr. Mai for your help."

-Anne Smith

"I had **GOITER** for 30 years. My neck was measured 16 inches. . . After treatments with Dr. Mai now my neck was measured 14 ½ inches. I also had **severe ECZEMA** all over the body . . . now they are completely gone. Thank you Dr. Mai."

-Ester Simons

"Before I had a lot of **TROUBLE SLEEPING**. . . since I underwent some of the treatments here I've been sleeping a good 8 hours."

-Thomas Dooley

"I was diagnosed with **PREMATURE OVARIAN FAILURE**. . . I've seen significant improvements from his treatments in my **HORMONES**, in my **MENSTRUATION circle**, . . .it resumed and I got it for 7 days . . . I've seen significant improvements in my blood tests, in my saliva tests and also in my overall wellbeing."

-Safia Hussain, Pharmacist

"Linsay has **BEEN IN THE HOSPITAL FOR 6 DAYS** and she was not eating and she was unable to have a bowel movement and **THEY WERE NOT ABLE TO SOLVE THE PROBLEM IN THE HOSPITAL** . . . since the 2 treatments she has been eating more regularly, and after the first treatment she had a very good feeding, . . . she is not straining and pushing as much . . . overall there have been improvements in regards to all the symptoms . . .that is impressive after the 2 treatments."

-Mother of Lindsay, 6 months old baby.

"I saw every specialist in town. . . They diagnosed me with **PITUITARY FAILURES TO COMMUNICATE WITH ADRENAL GLAND RESULTING PROBLEM WITH THE THYROID** . . . After, again, 3 years this is the first time I've had any noticeable changes in my conditions"

-Gregory

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Fighting Diabetes: Green Antidiabetics

...continued from page 31

My USDA database lists many of them (allicin; alliin; diphenylamine; quercetin; rutin; s-methyl-cysteine-sulfoxide). There are more than sixty studies on onion and diabetes, many of which further strengthen my belief in its antidiabetic power. One 2011 Sudanese study showed that 100 g (half cup) of onion lowered blood sugar in both Type 1 and Type 2 diabetic patients. (X21079693). Some might also suggest garlic for diabetes, but a 2009 Korean study concluded that onion was significant as an antidiabetic, while garlic was insignificant. (X19627203).

Pomegranate (*Punica granatum*). (X19429373; X18173244; X17157465; X17651054; X15894133; X10837992) Pomegranates are delicious, nutritious and proven useful for many ailments, including diabetes. For example, among the 31 citations for pomegranate and diabetes, one Blacksburg, Va., study (2009) showed that one chemical in this rich fruit (punicalic-acid) helps regulate blood sugar via complex mechanisms, which are difficult for me to understand much less explain to my readers (inhibiting NF-kappaB activation, TNF-alpha expression and upregulated PPAR alpha- and gamma-responsive genes - X19828904). Israeli

researchers discuss how the pomegranate can help the "current diabetes epidemic," for which pomegranate flowers, juice and seeds can moderate the blood sugar. The rather widely distributed gallic-, oleanolic-, and ursolic-acids underlie such antidiabetic activity.

Pomegranate fractions and their active compounds hold potential and are worthy of further investigations as safe and effective medical treatments for diabetes mellitus and its consequences. (X17651054). Italian researchers note its use for the whole metabolic syndrome. (X17553710). The heart healthy pomegranate juice protects against fatty liver and obesity, and improves insulin sensitivity in diabetics. (X19079947; X19146506). Pomegranate peel, like citrus peel, is antidiabetic, so it makes culinary and medical sense to grate citrus peel in with your pomegranate juice. (X18598183; X18806305). Even the flowers are specified for, and clearly help diabetes in traditional medicine (Ayurvedic, Unani). Iranian scientists show that pomegranate juice improves the lipid levels in diabetics, lowering LDL, VLDL, and total cholesterol, even improving the LDL:HDL ratio in a beneficial way. (X15383223). While pomegranate is good for dia-

betes, it is probably better, and better proven, for atherosclerosis, cancer (especially of the prostate and pancreas), heart disease, high cholesterol, and obesity. In other words it has many good side effects. This Biblical life-saving herb may well be the apple of the Garden of Eden. And an apple a day keeps the allopath away. Do it!

Stevia (*Stevia rebaudiana*). Because it is still not well known to some North Americans, I will treat this final antidiabetic herb differently—last, but by no means least. Few people today would call it a spice, which could and perhaps should replace sugar. I have not yet seen stevia clinically proven for diabetes, though it does have a lot of promising evidence for these useful properties: antidiabetic, antifeedant, anti-glucocorticogenic, anti-hyperglycemic, anti-obese, antioxidant, anti-peroxidant, anti-radicular, glucagonostatic, and glucosidase-inhibitor. And if nothing else, it can help you cut back on sugar.

Stevia warrants additional discussion, so I share with you, slightly revised, something I wrote prophetically 25 years ago about this herb.

Stevia: Nature's South American Sweetener

There were more than 2,000 folders in my office, each with a collection of facts and fables about various medicinal plants. But in one of these folders

there was an old wrinkled envelope dated 5/19/45. Inside are dried up old leaves of Paraguay's "caaehe", meaning "sweet herb" (*Stevia rebaudiana*). After more than 40 years, one dried leaf of the Stevia still sweetened a cup of coffee enough to satisfy my sweet tooth. Yet that leaf contains very few calories. Stevia contains a compound, stevioside, 300 times sweeter than sucrose without the aftertaste I've come to associate with saccharin or cyclamates, and with less than a calorie.

A friend just returning from Paraguay was kind enough to send me three different samples of Stevia preparations from Paraguay. Showing just how newsworthy the herb is, he also copied for me a complete Brazilian symposium (1986) with over 20 chapters reporting research on Stevia. It is big in the herbal news here in America as well. In Volume 1 of *Economic and Medicinal Plant Research*, the first chapter, by Kinghorn and Soejarto, concerns the status of stevioside as a sweetening agent for the human food chain. With an oral LD₅₀ of 192mg per one kilogram body weight (LD₅₀ is the toxicology abbreviation for "Lethal Dose, 50%"), it takes only 192 mg of caffeine to kill 50% of an experimental rat population. The LD₅₀s reported for Stevia and stevioside are more like 2,000 to 8,000 mg/kg, suggesting that the sweetener is less than one-tenth as toxic as caf-

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—Marilyn Morris, Silver Spring, Maryland

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—Heather McDonald, Washington, DC



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THE SPICE CHEST

Fighting Diabetes: Green Antidiabetics

...continued from page 33



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I have not yet seen stevia clinically proven for diabetes, though it does have a lot of promising evidence for these useful properties: antidiabetic, antifeedant, anti-gluconeogenic, anti-hyperglycemic, anti-obese, antioxidant, anti-peroxidant, anti-radicular, glucagonostatic, and glucosidase-inhibitor. And if nothing else, it can help you cut back on sugar.

feine. Hence people like me who drink too much coffee add little to their risks by using Stevia as a sweetener. The caffeine is more dangerous than the stevioside, at least as far as we can speculate based on LD₅₀s.

Without reviewing the data in the 52 page-paper by Kinghorn and Soejarto, I summarize what I consider their most salient points: "Stevioside is considered to be appropriate for use as a sweetening agent for all foods, since it is highly stable to acids and heat; it has similar sweetness characteristics to sucrose; it can be regarded as non-caloric; it is nonfermentive, and it does not discolor when heated.... Crude and purified Stevia rebaudiana extracts, as well as crystalline stevioside...are considered to be safe for human consumption." Despite a few caveats, they reiterate, "One might conclude, on the basis of these observations, that these materials offer no potential toxicity risk to humans."

As far as this obese (at least in 1986 I was; I am slim now) American is concerned, we still need a non-nutritive sweetener in this country. And for my money, Stevia is the best of several herbal candidates: monelin from *Dioscoreophyllum*; glycyrrhizin from *Glycyrrhiza*; phyllo dulcin from *Hydrangea*; hernandulcin from *Lippia*; a glycoside from *Momordica*; osladin from *Polypodium*; miraculin from *Synsepalum*; and thaumatin from *Thaumatococcus*. I said that back in 1986 and that is the way I feel today. Stevia is still king, and now legitimate and legal, no thanks to the FDA. It took corporate America to sway the FDA, who would not even let us call it a sweetener for years.

In Paraguay, Stevia is recommended as an antacid, cardiogenic and diuretic, for such diverse ailments as diabetes, gastroenteritis, hypertension, hyperuricemia and obesity. I'm not sure I'm

ready to try it for any of these, except surely for diabetes and obesity, based on the publications I have seen thus far. I'm rather sure that replacing sugar with stevioside could help prevent or alleviate some kinds of diabetes and obesity, if no compensatory carbohydrates were brought in to make up for the sugar replaced with the stevioside.

Set out in spring, the herb Stevia, perennial in its native Paraguay and Brazil, grows to nearly two feet or more tall, flowering (and sometimes setting viable seed) here in the Green Pharmacy Garden in Maryland; but it is killed by the frost. It overwinters well in the Caribbean islands and in the Mediterranean climate of California, e.g., around Davis. Around here it needs to be brought in to overwinter in the greenhouse. It does well in my greenhouse and can be stripped of its sweet leaves occasionally throughout the winter, though its recovery is much slower than in warmer climates.

Stevia could be mixed with the antioxidant lemongrass as a pre-sweetened tea, with no medicinal claims—but no naturally sweetened claims either, thanks to the perversity of FDA, perhaps with generous encouragement from the likes of Monsanto? As I read the rules, such a tea could be sold legally in the U.S. as a food. I think a lot of obese Americans with a sweet tooth would benefit therefrom. I'd buy it, were it available. I'd like to have a penny a teabag once someone starts marketing it here in the U.S. I'd suggest the quiet addition of some generally recommended as safe antiobesity herbs to make a non-nutritive, vitamin-rich Diet Tea—not a very attractive title for a Diet Tea; maybe Antiobesity TEA makes more sense.

As you travel the antidiabetic green pathway, enjoy chickpeas (or any beans) with onion and garlic and spiced with antidiabetic herbs and spices. Drink fenugreek tea spiced with cinnamon/cassia and holy basil, nonsweetened or sweetened with Stevia. Snack on almonds then chase with pomegranate juice or tranquilitEA non-sweetened or sweetened with Stevia. Enjoy onion soup, with or without chickpea, or other beans, and lots of antidiabetic spices. Avoid diabetic foods and diabetic habits, including sloth. Avoid Avandia. Keep up the exercise, healthy diet, and stress reduction. Be well.

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, which is one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, The Green Pharmacy, Duke has authored or co-authored 40 other books on herbs, spices and food. A full interview with Jim Duke can be found in the Winter 2010 issue of Pathways. See his Green Pharmacy Garden ad on page 68.

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It's All About "We" Not "Me"

BY MISTY KUCERIS

Crisis, withdrawal, and victimization could be the key words for this upcoming astrological quarter if you allow yourself to get sucked into the fears that others express. But if you really pay attention to your inner guidance, you'll see that those key words don't have to fit into your life right now.

Rather, this upcoming quarter is one of initiation, reflection, and individualized compassion. What you need to do to feel this positive energy in a world where change is occurring so quickly is understand that questions are being asked and a better life is being sought. More importantly, you can make a difference in your own little part of the world by reaching out to others and understanding the importance of relationships.

As the month of September begins, Mercury enters its own sign of Virgo on September 9th and the full Moon, with Sun in Virgo and Moon in Pisces, occurs on September 12th. Sandwiched between those dates is an important

non-astrological event: the tenth anniversary of the attacks in New York and Washington, DC, as well as the tragedy in Pennsylvania, which many people still call 9/11.

Both Virgo and Pisces are signs of healing and compassion. During these early days of September, you'll be able to reach out to people and express your feelings. You'll understand how important it is to communicate with others. You may find yourself asking the following question: How do you move forward? You may find the answer by understanding the past; but you will also find the answer by seeking hope for the future.

Throughout this year, you've experienced the energy of the cardinal signs, either as a cardinal T-square or a cardinal cross. This energy will occur again as various planets form aspects to Uranus in Aries, Pluto in Capricorn, and Saturn in Libra. The first time you'll experience this energy will be on September 14th when Venus enters the sign of Libra and begins moving into aspects with Uranus, Pluto, and Saturn. The next time you'll experience this energy will be on September 23rd when the Sun enters Libra. The third

time you'll experience this energy will be on September 15th when Mercury moves into Libra. When the full Moon occurs on October 11th, with Sun in Libra and Moon in Aries, you'll get a better understanding of what this energy means to you.

The cardinal energy can be one of crisis. Changes are occurring in the world and it's hard to keep up with them. The old way of doing things is falling apart. The new way to do things hasn't solidified yet. Power struggles are common at this time. Everyone thinks they have the answers but in reality they are just experimenting. With Venus in Libra kicking off this cardinal crisis, the need to work with other people is critical in order to experience the initiation of new energy and move to a positive solution. Negotiations and compromise need to occur. People need to listen to others. If there's too much "me" going on and not enough "we" happening, the problems won't be resolved.

Venus also rules money in astrology, especially money that is saved for your future. Much debate but not enough discussion is occurring between politicians regarding the economic crisis both in the United States and the

world. In the past, money was seen as something that could be spent but not something to be kept aside for future concerns. Because the energy is in Libra at this time, it's important to find a way to strike a balance between reigning in overspending but at the same time realizing the flow of payments can't just be stopped. This is true in your personal life. While you may need to find ways to decrease expenses, there are just some expenses you must pay.

September 23rd is the most important day in this cardinal initiation. It is the day the Sun enters Libra and one-half of the astrological year has ended. What occurs around this time period will be emphasized for the next six months.

When the cardinal initiation occurs in the sign of Libra, relationships and consensus is the spiritual lesson. This is the time to reach out to other people. This is the time to find a way to understand that while there are many individuals in the world, each individual cannot get his or her own way. Common ground is the most important aspect of spiritual growth, as well as future success. Without relationships you won't be able to weather the upheavals

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7:00 pm

Life Mastery Course: Choosing Happiness
Wednesdays, except 1st Wednesday of each month
6:30pm; Daily Blog: 2012lifemastery.blogspot.com

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ASTROLOGICAL INSIGHTS

that could be caused by Uranus; the changes in political structure that are indicated by Pluto; or the need to develop new foundations as necessitated by Saturn.

At the same time, you need to be careful. The cardinal energy can also represent the need to create a crisis when the ego is involved because there's a tendency not to be concerned about other people. Rather than it being an initiation, it becomes a conflict. With Uranus in Aries, this indicates that people only care about their beliefs. With Pluto in Capricorn, the indication is people are willing to wage power struggles to the point that they don't care about hurting others. With Saturn in Libra this indicates relationships only matter when they are seen as a means of getting what they want, even at the cost of hurting other people. There is a choice now as to the direction you want to take. Do you want to be an initiator who brings spirit into the world? Or do you want to be one of the disrupters who believes creating crisis and fear is the only way to assure your agenda works?

With the other cardinal ingress charts, Libra was on the Ascendant. With this ingress chart, Virgo is on the Ascendant. You have the opportunity to release your fears and work with others. Virgo is an interesting sign. It is the twelfth sign from Libra, indicating that subconscious fears can prevent you from forming healthy and good relationships. It means you can become very picky about situations and find fault in everything that matters. However, Virgo as the twelfth sign from Libra also means you are willing to work with others and take care of people who need your help. It means you can go into relationships without any expectations. By doing so, you can develop a course where all individuals in a relationship are willing to accept each other.

When Mercury enters Libra on September 25th and begins another cardinal T-square energy, you may feel angry and frustrated because other people aren't willing to listen and find a solution. Yet it's important to communicate. You need to be careful with your communications when Mercury is in Libra because there's a tendency to try and see things rationally. You may not always understand the emotional needs of others. Try your best to listen to what a person means instead of what the person is actually saying. By listening to the meaning, you'll get a good clue as to the emotions a person is trying to express.

The new Moon, with both Sun and Moon in Libra, occurs on September 27th, just a few hours after Mercury forms an opposition to Uranus. While you may feel frustrated with others, you might also find that this new Moon helps you open your mind to new con-

cepts. You don't want to censor these ideas at this time. If you're not ready to accept these new ideas, at least do your best not to rush to the answer "no," like a two-year old child. Let these ideas sink into your subconscious mind where you can meditate on them. Perhaps the ideas are bringing up some fears. By meditating and reflecting, you'll know if this is the case. On the other hand, those ideas may be unrealistic. By meditating and reflecting on them, you'll understand whether they are unrealistic and whether they need to be rejected. Just don't jump to any immediate conclusions. Since this new Moon emphasizes the cardinal energy, you have a choice: you can either go into crisis mode or you can go into initiation mode.

As the cardinal initiation continues, there is also another energy shift that starts on October 9th. At that time Venus enters the sign of Scorpio. Mercury will enter the sign of Scorpio on October 13th and the Sun will enter the sign of Scorpio on 23rd. Each time one of these planets enters the sign of Scorpio, it will form a trine to Chiron, a quincunx to Uranus retrograde, and an opposition to Jupiter retrograde.

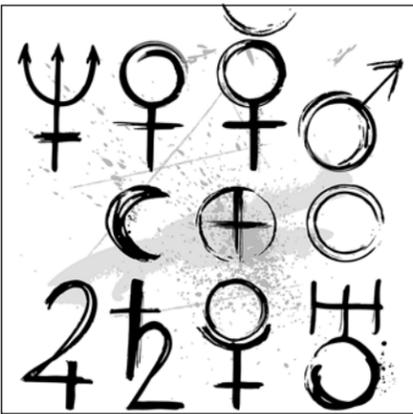
The sign of Scorpio may emphasize your need to withdraw from crisis in your life. You may feel as if too many things are happening in your life and now you're just exhausted. You've tried everything you can, but it doesn't seem to help. However, the more spiritual aspect

of Scorpio is not withdrawal but reflection. This is the time to pull back and ponder how the changes are impacting your life. This is the time to determine how you initiate action rather than how to react to that action. The aspects that Venus, Mercury, and the Sun will make are very important. The trine to Chiron means you'll be able to find ways to heal from difficulty. The quincunx to Uranus means you'll need to adjust your personal goals and include other people in your decisions. And, the opposition to Jupiter can spur optimistic feelings that the future may not be as bleak as you think.

While this new energy of reflection is emerging, the cardinal energy still continues until the full Moon, which occurs on October 11th. This is a soul-searching full Moon. New situations came into your life and now you need to determine what to do with them. You may feel emotionally tired because you heard so much information in September and the first two weeks of October. But the key theme here is to communicate your feelings to your family and friends.

When Jupiter forms a trine to Pluto on October 28th you'll actually start seeing results from all your soul searching. On a spiritual level, Jupiter

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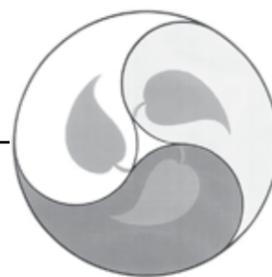
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It's All About "We" Not "Me"

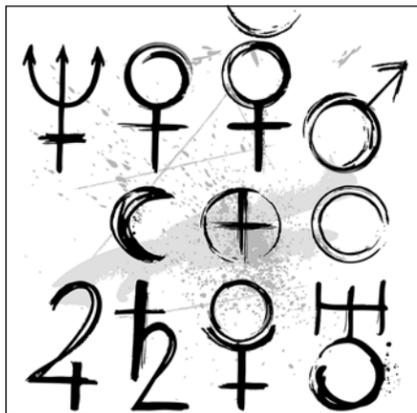
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forming a trine to Pluto means you understand the inner depths of your being and how you need to express yourself in the world. You start feeling a confidence you can do anything. You'll even find the compassion to understand other people's value. And, by working together with others, you'll be able to achieve goals that have a lasting impact on the future.

There's a tendency for politicians to push the boundaries of their campaigns. With mid-term elections being so close, you'll find that some people are just willing to push the envelope regarding truth. It's very important to research any information you hear from political ads. It is interesting to note that when this aspect occurred in 1973, Richard Nixon was President and Watergate was in the headlines. So, don't be surprised if a major scandal is in the making and revealed around March 12, 2012, when this aspect occurs again.

Both Venus and Mercury enter the sign of Sagittarius on November 2nd. With their entry into Sagittarius, a new energy is formed. This energy will also be felt on November 22nd when the Sun enters Sagittarius. In many ways, this energy is similar to that which you felt in the beginning of October. At that

time, the planets entering the sign of Scorpio formed a trine to Chiron, a quincunx to Uranus, and an opposition to Jupiter. Now the planets entering the sign of Sagittarius are forming a square to Chiron, a trine to Uranus, and a quincunx to Jupiter. This is



where you'll have the opportunity to show compassion to others without becoming a victim. You'll be able to help other people take responsibility for their own lives. This will also be a wonderful time to really bond with your children. You'll be able to accept them as individuals without feeling the need to control their every move.

November 10th is one of the most

important days of this quarter because Neptune in Aquarius turns direct a few hours before the full Moon. As Neptune turns direct, it is finally on its journey to leave the sign of Aquarius and enter the sign of Pisces, on February 2, 2012, for the next seven years. A new paradigm shift in how the world views international relationships will occur. You'll find yourself trying to seek more privacy and less interaction with the

You'll even find the compassion to understand other people's value. And, by working together with others, you'll be able to achieve goals that have a lasting impact on the future.

world. At the same time, technological advances currently being researched will come to public use starting in 2012 and for the next seven years.

It's important to understand why Neptune moving direct in Aquarius is so important. On August 4th, Neptune re-entered the sign of Aquarius on a retrograde motion. This is not uncommon for outer planets. When an outer planet

changes signs and creates a major paradigm shift, it enters the new sign for a short time period, retrogrades back to the old sign for a few months, and finally re-enters and stays in the new sign. The reason the planet re-enters the old sign for a time period is to give you an opportunity to review changes in your life that occurred during the last paradigm shift and determine if those changes were appropriate. If not, this is often the time period when you can correct any errors you made. Unfortunately, this can also be the time period when you may try to rationalize the changes and hold on to them even though that isn't the best thing for you to do.

When Neptune was retrograde, you had a chance to consider how technology changed your life and which of those changes were illusions or necessities. Now with Neptune turning direct, it's time to correct any errors you made with your choices. You may try to find ways to regain some of the privacy you lost. You may decide contacting people in person rather than through email really does have value for you.

This is also a time period to determine whether or not you're involved in too many social organizations. Perhaps you made too many commitments with acquaintances and strangers and not enough commitments to your family

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It's All About "We" Not "Me"

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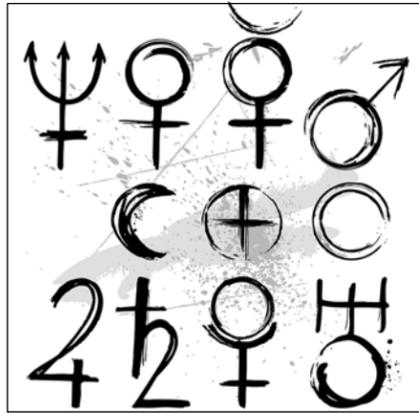
and friends. Take time now to reconnect with your friends and spend more time with your family.

With Sun in Scorpio, the Moon in Taurus, and these occurring two hours after Neptune turns direct, the full Moon is a good time to make changes in your life. If you're not quite ready to make changes, it's a good time to determine what type of changes you will need to make. This is a full Moon of introspection. You'll look at your value systems and determine just what is important as it relates to other people. You'll also look at the people in your life and determine whether you've given them too much power over your actions.

Another important day in this astrological quarter is November 25th. The fourth, and final, solar eclipse will occur when both the Sun and Moon are in Sagittarius. There will be one more eclipse, a total lunar eclipse, on December 10, 2011. This year there were four partial solar and two total lunar eclipses. This is considered a rare phenomenon for so many eclipses to occur within a twelve-month period. The next time you'll see this occur will be in 2029. Perhaps that's one of the reasons the world has just seemed to go through such a difficult time period.

Unfortunately, although it is the largest partial solar eclipse of the year, you won't see it. This eclipse will be seen in southern South Africa, Antarctica, Tasmania, and most of New Zealand.

Because the eclipse occurs only a few days after the Sun enters Sagittarius, it will kick off the same energy you felt at the start of November. The eclipse will



be forming a square to Chiron, a trine to Uranus, and a quincunx to Jupiter. You may feel that all the compassion you've been showing other people hasn't been appreciated. But that's not true. You'll find people really do appreciate you accepting them for whom they are and letting them find responsible ways to

live their lives. You'll also see how important it has been for you to be your own person while taking the needs of others into consideration.

An hour after the eclipse occurs, Mercury in Sagittarius turns retrograde. This means that the retrograde motion of Mercury will actually be felt in the eclipse. Communication can be difficult right now. There may be problems with communication equipment and the Internet. Since Mercury is in its detriment, this could be a difficult Mercury retro-

As you prepare for changes in your life, you can greet those changes with anticipation and spirit. You can work together with other people.

grade period. Try and get any critical paperwork or projects completed before this Mercury retrograde period. Mercury turns stationary direct on December 13, 2011, and be fully direct on December 14, 2011.

Just when you thought you were done with the cardinal T-square ener-

gy, it starts coming back into your life on November 26th when Venus enters Capricorn. It will really begin when Venus forms a square to Uranus retrograde later that evening. It's important to understand that this energy is coming back because it will be extremely active throughout the month of December 2011. When Venus does enter Capricorn, the period of initiation it begins and continues throughout the month of December will focus on understanding how leadership matters in implementing important decisions. It will also focus on leaders understanding that they need to listen to the public and implement the decisions that benefit the public and not their political agendas.

This astrological quarter started with the cardinal T-square. It also ends with the cardinal T-square. As you prepare for changes in your life, you can greet those changes with anticipation and spirit. You can work together with other people. Or, you can let fears overwhelm you and move into a state of crisis by isolating yourself from the very people you love. You can make the choice because the decision is yours.

• *Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: www.enhanceoneself.com. Contact her at: misty@enhanceoneself.com. See her ad on page 61.*



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Presented by the Creation Star Peace Project

Date:

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Time:

12:00 noon (9/24) to 12:00 noon (9/25)

Location:

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You Have So Much More To Your Heart

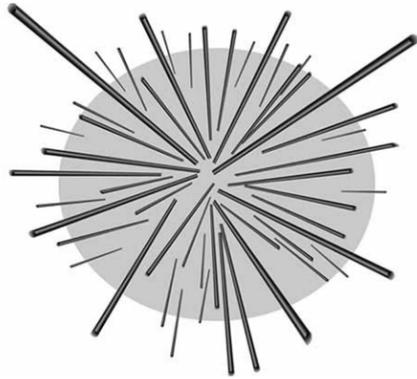
BY ROSE ROSETREE

If you're a typical *Pathways* reader, you're always thinking, "How can I make my life better?" Well, take a few moments with me right now to learn something great about you. Maybe there could be a little healing project available too, but mostly you'll find cause for rejoicing.

Wait until you learn about the 50 fabulous chakra databanks tucked inside your heart. What do I mean by "tucked inside?" Or by "chakra databanks?"

All around you, in every direction, you have an energy field, full of information. That's your aura. Tucked neatly within that you have major chakras and sub-chakras. They're tucked within you as super-concentrated sources of information. So, you knew all about that? Great. Well how long have you also known that every one of your major chakras contains 50 databanks of information?

Awesome? Sure you are. Since birth—and lasting for your entire foreseeable future—your aura contains hundreds of these tube-like structures. See the symbolic illustration of all the chakra databanks at your heart chakra. In this illustration, taken from my



2010 book, *Magnetize Money with Energetic Literacy*, note the different sizes. I started writing about chakra databanks three years earlier (*Cut Cords of Attachment*), but the term has caught on among healers, psychics and others who want to read deeply into the human heart. When I googled the term "chakra databank," 623,000 hits came up.

What makes this terminology useful? Self-esteem and self-knowledge, for starters. Each chakra databank contains a gift of your soul. It's permanent, like a cosmic fingerprint. You are special, highly individual, and talented at the particular aspect of life supported by each chakra databank.

Here's an example of a Heart Chakra

Databank about Emotional Giving: "I embody Goddess energy and deftly, lavishly send this into the man I love." Sounds powerful, doesn't it? That particular chakra databank belonged to Elizabeth Taylor, whose aura I read in detail when researching each of her 7.5 husbands (giving half a point to Richard Burton for their second legal marriage).

Fortunately, you don't have to be the most photographed person in the world in order to qualify for chakra databanks. They are so very standard-issue human! Including those quirky, inspiring gifts of the soul. As part of this awesome, tubular part of being human, each of your tube-like databanks contains a size and quality. This fluctuates depending on how much you use your particular gift at any given time. *Stuff* aplenty can be stuck within a chakra databank, causing it to under-function or over-function.

"*Stuff*" means stored up emotional or spiritual energy at the level of the aura. One of the most practical secrets of aura reading is this: *The level of auras where STUFF gets stuck corresponds to the psychic level, the astral level, and also to what psychologists call "Your subconscious mind."*

Stuff can always, always, always

be healed. Until then, reading chakra databanks can help with diagnosing patterns of blockage, highly useful for healers; and skill at reading this practical information depends on the degree of energetic literacy.

Beginners have Stage One Energetic Literacy, enjoying the thrill of noticing *chi* or *qi* or *ki* or life force energy, as in traditional healing methods with names like Tai Chi, Qi Gong, and Reiki. Next comes Stage Two Energetic Literacy, where an aura reader can discern whether an entire chakra is open or closed. This is even more useful for self-knowledge, healing, etc.

Welcome full, Stage Three Energetic Literacy, where you can read auras at will, whether in person or from regular photographs. See the illustration at the top of the next page with all 50 Third Eye Chakra Databanks pictured symbolically. Note that some of the chakra databanks are functioning better than others.

Who Notices Chakra Databanks, Anyway?

You can, especially if you're interested in Energy Medicine, today's mind-body-spirit technologies for healing.

continued on page 42

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You Have So Much More To Your Heart

...continued from page 41



mind-body-spirit healing, and nobody talked one bit about chakra databanks. This concept wasn't needed. Healing emphasized energy moving within the human system, so a client was doing well if there could be flow throughout that whole system. Having each chakra open and flowing was plenty to think about, and required for healing success.

However, techniques of Energy Spirituality have evolved as well, meaning an altogether different healing modality from Energy Medicine. "Energy Spirituality" means a type of holistic healing that uses the *spirit* part of mind-body-spirit as a point of entry for healing. Technologies of Energy Spirituality include cutting cords of attachment, soul retrieval, moving out astral entities and psychic coercion from a client's aura, and other specialties depending on the particular healing method.

Meanwhile a third type of holistic healing has developed as well—Energy Psychology. This form of mind-body-spirit healing uses the *mind* part of a person as an entry point for holistic healing. Examples you can choose from include Emotional Freedom Technique (EFT), hypnosis, regression therapy, and more. Both Energy Psychology and

With all the many modalities to it, "Energy Medicine" means a type of holistic healing that uses the *body* part of mind-body-spirit as a point of entry for healing. These methods include Reiki, the 5,000-year-old art of acupuncture, shiatsu, acupressure, Janet Mentgen's Healing Touch, Donna Eden's Energy Medicine, Quantum Touch, body work, energy work, and many more practitioners and specialties, all too numerous to name here. But learning about all today's superb healing modalities is great fun!

For decades, Energy Medicine (in its various forms) was synonymous with

Energy Spirituality benefit greatly from the discovery of chakra databanks, which means you can benefit, either as a practitioner or a client. You can also benefit as someone who does energy readings—psychic readings, tarot readings, angel card readings, skilled empath merge, etc. Even someone with expert training at Energy Medicine can make use of chakra databank, whether for technical diagnosis and healing or just plain self-knowledge.

Which Chakra Databanks Are Tucked Into Your Heart?

Oh, you have so much to you, much more so than any apps to any electronic gizmo! As we delve further into energetic literacy, let's have a heart-to-heart talk about your heart chakra and its databanks.

Half of your heart chakra databanks are standard issue for any adult human. The other half is more personalized. That's how it goes with databanks at any major or minor chakra.

Why all those *optional* databanks? You're in a Ph.D. program right now at Earth School, you know. Everybody is when it comes to spiritual and emotional evolution. Depending on your particular patterns of *stuff*, life choices and ambitions, you will have certain chakra databanks other people don't have, at your heart chakra and elsewhere.

Here we go, Aura Explorer. Below

is a list of ten universal Heart Chakra Databanks:

1. **Altruism.** You have a gift of your soul for serving humanity.
2. **Conflict Resolution.** Your feeling nature includes at least one superb way of being a peacemaker.
3. **Emotional Balance.** Maybe on a challenging day, this soul-level gift isn't obvious. All the more reason to find out what it is, right?
4. **Emotional Courage.** Some of us are bigger emotional risk takers than others, but each of us has a gift that helps us to survive, feelings intact and evolving.
5. **Emotional Giving.** Helps make life worthwhile!
6. **Emotional Receiving.** Let's not forget that one. It's important to use that gift of the soul at least as often as one's gift for emotional giving.
7. **Intimacy.** It does take talent to find your way to a deeper level of sharing with others.
8. **Satisfaction, Contentment.** "Follow your bliss" sounds lovely. But how, exactly? Here's where gifts of the soul come in handy.
9. **Spontaneity.** Each of us has a perfect timing for noticing feelings. What's yours?
10. **Trusting Emotions.** Tossed around in life, sometimes you might wonder, "Will I ever trust again?" Your gift of the soul at this chakra databank can't be ruined, however. It's for keeps.



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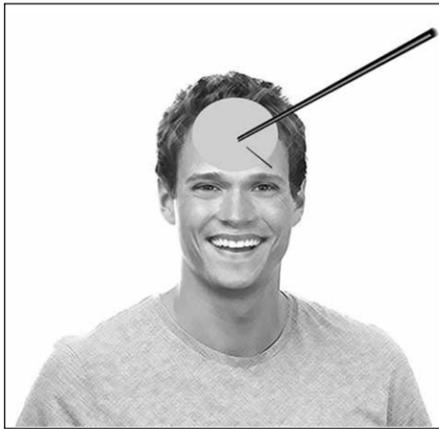


ENERGETIC LITERACY

Explore Your Own Heart

Once you know the names of chakra databanks, it's easy to research them. Doing this research counts as Stage Three Energetic Literacy, which puts you at the leading edge of this survival skill for the third millennium. If you have already found a technique you like for reading auras, you can read any one heart chakra databank, one databank at a time.

Of course you can only do a good job of reading one at a time because each chakra databank is a totally different deal. The two chakra databanks pictured below are typical of the kind of contrast you will find when delving into chakra databanks with Stage Three Energetic Literacy. So let's get started.



To research your heart chakra databanks one at a time, use the same technique you would have used for reading all major chakra, only aim for that specific chakra databank instead. If

you are not used to working comfortably with an aura reading technique yet, no worries. Go ahead and use your inner wisdom and other intuitive skills that you *are* comfortable using and apply it to learning about one chakra databank at a time.

For instance, you could sit comfortably, close your eyes, and ask yourself, "How am I doing, right now, with xyz?" (Substitute "xyz" with the name of any chakra databank listed in today's column.) *Trust the information you receive.* That courage will grow as you keep on exploring in your own way, putting what you find into words, and valuing what you learn here and now.

When you research a heart chakra databank, tomorrow's answer may be better than today's. That's because anything you don't like when reading yourself right now is improvable. Remember, *stuff* can always, always be healed. Meanwhile, the gifts of your soul last your entire lifetime.

Investigate all ten of those heart chakra gifts, one at a time. Valuing your distinctive heart's gifts can help you to make the world a better place, lifting up yourself and your loved ones...just in case you believe, as I do, that this sweet but challenging school of ours could use a little more love.

Rose Rosetree has developed four trademarked systems of Energy Spirituality, with books available at 800-345-6665 and www.rose-rosetree.com. Workshop schedule for 2012 and information about Rose's healing sessions can be found there or by calling 703-450-9514.

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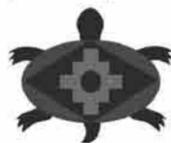


Paul M. Sivert, L.C.P.C., Cross-Cultural Shaman, and Founder of the Shamanic Healing Institute, has provided effective Healing Ceremonies for over 30 years. He is a clairvoyant and his ceremonies are known worldwide for their effectiveness. Paul has been initiated by the most renowned medicine people of South America to practice and preserve the ancient medicine ceremonies.

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- *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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Energy Medicine For Women

BY DONNA EDEN

Your body's abilities to heal a wound, fight off disease, cope with stress, respond to danger, communicate to you what it needs, and reward you with pleasure when you provide what it requests reflect an astounding intelligence that is totally independent of your mind. This bodily wisdom is contained not primarily in the neurons of your brain but in energy fields that mobilize your cells into action, that coordinate the strategies used by your organs to maintain your health, and that bathe you in an atmosphere of peace and joy when things are well or in stress and alarm when they are not. Energy medicine shows you how to impact your body's energies and energy fields in ways that markedly enhance your health and well-being.

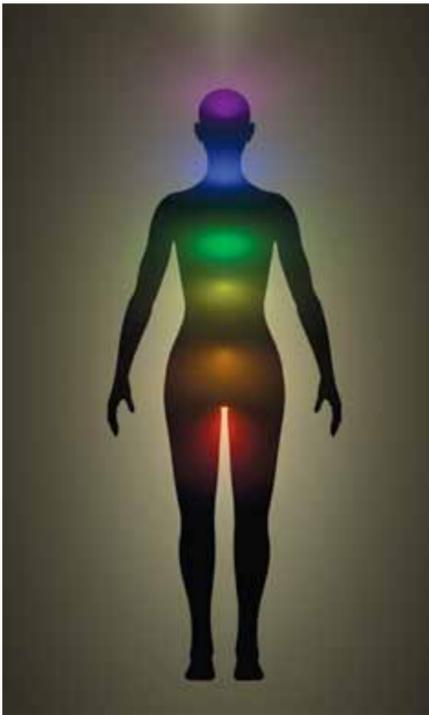
Energy medicine is particularly important for women. For almost every health condition a woman faces, hormonal imbalances are in the foreground or in the background. Energy medicine shows you how to influence your hormones and improve your health, happiness, and vitality by using energy techniques that are accessible and easy to learn.

Dr. Christiane Northrup, in her

foreword to my most recent book, *Energy Medicine for Women*, points out that not only are we as women innately sensitive to energy, we "are also the healers of our families. When women are healthy and happy, their families are healthy and happy." As women become adept in working with their own energies, the whole world benefits. This is why I am so committed to bringing basic skills in energy medicine to every woman I can reach. Rather than saying much more, here are some sample energy medicine techniques you can apply right away.

The Metabolism Points

For example, many of us struggle at one point or another in our lives (like from 14 to 92) with our weight. Many factors are involved in maintaining a



weight that is optimal for your body type. Metabolism is a primary influence. It seems unfair that metabolism would trump diet and exercise, but it often does. Metabolism is governed by an energy system called the spleen/pancreas meridian. Meridians are pathways that bring energy to specific organs or systems in your body. Acupuncture points sit along the meridian lines. It is harder to metabolize food or burn calories efficiently if the energies moving through the spleen/pancreas meridian are low.

You can get your spleen/pancreas meridian to function more effectively by stimulating acupuncture points or other sensitive areas on your skin.

Two spleen/pancreas points that are very responsive to being tapped are found one rib below the base of your

breasts, in line with your nipples. Simply tapping these points about 10 seconds before and after eating improves your metabolism. How cool is that! Tap vigorously but not hard enough to risk bruising or in any way injuring yourself.

The Brain Buttons

The spleen/pancreas points are one of three sets of points used in a simple routine for establishing and maintaining positive energies. I call it the "Three Thumps." Another set of points in the Three Thumps is sometimes called the "Brain Buttons." They have become known because they are so effective in helping children improve their learning skills. Tapping these points sends signals to your brain and adjusts your energies so you will be more alert and able to perform more effectively. They are juncture points, and tapping them affects all your other meridians, energizing you when you are feeling drowsy and focusing you if you are having difficulty concentrating.

To locate these points, place the pointer finger of each hand on your collarbone and move your hands toward one another until you reach the

continued on page 46

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Energy Medicine For Women

...continued from page 45

two inside corners of your collarbone. Drop straight down from these points to about an inch below your collarbone. For most people, there is a soft spot or indent there. Then breathe slowly and deeply as you firmly tap with your middle fingers for two or three deep breaths.

The Tarzan Thump

The other points used in the Three Thumps are over the thymus gland. Tapping them (think of Tarzan) is a simple technique that awakens the



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body's energies, sharpens the immune system (your thymus supports your immune system), and increases your strength and vitality. When you lose your harmony with your body's needs and design, your thymus' surveillance mechanism becomes confused. Thumping the thymus helps stimulate and reset it. To do the Tarzan Thump, place the fingers of either or both hands in the center of your sternum, at the thymus gland (about two inches below the Brain Buttons) in the center of your chest. Using all your fingers as you tap firmly, breathe slowly and deeply, in through your nose and out through your mouth for two or three deep breaths.

All Together Now

Tapping your Brain Buttons, Tarzan Point, and Spleen Points (it is usually done in that order), each for about the length of two or three deep breaths, has a cumulative effect in helping with mental sharpness, immune functioning, and metabolism. Do it once or twice each day. You can extend the benefits of the Three Thumps by following the routine with a "Cross Crawl." Simply march in place for with exaggerated motions for about 30 seconds (begin by lifting your right arm and left leg

high, simultaneously, and continue to march). This facilitates the crossover of energy between your brain's right and left hemispheres, and also helps to establish and maintain necessary crossover patterns throughout your body. Most people find the Three Thumps/Cross-Crawl routine to be energizing and to help them think more clearly, move with better coordination, and live with enhanced vitality.

Note: Adapted from Donna Eden's *Energy Medicine for Women* (New York: Tarcher/Putnam, 2008).

Donna Eden is among the world's most sought, most joyous, and most authoritative spokespersons for Energy Medicine. Her abilities as a healer are legendary. Her best-selling book, Energy Medicine, is the classic in its field. Translated into 15 languages, it won the U.S. Book News Book of the Year award in their self-help category. Its sequel, Energy Medicine for Women, was the U.S. Book News 2008 Book of the Year in the women's health category. According to Christiane Northrup, M.D., "Donna Eden is one of the most joyous and effective pioneers in the rapidly expanding and vitally important frontier called energy medicine."

For information about Donna's October 21-23, 2011, workshop at the Washington Dulles Airport Marriott, go to <http://www.innersource.net/em/classes/upcoming-events.html>.

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FROM NATURAL HOME & GARDEN,
BY KELLY LERNER AND ALLI KINGFISHER

We are surrounded by human-made chemicals – more than 80,000 are in use in the United States today. Of those, only a few hundred have been tested for safety. Chemicals are so ubiquitous, they reach us before we're even born: Researchers have found up to 300 contaminants in the umbilical cord blood of newborn babies.

Experts suspect this cocktail of chemicals in our water, food, air and homes may be part of the cause of the rising rates of some cancers, autism, diabetes and obesity. Young children, pregnant women and people with compromised immune systems are most at risk. While it may seem overwhelming to get control of our world's rampant, potentially harmful chemicals, cleaning up the chemicals in your life is easier if you take it step by step. You can get started by reducing the quantity of these 10 chemicals in your house and yard.

1. Phthalates

Phthalates are endocrine-disrupting chemicals used to make #3 plastic (PVC or vinyl) flexible. PVC leaches phthalates when it's heated or worn down. Phthalates are found in personal-care

products and detergents, often labeled as "fragrance." Phthalate exposure has been linked to early puberty in girls, a risk factor for later breast cancer.

To minimize: Never microwave plastic containers. Store food in glass or metal containers. Avoid vinyl flooring, shower curtains, PVC pipes, and products with "fragrance."

2. BPA

Bisphenol A (BPA) is an endocrine disrupter found in reusable polycarbonate (#7 plastic) food and beverage containers (including baby bottles); the lining of food and beverage cans; in PVC (#3 plastic); and on receipts and money. Research links BPA to breast cancer, miscarriage, erectile dysfunction and heart disease.

To minimize: Never microwave or heat plastic containers, and store food in glass or metal containers. Avoid canned foods – choose bulk, frozen or fresh instead. Some companies such as Eden Organic offer BPA-free canned food. Buy "BPA-free" reusable water bottles. Wash your hands after handling receipts or money.

3. Chlorine

Used as a disinfectant in municipal water systems, chlorine is toxic, even at low concentrations. Studies link chlorine exposure through ingestion

and showering with an increased risk of heart disease, allergic reactions and miscarriages, as well as increased rates of bladder, colon and rectal cancers. Chlorine irritates the eyes, nose and throat.

To minimize: You can filter chlorine with a whole-house filter or with a chlorine-filtering showerhead and a granular-activated charcoal drinking water filter. Avoid swimming in chlorinated water.

4. Radon

Radon is a natural, odorless radioactive gas that can seep into homes from the ground. Radon is the second leading cause of lung cancer (and the leading cause for nonsmokers) and can be detected with a test kit.

To minimize: Test for radon with a simple test kit, then call in a radon remediation contractor if the levels are too high – 4 picocuries per liter (pCi/L) or higher. Levels between 2 pCi/L and 4 pCi/L can still pose a risk and in many cases can be reduced; consult a specialist.

5. PFCs

PFCs (perfluorochemicals) are persistent organic pollutants used on stain-resistant clothing and upholstery, cooking pans, fast-food wrappers, and inside pet food and microwave popcorn bags. Teflon, Scotchgard, Stainmaster and Gore-Tex are all PFCs. They have been associated with low-weight babies, abnormal thyroid hormone lev-

els, liver inflammation and reduced immune function.

To minimize: Forego stain treatments on furniture or carpet; don't wear clothing labeled stain- or water-resistant; avoid nonstick pans; pop popcorn on the stove; and choose personal-care items without "PTFE" and "perfluoro" in the ingredients.

6. Lead

Found in paint manufactured before 1978 and old plumbing, lead is a neurotoxin that can cause headaches, joint pain, high blood pressure, and reproductive and memory problems, as well as impair children's brain and nervous system development.

To minimize: If you have peeling paint, (and your house was painted before 1978), clean up chips immediately and hire a certified lead abatement contractor. Do not remove lead paint yourself. Prevent chipping by sealing old paint with a clear, nontoxic sealant. If you suspect high lead levels, contact your doctor about lead testing for any children in the household.

7. Pesticides & Fertilizers

If it kills insects or weeds, it likely isn't good for human health, either. Many common pesticides are known carcinogens. One chemical in many pesticides, dichlorvos, is associated with mammary tumors in rats or mice. Another, glyphosate, has been linked to non-Hodgkin's lymphoma.

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GREEN NEWS & VIEWS

Chemical Warfare

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To minimize: Don't use chemical pesticides or fertilizers on your lawn. Buy organic fruits and vegetables, or grow your own without artificial pesticides or fertilizers.

8. Formaldehyde

Formaldehyde is a flammable, pungent compound found in building materials, pressed-wood products, melamine (hard plastic) dishes and cigarette smoke. It can irritate the eyes, throat and mucus membranes, and cause headaches and nausea. Exposure may increase the risk of brain cancer and leukemia.

To minimize: Use "exterior-grade" pressed-wood products to limit formaldehyde exposure in the home. Before purchasing pressed-wood products such as plywood, paneling, particleboard, fiberboard, and furniture and cabinets, ask retailers or manufacturers about formaldehyde content.

9. Parabens

Parabens are used as preservatives in the cosmetic and pharmaceutical industries. While no causal link with cancer has been established, parabens are controversial because they weakly mimic estrogen, and researchers have

found measurable concentrations in breast tumors. Studies show that methylparaben (in some sunscreens) may react with sunlight to damage skin.

To minimize: Avoid cosmetics that list parabens or words ending in "-paraben" among the ingredients.

10. PBDEs & PBBs

Used as flame retardants in building materials, electronics, foam cushions and textiles, PBDEs (polybrominated diphenyl ethers) and PBBs (polybrominated biphenyls) accumulate in blood and fat tissues. Endocrine-disrupting PBDEs and PBBs may alter children's brain development and cause learning and behavior problems. Exposure can decrease thyroid hormone levels and negatively affect reproduction.

To minimize: Cover or replace cushions or car seats where foam pads are exposed. Avoid rigid polystyrene (Styrofoam) insulation.

Excerpted from Natural Home & Garden, a national magazine that provides practical ideas, inspiring examples and expert opinions about healthy, ecologically sound, beautiful homes. To read more articles from Natural Home & Garden, please visit www.NaturalHomeMagazine.com or call (800) 340-5846 to subscribe. Copyright 2011 by Ogden Publications Inc.

Pure and Simple: Clean Naturally with Plant Essential Oils

FROM NATURAL HOME & GARDEN,
BY NANCY CHRISTIE

We put a lot of work into creating clean, healthy homes for ourselves and our families. And for most of us, our idea of a healthy home doesn't include toxic chemicals. Yet many of us spray on and breathe in potentially toxic ingredients every time we use common household cleaning products.

Fortunately, nature has provided us with a bevy of alternatives to synthetic chemicals: Plant essential oils clean, disinfect and smell great. Studies have found many to have antimicrobial properties. Use the blends below for a house that's clean and nontoxic. (As with any new product you introduce into your home, be sure to read the instructions for each ingredient to ensure safe and effective use.)

Surface cleaner: Add 7 drops lavender, eucalyptus, tea tree, cinnamon, clove, thyme, pine, grapefruit or oregano oil to 2 cups of water. Spray on surfaces.

Kitchen cleaner: Mix the following essential oils: 8 drops lavender, 10 drops lemon, 5 drops eucalyptus, 8 drops rosewood and 3 drops palma rosa. Combine 2 cups of water with 8 drops of the mixture and spray on surfaces.

Dishwashing boost: To add fragrance or to improve the antiseptic action of your liquid soap, add 10 drops of essential oils such as lavender, orange, bergamot or lime to 3 ounces of natural liquid dishwashing soap and shake well.

Floor cleaner: Combine 1/4 cup of white vinegar with 10 drops lemon oil and 4 drops oregano oil. Add to a

bucket of water. For extra cleaning power, add several drops of dish soap, but follow with a clean-water mop so floors aren't slippery.

Window cleaner: In a spray bottle, combine 1 cup white vinegar, 10 to 15 drops lemon oil and 1 cup water. Shake well before each use. In summer, repel flies by wiping windows with a cloth dampened with 2 ounces water and 10 drops lavender or lemongrass essential oils.

Air freshener: To keep indoor air smelling fresh, mix 8 drops of essential oil with 2 1/2 cups warm water. (Use a single scent or 8 drops of this combination: 5 drops bergamot, 10 drops lavender, 5 drops cinnamon, 10 drops lemon, 10 drops citronella.) Store in a spray bottle and shake well before use.

Flea killer: Mix 2 cups borax with 10 to 15 drops of essential oils. Try pine or balsam fir in fall and winter; and lemongrass, lavender or any citrus oils in spring and summer. Sprinkle on carpets, then wait a few minutes before vacuuming.

Hot tub cleaner: To disinfect and fragrance the water in a hot tub, add 3 drops of lavender, cinnamon, clove, eucalyptus, thyme or grapefruit essential oil per person that uses the tub.

Buying Tips

Choosing high-quality oils is essential. Know your terms: "Fragrance oil," "nature-identical oil" or "perfume oil" aren't the same as 100 percent pure essential oil. They may be combinations of essential oils and chemicals, or just plain chemicals.

GREEN NEWS & VIEWS

Check the container: Avoid oils in plastic bottles or with rubber eyedropper bulbs in the top. These can degrade and contaminate the oil. Look for small (4-ounce or less) dark or opaque glass bottles.

Read the label: Look for the correct botanical (Latin) name to ensure you're buying the right oil.

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Signs of Climate Change

FROM MOTHER EARTH NEWS,
BY RICHARD HILDERMAN, PH.D.

The evidence of climate change is all around us. Here's a rundown of the dramatic problems we now face, and why we need solutions, not more debate.

Our planet is undergoing dramatic changes right before our eyes. Misinformation and political debate surround this topic, despite consensus among respected scientific societies including the American Meteorological Society, the U.S. National Academy of Sciences and the Intergovernmental Panel on Climate Change (IPCC).

Climate change is not just about rising temperatures. It is also about other rapid changes happening now. Unless we make drastic adjustments, these changes will make Earth a more hostile place to live. What follows are the signs that climate change is already affecting the planet we live on, and the changes we can expect if global warming continues unchecked.

Sea Level Rise

The global rate of ice loss since 1990 is more than double the rate of the previous 30 years.

If we continue our current rate of fossil fuel use, scientists predict sea level will rise at least 3 feet by the end of the 21st century. Globally, more than 100 million people live less than 3 feet above sea level. Coastal plains, such as those along the Atlantic Ocean and the Gulf of Mexico, are at the highest risk, along with the major river deltas such as that of the Mississippi River. Henry Pollack, a geophysicist at the University of Michigan, points out that if we don't slow climate change now, climate refugees will make our current immigration complexities seem like a Sunday school picnic.

Arctic Ice Melt

Historically, floating summer ice in the Arctic Ocean has covered an area about the size of the United States. This ice reflects the sun's radiation and keeps the Arctic cool. But when sea ice melts away, the dark sea absorbs the sun's radiation, which increases the water temperature, triggers more melting and raises the Arctic's atmospheric temperature. Because of this feedback loop, within only a few decades, the Arctic Ocean could be ice-free in the summer for the first time in 55 million years.

Mountain Glacier Melt

Mountain glaciers are rapidly disappearing, straining supplies of glacial water needed for agriculture, drinking water, sanitation and hydropower generation. The meltwater from the

Himalayan and Tibetan Plateau glaciers, for example, provide fresh water for the people of India, China and most of Southeast Asia. One of the principal glaciers feeding the Yangtze River in China has retreated more than half a mile in just over a decade.

In the northwestern United States, much of the fresh water comes from the rapidly disappearing glaciers of Mt. Rainier, the Cascade Range and Glacier National Park. In 1850, Glacier National Park had 150 glaciers. Today it has 25.

Forest Fires

As they grow, trees remove carbon dioxide from the atmosphere through photosynthesis and store an enormous amount of organic carbon. Deforestation caused by forest fires reduces photosynthetic activity – which results in the atmosphere retaining higher levels of carbon dioxide – and speeds the release of the carbon stored in the trees into the atmosphere as carbon dioxide.

Every degree increase in the temperature of the western United States brings roughly a 6 percent increase in lightning strikes. In June 2008 alone, lightning strikes triggered 1,700 forest fires in California, resulting in millions of burned acres.

Insect-Borne Diseases

In the past, deep winter freezes controlled the populations of many destructive insects. Now, winters are short and mild enough for the larvae of the pine bark beetle, as one example, to overwinter farther north. This beetle has destroyed more than 35 million acres of forest in British Columbia, Montana, Wyoming and Colorado, has recently crossed the Continental Divide into the forests of Alberta, and is heading toward the Great Lakes, leaving behind dead trees that fuel yet more forest fires.

Another example is the mosquito, which now enjoys an extended geographic range thanks to higher global temperatures. Mosquitoes harbor disease-causing viruses such as dengue fever, malaria and West Nile virus.

Extreme Weather

In recent years, we have seen increased numbers of hurricanes, more severe winter weather, massive floods, heat waves and droughts throughout the world. While weather is not a direct indication of climate change, the accumulating increase in severe weather signals an overall climate shift that's creating powerful storms more frequently.

The Future

Everything in our lives is ultimately tied to climate – where we live, water supply, food production, health and

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Signs of Climate Change
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even national security. As changes begin, they trigger feedback loops that advance climate change at faster and faster rates.

The United States has about 4 percent of the world's population, but emits about 20 percent of the world's carbon dioxide. If the shift to a renewable en-

ergy economy is to be successful, the United States must be the leader. The time to debate was yesterday. We must act today.

Excerpted from Mother Earth News, the Original Guide to Living Wisely. To read more articles from Mother Earth News, please visit www.MotherEarthNews.com or call (800) 234-3368 to subscribe. Copyright 2011 by Ogden Publications Inc.

Yet More Proof That Grass-Fed Meat Is Better

FROM MOTHER EARTH NEWS,
BY OSCAR H. WILL, III

More evidence that grass-fed meat is good for you emerged earlier this year when scientists in Ireland found that consuming grass-finished red meats from lamb and cattle, even for a short period of time, is good for your heart.

The study, published in the British Journal of Nutrition (volume 105, issue 01), not only confirmed again that red meat from animals "finished" on grass for the six weeks before slaughter contains significantly more omega-3 polyunsaturated fatty acids than meat from grain-fed feedlot animals, but also demonstrated for the first time that healthy consumers who ate that grass-finished meat for only four weeks showed significant increases in blood levels of

omega-3s compared with those eating grain-finished red meat. This is important news for several reasons.

Omega-3 fatty acids are beneficial in our diets, in part because they have a stabilizing effect on atherosclerotic plaques, which reduces the likelihood that the plaque will rupture and cause a number of heart and artery issues, including heart attack and death. These special fatty acids also reduce arterial inflammation and clotting. So, eating grass-fed red meat is actually good for your heart.

Eating only three portions of grass-fed red meat per week (about 18 ounces cooked) increased study participants' omega-3 blood levels as much as some fish oils when factoring in cultural eating habits. Plus, the grass-finished cattle and sheep used in the study

were offered grass for only the final six weeks of their lives, which means there may be even more potential for obtaining dietary omega-3s from red-meat animals that are finished on grass for a typical 120-day finishing period.

Critics will note that grass-fed red meat is no panacea, and they will be correct. Any dietary magic bullet has yet to be discovered, no matter what special interest groups want you to think. We do, however, have clear evidence that grass-fed red meat is better for us than industrial red meat in a number of additional ways.

- Grass-fed meat has a significantly better fat and antioxidant profile than grain-finished meat. Even though the levels of saturated fats are similar, the specific saturated fats that are associated with harmful cholesterol levels are higher in industrial meat.
- Grass-fed meat contains higher levels of conjugated linoleic acids (CLA), which have been linked to reduced cancer rates, reduced arterial disease and reduced diabetes levels, among other benefits.
- Grass-fed meats' omega-6 to omega-3 fatty acid ratio is closer to the dietary ideal, meaning it's better for your brain than industrial meat.
- Grass-fed meat contains more vita-

min A and vitamin E precursors than that of grain-fed animals.

At the end of the day, grass-fed red meats are leaner and contain proportionally more of many important nutrients that relate to good health. No surprise there, because ruminants evolved to eat forages, and humans evolved eating forage-fed ruminants.

I've been eating grass-fed meat for years because I love the way it tastes and the way it grills up juicy and tender. The last time I ordered steak at a restaurant, I was presented with a beautiful piece of meat that was cooked to a perfect medium-rare. It was so tender that I could cut it with my table knife. I was expecting an explosion of flavor when I chomped down on the first bite, but yikes! All of that lovely potential was ruined by the foul flavor of feedlot. For me, better flavor is reason enough to go with grass-fed meat. The health and environmental benefits are just icing on the cake.

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COMMUNITY ACTION

A Call to C.R.E.A.T.E. a Warm Night for All

BY LAILA RIAZI

Listen to the news and you can't escape it—so much suffering in our world. Like so many, I am drawn to images of need in far away lands—famine, natural disasters, victims of armed conflict—each deserving of my attention and assistance. As a child of an Iranian father who, along with my mother, schooled me to think globally, my focus has naturally trended to the international despite living here in the U.S. Therefore, in 2007, when a neighbor asked if I would serve on the board of a nonprofit agency that focused on serving local individuals and families in crisis and in need, I was hesitant. With strong liberal, international training, I must admit I carried a bias that the need in my own country was less worthy of my energy and effort. "True need" existed elsewhere. Ultimately, I took the plunge.

Four years later I am urging you to join me in thinking globally while acting locally. Serving on the board of Community Crisis Services, Inc. (CCSI) quickly revealed that I could not have been more wrong in my valuation of need. In fact, what I learned led me to join the staff of the same agency and lend my effort on behalf of the need

within our communities and the good work done everyday by agencies such as mine. Ultimately, need is need—and the need that exists in our Metro-DC community demands our attention and our action.

The Face of Homelessness—Much Like Ours, Living at the Margins

Where I work, in a small building in Hyattsville, MD, twice a day, every day, it happens—a surge of calls seeking shelter, "Hello, Homeless Hotline." On any given morning, in less than an hour, more than 60 families or individuals call seeking to come in off the street or to leave a friend's worn-out welcome. Unfortunately, most callers will not be placed today, or even next week. The fact is, there are fewer than 400 shelter spaces where I live in Prince George's County and, with over 1,500 persons homeless or at risk of homelessness each day, an extended wait for a shelter opening is a often a bitter reality.

Throughout our greater DC region, the numbers are even more sobering, with almost 12,000 people reporting being homeless in a 2011 survey. It is agencies, such as the one I serve, that stand witness to the increasing need in

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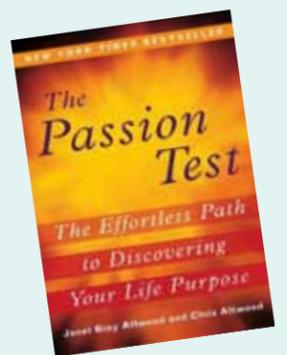
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COMMUNITY ACTION

C.R.E.A.T.E. a Warm Night for All, continued from page 51

our communities and stand ready to do what they can to support individuals and families—our neighbors—in crisis.

Do you realize that your co-worker might be homeless? Yes, it's true—38% of adults of homeless families are employed. I have met government contractors, school employees, and wait staff, employed but homeless, forced to seek shelter for themselves and their families.

While it is true that many homeless individuals struggle with mental health and substance abuse issues, today more and more of the calls to agencies such as mine represent a neighbor in our community whose last resource is now expended.

For example...She is "Kathy," out of unemployment benefits, savings, and family assistance, and still the job has not come through; but the bills certainly have, as have worries, hardships and a debilitating loss of dignity and self-esteem. Finally, forced to seek shelter for her family, she swallows her last bit of pride and places a call to our Homeless Hotline.

This is a story all too familiar in our communities. In fact, in the metro DC area, 40% of our homeless population is families, and one in four is a child. Yes, one in four is a child. When we

try that statistic on for size, the equation changes, and it becomes that much more difficult to turn away.

Compassion in the Face of "No"—One Agency's Story

What can an agency such as the one I serve do when so often the answer we have to give to those seeking shelter is "no?" In those instances, when we can't meet the need for shelter, we give what we can by treating every caller with respect and every crisis and need with compassion. At Community Crisis Services, Inc. (CCSI), this is who we are. This is why we are here.

Our agency has been serving those in crisis in Prince George's County 24 hours per day, every day since 1970. In the community, we are often the first point of contact for individuals in crisis—those seeking shelter, needing social services, to report child or adult abuse, suicide prevention/intervention counseling, or simply looking for a compassionate listener.

This past year, our agency alone answered more than 127,000 calls including over 40,000 calls seeking homeless services. This represents 42 additional calls a day versus last year. Who calls? What are their stories and why should we care? Most importantly, what can we do to help?

C.R.E.A.T.E. a Warm Night for All

Come winter, calls for shelter take on

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COMMUNITY ACTION

greater urgency. Even in the coldest of months, evictions happen and homeless individuals and families are in immediate need of shelter from the elements. To answer this need, our Warm Nights Hypothermia Shelter offers overnight shelter, food and additional case management services to homeless individuals, and remains the only hypothermia shelter in Prince George's County dedicated to accommodating homeless families. We accomplish this through a partnership with the Department of Social Services and over 35 area congregations. This past year, from November through April, we provided long-term Hypothermia Shelter Services for 187 individuals, including 61 children. When homelessness is unavoidable, Warm Nights is available to step into the breach.

However, as agencies such as ours witness daily, the need in our communities is increasing both in numbers and in severity. With your help, agencies like CCSI can and will do more. It has become my personal mission to call our community to take a closer look at how we give of ourselves, and how we can make a positive difference for those in need. In support of homeless services programs, I am calling on you to join CCSI and Celebrate, Respect, Educate, Advocate, Together, Everyday to "C.R.E.A.T.E. a Warm Night for All." Along the way, as individuals and a community, we can learn a new way of giving.

It starts with **Celebrate**. How often have we given out of a sense of duty, obligation? I have always found this approach tiring and absent of joy. Instead, I would like to call us to give of ourselves out of celebration—rejoice that we have a place to call home, people who love us, and that we have... enough. Giving out of celebration is empowering, and the desire to share our joy is profound.

Respect, in today's world, is often attached to our title, where we vacation or our latest electronic gadget. It is time we reorient ourselves toward respecting the inherent dignity of each and every person.

We must **Educate** ourselves. It seems easy, but it is the loudest voices that catch our attention. We know 38% of all homeless adults in families, and 20% of homeless individuals, are employed. We know the average face of homelessness in our county is that of an eight-year old child. So we know enough to do something, and must give a voice to the disenfranchised.

Now we are ready to **Advocate** for those who lack a say. **Together**, we are ready to multiply our efforts to do something **Everyday**—exchange a smile, not turn away, appreciate and care for what we are so fortunate to have—then we have begun to "C.R.E.A.T.E. a Warm Night for All" and make giving a way of being.

Ways to C.R.E.A.T.E.

My agency, CCSI, is a registered beneficiary of the Fannie Mae Help The Homeless Program. Now through November 6th, you can help us by stepping forward to host mini-walks of 20, 100, 500 participants—you pick the

number—in your congregations, community organizations, businesses and schools. With 3,000 total walkers, we can leverage \$100,000 in funding for homeless services.

Simply pick a date and we will help you every step of the way. We will come to you to share interactive and engaging lessons on homelessness and what you can do to help the neediest members in your communities. Your "Mini-Walk" need not even be a walk. You can host a yoga class, a neighborhood cleanup, or packing groceries as a "walk" for the homeless. The possibilities are only limited by your imagination. You may even find yourselves featured in the local news, as we love to share how our community gives back by inviting our local media to report on your walk events.

You can also become a "Friend of Warm Nights" by donating to cover student walk fees and sponsoring our agency to earn a 20% match. We offer Mini-Walks to our area schools and need generous supporters to cover student walk fees so we can offer the opportunity to learn how to C.R.E.A.T.E. to all students, regardless of financial ability. Individual, community or business sponsorships from \$1,500 to \$25,000 earn an additional 20% match from Fannie Mae with all monies going to our agency's homeless services programs.

Finally, you always have the option to volunteer. There are so many opportunities available at the numerous agencies in our area providing assistance to the homeless. Volunteering can be as simple as spending an hour or two assembling shelter kits, or as in depth as delivering supplies to area shelters or manning a homeless hotline. Giving need not always come from one's wallet, when one's time can be just as valuable and productive.

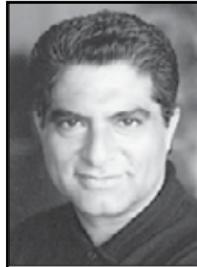
Together we can C.R.E.A.T.E. a Warm Night for all as well as a commitment to think globally and act locally to build a stronger community.

Laila Riazi is the Director of Development at Community Crisis Services, Inc. (CCSI). If you, your business, congregation, school, or other organization is interested in conducting a Mini Walk for the Homeless, please call Laila at 301-864-7095 ext. 420 to learn more, or visit CCSI at www.facebook.com/CCSIWALKS.

ADDITIONAL RESOURCES

The U.S. Department of Housing and Urban Development (HUD) offers several resources, state by state, to deal with homelessness and related issues. Visit www.hud.gov and click on "State Info" to search individual states and the services they provide.

- Online Directory of Homeless Shelters in MD/DC/VA – www.homelessshelterdirectory.org
- DC Coalition for the Homeless – www.dccfh.org
- Maryland Department of Human Resources Directory of Maryland Emergency Shelters and Transitional Housing Programs - <http://dhr.maryland.gov/transit/pdf/homelist.pdf>



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The Practice of Silence

BY STEPHANIE KRONE FIRESTONE

I have spent the last few years of my life learning to value my own silence. I think it started when I realized that there are times when my mouth works faster than my brain. I don't recall specific incidents when I said something hurtful or stupid, but I seem to recall there being many. Or possibly, I just felt sufficiently ashamed for these occurrences to have taken on a disproportionate space in my personal narrative.

I began with a resolve to make my speech more intentional. In a recent *Washington Post* article, author Dan Slater used a phrase—albeit in a different context—that sums up this approach to speaking: "...embarking on a sentence." It's as though I was taking a trip and needed to think about the opportunities and potential pitfalls before packing. Can you imagine if we approached the utterances that spew forth from our mouths with the same forethought?

Putting this into practice meant combating the tendency we all have to think about our next response while someone else is talking, or to practice what is known in some professional circles as

active listening. I am particularly challenged to do this in two settings where I spend time these days—hospitals and hospice. As I attend women laboring through childbirth in one instance, and people nearing their end of life in the other, I struggle to find the right words. When the person before me is fearful of the unknown through the door right in front of her/him, I am tempted to lapse into false assurances. Yet, each time I encounter it, I am allured down this path less, for along my journey to fewer mis-utterances, I have uncovered some gems buried in the act of shutting up.

An elderly hospice patient I visited face challenges on two fronts. Both she and her husband were ill and forced to face their new realities separately. She was bound for a medical institution where he could rarely visit. My lady constantly worried about her beloved—was he eating, dressing warm enough, tipping the woman who cleaned their apartment? One day, as I caressed her hand, looked into her eyes, and allowed time to pass, I felt her begin to relinquish the control she accrued during their 50 plus years of marriage. I had not said a word.

And so I trained myself to be more comfortable in the silence between

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An elderly hospice patient I visited face challenges on two fronts. Both she and her husband were ill and forced to face their new realities separately. She was bound for a medical institution where he could rarely visit. My lady constantly worried about her beloved—was he eating, dressing warm enough, tipping the woman who cleaned their apartment? One day, as I caressed her hand, looked into her eyes, and allowed time to pass, I felt her begin to relinquish the control she accrued during their 50 plus years of marriage. I had not said a word.

words. I have learned to sit with the unpleasant sensation of summersaults in my gut, despite the nervous energy prodding me to say something and fill the void. My 'non-response' has enabled both me and—more significantly—the person across from me, to connect with the rise of new emotions, and often new understandings. I am repeatedly awed by the gift of time that silence provides. The silence, that pause in conversation, allows us to simply digest the air.

In groups, the human race historically values the power of silence. We tap into the energy of the group and practice communal "moments of silence" as a means of showing respect in somber circumstances. Clearly we appreciate that sometimes words cannot sufficiently convey a sentiment, and so we don't use them. Yet in the traditional two-way conversation, momentary silences are nearly taboo. What rich opportunities we squander.

Of course the ultimate in silence-experimentation is the silent retreat, which I tried for the first time a few years ago. It is unfair to label it anti-social, but the experience of walking around a retreat center and intentionally avoiding eye contact with others is, well, dissociating. Meals were a completely new experience. I was surrounded by over a hundred individuals, each one staring into the abyss while chewing, and yet the only sound was the delicate clanking of silverware. I found myself eating more slowly, chewing more intentionally, and savoring the blessing of flavorful food more sincerely.

One of my retreat takeaways was

that I need a lot more than three days to attain the tranquility and reach the epiphanies that are hallmarks of this endeavor. Perhaps I can blame my circumstance, since my serenity was frequently disrupted by the woman who shared a room with me. While perfectly respectful of the rules during the day, her screams and jolting utterances throughout the night were sufficient to penetrate the white noise at a football game. Absent the silence pledge, I was tempted to suggest to her that perhaps talking, i.e., to a therapist, would be preferable to silence.

With baby steps, I have brought the practice of silence into my home. A few years ago I recognized that, without intention, I largely controlled the emotional barometer in the household. When I was jovial, I sparked the levity in others; when anger pierced my words, we were at one another's throats. In my silent mode that is more characteristic these days, I find that a sense of calm more often pervades. Does this mean I now walk through life passively? Anyone who knows me will argue otherwise. My behavior, however, does imply that I am less impressed with what I have to say, and more hungry to glean from what others may share—both their wisdoms articulated, and the wisdoms embedded in the angst and joy that they wordlessly express—when I am silent.

Stephanie Krone Firestone is an environmental planner/mediator, a birth doula and a hospice volunteer. She is writing a book that will help people to use major life events as platforms for personal leaps. She can be reached at firekrone@yahoo.com.

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WASHINGTON GARDENER

Chrysanthemums: the Golden Flower

TEXT & PHOTOS BY KATHY JENTZ

I'll confess I had a longtime aversion to chrysanthemums. Both their smell and commonness turned me off. But recently I had a change of heart. I discovered a whole new world of mum growing that goes far beyond those boring mums sold in bunches at your local florists.

Chrysanthemums are an asset to any perennial garden. They provide quiet foliage all through the growing season and then set bloom right when most everything else is finished. From gold to pink to white and maroon, there is a color for every planting scheme. Don't limit yourself to just the pom-pom cushion variety either. A personal favorite of mine mum is the Sheffield Pink (pictured here), which looks like a peach-colored daisy on tall stems. It is terrific for cutting and is especially nice planted next to Autumn Joy sedum.

The flower is significant in many world cultures. The name "Chrysanthemum" is derived from the Greek, chrysos (gold) and anthos (flower). Chrysanthemums were first cultivated in China as a flowering herb as far back as the 15th century BC. In many countries, it is associated with funerals

and grief. In the United States, mums are generally seen as a cheerful bloom. The flowers have medicinal, culinary, and insecticidal properties – aside from their ornamental attributes.

According to Gary Mangum, president of Bell Nursery, who supplies plants to Home Depot throughout the Mid-Atlantic, "Yellow is the most popular mum color for us." Bell Nursery has taken the love of mums to the next level by breeding giant mums that are upwards of three feet across! "We find that people get instant gratification by covering a lot of area and getting a lot of color with fewer plants," said Mangum. "We have seen a huge growth in the popularity of the giant mums each year they are in the stores." Home Depot expects to sell 30,000 of the giant mums in the region this year, doubling last year's sales, as well as selling 500,000 of Bell Nursery's regular sized mums.

Whether giant or mini or in between, mums deserve a place in your garden. Here are some chrysanthemum growing tips:

- Mums are ideal container plants and can then be planted after blooming.



Jonathan Tao, O.M.D.

DC, VA & MD R. Acu.

Listed in Dictionary of International Chinese
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Dr. Tao is the third acupuncturist I have seen and I am most pleased with him. After his treatment, I always feel better and have a renewed sense of energy. I can call on short notice and he usually answers his phone and arranges to see me quickly. He keeps down his office waiting time. He listens and shows courtesy and sensitivity.

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Sheffield Pink mums

- Be sure you select plants that are cold hardy and healthy.
- Plant in full sun and give them space. They need good air circulation.
- Every three years divide the plants in spring.
- They need good drainage and a light mulching in spring helps.
- Pinch them back before July to create compact, bushy plants with more blooms.
- Provide extra mulch in fall for winter protection and do not cut them

back until early spring when some new basal growth begins to emerge.

- A hard frost will turn the blooms brown, so if you know a freeze is predicted, you can give them protection to prolong the bloom life by covering with a frost blanket.

Both Longwood Gardens in Kennett Square, PA, and Brookside Gardens in Wheaton, MD, hold chrysanthemum shows each autumn. The displays include a variety of chrysanthemum colors and forms – from cascading baskets to topiary to single, large blossoms. Plan a visit to one or both to get an overview of the mums available to you.

If you find yourself growing more interested in breeding and cultivating chrysanthemums, you may want to join a local mum enthusiast group.

The Potomac Chrysanthemum Society (PCS). The club holds an annual plant sale each May in various locations around the beltway. All plants are \$1.25 and selection is wide. The club also hosts monthly meetings at the Twinbrook Library in Rockville, MD, and other regular events such as a plant exchange. For more information, contact the PCS President Warren Pfeiffer at Potomac@mums.org.

The Old Dominion Chrysanthemum Society is based in Alexandria,

VA, meets monthly at the Falls Church Community Center in Falls Church, VA. For details, contact Jim Dunne at jim.dunne@mums.org.

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

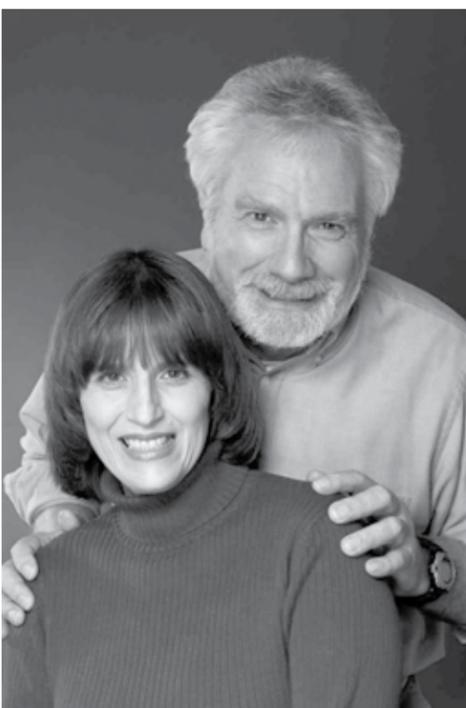
The magazine is written entirely by local area gardeners. They have real-world knowledge and practical advice with the same problems you experience in your own gardens. They share their thoughts on what to plant in deep shade, how to cover bare spots, which annuals work best throughout the humid DC summers, and much more. If you are a DC area gardener, you'll love Washington Gardener magazine!

The magazine is published six times per year with a cover price of \$4.99. A year's subscription is \$20.00 – that's a savings of almost 40% off the per issue price. To subscribe to the magazine: Send a check/money order for \$20.00 payable to "Washington Gardener" magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910 OR to pay via Paypal/credit card click on the "subscribe" link at www.WashingtonGardener.com.

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Schedule an appointment and experience for yourself the changes that can come about from powerful clearing work. People who are at a plateau in their physical, emotional, or spiritual healing process may find this work especially beneficial.



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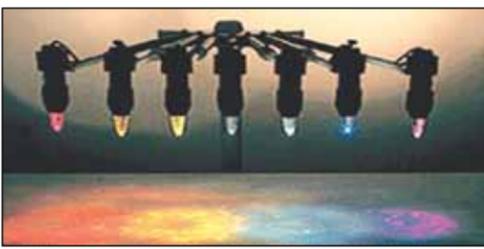
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MUSIC REVIEWS

It's Good, It's New and It's Got Groove...

BY CLAUDIA NEUMAN

Sachal Jazz: Interpretations of Jazz Standards & Bossa Nova by the Sachal Studios Orchestra
Recorded at Sachal Studios, Lahore, June 2008 – November 2009
Mixed and Master at the Abbey Road Studios, London – January 2010
Website: www.sachal-music.com



There is no better fate in life than to do what you love and also make a living at it. If your senses have become dull from listening to overly produced, trendy digitized music, go to this website: www.sachal-music.com/, where you will find something rare and purely delight-filled.

American jazz standards like "Take Five" and "The Girl from Ipanema" are glorious to listen to in any context, but they take on a whole new meaning when the Sachal Jazz Orchestra of Pakistan puts the energy of loving what they are able to do once again into every note. This is more than a good listen; the heart-felt gratitude of these souls gives us a tangible experience of

the unifying force of music.

Izzat Majeed, a London based millionaire philanthropist, built the state of the art Sachal recording studio in Lahore, Pakistan about 8 years ago. The money spent on this project has been solely for his love of music, and not for business. The fact that *Sachal Jazz* has taken the iTunes charts by storm is the 'icing on the cake,' and an unexpected surprise. The orchestra's YouTube video of "Take Five" (available at www.youtube.com/user/sachalsmusicchannel)

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MUSIC REVIEWS

has been devoured by online viewers; a Hollywood producer is interested in a documentary; and this labor of love has instilled new hope for Pakistan—a country that has been deprived of musical expression for decades.

The local film industry of Pakistan (Lollywood) ended during the 1980's under the reign of General Zia-ul-Haq. An industry that once employed several hundreds of musicians to record film scores was lost, and with it, thousands became woefully unemployed. In order to find musicians for his project, Majeed reports he had to hunt for and pull them out of obscure jobs that some had been doing for decades. He found his cello player selling tea from a cart, and one of his violinists selling vegetables, earning barely \$4.00 a day, says Majeed. Among the salvaged are some of Pakistan's master musicians who would have otherwise gone on in obscurity indefinitely.

Little had been done to promote the new CD until August of this year, when a BBC interview changed everything. With the buzz started, these musicians are now doing what they do best, and taking their place on the map of musical history.

The rich sound of a sitar masterfully blended with a samba-jazz beat over violins and tabla brings a smile to one's face. As could only be expected from the quality of recording equipment, ingenious arrangements, and

attention to detail, the CD is nothing short of a masterpiece.

This renaissance for musician and country couldn't have come at a better time. The unrest of past decades has been isolating for Pakistan. Nothing much has transpired between Lahore and the rest of the cultural world. Traveling out, or, bringing concerts into the country, is increasingly more complex. At one time, Lahore was the cultural capital of Pakistan, and many of the jazz greats, such as Duke Ellington, performed there. Dave Brubeck performed there in the 1950's; now at 90, he hails this version of "Take Five" as "the most interesting" he has ever heard.

The top selling iTunes download from Sachal Jazz is available through numerous online outlets. The video is a must see, and downloads are must have recordings—a timeless contribution to any music lovers library!

World Without Walls

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Website: www.ancient-future.com

For a never-before-conceived blend of Asian and Western World Music,

turn to the one who coined the phrase 'World Fusion Music', Matthew Montfort. *World Without Walls* by Montfort's band, Ancient Future, has just been released digitally for the first time by Capitol Records, in order to preserve the original version, which is now out of print, and, to celebrate their tour that began earlier this year.

For decades, Ancient Future has dedicated themselves to the creation of their own style, mixing jazz improvisation with exotic rhythms and sounds from every part of the world. The Asian meets West release of Ancient Future's *World Without Walls* is one such rich musical journey. It is comprised of ten exquisite tracks with performances on scalloped fret board guitar, synthesizer, acoustic violin, acoustic bass, and more, by its members: Ian Dogole, Bill Douglas, Doug McKeenan, Jim Hurley and Matthew Montfort. *World* is both complex and simple, laden with musically sophisticated arrangements and surprising blends of instruments that, although diverse, work very well.

Internationally renowned Zakir Hussain (*Shati* with John McLaughlin, *Diga Rhythm Band*, *Planet Drum* with Micky Heart, etc.) joins the band on several of the pieces. A child prodigy who has been duly awarded and highly acclaimed as a master of the tablas, Zakir Hussain is considered one of the pioneers of the world music movement.

All the songs have their own story

and ambiance, ranging from moody and haunting slow tempos (*Gopi Song, Alap*) to playful and bright compositions (*Nyo Nyo Gde, Dance In The Rain*). Imagine a clean Asian 'tink' sound next to a full-bodied western bass, while tablas subtly keep an unlikely groove that never dominates the overarching theme of the piece. *Lakshmi Rocks Me* and *Dance in the Rain Forest* stand out in particular, demonstrating the cool blend of styles, and offering infectious melodies and satisfying grooves. Other cool instruments on this CD include banjo, dumbek, scalloped fret board guitar, electric guitar and more.

Once again Montfort has created a multi-cultural musical experience. World Music and Jazz lovers, this is a must have in your collection!

Spirit Voyage: Sacred World Music

Spirit Voyage Music produces some of the best names in Yoga Music, and their live events are also high on the yoga music lovers' radar. The many Spirit Voyage websites offer a generous selection of impeccably recorded spiritual kirtan-chants and videos, sung in a variety of shades and styles.

The mission of Spirit Voyage is "to serve through the spread of authentically healing sound current," and there is no doubt that one can feel inspired,

continued on page 60

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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.

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

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MUSIC REVIEWS

Spirit Voyage: Sacred World Music ...continued from page 59



uplifted and hopeful when meditating on the beautiful recordings available through their websites.

Some of their newest offerings are *I Am Thine*, *Ras* and *Kundlini Remix*. Timely and haunting performances can be savored by Jai Jagdeesh, (*I Am Thine*) and Snatam Kaur, (*Ras*), as they sing beloved yoga chants. Jai Jagdeesh

has that special quality of seasoned wisdom in her voice, pretty and serious, light and dark; mesmerizing. Her vocals caress each piece in a sea of ethereal strings. This is a great CD to have for personal worship or quiet meditations. It is also sensuous enough to play on a special date.

Snatam Kaur embodies a wise and mellow voice, totally focused on the light. This is a lovely journey into mantra done with sincerity and grace, another great CD for quiet reflections.

One of my favorites is *Kundalini Remix*, which features a variety of musicians (Snatam Kaur, Mirabai Ceiba, Dave Stringer, Thomas Barquee, to name a few) in remixed versions of ancient chants. With some very wild and 'happening' electronic beats backing the tunes, it's music with a groove to bop to for sure!

Visit them at:
www.spiritvoyage.com.

Musicians!

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METAPHYSICAL BOOK REVIEWS

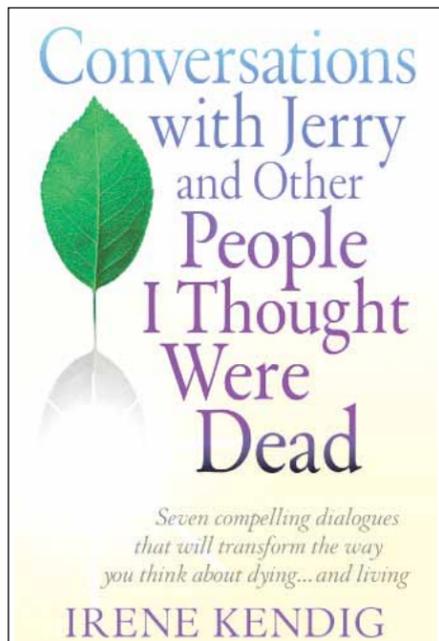
REVIEWS BY LISA WECHTENHISER

Conversations with Jerry and Other People I Thought Were Dead: Seven Compelling Dialogues That Will Transform the Way You Think About Dying ... and Living
By Irene Kendig
Grateful Press
2010; 323 pages
ISBN-13:978-0-9824567-0-5; \$19.95;
Kindle Edition, \$9.99
Author website: www.conversationswith-jerry.com

I received this book in the mail right before my review deadline, but the title so intrigued me I started reading it. About sixty pages in, I knew I had to include it in my review this time around.

Conversations with Jerry and Other People I Thought Were Dead is pretty much just what it says. The author, Irene Kendig, had the opportunity to speak to some dearly departed friends about what life is like once they transition out of their physical body. Medium Jana Anna, a clear and conscious channel, facilitated the conversations between Irene and those in Spirit.

Having done this work for others, I don't have a skeptical bone in my body about what's on the "other side," but for those who do have such bones, this book is really enlightening. Jerry goes into great detail about what it's



like to move out of his physical body and what really happens in a "life review." The concept of free will exists as strongly on that side as it does here on Earth.

He also shares his perspective on many of the challenges we all face in our daily life. In this excerpt, he and Irene were discussing the responsibility we all have for what shows up in our life:

"Jerry: You're not only a participant

in your life, you're an active creator. No experience is ever forced on you. It's always by choice. Life isn't happening *to* you, it's happening *through* you. By the very nature of it coming through you, you're in agreement to experience it. ... The main focus of the soul is expansion through experience."

In addition to Jerry and his measured, even-tempered wisdom, we also get to listen into conversations between Irene and Jared, a family friend who died at the age of thirty; Beba, her mother; Bill, who commit suicide at age thirty-five; and a few others. Each shares their perspective on the choices they made while in the physical and how it affects them in the hereafter. Irene is a wonderful interviewer, going in-depth with each soul and asking many of the same questions I would (and lots more I wouldn't have thought to ask!).

If you read my reviews last issue, you may remember I mentioned that whenever I come across something that doesn't resonate with me as a truth, I hear a loud clang, much like banging pots and pans together. This entire book? The sound of pots and pans *not* clanging! It affirmed for me so much of what I've already learned about the nature of the soul and how death is not the end of things at all.

I ordered a copy for a friend who has been seeking answers to these kinds

of questions since her mother passed away in March. It felt like such a fit for her because it offers comfort *and* information. If you are all intrigued by the idea of life after death, I cannot recommend this book enough.

Finding Eagle: A Journey into Modern-Day Shamanism

By Marge Hulburt
Gone Writing
2010; 167 pages
ISBN: 978-0-9845104-0-5; \$17.95; Kindle Edition, \$9.99
Author Website:
www.blueeaglewoman.com

I did not choose shamanism as a life practice; it chose me—the way gravity chooses one who has just stepped off a cliff. My only choice was whether to make the trip with or without a parachute. ~ Marge Hulburt

Sometimes we find our path and sometimes our path finds us. And sometimes it comes in a way that takes you totally by surprise.

A scientist by trade, Marge Hulburt finds herself (through a series of "coincidences") under the tutelage of a shaman. And that's where her adventures begin.

Having picked up and moved across the country from Missoula MT, to

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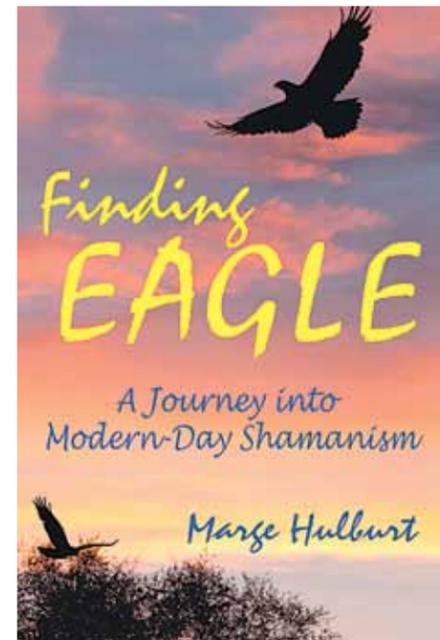
Washington, DC, Hulburt shares with us the desire to find the missing pieces in her life and how they really found her. All she had to do was be open to what shows up. (Easier said than done, right?) She writes:

"After nearly 50 years of protecting myself, even from those who were closest and most important to me, I allowed myself a crack. I allowed another person to see my uncensored thoughts and feelings, my true spontaneous self, even parts of me that I didn't think were okay, for the first time.

When we go deep into the spirit world, all this [products of our ego] drops away and we can see that only love and our eternal essence are real. Working from a place of love, and taking action in ordinary reality to improve our world, is what makes a difference."

Finding Eagle is such an honest, simple and heart-felt book. Reading Marge's words was like catching up with a friend who was telling me all the big changes in her life—changes that inspired her, scared her, and ultimately freed her from who she thought she was all along. It's a lovely little book with profound nuggets of truth tucked inside.

Lisa Wechtenhiser is a teacher, empath and intuitive who specializes in helping you take the next step on your soul path. If you're stuck and need some illumination



and direction, please check out www.practicallyintuitive.com for more information.

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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 Lisa@practicallyintuitive.com or snail mail a press release to Lisa Wechtenhiser, 103 Utah Road, Stevensville, MD 21666.

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ACCESSING YOUR INTUITION

Justice and the *Laws of Mind*

...continued from page 23



Release, release, release. Tarot card matches for the *Vacuum Law of Life* are *Death* and *The Tower*. Both these cards pertain to releasing old patterns and behaviors that no longer serve us in order to make room for the entry of more positive thoughts and behaviors.

7. Law of Nonresistance: What you resist persists! The more we push something away, the more it controls us. For example, in Jungian psychology, we learn to embrace the Shadow, to love all the parts of ourselves. The Tao instructs us to become like water. Water is the most powerful element, because it is perfectly nonresistant—it is ever-flowing, traveling through nooks and crannies without struggle. Imagine the movement of water, such as a river or stream, flowing easily with no resistance. This is how the *Law of Nonresistance* operates. Tara Brach, author of *Radical Self-Acceptance*, illustrates the

idea of nonresistance when she encourages us to respond to life's problems by saying, "Thank you very much. I have no complaints whatsoever." Think about all the energy you put into resisting certain aspects of your life. The *Law of Nonresistance* is related to the *Law of Transmutation*, which states that difficulties can be transformed into positive experiences, that every failure can be transformed into success. The Tarot archetype that corresponds to the *Law of Nonresistance* is *The High Priestess*, who sits on her throne with a sense of total peace, surrender and ease.

8. Law of Love: The Dalai Lama says, "Love and compassion are necessities, not luxuries. Without them humanity cannot survive." Love is the building block of all life. This *Law* contains the power in all of life and it is only through this *Law* that we can reach the highest levels of consciousness through compassion and tolerance. It acknowledges our infinite connection to one another and to Spirit. It means unconditional love for all beings and for all things. The *Law of Love* can be found in the *Ace of Cups*, *The Star*, and *Strength*. Meditate daily on these or

similar cards to help you practice compassion for all beings, including yourself.



9. Law of Gratitude: Begin each day and/or end each night with a prayer of gratitude. By shifting your attention to what you *do* have, you will begin to change your personal vibration and energy. By focusing on what you don't have—the lack in your life—you will be reinforcing that lack. Bless what you have *each* day, even in the darkest times. Think of the practice of gratitude as a magnetic force drawing that which increases your capacity and receptivity for good. Practice generosity as often as possible, especially when you feel impoverished. Practice *random* and *anonymous* acts of kindness. Tarot cards with related meanings to the *Law of Gratitude* include the *Six of Pentacles*, which relates to generosity and the *Five of Cups*, which depicts a time of worry in juxtaposition to ideas of hope and possibility.

The Justice Card

The focus today is on the Justice card, which captures the *Law of Reciprocity*

and several others of the *Laws of Mind* as we understand them in Divine Metaphysics. Justice doesn't care who wins or loses, only that the results are completely balanced and fair. "Sentence" is passed with neither favor nor disfavor. The sword symbolizes the notion that justice can be severe; the scale symbolizes that justice is balanced. The sword also represents thoughts, words and actions that align with the *Laws of Mind*, which are conveyed by the scales of justice. The mingling of these two images creates a sense of perfect balance. Justice epitomizes the concept: "As ye sow, so shall ye reap."

This is a "Karma" card in the sense that actions get appropriate reward. Every action brings a reaction—Justice ensures they will be in equilibrium. What is right or fair is happening or will happen. Justice depicts the link between cause and effect. It is the quintessential example of the *Law of Reciprocity*—whatever you put forth, whatever energy you send out will call forth the exact same reverberation. Justice ensures that this *Law* will be observed in whatever situation is being embraced. If you plant a tomato seed, you will produce a tomato plant. The *Law* says, energy begets energy, lethargy begets lethargy, negativity begets negativity, kindness begets kindness.

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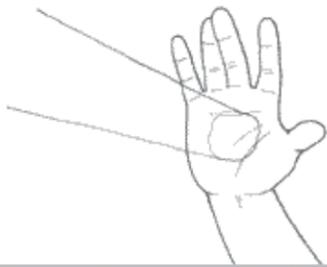
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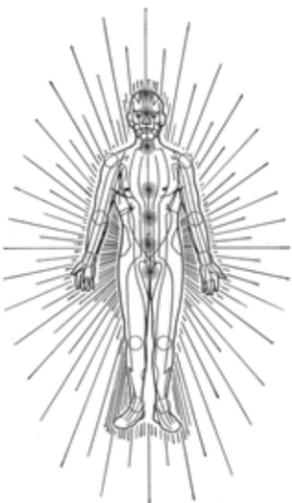
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ACCESSING YOUR INTUITION

Justice and the *Laws of Mind*

...continued from page 63

David Spangler says, "The Law says you must be that which you seek to manifest." As we work with the *Law of Reciprocity*, the energies associated with the Justice card ensure an equal balancing of what we give out and what we take back in. Further, it makes sense that in many decks, the Justice card is number 11, which is exactly the halfway point in the Major Arcana, thereby reinforcing the portrayal of balance and centering. In short, the Justice card promotes mindful awareness of the *Law of Reciprocity*. It may also expedite the attraction of good luck or good karma into your life since it ensures that what you send out will come back to you. The Justice card will demonstrate absolute fairness, according to the system you are embracing. It can serve as a mediator, helping you understand exactly what is fair and reasonable. Justice will be served, without bias or prejudice, and this card may assist you in overcoming any prejudices operating in your life, allowing you to evaluate a situation clearly. It may also assist you in keeping your energies and emotions separate from those around you. It may help you separate fact from fiction. It can also operate on a pragmatic,

earthly level in our everyday lives. As Miss Piggy says, "Never eat more than you can lift!" Be conscious of the *Law of Reciprocity* in all things.

Finally, recognition and acceptance of the *Law of Reciprocity* may be indicative of your spiritual development. That is, the more aware you are of the operation of this *Law* in life, the more you embrace its action and the more conscious you will be of the thoughts, actions and energies you put forth. Thus, Justice assists you in your spirituality by teaching you how this important lesson of cause and effect pertains to your inner dynamics as well. Like The Chariot, the Justice card's ultimate message puts the power for carving out your life back into your own hands. In short, Justice reminds us, "what goes around, comes around." The more we recognize and honor the *Law of Reciprocity*, the more we will benefit since the positive vibrations we send forth will come back to us. But, the "long arm" of karmic law also reminds us to consider the effect of our negative actions since, ultimately, the negativity also returns to us.

Similar to the *Law of Giving and Receiving*, it captures the very nature of

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ACCESSING YOUR INTUITION

As seekers on the spiritual path, we always try to have a harmonious exchange between our own personal consciousness and the collective mind. This *Law* is captured in our breath. For every breath we take and for every breath we release, this *Law* is affirmed. Every action, every thought generates a vibration that draws to us a similar vibration.

existence—and that is the notion of a dynamic exchange between our individual being, our individual bodies and the universal consciousness. We are in a constant state of exchange with the cosmic mind since we are part of that mind. As seekers on the spiritual path, we always try to have a harmonious exchange between our own personal consciousness and the collective mind. This *Law* is captured in our breath. For every breath we take and for every breath we release, this *Law* is affirmed. Every action, every thought generates a vibration that draws to us a similar vibration.

Using Mantras with Tarot Archetypes

Deepak Chopra, in his book, *The Seven Spiritual Laws of Yoga*, writes about these *Natural Laws* as well and he ascribes a “mantra” to his under-

standing of the *Laws*. Mantras are Sanskrit phrases that capture the meaning of these *Laws* in a succinct way. Chopra says that each mantra has a particular vibration and that vibration aligns with the principles of the *Spiritual Laws*. He believes that as we practice the *Law* and its corresponding mantra, we become more aware of the law and it becomes a part of our consciousness. He recommends we meditate daily on these mantras to aid us in applying the *Laws* to our everyday life. As we learn to apply these *Laws*, it will enable us to live a more conscious existence. His Sanskrit translation of the *Laws* is both pithy and beautiful. Further, it is often useful to use words from a language that we don't know. It can help us bypass our logical, linear mind to realize a level of consciousness that is pure intuition, or pure consciousness.

There are several of Chopra's mantras and *Laws* that could illustrate the concept of the Justice card that we have discussed thus far. Perhaps the most powerful, and most beautiful, is *Om Kriyam Namah*, which translates to “My actions are aligned with cosmic intelligence.” This simple sentence underscores why we seek to understand and honor the *Laws of Mind*. Cosmic Intelligence is another way Chopra describes these *Spiritual Laws* of the First Cause, the Source-of-All. By honoring this concept, we establish a foundation from which to build a spiritual life and a means to conscious awareness. Meditation on the Justice card in conjunction with the mantra, *Om Kriyam Namah*, can enhance your grasp of the true nature of all the *Laws of Mind*.

Other *Laws* and mantras that relate to the Justice card are:

“Om Vardhanam Namah”—The Law of Giving & Receiving—“I nourish the universe and the universe nourishes me.”

“Om Varunam Namah”—The Law of Dharma (or purpose in life)—“My life is in harmony with cosmic law.”

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tion to those that you find most difficult to follow, or the most complex to understand. Say a mantra that matches the *Law*. Study its corresponding Tarot image. Align yourself with a higher vibration. Be gentle with yourself.

Om Kriyam Namah.

REFERENCES:

The Seven Spiritual Laws of Yoga by Deepak Chopra and David Simon.

Metaphysical Primer, A Guide to Understanding Metaphysics by Jane L. Robertson and Deborah Hughes.

Geraldine Amaral is the co-author of *Tarot Celebrations: Honoring the Inner Voice and creator of “Tarot 1-2-3,” an instructional video*. She fell in love with the Tarot about 30 years ago when she had her first reading and has been using, studying and writing about the Tarot ever since. She utilizes Jungian/archetypal psychology and Divine Metaphysics in her work and is a respected/gifted intuitive counselor and nationally-known teacher. She focuses her work on how to apply the Tarot's esoteric principles in pragmatic ways as well as for insights and personal transformation. Her classes provide a unique blend of spirituality, psychology, philosophy, humor, literature and personal empowerment methods. She can be reached at 703-671-7421 or geraldine@thespiritualtarot.com or her website www.thespiritualtarot.com. See her ad on page 93.



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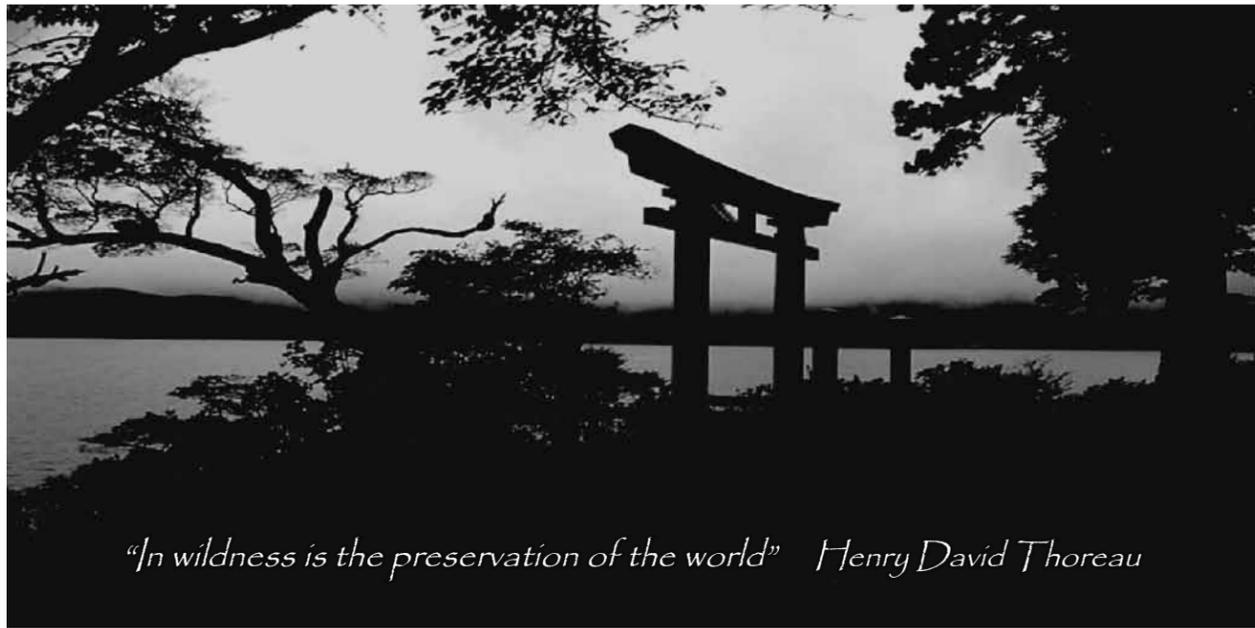
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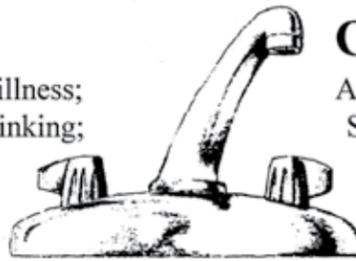


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The Medical War Against Chiropractors

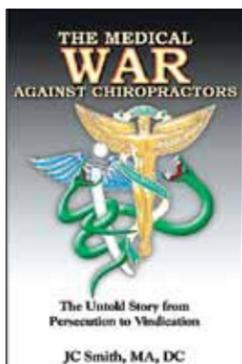
...continued from page 102

Chiropractors regard those practices as misdiagnoses. Research affirms that the majority of people with back pain are not candidates for surgery. The author explains the paradigm shift from pulled muscles and slipped discs (the medical model) to joints and joint dysfunction (the chiropractic model). There is a discussion of spinal joints and altered spinal mechanics in the pain process. These joint problems are not detectable on imaging scans.

Hospital Access for All

One of the most provocative discussions in this book is the role of the public hospital paid for by taxpayers, their right to a full range of medical treatment choices, and the allopathic gatekeepers who interfere with those rights.

The author maintains that public hospitals and any hospital that receives government funds or tax breaks should not be able to exclude any practitioner licensed in that state. Yet the medical establishment imposes an allopathic monopoly by excluding all other licensed practitioners and modalities—acupuncturists, holistic osteopaths, oriental medical doctors, herbalists, nutritionists, massage therapists, and life-saving intravenous vitamin C drips, to name a few examples. The patient should be able to choose from a list of licensed practitioners who submit their names. And every licensed practitioner should have hospital privileges at any government-funded hospital, with



complete autonomy within their license. It is time to end the allopathic monopoly of our health care choices.

Many readers will be surprised to learn that in 1968, Congress authorized Health,

Education, and Welfare Secretary Wilburn Cohen to recommend alternative modalities that Medicare should cover. Distinguished allopathic practitioners including an orthopedic professor stated that Medicare should cover chiropractors. The author describes how the powerful allopathic monopoly effectively thwarted the will of Congress.

Many people may not know that President Nixon's primary care practitioner was a traditional osteopath. He accompanied Nixon to China and wrote about traditional Chinese medicine. One of his articles described acupuncture used as anesthesia for surgery. He commented on how little blood there was in the operating room, and how the patient sat up and walked out after the surgery.

Freedom of Choice Does Not Yet Extend to All Modalities

Although the physical assaults no longer take place, this reign of terror continues today against holistic doc-

tors and dentists, who lose their licenses despite no evidence of harm or negligence. The state medical boards conduct kangaroo courts that permit no scientific evidence or witnesses supporting the practices under attack, such as intravenous vitamin C treatments or chelation, which competes with heart bypass surgery. But those who know about these treatments want them, and the practitioners continue to pose economic threats to the incomes of conventional medical dentists and allopathic doctors as more people experience and find out about the harm described in the books *Wall of Silence* and *Treatment Trap*.

These books document the failure of the conventional medical establishment to acknowledge the harm recorded in those two books, and to accommodate and promote safer treatment options, such as chiropractic care. The obvious intent is to prevent consumers from knowing about and accessing treatment alternatives that do not cater to the pharmaceutical industry. Many natural substances cannot be patented.

What Has Changed?

The documented plight of the chiropractors complements these two books by providing evidence of safer and far less expensive treatment options that are disparaged and, when possible, ignored by conventional medicine. So these two books of patient suffering

effectively counter claims from conventional researchers and practitioners that the treatments causing so much suffering, including the pharmaceuticals, have met a "gold standard" of so-called rigorous study, and are therefore the best that medicine has to offer. And however little quality of life patients might have, their doctors too often effectively convince their patients how much worse it would be without these (harmful, toxic, and debilitating) treatments.

The struggles the chiropractors contend with continue today and apply to all holistic medical treatment options. Although holistic practitioners, including chiropractors, are no longer beaten up physically, and the chiropractors now have a Supreme Court decision to guarantee their seat at the medical treatment table, all other holistic treatments posing similar economic threats and with sound research and outcome data continue to be disparaged and marginalized by insurance and government programs. And state boards still harass these practitioners.

In his efforts to restore credibility to chiropractic care in the context of widespread disinformation media campaigns that ignore evidence of high levels of satisfaction among the patients of chiropractors, this author is too supportive of double-blind studies

continued on page 68

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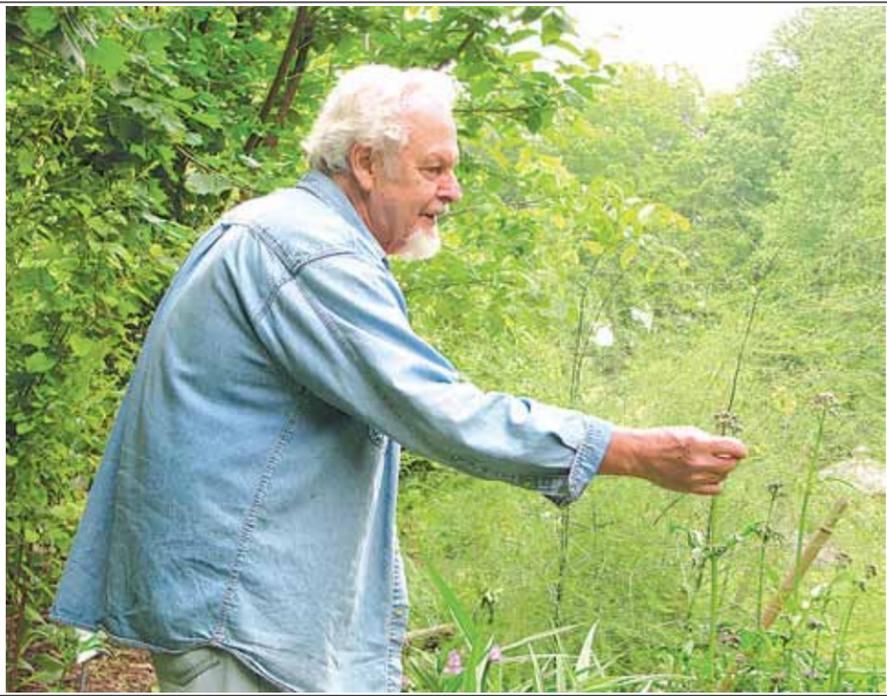
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BOOK REVIEWS

The Medical War Against Chiropractors ...continued from page 67

as the "gold standard" conventional medicine claims all of the recommended procedures and drugs rigorously meet. In this context, it is obvious that this paradigm is seriously flawed. And for some modalities, it is not at all practical.

Not only do holistic practitioners individualize doses and combinations of herbs, supplements, and modalities (e.g., acupuncture, homeopathy, and manipulations), these practitioners oppose withholding effective treatments from sick patients and administering toxic medications to healthy people. Holistic practitioners believe in relying on the individual response of each patient and making changes accordingly. Patient outcomes are the bottom line in these evidence-based practices.

What Can Consumers Do?

It is important for consumers to read all three books for themselves, and judge the evidence accordingly against government agencies and health care boards and professionals, and the evidence supporting modalities such as chiropractic care. There are entities that do not deserve the public's trust as to what is and is not safe and effective, and people should be aware of these conflicts of interest and betrayals.

The responsibility must revert to the consumer to make healthy lifestyle choices that should also be considered discerning health care choices. "Go to the farm, not the pharmacy," is commonly heard among local ecological farmers and their Slow Food consumer advocates. Or author Michael Pollan's advice to shop with your great-grandmother on your shoulder, and do not buy or eat anything she does not recognize. According to Michael, that eliminates around 90 percent of what is in most supermarkets.

In the context of expensive and too often unnecessary and even harmful diagnostic tests and treatments, the disheartening truth is that prevention just does not pay enough. These three books highlight the struggle between a Hippocratic Oath that commits to "First Do No Harm to the Patient" versus "First Do No Economic Harm to the Medical Establishment."

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



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www.isd-dc.org #57 & 58

Integrated Holistic Concepts

Unique one-of-a-kind gifts. Perfect gift for the holidays, family and loved ones. Diamond Ice Prints are photographic images fused permanently into glass; and Gina Alexander photo handbags and other accessories that design unique pieces with personal photos reminding you of the people, places and things you love! #10

International Society for Spiritual Sciences

Vastu Shastra is a Vedic science in which the energies act coherently through the home and workplace to achieve a healthy and peaceful life. The booth will have powerful energized products that bring peace, happiness and prosperity. World-renowned Spiritual Vastu guru Tarot Card Reader and Meditation Guru, Dr. Manjul Kant Dwivedi will be available for consultation.
www.vastushastri.org #56

Joyous Vibrations, LLC

Gifted ThetaHealing™ Practitioner/ Instructor Theresa Smyth will be offering information on the miracle of ThetaHealing™. Mini ThetaHealing sessions of Medical Intuitive Body Scanning Reading/Healings, Release of Negative Beliefs & Patterns are available for scheduling at the booth. 703-244-6619, thetajoy@yahoo.com. www.joyinthetahealing.com, www.JoyousVibrations.com #2

JudithLoomisDESIGNS & Hambrock Holistic Center

Looking to Create, Consult, Commune with Harmony for more Joyous and fulfilling Sanctuary both outside & inside your body? Thru consultations with both—Feng-Shui by Judith Loomis and Holistic Healing with Dr. Connie Hambrock, PhD. Supportive balancing

crystals and jewelry available.
www.HambrockHolisticHealing.co #21

Just Peachy Organics

Handcrafted locally, bath & body care made from organic ingredients formulated to heal and nourish the skin.
www.JustPeachyOrganics.com #27

Jyotish & Ayurveda, Brendan Feeley M.A., N.D.

Jyotish & Ayurveda are brother/sister subjects and have their origin in the ancient Vedas of India. I specialize in medical astrology using these ancient sciences, and in my practice I use them to restore balance to body, mind and soul. I now offer training programs in the Washington, DC, area.
bpfeeley@aol.com. #31

Kangen Water

Creates seven structured waters, from micro-clustered anti-oxidant alkaline water for health to strong acidic water for cleaning. A certified medical device from Japan used in hospitals, clinics and restaurants. Change your water... Change your life. Ask us how.
www.WaterWellness4Us.com #25

Knowles Apothecary

A community pharmacy offering traditional and alternative health care. Our professional pharmacists, nutrition consultant and medical herbalist work holistically to meet patients' needs. Providing optimum care through compounding specific prescriptions, formulating herbal remedies and developing nutritional protocols with our line of professional supplements. Offering healing crystals, energy tools and salt lamps. 301-942-7979 or
www.knowlesapothecaryonline.com #110

Kreative Ways & Solutions, LLC

Offering Certified Interior Environment Coaching, Design and Feng Shui Redesign, using principles of color therapy, aromatherapy, Feng Shui and eco-friendly design. Stop by and sample our Feng Shui/Color Aromatherapy Sprays, and learn about certified interior environment coaching programs to help meet personal goals and future aspirations.
www.kreativeways.com #9

Life Essences

Life Essences provides products and education to support and enhance your spiritual growth. The products and workshops open your Awareness so you can create the change that the universe is inviting you to. Increase your Awareness, fully live your life.
www.lifeessences.net #53

Mahalo Minerals

We offer a variety of minerals and crystals. We also have Shiva Lingas, Tibetan Singing Bowls, large crystals, amethyst geodes, as well as beautiful energy pieces. You will find stones as jewelry and we also have the largest selection in the tri-state area. See ya there.
www.mahalominerals.com #100 & 101

Do Your Holiday Shopping Early From A Huge Selection of Artwork Natural Clothing, Jewelry, Crafts, Crystals & Healthy Living Products

Miles of Smiles Implant Dentistry

Dr. Noubissi exclusively practices Holistic Dental Implantology; he provides ceramic dental implants. Ceramic implants are metal free and are the most natural and aesthetic teeth replacement. Missing teeth are detrimental to your jawbone, overall health, and social life.

www.milesofsmilesdental.net #33

Mindful Decluttering and Organizing

Mindful Decluttering and Organizing offers workshops, publications, and personal time awareness and organizing services. MDOs staff supports students and clients in becoming more aware of their time & creating clutter-free, productive space in their homes and offices. Learn more:

www.clutterfreenow.com. #26

The Mindfulness Center

The Mindfulness Center, in Bethesda, MD, is an overall wellness center providing Mind-Body programs to bring mindfulness to all dimensions of life through classes, services, and workshops that promote meditative awareness, stress reduction and optimal well-being for both adults and children.

www.mindfulnesscenter.com #70

Monroe Institute - Art of Healing

40 years of research resulted in Hemi-Sync CDs and tapes, designed to help you move into different states of consciousness. Each CD has a specific purpose, ranging from meditation or focused attention to stress reduction and sleep enhancement. Hildegard is also an outreach trainer for the Monroe Institute offering weekend workshops.

www.hildegardstarmar.com #107

Konstanza Morning Star, Certified Medium

Certified Medium Konstanza Morning Star brings comfort to the bereaved with her mediumship readings. She teaches mediumship and spiritual development workshops and offers a weekly development circle. Look for her mediumship demonstrations/mini workshop during one of the Expo's hourly lectures.

www.silverspringoflight.com #3

National Integrated Health Associates (NIHA) - Ask An Integrative Practitioner

Come to the National Integrated Health Associates (NIHA) booth with your health questions! An integrative doctor or practitioner will be available to discuss complementary/alternative options. Integrative practitioners consider the whole body approach to medicine and look beyond the symptoms of disease to find the root cause of health problems.

www.NIHAdc.com #86

Neurofeedback - Brainwave Therapy

Dr. Michael Sitar, Psychologist, has been utilizing computer-based neuro-

feedback (also known as brain wave biofeedback) since 1992 in his clinical practice. He has treated adult, adolescent and child patients with a broad range of problems, including headaches, fibromyalgia, IBS, stress, anxiety, depression, head injury, fatigue, memory and concentration. #90

Nutrition Master Foods

Nutrition Master Foods are formulated to be absorbed directly into your digestive system to transform our food products into a perfect meal every time. Nutrition Master Foods give you two major advantages—maximum health protection and significant savings in your grocery budget.

www.nutritionmasterfoods.com #7

The Nyama Healing Society & Energy Medicine Works

Kwabena Brown, relationship counseling, stress management, energy healing, spiritual consultations and readings. Meet Stephanie Mwangaza Brown, licensed acupuncturist, cert. color puncturist and Reiki master. Consult with holistic and biological dentist, Terry Victor, DDS.

www.nyamahealingservices.org #98 and 99

Pillows For Health And Comfort

ComfyComfy offers flaxseed and buckwheat husk pillows, handmade in the USA. Heat your flaxseed pillow in a microwave to enjoy soothing heat for pain and warmth. Shape the husk pillow to your body contours for extraordinarily restful sleep.

www.comfycomfy.com #113

Plant Based Certified Organics for Everyone!

100% Raw Vegan Superfoods, Probiotics, Botanical Perfumes, Skincare, Hair Care, Bath, Body, Oral and Baby Care, Massage and Essential Oils, Sunscreen, Repellent, Cosmetics and much more! All Cold-Processed. Tested for Purity. Free Gifts with Orders. Retail/Spa/Health Practitioner Inquiries Welcome.

www.FabulousOrganics.com #79

Potomac Massage Training Institute (PMTI)

PMTI has been teaching the art and science of client-centered massage for 35 years. Our approach to bodywork centers on the integration of body, mind and spirit. Visit us to learn about massage and explore a career in massage therapy. Seated massage will be available at our booth on a first-come, first served basis.

www.pmti.org #102 & 103

Real Natural Remedies

Real Natural Remedies offers natural ingredient supplements to lower cholesterol and promote cardiovascular health. Our products have been formulated by Dr. Chaudhry, who has been practicing cardiology for 35 years. Go natural and avoid side effects!

www.realnaturalremedies.com #35

Reconnective Healing Co-op

Explore these new frequencies of light and information. Stop by for a demonstration or sign up for your personal session. We are also offering a 2-hr. Reconnective Kids class (children 4-14yrs). See <http://Coop333.com> for details. The music of your life is in your instinct. Sponsored by <http://ReconnectiveCoop.com>. #78

Reiki Center of Greater Alexandria (RCGA)

RCGA offers crystal light bed healing sessions. The crystal light bed comes from John of God's Casa de Dom Inacio in Brazil and is an extension of healing done in Brazil. Kathy South facilitates sessions and explains this unique modality.

www.reikialexandria.com #97

Relaxing Alternatives Wellness Center

Relaxing Alternatives Wellness Center, located in Gaithersburg, MD, offers a wide range of holistic wellness related services including reflexology, massage therapy, acupuncture, colon hydrotherapy, chiropractic as well as skin care. Reflexology sessions available at the Expo. Visit

www.relaxingalternatives.com. #39

Rifkin Chiropractic & Wellness Center

We are comprised of concerned health care providers who offer natural therapies for relieving pain and achieving optimum health. We offer a multi-disciplinary approach tailored to your needs. Our office provides chiropractic, acupressure, massage therapy and nutritional/herbal counseling. Most insurance accepted.

www.heal-naturally.com #64

Sacred Ayahuasca Healing in the Amazon

Indigenous shamans in the Amazon have been working with the sacred Ayahuasca Medicine for centuries, unlocking doorways and purging dark energies that block us up from becoming our Highest Selves. Intensive spiritual, physical, emotional and mental healing and transcendence in the jungles of Peru.

www.infinitelightperu.com #77

Sacred Circle

Sacred Circle is your premier source for all things spiritual and metaphysical in the DC area. Huge selection of books, CDs, metaphysical tools and gifts honoring every spiritual path. Intuitives, classes, and events in our beautiful Old Town Alexandria location.

www.sacredcirclebooks.com #60

Science of Spirituality Jyoti Meditation

Science of Spirituality is a global, non-profit organization dedicated to human unity and achieving peace through meditation. We are deeply committed to a spiritual way of life based on meditation, service to others, and personal transformation. Free programs offered.

www.sos.org #30

Self-Empowerment Education Center

Offering a wide variety of healing services with a well-trained, seasoned staff. Among those are 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 #116

Self-Realization Fellowship

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 #46

Shamanic Healing Institute

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, today to learn more and to start your personal journey in Shamanism. You may also sign up for a Divination Ceremony and Healing. www.shamanic-healing.org #38

Simplexity Health

We offer straight-talking practical solutions based on creating and maintaining vibrant health. Our nutritional programs are designed to substantially impact your body—both inside and out—using organic, natural and wild-crafted whole food based supplements. www.organicsplus.biz #91

Sole Healing

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site Corporate Wellness programs • Business and Private Events • Girls' night out parties. solehealing@comcast.net #114

Soul Source - Oasis For Transformation

Join us on the path to health, serenity and joy! Offerings: hypnotherapy, holistic healing, meditation, readings, spiritual counseling, workshops. Change your thinking . . . change your life . . . change the world! www.theSoulSource.net #73

Soul Star Techniques and Astrology

Learn to increase your intuition, burn the karma of life times, and surround yourself with protection through the practice of Soul Star Meditation. Learn how astrology can help you achieve greater success in all aspects of your life (health, wealth and love). <http://soul1.org/> #34

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

The Spiritual Tarot with Geraldine Amaral / Intuitive Tarot with Kathy Goodwin

Tarot is not only a "fortune-telling" device! It is a sacred text encoded in symbols that show us our life lessons. Please stop by our booth for an Intuitive or Spiritual Tarot Reading. Let the cards help you access the power of your subconscious mind.
www.TarotCelebrations.com #8

Stadler Nurseries

Green Gardens begin here! Let us help you create a sustainable landscape. Locally grown plants, native plants, plants that attract wildlife, organic plant care, rain barrels, solar lighting, birdbaths and feeders.
www.stadlernurseries.com #18

Starchaser - Aromatics and Energy Work

Certified Aromatherapist/Reiki Master. Healing sessions/classes in aromatherapy, Reiki, IET. Workshops on aromatic safety, blending, etc. Customized products for individuals, spas and centers (massage oils; diffusions; energetic blends, etc). Email Info@Starchaser-HealingArts.com. Visit www.Starchaser-HealingArts.com #54

Still Point Mind & Spirit Center

The Still Point's Mind and Spirit Center offers an eclectic mix of healing and personal growth services designed to support you in living your best life. Stop by our booth to meet our practitioners and get a free mini-reading or discount coupon and to register for a complimentary consultation.
www.stillpointmindandbody.com/mind-spirit-center #5

Sufi Center East / Farm of Peace

Discover the peace, healing and Divine Love within your heart through the teachings of Sufism, an ancient tradition of spirituality for anyone seeking to know God. Learn about and experience Sufi spiritual healing, a simple yet profound heart-centered healing method.
www.suficentereast.org or http://farmofpeace.com #63

The Summit Lighthouse / Summit University Publications

The Summit Lighthouse/Summit University Publications will display an array of books, CDs, DVD, pictures, etc., of the Ascended Master Teachings taught by Elizabeth Clare Prophet on spirituality, personal growth and healing.
www.washingtondcteachingcenter.org #19

Susan Lynne: Psychic, Medium, Intuitive

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. She is available for readings, consultations and also has CDs and other gift items for sale. www.mediumlink.com #12

Synchronicity Foundation and High-Tech Meditation

Synchronicity Contemporary High-Tech Meditation, created by Master Charles Cannon, is a modern form of meditation utilizing Synchronicity Holodynamic Vibrational Entrainment Technology to bring precision to the meditative experience. It is available in the form of Alpha, Theta and Delta CD's that "meditate you" by balancing the brainwaves and delivering a precision meditation experience.
www.synchronicity.org #50

Takoma Park Chapel

The Takoma Park Chapel is an inter-faith 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 #4

Tarot and Past Life Regression Readings

We will give past life regression readings accessing the akashic records and also Tarot readings. Rev. Ken Banks and Sonia Subaran. #71

Terra Christa

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, 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 #36

Terrapin Chiropractic

Terrapin Chiropractic will provide digital postural analysis to participants showing the correlation between structural alignment and body function. The Posture Screen Analysis was developed by Chiropractic Biophysics to identify global subluxations, which limit the body's ability to function properly. www.terrapinchiropractic.com #48

Traditional Chinese Culture Institute Int'l (TCCII)

TCCII offers Qigong certification, medical Qigong, Tai Chi, Kung Fu and field trips to China. Learn how to obtain the energy of a youth and wisdom of sages. TCCII makes the journey fun and exciting for all experience levels.
www.tccii.com. #80

Treasures from the Earth

Treasures from the Earth is your premier source for fine crystals and minerals for health, ceremony and home décor. All of our stock has been hand selected for the finest quality, value and natural beauty. Our goal is to supply our customers with tools of self-empowerment.
www.TreasuresfromtheEarth.net #15

Valley of Gems

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... #6

Veggie Consultant: VeryVegeticious (VV)

My passion is creating delicious veggie meals, and I want to share my knowledge. So, whether you'd like to eat veggie meals occasionally or go vegan I'll customized a program just for you, featuring: veg-friendly grocery tours, assistance with meal planning & cooking, an information folder, and 6 months phone/email support. Come by and pick up a flyer, sample menus, and a tasty treat.
www.veryvegeticious.com. #84

VIPIMC: Integrative Medicine, M. Defrawy, MD

Answering your medical questions in treating medical conditions in Integrative Medicine with Michael Defrawy, MD. Also providing bodywork, intuitive healing, medical intuitive assessment. Relaxing bodywork includes craniosacral therapy, neuromuscular therapy, lymphatic drainage, acupressure and more. Treating Pain with short pulse radio wave machine.
www.vipimc.com #55

Vital Body and Mind Therapies

A comprehensive, full-service holistic healing center in the heart of Del Ray, Alexandria. Our services include Acupuncture, Chiropractic, Coaching, Colon Hydrotherapy, Homeopathy, Massage, Metamorphosis, Naturopathy, Nutrition, Psychotherapy, Reiki

and Skin Care. Seated Chair massage available day of Expo.
www.vitalbodymindtherapies.com #43

Washington Chiropractic

Washington Chiropractic servicing the DC Metro community for 10 years. The doctors and staff will be speaking with attendees about their health issues, posture and alignment, making a special offer for participants with issues the doctor may be able to help.
www.washingtonchiropractic.com #117

Washington Waldorf School

Washington Waldorf's integrative curriculum and innovative instructional methods provide a developmentally appropriate education. Encouraging clear thinking, balanced feeling, and initiative, our academic, artistic, and practical program serves our diverse population from pre-kindergarten through high school.
www.washingtonwaldorf.org/ #20

Jali Wright, Psychic - Medium

Jali Wright, Psychic Medium'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 new book *Everybody Wants Great Sex, Right?*
www.JaliWright.com #28

Yantras and Jewelry

With Yantras, learn how to control and use the world's oldest success tool. You will tap the sleeping giant within your inner conscious to quickly solve big and everyday problems with these psychic tools. With the help of Yantras, explore and open new doors for your prosperity and happiness. #37

AN INVITATION FROM PATHWAYS PUBLISHER, LOUIS DESABLA

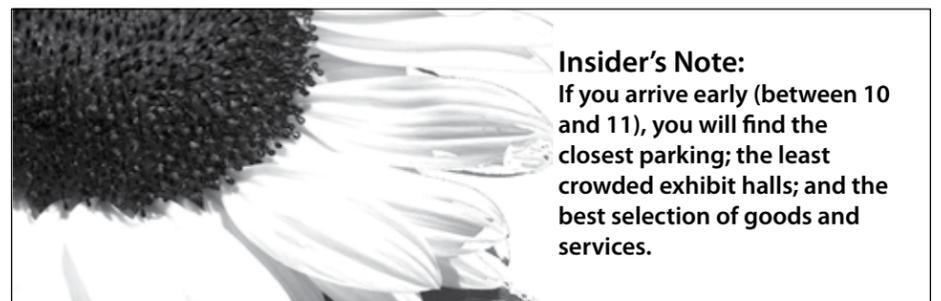
Please set aside Sunday, October 9th on your calendar to share our joy at our 35th Natural Living Expo. It is a wonderful opportunity to explore, learn, shop, play, network and have a great time.

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

At only \$10, it's cheaper than most movies. You can attend up to 8 workshops of the 64 that are offered, all included in the \$10 price of admission. You can learn about alternative medicine; get a massage and other healing tools; a psychic, tarot, shamanic or face reading; or peruse hundreds of unique products.

Please join us. Bring your friends.

More information and coupons at www.NaturalLivingExpo.com.



Insider's Note:

If you arrive early (between 10 and 11), you will find the closest parking; the least crowded exhibit halls; and the best selection of goods and services.

Choose From 64 Dynamic, Creative,

All workshops are included with the price of admission. The number at the end is the booth number associated with the teacher.

10:30 AM

Energetic Literacy—Readings, Readings, Readings

Rose Rosetree
Room 1123
What is energetic literacy? Reading auras in person and from regular photos, all the way to the level of chakra databanks! If you can read this page, you can learn. Rose Rosetree's lecture-demonstration will also include demonstrations of Face Reading and Skilled Empath Merge. So bring your curiosity and questions, the gifts of your soul, your amazingly perfect face!
Energetic Literacy with Rose Rosetree #49

Tools and Techniques for Uncovering Imbalancing Discoordinate Energy

Michele Barlock, Reiki Master Teacher, Dowsing Practitioner
Room 0105
An introduction to finding and treating energetic imbalances. Michele will discuss several techniques and tools that can be used to locate blocks and tears in energetic fields as well as emotional, mental and physical conditions that can create disharmony or illness. Demonstration will include: pendulum, dowsing rods and Etheric Weavers.
Terra Christa #36

Divine Mind Conditioning: Become Your Mind's Own Great Gardener

Amy Traylor, MD
Room 1109
Learn how to condition your mind to draw the divine world in, and not the human limited world, through a dynamic decree process to put you on the path of self-realization and spiritual wisdom. Join Dr. Traylor to understand and use this process for yourself to heal body, mind and soul. Combining Spirituality for Neurological Wholeness #87

High Cholesterol and How to Lower It Naturally

Haveez Chaudhry, MD
Chasen Family Room
Dr. Chaudhry has been practicing cardiology for over 35 years. He will discuss the high cholesterol problem. Dr. Chaudhry will also explain the side effects of cholesterol drugs and natural alternatives to lower cholesterol without the side effects.
Real Natural Remedies #35

Couples Reflexology Workshop

Steve Steinberg
Room 2101
We will show you the basics of foot reflexology with one-on-one demonstrations and hands-on activities. You and your partner will have a better understanding of how to give this loving gift of touch to one another.
Sole Healing #114

Consciously Organizing

Diana Collins
Room 2103
Organizer and reader, Diana Collins offers tips on transforming your home & office into a sanctuary with tips on de-cluttering.
Diana Collins-Intuitive/Tarot // Forbes Robbins Blair-Hypnotherapy #41

Hypnosis and Self Change

Forbes Robbins Blair
Room 2105
Bestselling author, Forbes Robbins Blair, will demonstrate hypnosis and self hypnosis, focusing on self change and the Law of Attraction.
Diana Collins-Intuitive/Tarot // Forbes Robbins Blair-Hypnotherapy #41

Desire Great Health & Balance for Life?

Judith Loomis and Connie Hambrock, PhD
Room 2110
JudithLoomisDESIGNS and Dr. Connie Hambrock present an integrated approach to restoring Health & Balance to your life thru Feng-Shui interior mapping, Chakra & Crystal Meditation, and more, to achieve harmony and happiness.
JudithLoomisDESIGNS & Hambrock Holistic Center #21

11:30 AM

Meditation and Qigong for Healing

TCCII Staff
Room 1123
Learn the secrets of Qigong and Meditation. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate you energy. We will use selected Qigong movements to gently stretch and strengthen the body.
Traditional Chinese Culture Institute International (TCCII) #80

Channeled Messages from the Masters

Rev. Jim Webb
Room 0105
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. The session includes general information on world events, as well as answers to your personal questions.
Takoma Park Chapel #4

Treating Fatigue, Menopause and More with Integrative Medicine

Michael Defrawy, MD
Room 1109
Learn to naturally balance hormones and endocrine (adrenal, thyroid, pancreas) imbalances with Integrative Medicine. Learn how to alleviate debilitating symptoms in menopause and perimenopause with safe, effective bioidentical hormone replacement therapy (BHRT), and to reset your hormonal clock with HCG.
VIPIMC: Integrative Medicine, M Defrawy, MD #55

Reference Point Therapy™ (RPT)

Melissa Feick
Chasen Family Room
Experience simple, rapid and permanent results with RPT. Don't spend years dealing with your issues, get deeper at the origin of the problem, allowing you to release old stuff gently and easily helping to raise your consciousness to higher levels.
Empower The Light Within #108

Modern Meditation in the Workplace

Tom Valone, PhD
Room 2101
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."
Self-Realization Fellowship #46

Bringing Heaven Down To Earth

Ellyn Dye
Room 2103
Ellyn Dye reveals what her Near-Death Experience taught her and, in a guided meditation, takes you through that famous Tunnel of Light to experience the unconditional love and joy of Heaven and bring it back to Earth—without the trauma! Animal Connection and Lion Magic #45

Manifesting with Your Angels and Trusting Your Vibes

Susan Lynne
Room 2105
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.
Susan Lynne: Psychic, Medium, Angels #12

7 Keys to Consciously Thriving in Challenging Times

Dianne Eppler Adams
Room 2110
Learn to thrive in the midst of change using 7 powerful tools of awareness that have proven helpful for me and my clients. You can stay centered and empowered no matter what challenges you face while deepening your own inner peace. Useful handout included.
Dianne Eppler Adams #1

1:00 PM

"Beyond The Veil"

Sandy & Jim Young
Room 1123
Join Sandy & Jim Young of Angel Talk TV in our 17th year with *Pathways* to experience what has been one of the most popular workshops at the Expo. Where you the audience can ask questions on Career, Romance, Planetary Conditions, Passed Over Loved

Ones, Pets, Current Life Obstacles and receive an answer from the Angels! Angel Talk TV/Telespectral #111

Andean Shamanism

Paul Sivert
Room 0105
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.
Shamanic Healing Institute #38

Anti-Aging & Longevity

Dr. Robert Rifkin
Room 1109
The purpose of this workshop is to teach individuals how to prevent degenerative disease (cancer, arthritis, diabetes, and heart disease), increase life expectancy and maintain optimal health. Topics include nutrition, exercise, stress management and body mechanics. Rifkin Chiropractic & Wellness Center #64

The Spiritual Tarot

Geraldine Amaral
Chasen Family Room
If you want your "fortune" told, this class is not for you! Tarot is a path for spiritual self-knowledge. Join author Geraldine Amaral as she uses the cards to illuminate your spiritual path and soul progression. Receive a spiritual message and a card to keep!
Spiritual Tarot with Geraldine // Intuitive Tarot with Kathy #8

Explore the New Frequencies of Healing

Joan Fowler, et.al.
Room 2101
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 and lively audience participation.
Reconnective Healing Co-op #78

Huikala Reiki

Claudette Knox
Room 2103
Learn about "Huikala Reiki" developed by Reiki Teachers from Inspired by Angels. This energy healing system is a combination of "Reiki" and the ancient Polynesian wisdom of "Huna." "Huikala Reiki" is about owning your spirit greatness. Presented by Kupua Claudette Knox.
Inspired By Angels #65

The Spiritual Martial Art

Dorothy Kadosh
Room 2105
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.
Dorothy Kadosh: Psychic, Astrologer #66

Mind, Body and Spirit Workshops

Getting Started with Medical Aromatherapy to Face the New Energies of the Planet

Mireille Nedelec
Room 2110

Learn the preventative and healing aspects of medical aromatherapy to face the new energies of the planet. Avoid many diseases and reduce the effects of other ones. Reduce your medical bills using real medical aromatherapy to treat body and mind. Learn what doctors might not want you to know. Aromatherapy Center #92

2:00 PM

Between Two Worlds

Allyson and Adele: Psy-dental Twins
Room 1123

What is it like for psychic twins bridging the two worlds of Spirit and Earth? Seen on television and Internet radio, BetweenTwoWorldsRadio.com, the twins talk about their new book, *Between Two Worlds*. Witness demonstrations of spirit communication between the physical and astral worlds to reunite family, friends, and loved ones. Psy-dental Twins #109

Yikes! . . . Did I Really Agree to This Sacred Contract?

Joanne Selinske
Room 0105

Do you wonder whether you were drunk or simply out of your mind when you signed your sacred contract? Join our entertaining exploration of the brilliance-madness that crafted your soul's plan for this lifetime. Sorry, no exchanges available! Soul Source – Oasis For Transformation #73

Conducting and Maintaining Healthy Relationships

Kwabena Brown

Chasen Family Room
For singles and couples. This workshop focuses on powerful relationship skills. It emphasizes developing a good relationship with oneself and doing the personal work necessary for a healthy relationship with another. This workshop is a must for those in already good relationships and for those preparing for a healthy committed relationship and marriage. Nyama Healing Services #98

Multidimensional Healing Workshop

Grace Miazza and HD Munson
Room 2101

Grace and HD, a clairvoyant, will describe and demonstrate the many dimensions of spiritual energy healing to include the human energy field, grounding, ghosts, past lives, etc. Volunteers will be selected from the audience to demonstrate the concepts discussed. Foundation for Spiritual Emergence #93

Meditation with Angels and Auras

Mara Berman
Room 2103

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. Intuitive Readings, Mara & Holly Range #83

Structural Rehabilitation

Daniel Kraus, DC
Room 2105

Long term structural changes to the spine and the overall health benefits will be outlined and discussed. Pre and Post X-rays as well as individual case studies will be presented demonstrating the effectiveness of Chiropractic Biophysics.

Terrapin Chiropractic #48

Soul Star Meditation Workshop

Ronald B. Tigger, PhD
Room 2110

The Soul Star Meditation uses a remarkable technique to burn karma and save lifetimes of suffering. Attendees will learn how to link to the Soul to increase intuition, burn the karma of lifetimes and to surround themselves with protection. Soul Star Meditation and Astrology #34

3:00 PM

Awakened Mind Brainwave Training Insights

George Pierson
Room 1123

Creative Mindflow's George Pierson shares highlights from his ten-year revolutionary but simple Awakened Mind brainwave feedback training program using Anna Wise's protocol tested and proven over 30 years. Your perception of meditation, self-healing and creativity skills could radically shift! Creative Mindflow Awakened Mind Brainwave Training #112

Message Circle with the Institute for Spiritual Development

Rev. Marcus Capone
Room 0105

An exciting round of personal messages presented by the area's top psychics and mediums. Experience a sampling of several different mediumistic styles while you are regaled with uplifting messages of love, practicality and inspiration. Must arrive on time and stay through the session. Institute for Spiritual Development #57

Past Lives, Dreams, and Soul Travel

Members of ECKANKAR's Maryland Satsang Society, and you!
Room 1109

Have you lived before? Do your dreams hold the key to a better, happier, more successful life? Discover ways to enrich your life through a study of past lives, dreams, and Soul Travel, based on the teachings of Eckankar, Religion of the Light and Sound of God. ECKANKAR #96

The Basics of Holistic Dentistry

Terry Victor, DDS
Chasen Family Room

Holistic dentistry or biologic dentistry is an alternative approach that focuses on the use of non-toxic restorative ma-

terials for dental work and emphasizes the unrecognized impact that dental toxins and dental infections may have on a person's overall health. Nyama Healing Services & Acupuncture #99

Brain Wave Synchronization, developed by the Monroe Institute

Hildegard Starmer
Room 2101

You don't have to sit in a monastery for 20 years to experience profound feelings of peace. Discover how Hemi-Sync can support heightened states of consciousness, intuition, creativity, problem solving, etc. Come early to this inspiring lecture. Monroe Products/The Art of Healing #107

Education for the Twenty-First Century

Mark McCaig
Room 2103

Why do so many young people experience stress and anxiety in traditional schools? Can schooling foster balanced people? Author and Fairhaven School founder Mark McCaig will explore life and learning as it can be at his unique, life-changing school. Fairhaven School #23

Take Wellness Into Your Hands

PMTI Staff
Room 2105

Come learn about massage! In this fun and informative workshop, learn about the benefits of massage, the transformative power of touch, explore careers in massage therapy, and practice simple massage techniques you can use and share for fun and relaxation. Potomac Massage Training Institute (PMTI) #102

The Truth about Communicating with Higher Souls/Angels

Melissa Kitto
Room 2110

Discover the simple secrets to communicating directly with your angels and living your heart's desire! Take the guesswork out of your life. Your angels will direct you to fulfill your unique life purpose. Never doubt your decisions again once you discover the simple tools to clearly connect with your angels. Balanced Living Institute #42

4:00 PM

We Are All Healers

Geoffrey Morell
Room 1123

An acclaimed energy healer demonstrates his unique method of clearing the aura, pinpointing areas of disharmony in the body and applying energies to promote recovery and health. The spiritual, emotional and nutritional origins of health problems will be addressed. Hands of Light - Geoffrey Morell #106

7 Steps To Rapid, Healthy Weight Loss.

Natasha Ryan, ND
Room 0105

Need to lose weight and don't have

too much time? Follow these seven steps and you'll be on the path to a new slimmer you. Get the guidance you need to make simple healthy choices that will change your body and your life. Knowles Apothecary #110

Power of the Subconscious Mind

Kay Walkinshaw, PhD, DSc
Room 1109

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 more effectively use the power of your mind, as well as relaxation techniques, visualization, and your own imagination and intuition. Self-Empowerment Education Center #116

How to Enhance the Function of Your Body and Beyond

Coy Roskosky, DC
Chasen Family Room

Learn about the key areas of your body that you have to take care to live a vibrant and healthy life. Instruction and demonstration of movement therapies are involved in this seminar so you have tools to take home and make an immediate impact in your health. National Integrated Health Associates (NIHA) #86

Neurofeedback Therapy—Not Just for Kids

Michael Sitar, PhD
Room 2101

Learn how this fascinating therapy can "shape up" your brain to more normal and even optimal functioning. Understand the wide range of applications from "A" (ADHD) to "Z" zzz (better sleep). Useful in the treatment of migraines, head injury, stress, depression, anxiety, addictions, memory and attention. ADD Psychological, Biofeedback, and Neurofeedback Services #90

Meditation As Therapy

Deborah Norris, PhD
Room 2103

This workshop is open to everyone! We begin with a 35-minute lecture on the benefits of meditation for a variety of ailments (including cancer, diabetes, anxiety, and depression) and end with a 15-minute guided meditation. Embrace optimal wellness! The Mindfulness Center #70

Sufi Spiritual Healing

Master Sufi Teacher
Room 2105

Come and see how the light of God heals in a deep and holy way. Allow physical, emotional or spiritual blocks to melt away through this simple yet profound heart-centered practice based in the ancient Sufi tradition. All are welcome. Sufi Center East / Farm of Peace #63

NATURAL LIVING EXPO

Coaching To Change Lives While You Prosper

Roger Panetta
Room 2110

Do you have a gift for helping? Do you want to change lives? Learn how you can become a successful certified life coach. Explore what is needed for a thriving coaching business. Practice some coaching skills in some interactive exercises.

Certified Coaches Federation #24

5:00 PM

Declutter Your Life, Free Your Spirit

Pam Holland

Room 1123
Does clutter keep you from reaching your full potential? Have traditional organizing and decluttering techniques failed you? In this workshop you will explore your own unique clutter patterns & learn the inner art of decluttering. Mindful Decluttering and Organizing #26

Soul Keys to Manifesting Your World

Barbara Mayerman
Room 0105

Let the rest of the world go crazy while you use the Keys to Your Soul, which actively empower you with Light Information and transformation! Learn techniques that eliminate limitations and enhance your life reality to re-create self, maintaining peace, love and health!

Golden Heart Healing Ministry #105

Modern Spirituality—Truthful Reality

Synchronicity Foundation
Room 1109

What is the experience of truthful reality? It is happiness, contentment and love as a constant. This is our true nature, yet few human beings experience it. Why? The imbalanced experience of being human. Synchronicity High-Tech Meditation and Holistic Lifestyle are proven means of creating balance in our imbalanced world and delivering the experience of truthful reality. High-Tech Meditation, Synchronicity Foundation #50

Practical Shamanism: Earthchange Edition

Azurae Windwalker
Chasen Family Room
Surf the upshift of Earth's energy towards the 5th dimension and out of 3rd dimensional soap opera fear based reality. In Practical Shamanism: Earthchange Edition, you'll learn easy shamanic techniques to fulfill your soul mission, gently release trauma and receive healing.

Azurae Windwalker Shamanic Healing Arts #72

Mediumship Demonstrations & Spirit Greetings

Konstanza Morning Star, Certified Medium
Room 2101

Spiritualist Certified Medium Rev. Konstanza Morning Star offers demonstrations of her mediumship by bringing spirit greetings and mini-readings from audience members' Spirit loved ones. The emphasis of these greetings is to prove the continuity of life beyond physical death.

Konstanza Morning Star, Certified Medium #3

Jyoti Meditation: Benefits and Technique

David Newcomb
Room 2103

Jyoti—Meditation on Inner Light—is an age-old technique that's accessible to everyone, young or old. It's free, too! The benefits of meditation are tremendous. Come learn more about this simple meditation technique and experience a brief meditation sitting. Science of Spirituality Jyoti Meditation #30

Don't Be A Half-Wit

Sherry Dmytrewycz
Room 2105

Learn the power of Brain Balancing for making a positive difference in your life. You will learn about the importance of Brain Balancing for your health, creativity, productivity and joy. Interactive exercise on how to do Brain Balancing. Enter into Healing Gateway #67

The Healing Power of Angels

Elizabeth Clare, Prophet and the Ascended Master Teachings
Room 2110

A lecture, video/Power Point presentation on how angels are here to assist us in our lives. Come and learn of the power of angels and their healing. The Ascended Masters Teachings #19

6:00 PM

Ayahuasca Shamanic Apprenticeship in the Amazon

Meghan Shannon
Room 1123

Hear firsthand about this powerful, intensive, life-changing spiritual path where one learns directly from the Spirit World and "purges their demons." Meghan Shannon has been an apprentice for several years, and will share her experiences and answer your questions. Sacred Ayahuasca Healing in the Amazon #77

Let's Talk About Colon Hydrotherapy

Pamala Reynolds
Room 0105

Colon Hydrotherapy is a very effective method of cleaning and hydrating the Large Intestines. Eliminating toxins from the five to six feet of colon promotes a balanced state of homeostasis for the entire body. A clean mind is a clean colon. Overview and Q & A of the digestive track from start to finish. Educating on how poor eating habits and toxic foods can be the major cause of diseases and problems of the digestive system. Inspired Thru Nature - Colon Hydrotherapy #11

The Ancient Healing Sciences of India

Ileana Gonzalez Parvati
Room 1109

Learn why ayurveda and yoga should be an integral part of your health goals. This ancient wisdom teaches us how to live in balance with nature, our selves, and the Universe. Apurva Wellness Holistic Healing #47

H.O.M.E. An Extension of Who You Are

Sherry Burton Ways
Chasen Family Room

We offer more than just interior design or decoration, because our home affects what we do and our quality of life. Learn more before you Feng Shui or decorate it from Certified Interior Environment Coach, and Feng Shui Designer, Sherry Burton Ways of Kreative Ways & Solutions, LLC. Kreative Ways & Solutions, LLC #9

Five Element Acupuncture and Your Well-being

Susan Berman, M.Ac, A.Ac, Dipl.Ac, LCSW-C
Room 2101

With the 21st century application of the ancient Chinese tradition of acupuncture, help yourself stay healthy in today's high-stress world. Discover how Five-Element Acupuncture can enhance your well-being, help you use nature's gifts for optimum health, and treat you when symptoms appear. Blue Heron Wellness #62

Wellness with High Frequency

Super-Foods

Marci Steiner
Room 2103

From the Amazon Rainforest; learn to

connect with your higher self for guidance. Walk in the rainforest and understand solutions to keep the lungs of our planet alive. Anti-aging skincare and herbs for animals and children introduced. Learn a simple, proven technique to trust your body's decision to use these life giving herbs, or get a yes or no answer to any life question. Amazon Herbs/Animal Communicator-Marci Steiner #13

3 Simple Steps to Better Health

Ronit Rosen and Associates
Room 2105

Want relief from health challenges? Looking for more energy? Searching for ways to 'green' your body? Then come discover important keys to vibrant health and well-being! Learn simple steps to better health for yourself and the planet. Free information/samples/tasting. Plant Based Certified Organics for Everyone! #79

Be You Ritual

Hyun Martin
Room 2110

This workshop will show you how to cleanse yourself of stresses, cut cords of attachment and bring positive emotions into your life through intention and focus.

Be You Studio Spa #61

Location: (5 minutes from the Beltway, close to everywhere!)

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www.umucmarriott.com

Please Go To www.NaturalLivingExpo.com For Driving And Metro Directions

LAST MINUTE NEWS FLASH! FREE OUTDOOR PARKING.

There is a free parking lot right behind the Conference Center. You access it off Adelphi Rd. If you are coming up University Blvd., veer right on to Adelphi Rd.. then veer left on to Campus Dr. and take a left on Presidential. If you are coming in from the Beltway on Adelphi, go past University and go left on Campus, then left on Presidential.. There is a large lot on the right that is free on Sundays! You can enter the Expo from the large veranda facing the parking lot. (Please note: This free parking opportunity was available at the time we went to press. We can not guarantee that it will be available on the day of the Expo)

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Sunday, October 9, 2011 • 10am–7pm

UMUC Inn & Conference Center by Marriott • \$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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GO TO www.NaturalLivingExpo.com for additional coupons & updates

FALL CALENDAR

SEPTEMBER

-1-

An Evening with Iyanla Vanzant. Takoma Park Chapel, 10000 New Hampshire Ave. (George Meany Campus), Silver Spring, MD. 7:30pm.

Qigong and Drama Kids Classes begin at Blueberry Gardens, www.blueberrygardens.com.

-2-

Prosperity Panel: "Everything You Always Wanted to Know About Prosperity." Takoma Park Chapel, 10000 New Hampshire Ave. (George Meany Campus), Silver Spring, MD, 7:30pm.

-3-

Prayer Partnering for Prosperity Workshop. 1901 Powder Mill Rd, Silver Spring, MD. 10am - 4pm, \$50.

-4-

Intro to Reconnective Healing and the Reconnection. RestonReikiand-SelfHealingArts.com, 703-472-3481.

-6-

Shamanic Prosperity with Jim Goodwin. 1901 Powder Mill Rd, Silver Spring, MD, 7:30-9pm, \$25.

9/6-12 Fall Community Week at Blue Heron Wellness.

Try yoga, Pilates, kettlebells, and other movement classes at a reduced rate. Complimentary acupuncture and herbal mini-consults and more. Call 301-754-3730 or visit www.BlueHeronWellness.com for more information.

-7-

T'ai Chi Fall classes begin at Blueberry Gardens for 14 weeks. www.blueberrygardens.com.

The Tarot for Prosperity with Geraldine Amaral. 1901 Powder Mill Rd, Silver Spring, MD, 7:30-9pm, \$25.

-8-

Free Introduction to Yoga Workshop at Dream Yoga Studio & Wellness Center, 10 am-12pm. 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at www.DreamYogaStudio.com, **DATE CHANGED TO SEPT. 17**

Free Wellness at Tai Sophia. Wise Women: Using Food and Herbs to Thrive in Today's World. 12-1pm; www.tai.edu, 410-888-9048 x6616.

Past Life Regression with Elmdea Bean. 1901 Powder Mill Rd, Silver Spring, MD, 7:30-9pm \$25.

-10-

Happy Hour Yoga on the Beach. 301-449-8664. www.happyhour-yoga-reiki.vpweb.com

Open House Evening and Shoebox Dialogue, Synchronicity Foundation for Modern Spirituality. Spend an evening in the presence of an authentic spiritual master, Master Charles Cannon, as he leads the audience in a dialogue and session of High-Tech Meditation. Synchronicity Sanctuary near Nellysford, VA. Accommodations available. For information contact retreats@synchronicity.org, or call 757-644-3400, Ext. 3378.

Yoga and Reiki Retreat at Blueberry Gardens, www.blueberrygardens.com.

9/10-10/1 Webinars on Conducting Healthy Relationship Skills, and Tools and on The Five Love Languages; 202-678-3100; www.nyamahealingservices.org.

-11

Spacious Skies: Remembrance Concert. Concert Pianist Robert Wyatt performs works of Schumann, Schubert, Scott Joplin, and George Gershwin. Suggested donation: \$20. IAS www.ias-online.org.



Spark! Your Life!

Take the Passion Test; learn the secret that guarantees a passionate life! 1:30pm, Celebration Center for Spiritual Living, 2840 Graham Rd, Falls Church, VA 22042, 703-560-2030; \$25,

www.celebrationcenter.org.

-12-

9/12-18 Free Yoga & Meditation classes! Takoma Park & downtown Silver Spring. Location: Willow Street Yoga Center. Details at www.willowstreetyoga.com or 301-270-8038.

-13-

Detox Demystified Class. Come learn about safe & effective detoxification through herbs, foods and cleansing as we kick-off our fall classes with this session. Future classes include: Intuitive Development; Creating a Daily Spiritual Practice; Meditation for Beginners; EFT; Healing the Healers for Holistic Practitioners. www.stillpointmindandbody.com/mind-spirit-center.

Greyhound Welfare Meet & Greet - Arts District Hyattsville. Please join us at The Big Bad Woof Hyattsville for a Meet & Greet with Greyhound Welfare. They always have lovely ex-racers that are available for adoption and greyhound owners around to answer questions about the breed, temperament and overall disposition! The Big Bad Woof Hyattsville @ 5502 Baltimore Ave #106, Hyattsville MD

continued on page 78

ENERGY MEDICINE

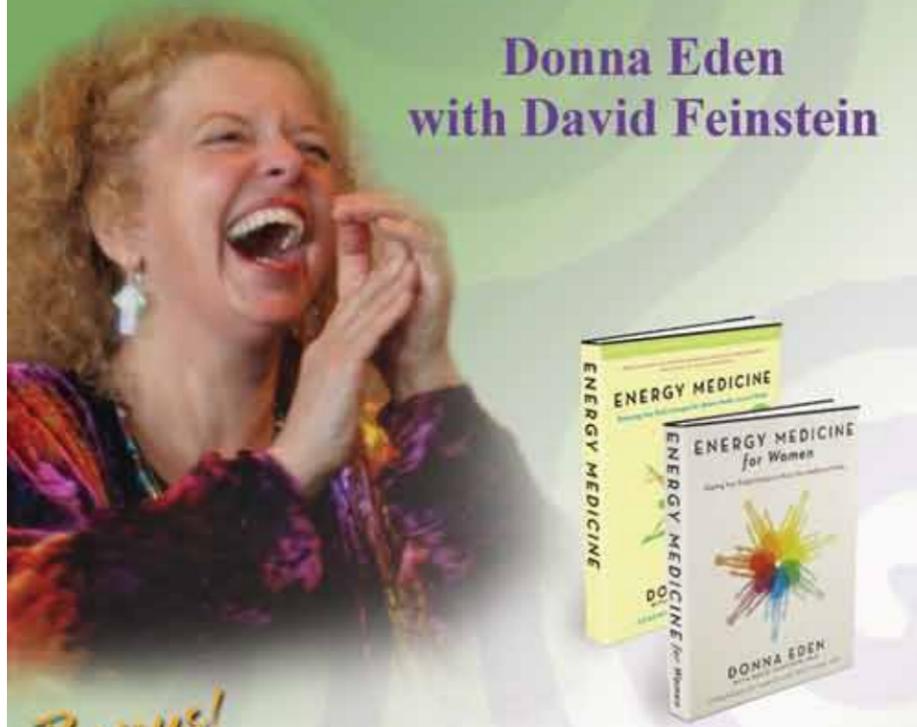
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**Donna Eden
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Optional Saturday evening on Energy Psychology with David Feinstein, Ph.D. Learn how stimulating acupressure points can enhance your well-being and personal effectiveness.

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Dulles, VA**

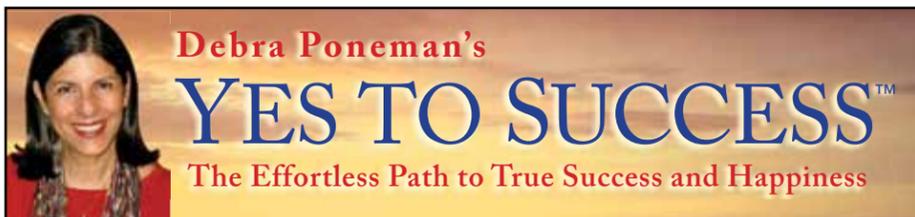
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We are in the midst of a tidal wave of change. For some it could bring devastation. For those who are equipped with the right knowledge, it will bring untold peace, prosperity and happiness.

Debra Poneman has been the mentor to some of the world's most respected and successful thought leaders including stars of *The Secret*. She will give you the tools you need to flourish when Yes to Success comes to Bethesda!!

"Debra was my first mentor and this seminar is where I began. I honestly attribute my success to following the principles Debra teaches. If you want to learn how to live a life you love, Yes to Success will absolutely show you the way. Take this seminar. You won't regret it. I promise."

Marci Shimoff, featured teacher in *The Secret*
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**September 30th – October 2nd
The Residence Inn Bethesda, MD**

For more information or to register: www.yestosuccess.com/events



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FALL CALENDAR

SEPTEMBER 13, cont.

20781. 301-403-8957 or visit:
www.thebigbadwoof.com for more
Big Bad Woof Greyhound Welfare
Meet & Greet locations and dates.

–14–

9/14-20 **Free Week of Yoga and Bio-danza** followed by our 12-week fall session of classes at Blueberry Gardens, www.blueberrygardens.com.

–16–

9/16-18 **Basic Theta Healing Certification Class.** RestonReikiandSelfHealingArts.com, 703-472-3481.

–17–

9/17-18 **Horse Wisdom for the Clinical Setting**, a CEU workshop for Mental Health Professionals. Embark on an experiential journey of insightful learning and self-discovery that will inspire your clinical practice and provide you with new approaches to working with clients. Join the intuitive horses and experienced staff at Great Strides as we guide you through a series of interactive activities, designed for all levels of clinical practice. Lunch included, no horse experience necessary! This workshop does not involve riding. For more information, contact Terry Lewis, LCSW-C at 301-253-1166 or visit www.GreatStrides.org. Event location: 26771 Howard Chapel Drive, Damascus MD 20872.

9/17-18 **Spirit Communication & Mediumship Development Workshop:** Open your natural ability to communicate with spirit loved ones and guides. 2-day intensive. Silver Spring, MD. See www.silverspringoflight.com.

9/17-19 **Dynamic Energy Balancing for Bodyworkers** at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

–19–

13th Annual Charity Golf Tournament at Delaware's "Peninsula on the Indian River Bay." For more info, visit www.rehobothbeachvia.org. Stunning 4-bedroom townhome available for a perfect weekend getaway. www.Homeaway.com/168286.

Reel and Meal at the New Deal Café. A monthly documentary / dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan meal starts at 6:30pm followed by a free documentary. Screening of *Unnatural Causes: Is Inequality Making Us Sick?* Begins at 7pm. Celebrate our 4th anniversary of Reel and Meals this month! The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

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FALL CALENDAR

-21-

Development Circle 8-week Spring Session. NSAC Certified Medium Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic gifts. Silver Spring, MD. See www.silverspringoflight.com.

Sacred Listening Circles. Practice prayerful listening where we are receptive to one another's spiritual wisdom; engage in silence and small group sharing. 9 sessions through May 2012. Shalem Institute, Washington, DC. www.shalem.org

9/21-24 **Come see Starchaser Aromatics and Energy Work plus a wealth of natural products and services** at the Natural Products Expo East at Baltimore's Convention Center. www.starchaser-healingarts.com. www.expoeast.com/expoeast2011/public/enter.aspx.

-22-

Free Wellness at Tai Sophia. 12 Simple Ways to Detoxify Your Body. 12-1pm, www.tai.edu, 410-888-9048 x6616.

-23-

9/23-25 **Begin From Within: A Psychodrama Personal Growth Workshop for Mental Health Professionals.** Columbia, MD. 15 CEUs (NAA-

DAC, NBCC, MD Social Work Board) available. \$400. Contact: cathynugent@comcast.net or 410-746-7251.

-24-

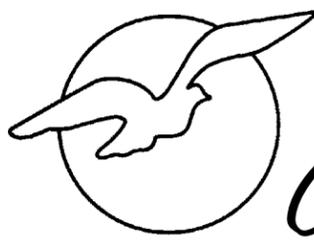
DC VegFest. 11am-6pm, George Washington University DC Campus. A free, outdoor festival celebrating the best of everything vegetarian in and around the nation's capital. Enjoys speakers, cooking demos, free samples, food vendors, educational booths, and more. More at www.DCVegFest.com.

Life Coaching and Yoga for the Deaf at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

Life Resource Consulting, LLC -"Synergy in Decision Making", London, UK. See my website for upcoming events: www.liferesourceconsulting.com.

Transpersonal (Past-Life) Regression Workshop: Learn how to Create Abundance in your Life of whatever you seek. Join the fun of self-exploration and insight. 9am-5pm, Warrenton, VA, at the Warrenton Inner Healing Center. Includes two group regressions and several visu-

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Unity of Gaithersburg

111 Central Avenue
Gaithersburg, MD 20877
(301) 947-3626

Sunday Services

Childcare available at both services.

9:00 a.m. Contemplative Service, Adult Education Program

11:00 a.m. Celebration Service, Youth Education Program

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We invite you to visit our inclusive and open-minded community.

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Law of Attraction Study Group * Course in Miracles
Drumming Circles * Labyrinth * Energy Healing**

Labyrinth Walk September 7, 7:00-9:00pm

World Day of Prayer Special Service September 8, 7:30pm

The Happiness Advantage Mondays, Sept. 26-Oct. 17, 7:00pm

Fall Book Study Series: The Compassionate Universe, by Eknath Easwaran Sunday lessons Oct. 2-Nov. 13, 9:00am & 11:00am; Study group on Wednesdays, Oct. 5-Nov. 16, 7:30pm

4-Ts to Prosperity Thursdays, Oct. 6-Dec. 22, 7:00pm (class closed after Oct. 20)

Intuition, Gratitude and World Peace Workshop with Will Tuttle November 20, 1:30pm-4:00pm

Piano Passion Concert with Will Tuttle November 21, 7:00pm-8:30pm

Visit our website for additional information:

www.unityofgaithersburg.org

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FALL FESTIVAL!
For date and details, visit our website.

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- Yoga and Self-Awareness
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Storyweaving is a gentle process that helps people embrace life with passion, clarity and joy. Combining energy work, coaching and a deeply relaxing vision journey, storyweaving provides a space to consciously clear away the stories getting in your way, whatever your goals or challenges. Storyweaving gently releases blocks, whether physical, emotional, mental, or spiritual.

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Carol Burbank, Ph.D. : I created the storyweaving process based on my research on personal and cultural transformation, and my experience as a mentor, activist and energy worker. My goal is to support individuals moving through changes, completing key projects, rediscovering their creative source, recovering from illness, and committing to their true paths. I am a Reiki Master in the Usui and traditional Japanese systems, and certified in Cranio-Sacral Therapy (biodynamic). I am also a student of traditional Hawaiian Energetics. Fundamentally, I respect my clients' ability and right to find their unique and deepest healing. My job is to hold a space of energetic and coaching support so that you can make choices that bring peace, joy, health and abundance.

CALL TO SET UP AN APPOINTMENT

301-891-7450; CBURBANK@STORYWEAVING.COM
WWW.STORYWEAVING.COM

FALL CALENDAR

SEPTEMBER 24, cont.

alization exercises. Contact Richard Stammler, Ph.D., at rstammler@gmail.com or 540-272-1563 to reserve your place. See: www.quantumregression-therapy.com under the events page for more details. Cost: \$120.

9/24-25 **Integrated Energy Therapy Basic and Pet Classes.** Learn the next level of healing with angelic energy. Class from 9:30am-6pm. Go to www.manifestedharmony.com to learn more and register.

9/24-25 **Two-day life or executive coach certification program**, and at no additional cost you receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington DC regional Certified Coaches Federation coaching network. Visit: www.certifiedcoachesfederation.com.

-25-

Family Yoga Class at Blueberry Gardens. Also on 10/2 and 11/6. blueberrygardens@verizon.net, www.blueberrygardens.com

Northern Virginia Health EXPO. Come learn about holistic and alternative natural medicinal practices. FREE EVENT from 10am to 4pm at Fairfax Marriott. Get a massage or educate

yourself through workshops. Find out how holistic and natural medicinal practices can help you reduce pain and improve your life. For more information and event schedule, visit www.NorthernVirginiaHealthEXPO.com.

Poplar Spring Animal Sanctuary's Fourteenth Annual Open House and Fundraiser, 1-5pm. PSAS' biggest event of the year. Enjoy live music, delicious catered food, a fabulous silent auction, clowns, face painting, and speakers. Stroll around and visit the rescued animals. No admission fee, but donations (of any amount) are very much appreciated. RSVP requested. *To ensure fun and safety for all, NO DOGS at any event that is held at the sanctuary, please! Events will be held rain or shine, and all proceeds benefit the rescued animals.* 15200 Mt. Nebo Road, Poolesville, MD 20837; 301-428-8128 or www.animalsanctuary.org/index.html.

Sacred Journey: Walking with Spirit in Shenandoah National Park: Deepen your connection with Nature through meditative processes and exercises to open your spiritual perception in this all day workshop. www.silverspringoflight.com.

-26-

Level 1 Chakra Balancing Course

Access Your Future Through Time Openings

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Jean-Pierre Garnier-Malet in Washington, DC

Physicist, Father of the Theory of Time Doubling
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2 half days — October 8th and 9th

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For Registration

Call: 301-272-0713

Email: FutureWorkshop@LIVE.com

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www.jeanpierregarniermalet.com



Imagine having a double in a different time and space. What if you were two, unaware of each other's existence, yet sharing the common goal of a better life?

Learn how you are able to familiarize yourselves and in turn master the phenomena of premonition, intuition, and vital instinct.

In the process learn astonishing properties of time and space that underlie and enhance these natural faculties.

J.P. Garnier-Malet applies the latest discoveries in physics of time and space to teach you how to tune into your innate abilities to access future information.

Discover, enhance, and fine-tune your intuition and premonition to shape your own future and energetic potential.

Price: US \$295

Limited number of case-based
Scholarships offered by JP Garnier Malet
Call for information

FALL CALENDAR

begins at Braided Way Healing Arts School. Arlyn Kline RN, has 28 years experience as teacher/practitioner of chakra balancing and has studied extensively with Rosalyn Bruyere, Brugh Joy, and Swami Muktananda. MD massage CEUs. Free intro talk, September 19 @ 6:30pm, Baltimore Centre for Wellness. Info: 410-203-2226, Ext. 5, www.braidedwayhealingarts.com.

-27-

Tai Sophia Graduate School Open House. Features all academic programs: Acupuncture, Nutrition, Herbal Medicine, Transformative Leadership, and Health/Wellness Coaching. 9:30am-12:30pm. Please RSVP. www.tai.edu, 410-888-9048 x6647.

-30-

A Day of Meditation at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

9/30-10/1 **Annual Elvis Festival** at the Rusty Rudder, Dewey Beach, DE, 302-227-3888. Enjoy your stay at DE's 5-Star Resort Community. www.Homeaway.com/168286

9/30-10/2 **Yes to Success Seminar with Debra Poneman.** Learn How to Thrive, Not Just Survive-In the Coming Days and Years! The Residence Inn, Bethesda, MD Visit www.yesto-success.com/events for more informa-

tion. Enroll early for limited offer!

9/30-10/2 **The First Baltimore Anusara® Yoga Immersion Training** starts at Baltimore Yoga Village. Explore your love of Anusara Yoga in this 108-hour in depth study with two certified Anusara Instructors, Claudia Neuman, E-RYT 500, and Vivian Campagna, RYT. For details, go to: baltimoreanusarayogaimmersion.wordpress.com.

OCTOBER

-1-

October One-Year Shamanic Training - Toby Christensen Healing Drummer. Explore your deep tribal wisdom. First class: build a sweat lodge with a Lakota Spiritual Leader. For October start date and more information, contact: info@healingdrummer.com, or Karla: 703-328-0352, karlabis@aol.com.

10% discount in October from Very-Vegalicious! Want to eat vegan meals more often? I offer: veg-friendly store tours, assistance with meal planning/



cooking, an information folder, phone/email support! Very-Vegalicious.com; call Caroline, 301-922-6223.

10/1-2 **On Being a Spiritual Guide, On Being a Retreat Leader.** Explore your call to spiritual companionship or leading contemplative prayer

groups & retreats. Shalem Institute, Washington, DC. www.shalem.org.

10/1-2 **Redefining Health at Tai Sophia.** Popular 2-day signature workshop w/ Institute Co-founders. \$165. Space is limited! www.tai.edu. 410-888-9048 x6611.

-2-

Celebrity Chef's Brunch at the Rusty Rudder, Dewey Beach, DE, 800-626-3257. Stunning 4-bedroom townhome available for your stay at DE's 5-Star Resort on the Indian River Bay. www.Homeaway.com/168286.

-6-

Free Wellness at Tai Sophia. Regulating Gut Inflammation with Food and

Herbs. 12-1pm www.tai.edu. 410-888-9048 x6616.

-7-

10/7-9 **Advanced Theta Healing Class.** RestonReikiandSelfHealingArts.com, 703-472-3481.

-8-

Book Talk with Grand Archdruid of the AODA, John Michael Greer, presenting his new book *Apocalypse Not: Why Everything You Know About the Rapture, Nostradamus, and 2012 is Wrong* at Sacred Circle, 919 King St, Alexandria, VA. 2pm. FREE.

External Qi Healing and Medical Qigong Class. Learn more at www.tccii.com.

Using Feng Shui Interior Colors: Get Your Mind Right and Your Energy Soaring. Location: Imagine Yoga and Wellness Center, 3120 Belair Dr., Bowie, MD, 20715; 1-3pm. Cost: \$25.00. Register: <http://kwsfengshuicolor-workshop.eventbrite.com>.

10/8-9 **Finding Your Divine Work,** at Blueberry Gardens. blueberrygardens@verizon.net, www.blueberrygardens.com.

continued on page 82

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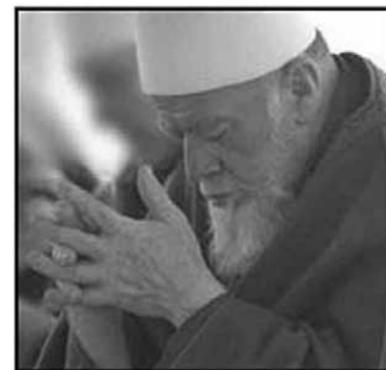
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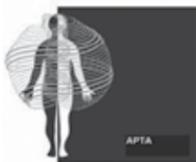
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FALL CALENDAR

OCTOBER 8, cont.

10/8-9 **KarmaFest®** at Sinking Springs Farm. The ultimate Holistic/Psychic/Yoga festival. Vendors, workshops and more. Rain or Shine. Please visit: www.karmafest.com for more information.

-9-

Pathways Magazine's 35th Natural Living Expo. The *Pathways* event of the year! 110 Exhibitors - 64 Workshops. See the magazine center insert for full descriptions or go to www.NaturalLivingExpo.com.

Real Natural Remedies at the Natural Living Expo. Come explore our line of supplements to lower your cholesterol and promote cardiovascular health at *Pathways Magazine's* Natural Living Expo. 10am-7pm, booth #35. Visit us at www.realnaturalremedies.com.

-13-

Free Wellness at Tai Sophia. The Colors of Wellness. 12-1pm, www.tai.edu. 410-888-9048 x6616.

-15-

Introduction to Reiki. Call Reston Community Center to register. 703-476-4500.

Qigong in Daily Life: Your Kidney Energy. The first of a 3-session series.

Learn ways to improve kidney energy through qigong practices, meditation, and foods. 10am-12pm. See Ongoing for other two sessions. \$50 for all 3 sessions by 10/5; \$20/session after. IAS. www.ias-online.org.

Sound Healing at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

Watercolor and Movement at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

10/15-16 **Continuing Education at Tai Sophia.** 2 days of Chinese Medical Classics with Peter Eckman, PhD, MAc. \$295/12 CEUs. www.tai.edu. 410-888-9048 x6642.

10/15-16 **Couples Weekend Workshop.** Call 202-678-3100, or visit www.nyamahealingservices.org.

10/15-16 **Diamond Approach Introductory Weekend,** a spiritual path developed by A. H. Almaas. Sat/Sun 10am-5:30pm in Takoma Park. \$150 by September 30, \$175 thereafter. Learn how inquiry can bring you closer to your truest self. See our logo listing for more information. Contact Barbara: bearwise@verizon.net, 202-746-9473. www.ridhwan.org.

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Potomac, MD 20854
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FALL CALENDAR

-16-

A Day of Meditation at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

Living our Dreams, Flowing in Divine Prosperity presented by internationally renowned Mary Manin Morrissey. Learn to convert your dreams and longings into reality! 1:30-4:30pm, Celebration Center for Spiritual Living, 2840 Graham Rd, Falls Church, VA 22042. 703-560-2030. \$40 in advance or online, \$50 onsite. www.celebrationcenter.org.

Reiki Level 1. RestonReikiandSelf-HealingArts.com, 703-472-3481.

-17-

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

-18-

10/18-25 **Marge Hulburt Workshops**, book readings, shamanic healing sessions, and writing/publishing consul-

tations. Shamanic teacher, author, and book coach from Missoula, Montana. www.FindingEagle.com or 406-241-7260 for info.

10/18-11/15 **School of Contemplative Prayer- Holy Vibrations.** Experience drumming, chanting, Tibetan bowls and movement as pathways to God. 5 sessions. Shalem Institute, Washington, DC. www.shalem.org.

-19-

10/19-20 **Continuing Education at Tai Sophia:** Building, Managing, and Marketing Your Practice w/ Robert Notter and Rose Payne. \$295/12 CEUs. www.tai.edu. 410-888-9048 x6642.

-21-

Accelerated Manifesting Webinar by Jacqui 'Kalidasi' Bensusan, 8-9pm with time for Q&A. Turn your dreams into reality. Cost \$31. Details and registration, www.motheyogini.com, 202-702-0728.

10/21-23 **Donna Eden with David Feinstein: Energy Medicine Weekend Workshop**, includes Balancing Hormones Naturally. Re-vitalize your immune system, memory, joy, calm stress response! Learn how to create an internal environment that maintains optimal hormonal balances. Hormones affect everything: mood,

continued on page 84

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FALL CALENDAR

OCTOBER 21, cont.

digestion, immunity, metabolic rate, weight, monthly cycles, sexual desire, the ability of the body to meet stress and resist disease, much more. Because our fast-paced lifestyles and unnatural environments confound the body's natural production of hormones, this is a timely and important subject for everyone, not just women. More info? www.innersource.net. Optional Energy Psychology class, free to workshop participants with David Feinstein, PhD. Surprisingly simple yet profoundly self-empowering, you can literally change the brain chemistry driving deeply embedded response patterns that disrupt your life, such as anxiety, guilt, fear, anger, phobias, compulsions, and more. **Register:** www.brownpapertickets.com:event:190465

-22-

Journey into the Chakras Workshop: Experiential in-depth exploration of the "Wheels of Light." 9am-3pm, \$125/person at Rivendell Pathways facility. See www.healingwithgrace.com for details.

10/22-23 **The Spiritual Gifts of the Seasons Workshop:** Learn to take advantage of the energies of the seasons for personal and spiritual transformation. Silver Spring, MD. www.silver-springoflight.com.

-23-

The Alchemy of 2012. Speaker Myra Jackson discusses the alchemy at play in the Cosmic Shift signifies by the year 2010. \$25. IAS, www.ias-online.org.

-25-

Tai Sophia Graduate School Open House. Features the Nutrition and Herbal Medicine Master's and Graduate certificate programs. 6-8pm. Please RSVP. www.tai.edu 410-888-9048 x 6647

-28-

10/28-30 **2011 Utopia Film Festival**, in historic Greenbelt, MD. For more information, visit or call Greenbelt Access Television (GATE) at 301-507-6581.

10/28-30 **22nd Annual Sea Witch Halloween & Fiddler's Festival**, Rehoboth Beach, DE. For info. www.beach-fun.com. Luxurious living at DE's 5-Star Resort. www.Homeaway.com/168286.

-29-

10/29-30 **Two-day life or executive coach certification program**, and at no additional cost you receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington DC regional Certified Coaches

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∞ **Ancestor Libations** ∞ **Unity Candle** ∞

∞ **Jumping the Broom** ∞ **Loving Cup** ∞

∞ **Family Blending** ∞ **Guests' Blessings** ∞



Please call or email for more information or to schedule a complimentary consultation to discuss YOUR perfect wedding!



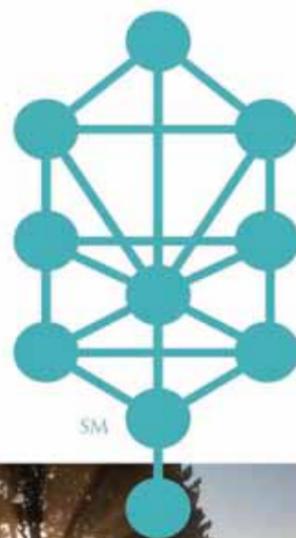
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FALL CALENDAR

Federation coaching network. Visit: www.certifiedcoachesfederation.com.

NOVEMBER

-1-

11/1-13 **On Tour: Medical Intuitive, Trance Medium, & Master Healer, Rev. Ana Jones**, in the DC metro area offering private sessions at local healing centers. Medical Intuitive Consultations, Angel & Spirit Guide Channeling, Past Life Channeling, Archetypes of Your Soul Life Purpose Reading, Angelic Healing, & Advanced Reiki Energy Healing are available. www.AngelicCommunication.com or 301-641-3299 for details.

-4-

Cosmology of 2012: The Genius of the Mayan and Vedic Myth Makers. A Lecture with Vedic Astrologer, Brendan Feeley. Willow Street Yoga Silver Spring location: www.willowstreetyoga.com or 301-270-8038.

11/4-6 **Angel Immersion Retreat.** Spend the weekend with your Angels at a beautiful retreat home in nearby Wintergreen, VA. Experience peace, joy, and a clearer connection to Divine Angelic Guidance. Learn more at retreat.zenquility.com.

-5-

Psychic Development: Spiritual Sens-

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

-6-

Meditation and Chanting Retreat. 9am-4pm. Cultivate the inner connection to the sacred through the practice of group chanting and meditation. Appropriate for beginning and experienced meditators. \$95 by 10/31; \$115 after. IAS www.ias-online.org.

-9-

11/9-13 **Rehoboth Beach 14th Annual Independent Film Festival, DE.** For info. www.rehobothfilm.com/festival.html. For a perfect getaway make a reservation at DE's 5-Star Resort on the Indian River Bay. www.Homeaway.com/168286.

-10-

Free Wellness at Tai Sophia. Supporting Immunity in Fall and Winter. 12-1pm. www.tai.edu, 410-888-9048 x6616.

-11

Oneness Gathering Begins at 7:30pm and culminates at 11:11 pm. This evening will include: teachings on the reconciliation of opposites, guided unity & healing meditation for our national

and world leaders, Oneness Ceremony, drumming, chanting & singing of sacred songs, a guided shamanic journey to discover your life purpose via soul contracts & sacred agreements, and more. Facilitated by internationally known spiritual teacher, Rev. Ana Jones (on tour from Hawaii). Details at www.AngelicCommunication.com or 301-641-3299.

-12-

A Day with Julian & Rumi. Experience God's abiding love through the words of Julian of Norwich and Rumi. Shalem Institute, Washington, DC. www.shalem.org.

Transpersonal (Past-Life) Regression Workshop – This one is very important, on Health, Illness, and Transitions. It can change everything 9am-5pm, Warrenton, VA, at the Warrenton Inner Healing Center. Includes two group regressions and several visualization exercises. Contact Richard Stammler, PhD at rstammler@gmail.com or 540-272-1563 to reserve your place. See: www.quantumregression-therapy.com under the events page for more details. Cost: \$120.

11/12-13 **Connect With Your Spirit Guides** in this 2-day intensive workshop with NSAC Certified Medium Rev. Konstanza Morning Star. Silver Spring, MD. www.silverspringoflight.com.

11/12-14 **Trager Level 2 Class** at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

-13-

STOP Smoking Hypnosis Workshop with Laura West, Don Pelles, and Joanne Selinske at Soul Source. 1-5pm. Love donation. Seating limited, registration required at One@theSoulSource.net or 410-371-7950.

11/13-16 **Group Spiritual Direction Workshop.** Learn and experience the deep community of group spiritual direction in a beautiful rural setting. Shalem Institute, Lexington, VA. www.shalem.org

-19-

Celebrate Thanksgiving WITH the Turkeys. Join our friendly turkeys and all their friends in celebrating a cruelty-free Thanksgiving potluck. Please bring a vegan (no meat, dairy, or eggs) dinner or dessert item to serve 8. \$10.00 suggested donation to benefit the animals. No charge for children under 16. To ensure fun and safety for all, NO DOGS at any event that is held at the sanctuary, please! Events will be held rain or shine, and all proceeds benefit the rescued animals. 12-4pm. Poplar Springs Animal Sanctuary, 15200 Mt. Nebo Rd, Poolesville, MD 20837; 301-428-8128. www.animalsanctuary.org/index.html.

continued on page 86

Your Angels have a message for you:



Spend the weekend with your Angels at the **Angel Immersion Retreat, Nov. 4-6**
Learn more at retreat.zenquility.com



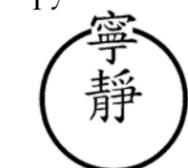
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- Filing your dental claims

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FALL CALENDAR

NOVEMBER, cont.

-20-

Integrated Energy Therapy for Kids. RestonReikiandSelfHealingArts.com, 703-472-3481.

-21-

Reel and Meal at the New Deal Café. A monthly documentary/dinner series exploring vital environmental, social justice and animal rights issues. The \$13.00 (optional) vegan meal starts at 6:30pm. Fred Tutman, CEO of Patuxent Riverkeeper, hosts an evening devoted to race and the environment (www.paxriverkeeper.org). Film vignettes begin at 7pm. The New Deal Café is located in historic Greenbelt at 113 Centerway, Greenbelt, MD 20770. For more info, contact Cam MacQueen at worldisvegan@aol.com.

Piano Passion Concert with Will Tuttle, 7-8:30pm at Unity of Gaithersburg, 111 Central Ave., Gaithersburg, MD; for more information, visit www.unityofgaithersburg.org.

-27-

Sound and Vibrational Healing Intro. Please call the Reston Community Center to register. 703-476-4500.

-29-

Tai Sophia Graduate School Open House. Features all academic pro-

grams: Acupuncture, Nutrition, Herbal Medicine, Transformative Leadership, and Health/Wellness Coaching. 6-8pm. Please RSVP. www.tai.edu, 410-888-9048 x6647.

DECEMBER

-1-

Free Wellness at Tai Sophia. Probiotics in Children's Health. 12-1pm, www.tai.edu. 410-888-9048 x6616.

-3-

Qigong In Daily Life: Sleep. The second session in a three part series. Understand effects of imbalance of yin and yang energies and learn ways to promote sleep through massage, chanting, meditation, and energy practices. 10am-12pm. See October for first session (Your Kidney Energy). \$50 for all 3 sessions by 10/5; \$20/session after. IAS www.ias-online.org.

12/3-4 Trager Level 2 Class at Blueberry Gardens, blueberrygardens@verizon.net, www.blueberrygardens.com.

-5-

Rehoboth Beach Hometown Christmas Parade, DE. For details www.DowntownRehoboth.com. During your visit, enjoy tax-free shopping at Tanger Outlets. For a 5-Star weekend, make a reservation at DE's award-winning community - The Peninsula



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FALL CALENDAR

on the Indian River Bay.
www.Homeaway.com/168286.

-8-

Free Wellness at Tai Sophia. Herbal Approaches to Healthy Hair: A Cross-Cultural View. 12-1pm, www.tai.edu. 410-888-9048 x6616.

-10-

Art and Yoga Playshop. Open and Connect to your Creative Intuition. Location Blueberry Gardens in Ashton, Md. For more information, call Savitri Khalsa, 301-408-1280, www.rainbowspringsalchemy.weebly.com.

12/10-11 Two-day life or executive coach certification program, and at no additional cost you receive: 1 year continuing education program; 2 coaching sessions from a Master Coach; and Membership in the Washington DC regional Certified Coaches Federation coaching network. Visit: www.certifiedcoachesfederation.com.

ONGOING

200-hr Therapeutic Yoga Teacher Training begins in September in Baltimore, runs weekends for 9 months through May 2012, and again in January, in Westminster. \$3050 complete. www.yamastudio.com for info or 410-464-9000.

Day of the Goddess: Teachings from the Masters & Guided Meditation. For spiritually inclined men and women. Meditation: Initiation into Higher Consciousness, Monday evenings, and more. www.newfuturesocietycenter.com. 301-460-1417

Free 45-minute "Lunch & Learn Yoga" session at your place. Introduce your employees/organization members to the stress-relieving and energizing power of yoga! Contact Luann@DreamYogaStudio.com for more information.

Free ongoing classes at Apurva Wellness in Falls Church! Please call to reserve your space 703-573-7829. Trial class: this class is designed for all levels and will help the teacher determine which level best suits your goals. Friday 7-8 pm and Saturday 3:30-4:30pm. Meditation: Sunday 9:30-10:30am. More information at www.apurvawellness.com.

Holistic Wellness Expo and Yard Sale, Sundays, 9am-2pm, ongoing outdoors. 301-449-8664 www.happy-houryoga-reiki.vpweb.com.

Laughter Yoga. Laugh away the stress, illness and dark moods. Bring more joy, lightness and positive energy into your life. Find out for yourself why

Laughter is the best medicine. Mondays, (Foggy Bottom), Thursdays (Takoma Park), and Saturdays (Silver Spring). 202-251-2396. www.LightenUpClub.com.

Meditation and Chanting to Heal Planet Earth. October 16, November 20, and December 18. 4-5:30pm. IAS www.ias-online.org. \$10/session.

Meditation at Happy Hour Yoga - Holistic Wellness Center, 7-8pm Tuesdays. 301-449-8664 www.happy-houryoga-reiki.vpweb.com.

Meditation every Wednesday, starting September 8. 1901 Powder Mill Rd, Silver Spring, MD, 7:30-9pm.

Meet-up groups Reiki Shares, Women's Empowerment Topics, and Dream Journals. First Tuesday of the month at Claytime Café, Manassas, Va. www.Heathershouse.net.

Online Study Programs for The Soul and Service Trilogy. Online study program for *Born to Serve: the Evolution of the Soul Through Service* explores soul-inspired service needed in this transformation time. IAS. www.theclarionway.org.

Reiki Shares at the Reiki Center of Greater Washington in Rockville, MD: 9/24, 10/23, 11/19, and 12/18. Call

301-963-0787 or visit www.reikicenter.info for more information.

Right Use of Will: Independent Study. Three-month Independent Study to develop and heal personal will. \$110. IAS. www.ias-online.org.

Sacred Listening Circles. Practice prayerful listening where we are receptive to one another's spiritual wisdom; engage in silence and small group sharing. 9 sessions from September 21, 2011 through May 2012. Shalem Institute, Washington, DC. www.shalem.org

Spiritual Processes for Healing, Growth & Prosperity (Channeled Messages), every Monday starting September 12. 7960 West Beach Dr., NW, DC. 7:30-9pm, \$25.

Sunday Morning Meditation with Master Charles. Meditate with an authentic spiritual master each Sunday morning, 11am at Synchronicity Sanctuary near Nellysford, VA. For more information contact, www.synchronicity.org or 757-644-3400.

Superet Atom Aura Science Classes (Free) held every Thursday from 7-8:30pm in Washington, DC. For

continued on page 88



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Seeking Persons Committed to Spiritual Development to Participate in a Study of Mystical Experience, Meditation and Spiritual Practice

Researchers at the Johns Hopkins University are seeking volunteers who have an active interest in exploring and developing their spiritual lives to participate in a scientific study of the combined effects of meditation, spiritual practice and the entheogen psilocybin, a psychoactive substance found in mushrooms used as a sacrament in some cultures. The study will take place over 6 to 8 months during which volunteers will be encouraged to initiate or maintain daily meditation and spiritual awareness practices. Volunteers will also receive careful preparation and 2 or 3 sessions in which they will receive psilocybin in a comfortable, supportive setting. Structured guidance will be provided during the session and afterwards to facilitate integration of the experiences.

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

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

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA_00020767

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FALL CALENDAR

ONGOING, cont.
more information, see
www.superetlightchurch.com or call
202-291-8658.

Third Sundays are BioGenesis Shares at Be You Bi Yu Wellness Center.

From 3:30-5:30pm, we will treat and share best practice procedures for BioGenesis. For more information call 301-493-4911, or visit:
www.beyouspa.com.

Try Movement Improvement: Stretch and Integrate with Helen Rea @

Crossings, Tuesdays 6:15-7:30pm or
Wednesdays 10-11:30am. Call 301-587-
7478 to register.
www.crossingshealing.com.

UPCOMING

9/1 Pathwork Transformation Program. Do you want to Feed Your Soul, Expand Your Heart, Strengthen Your Courage? Heal your deepest childhood wounds. Make lasting relationships. Learn practices to support you in the journey of life. Learn how to love and serve. Go to:
sevenoaksretreat.org/schedule.html or
call 540-948-6544 for a free interview.

2/4/12 Qigong In Daily Life: Your Heart Energy. The third session in a three part series. Learn how the heart is connected to soul; tap into the power of universal and unconditional love

in the heart; practice chanting, meditation, healing techniques, and movements to enhance heart energy. See October for first session (Your Kidney Energy). \$50 for all 3 sessions by 10/5; \$20/session after.
IAS www.ias-online.org

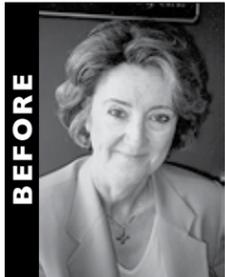
3/1/12 Blue Heron Wellness Yoga Teachers' Training. Share your love of yoga and embark on a new and fulfilling career. Experience an integrative and creative teachers' training program. Call 301-754-3730 or visit
www.BlueHeronWellness.com for more information.

3/8-11 2012 Sacred Space Conference. Annual conference on metaphysics, mysticism and magick. John Michael Greer, Lyratah Barrett, cat yronwode, Ivo Dominguez Jr., many others. DC/Baltimore area.
www.sacredspacefoundation.org.

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NETWORK OF LIGHT NEWS

BY HONORA FINKELSTEIN

NOL Satsangs Continue in the Fall of 2011

Lakshmi Barbara Carpenter will continue her "Satsangs with the Beloved—Thy Self" throughout the fall months on the following dates: Wednesday, September 7; Tuesday, September 13; Thursday, September 22; Wednesday, October 5; Tuesday, October 11; Tuesday November 8; Tuesday, November 15, and Wednesday, November 30. All events will begin at 7:15 p.m. and will last about an hour and a half.

Carpenter says about her satsangs, "We explore everything as the Self. All there ever was, is, or ever will be is consciousness. My favorite quote from the Buddha is, 'Events happen, deeds are done. There is no individual doer of any deed.' And as Jesus said, 'I can of mine own self do nothing.' So *all* is the greater Self. I know that I have never been born and never died, and somehow I yearn from the bottom of my heart to share the bliss that this deep realization gives me. So I want to offer a safe place where people can come and experience their divinity."

All of Carpenter's satsangs will be held at 6304 30th St. NW in Washington, D.C. (Attendees are asked to please park outside the cul-de-sac on Tennyson or 30th streets.) Although love do-

nations are gratefully accepted, the satsangs are offered free of charge.

For more information, please call the Network of Light office at 202-363-9343, or contact the organization at networklight@hotmail.com and ask to be put on their email list for all announcements.

Put NOL's Winter Holiday Party on Your Calendar

The Network of Light will hold an All Soul Heart-to-Heart Holiday Celebration on Saturday, December 17, 2010 starting at 6:30 p.m., and the public is invited. The event will begin with a meditation and will provide a safe space for heart-to-heart sharing of what is in the heart and soul of each participant. This will be followed by a shared-food dinner and entertainment.

Attendees are requested to bring their favorite dishes to share with the group. In addition, they are invited to bring an unwrapped gift or non-perishable food item that will be given to needy people at homeless shelters and to other groups around the city.

After the dinner, Stream Ohrstrom and the Blue Dragon Band will entertain and play music for dancing.

The event will be held at 6304 30th St. NW in Washington, D.C. (Attendees are asked to park outside the cul-de-sac on Tennyson or 30th Sts.) For more information, please call 202-363-9343.

The Cosmology of 2012



Brendan Feeley, a practitioner of Ayurveda and Jyotish (Vedic astrology) from Rockville, Maryland, will make a presentation at the Network of Light on "The Cosmology of 2012: The Genius of the Mayan and Vedic Myth Makers" on September 28, 2011, 7-9:30 p.m.

There has been much discussion from many quarters on the meaning of the ending of the Mayan calendar on December 21, 2012. For many, it foretells the coming of an apocalypse and the end of the world.

However, for today's Mayan elders, the shift that will happen is rather a time for cleansing and awakening, with the rebirth of the planet's feminine energy as the sun and Earth align with the heart of the Milky Way galaxy, which is thought to be the home of the Cosmic Mother. It is believed this alignment will bring transformation and change of the planet's inhabitants because the path of the Cosmic Mother is one of devotion, nurturance, and nourishment. Hence, this time will be one of rebirth, as well as a re-evaluation of emotions, feelings, and intuition as healing paths to integrity and wholeness.

According to Feeley, who has studied the implications of December 21,

2012 extensively, the Maya were experts in astronomy and astrology and had an advanced galactic cosmology to predict the great cycles operating in the universe. In the presentation at the Network of Light, Feeley will review the 2012 phenomena in light of the following ideas from sacred symbolism and iconography:

- The evolution of consciousness and the machinery of the universe as symbolized in the galactic alignment;
- The iconography of the Sagittarius/Gemini axis as the gate of God and the gate of Man;
- The personification of that axis as the disembodied serpents, Rahu and Ketu, and the Muladhara and Sahasrara chakras of the Cosmos;
- The churning of the Milky Ocean and the ensuing battle between the demons and the gods;
- The numerological relationship between galactic phenomena and human life.

Feeley is a founding member of the American Council of Vedic Astrologers, a member of the National Ayurvedic Medical Association, and a professional homeopath certified by the Council of Homeopathic Certification. He holds graduate degrees in engineering, archetypal psychology, and homeopathy.

"The Cosmology of 2012" will be

continued on page 90

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NETWORK OF LIGHT NEWS

The Cosmology of 2012 ...continued from page 89

held at 6304 30th St. NW in Washington, D.C. A donation of \$20 for the event will be requested at the door. (Attendees are asked to park outside the cul-de-sac on Tennyson or 30th

Streets.) To register for the Network of Light event, please call 202-363-9343

To contact Feeley directly, please call 301-424-6644 or email him at bp-feeley@aol.com.

"Walk for Values" Set for Labor Day Sunday

The Sri Sathya Sai Baba Organization of the Mid-Atlantic Region has announced that the 2011 "Walk for Values USA" will be held 9 a.m. to 1 p.m. on September 4 in Washington, D.C, which is the Sunday of Labor Day weekend. The purpose of the annual "Walk for Values" is to raise awareness of the five basic human values of truth, right conduct, peace, love, and nonviolence.

The walk will begin and end at the Sylvan Theater, an outdoor stage next to the Washington Monument and will take participants around the National Mall in front of the Smithsonian Museum buildings. On this route it will be possible to see the United States Capitol Building and the White House.

Guest speaker for the event will be Audri Scott Williams, who is known for her three-and-a-half-year walk around the world for peace. Williams, who has her own weekly radio show called "Peace Talks," is currently on a year-long walk across the United States and will be walking into D.C. on September 3, the day before the "Walk for Values."

Three Generations, an Afro-Native American theater company dedicated to the preservation of Native American and African song, dance, and sto-

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- Nutritional Coaching & Classes
- Body Ecology Coaching
- Reiki Certification Classes
- Meditation Classes
- Cleanse/Detox Programs

NETWORK OF LIGHT NEWS

rytelling, will present a music program as a part of the "Walk for Values." The troupe features vocal musicians from the Choctaw, Cherokee, Creek, and Black Foot Nations.

The "Walk for Values" is free and open to all, but participants are encouraged to preregister at www.walkforvaluesusa.org.

9/11 Unity Walk on Embassy Row

The 9/11 Unity Walk, to be held on Sunday, September 11, 2011, commemorates 10 years since acts of terrorism were perpetrated on citizens of the United States and invites persons of all faiths to Embassy Row in Washington, D.C. to learn about different faiths and cultures. Churches, synagogues, temples, gardwaras, and mosques will hold open houses in an effort to bring about unity of all while honoring the diversity of each.

World renowned speakers will offer insights about the unity of all nations, and participants will be able to sample diverse cuisines from many cultures.

The free event is hosted by Unity Walk's Interfaith Youth Action Group (IYAG). For more information, please visit www.911unitywalk.org.

Spirit Fest to Be Held in Mid-September

Spirit Fest, the second annual Sat Nam Kundalini Yoga and Music Festi-

val, will be held September 16-18 in the Blue Ridge Mountains of Waynesboro, Pennsylvania. This event offers a way to connect with spirit through the ancient traditions of mantra and kirtan, with three days of chanting, singing, dancing, and kundalini yoga in a beautiful mountain setting.

On September 15-16, there will be a pre-festival yoga intensive offered by Snam Kaur, Sopurkh Singh, Mahan Kirn, and Siri Om in preparation for the music bliss that will follow at Spirit Fest. The intensive, which will feature kundalini yoga, breath work, and the ancient practice of "Bound Lotus Kriya," are offered as a pathway to more pleasure and enjoyment of the music that will follow.

For more information on Spirit Fest, please visit www.spirit-fest.com.

East-West Bridge Events for September

East-West Bridge is a 501(c)(3) tax exempt nonprofit that helps to take children off the streets in India and foster them through their growth and education. In the greater Washington, D.C. area, East-West Bridge offers yoga and meditation, classes and seminars, retreats in India and around the United States, discourses for self awareness, therapeutic touch, sweat lodges, vision quests, dance ceremonies, and forgive-

ness and discipline workshops.

On September 9-10, the organization will offer a 24-hour retreat with teachings and ceremony for opening of the third eye with the renowned healer from the Philippines, Reverend Leony, who worked with Alex Orbito for 10 years. Shirley MacLaine wrote about him in her book *Going Within*, and he also appears in Rev. Sally B. Perry's book *Chronicles of a Healer*.

On Saturday, Leony will offer private healings from 10 a.m. to 2 p.m. Participants in the retreat are requested to bring a bag lunch and a blanket so they can enjoy the outdoor surroundings more fully.

The retreat requests a donation of \$250.00, with a \$50.00 deposit, though no one will be turned away for lack of funds.

Another event sponsored by East-West will be an intense dance ceremony offered by Rev. Perry September 30-October 3, 2011. Participants in this ceremony should undertake it with the intention of enhancing their visionary abilities.

Said Perry, who has been involved in the spiritual medicine of this ceremony for 30 years, "If you want to change your life and find more peace and guidance within yourself, this ceremony will allow you to merge with creation for love and peace within and on this planet."

Because the ceremony is powerful, it

requires a four-year commitment. Participants must also be accompanied by a caretaker, as they will undergo significant changes during the process.

All interested persons are invited to contact Perry for more information at 804-749-4679 or by email at Sallybperry@aol.com.

The Creation Star Karma Fest

The Creation Star Karma Fest will take place from noon on Saturday, September 24 to noon on Sunday, September 25. Billed as the ultimate holistic/psychic/yoga/healing/wellness festival, it will be held at the Bull Run Mountain Clubhouse located at 1811 Ridge Road in Haymarket, Virginia.

The event is being sponsored by the Creation Star Peace Project to raise funds for global peace projects. For more information, please visit <http://CreationStarKarmaFest.homestead.com>, or call 202-468-7722.

Attend a Buddha Party this Fall

WWBD? What would the Buddha do to create a safe haven for spiritual seekers who want to get together with like-minded people? Those in the greater Washington, D.C. area are invited to find out by attending a Buddha Party.

continued on page 92

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

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

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

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

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

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NETWORK OF LIGHT NEWS

Buddha Party
...continued from page 91

According to organizers Angela Krebeck and Owen Lombardi, Buddha Parties are sacred social and healing events for the local holistic community, where people who don't want to choose bars or dance clubs for their socializing can find a fun and comfortable place to go on a Saturday night where they can share their views and participate in activities that reflect a conscious lifestyle.

A Buddha Party is a safe and sacred place for the expression of holistic ideals, where all spiritual traditions are welcome. To Krebeck and Lombardi, the Buddha represents the middle path, thus offering a way to create peace, love, and harmony in one's life and in the lives of other people.

Buddha Parties are held in the Washington metro area in spaces convenient to those who live in Maryland, D.C., and Virginia. As their promotional materials suggest, attendees are invited to "enlighten up" and have a good time.

Previous events have brought together 50 to 80 attendees with dozens of healers and therapists who minister to guests in private rooms during the party. Participants are requested to bring a covered dish to share and CDs of their favorite dance music. It's an opportunity to experience healing, energy shifts, good food, music, medi-

tation, and dance, and perhaps even a new romance with the soulmate you've been looking for. And it's a chance to come together with a soul-centered community.

For more information and to learn the details, times, and locations of future events, please visit www.BuddhaParty.com. Also, interested persons who know of large homes, churches, community centers, or other venues that might be appropriate for holding these events are invited to contact the founders at BuddhaParty@gmail.com.

The Council for a Parliament of the World's Religions

The mission of the Council for a Parliament of the World's Religions is to cultivate harmony among the world's religions and spiritual communities and to foster their engagement with the world and its guiding institutions—political, national, and spiritual—in order to achieve a just, peaceful, and sustainable world for all people. In order to further this mission, it invites individuals and communities that are also invested in attaining this goal to participate in its manifestation.

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NETWORK OF LIGHT NEWS

in harmony with each other and contribute their wisdom to the whole of planetary life through understanding and respect for all; where the Earth and its web of life are cherished, protected, healed, and restored; where the common good becomes the goal and focus of all institutions; and where all people live and create from their highest values and dreams.

To this end, the Council for a Parliament of the World's Religions promotes interreligious harmony, rather than unity, for they believe harmony maintains a respect for diversity and the uniqueness of each spiritual and religious tradition. Positing that interreligious harmony is an attainable and desirable goal, the Council draws upon the philosophical, theological, and spiritual teachings and perspectives of each tradition that will allow it to enter into relationships with individuals, groups, and communities of other traditions.

All life on planet Earth is interdependent; therefore, each individual must learn to live with, appreciate, and cooperate with those of different persuasions. History teaches that the most important area where difference must be accepted, respected, and appreciated is in the realm of religion, for historically, religion has been abused and used for creating war, betrayal, and misuse of power. At the same time, religious and

spiritual traditions are often at the core of communal wisdom and enlightenment, ethics, and higher principles.

Hence, the Council believes that, "When these diverse communities work in harmony for the common good, there is hope that the world can be transformed." To this end, it initiates dialogues and encourages relationships among people of difference, thereby providing a structure for justice, peace, and a sustainable future.

The next Parliament of World Religions will be held in Brussels, Belgium in 2014. But while the world waits for that next global event, the Council has designed a social network called PeaceNext to bring individuals from diverse backgrounds and religious persuasions together in dynamic ways and to keep interfaith activists connected in between Parliaments.

PeaceNext now connects an online community of more than 2,300 members from over 80 countries. In just the past six months, PeaceNext members have initiated over 70 issue-based groups, uploaded over 3,700 photos, and shared 180 videos. It invites all interested parties to get connected, share resources, celebrate their communities' achievements, and raise awareness about concerns and issues by registering today at PeaceNext.org.

Join a Monthly World Meditation Day

Through the website www.worldmeditationday.com, everyone on the planet is being invited to join in a monthly experience of meditation, visualization, and prayer to heal themselves and the planet and to lift the consciousness of every being.

Meditations are planned for the first Sunday or at the New Moon in every month, and everyone is invited to join fellow meditators on one or the other or both days. Some participants will resonate to the first Sunday of the month, while others will recognize that the new moon is a celestial event with a long history of influence on the collective psyche, and that it occurs at the same time everywhere on the planet without being bound to a particular calendar.

But the important thing is to choose to join others and combine energies with them on whichever day feels most appealing. Be aware that whichever you choose, others of like mind are joining with you in expressing love and healing to all other beings and the planet.

It is suggested that if you choose to meditate on the first Sunday of each month, any time will be fine, but the core recommended time is between 7 and 8 p.m. local time.

If you choose to meditate on the new moon of each month, again, any time will be fine, but the core time will start at the new moon global time. You can use a new moon calendar to find the next new moon or look it up at www.worldmeditationday.com, then use a time zone conversion to find your local time.

As the website points out, quantum physics posits that our thoughts are always beaming into the "quantum field," which creates the collective reality we experience. In other words, our thoughts are creating our experiences and influencing our lives, those of others, nature, the weather, etc. It stands to reason that if we beam love and healing out collectively, we'll manifest more love and healing globally.

So it doesn't matter where or with whom or how you meditate, though the website also offers a guided audio meditation, as well as links on how to meditate through different approaches. The point is just to do it, joining with others of like mind. The more minds that join together, the greater the change in world consciousness will be.

For more ideas about how to get—and give—the most through joining the world meditation day every month, please visit www.worldmeditationday.com. And have a new and more harmonious reality!

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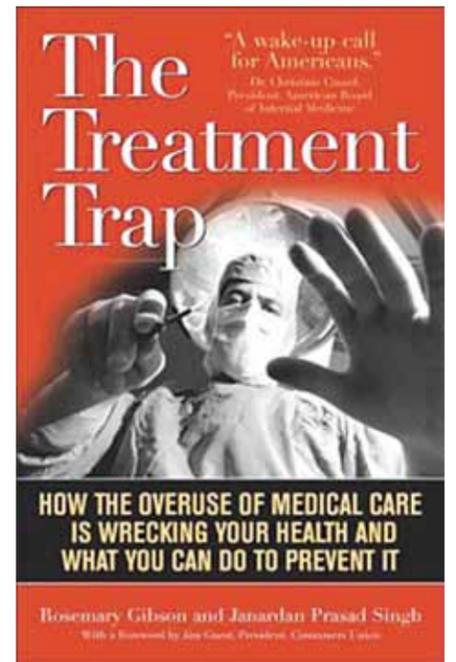
The Treatment Trap ...continued from page 19

medical community from moving on to its next deadly human experiment and more maimed and dead patients." The compelling findings in this book confirm that overuse in our health care system is now the norm.

Case Studies

The book includes heart-wrenching descriptions of profound debilitation from treatments, tests, and procedures mistakenly premised on "the power of modern medicine" to enable people "to live a good life," especially as people age. "Congressional investigations have found 2.4 million unnecessary surgeries performed annually that resulted in 11,900 deaths, at a cost of 3.9 billion dollars." Think tank studies have identified a 17 percent rate of "clearly inappropriate" endoscopies, which are described as "a most unpleasant examination."

Extensive research also documents unnecessary back surgeries. "The U.S. has the highest rate of back surgery in the world...The number of people on Medicare who have had this surgery has increased...by 300 percent in a decade....There is no evidence that it is a better alternative to exercise and other interventions....But the lack of evidence has not stopped doctors from performing the procedure, which can



take as long as 12 hours." There is also an increase in spinal fusion surgery costing \$50,000 or more, without the evidence of benefits in quality of life indices. A Washington state study of injured workers documented a 64 percent failure rate—workers remained disabled two years after the surgery and there was a 22 percent repeat operation rate.

Studies commonly find regional and community differences in treatment

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BOOK REVIEWS

trends. One Vermont community had a 20 percent rate of tonsillectomies performed on children, while another had a 70 percent rate. Researchers characterize formerly high rates of tonsillectomies around the country as an "epidemic" of a "large-scale, uncontrolled surgical experiment" that lasted fifty years.

Other promoted practices raise similar questions. Under general anesthesia, "each year 500,000 or more surgeries are performed to insert tiny ear tubes in children to thwart ear infections." There is no outcome evidence of benefits supporting this "experiment," which the conventional medical establishment has sanctioned with its "standard practice" stamp of approval.

"More than ten thousand surgeries performed each year to prevent strokes have dubious benefit and may cause more harm than good." In one community alone between 1992 and 2001, the rate of heart bypass surgery (where doctors "use a saw to open up the sternum") had doubled at a cost of 500 million dollars. And 33 percent of patients who were told to have a bypass surgery did not need it, thus exposing 42,500 people annually "to a high-risk procedure that does not help them and may cause great harm." Knee surgeries described as "excruciating" were performed unnecessarily on people who would have recovered with exercise and physical therapy. These particular

procedures have since been discredited and discontinued.

"The most widespread and costly overuse of medical care lies in the routine practices—doctor's office visits, x-rays, lab tests, and referrals" that provide a good financial return to providers and "can spark a parade of needless medical treatment." Ineffective diagnostic tests that can cause serious harm too often lead to unending cycles of "mistakes and infections and other serious and debilitating effects and errors."

The authors discuss how so many people become complicit in these costly and potentially harmful practices. Too many people firmly believe that no doctor would deliberately recommend something that is not necessary or not safe. Too many consumers also permit advertising to compel them to demand whatever the ad is promoting.

Other Problems in Our Health Care System

The authors note, "Hardly anyone protects the public. Rarely do federal or state regulatory agencies intervene in cases of unnecessary medical treatment." Fraud is prosecuted apart from and "not because a person's health has been placed at risk." And it is difficult for American consumers to accept that greed alone can dictate so many conventional medical practices and decisions. These trends largely emerged with the onset of managed care and the

emphasis on for-profit clinics and hospitals that many doctors do not control and often oppose.

Does the large number of people who have been the victims of unnecessary care reflect the large number of conventional doctors knowingly participating in these scams? Some of these doctors are characterized as "down-right crooks" who "have no idea the damage they inflict on people's lives" and who continue to practice that way. How many of these doctors are too incompetent to do better?

Current and recent medical school students "are not learning how to do a physical exam and do not understand why it is important." They reportedly do not even know how to use a stethoscope. Instead, they are taught to rely on tests and medications. Some critics point out that pharmaceutical companies now control medical school curricula and continuing medical education. Medical school curricula in this country used to be more balanced and taught safe and natural treatment options. Students had to study at least one course in homeopathy, and there were major homeopathic hospitals throughout the country. Homeopathy gained widespread acceptance in this country after successfully halting an infectious disease epidemic in the 1800s.

Although the authors stress the absence and importance of informed consent, so many examples of harm-

ful side effects in this book raise other questions that the authors do not address. Why are there so many "standard of care" practices that have such devastating side effects? Radiation treatments for Hodgkin's disease can generate a heart condition; heart bypass surgery can cause cognitive deficits but may still not extend a person's life; PSA screenings for prostate cancer among elderly veterans may expose them to "additional procedures, distress, or treatments that could result in incontinence, impotence, hip fractures, and even death"; commonly used non-steroidal anti-inflammatory drugs "reduce blood flow to the kidneys."

Exercise stress tests can produce false results; known risks of cardiac catheterization are strokes and heart attacks; the mortality rate from bypass surgery is troubling and other types of surgeries can induce heart attacks. The costs of these adverse outcomes can amount to around thirteen billion dollars annually.

The authors lament the "healthy ovaries removed unnecessarily each year during a hysterectomy" in nearly 300,000 women. As a result, many of these women may die prematurely from cardiovascular disease and osteoporosis-related conditions. But the authors do not ask why so many women are having hysterectomies. Why are there half a million total knee replace-

continued on page 96

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BOOK REVIEWS

The Treatment Trap ...continued from page 95

ment surgeries annually? The authors do refer to an "epidemic" of prostate surgeries.

There are other contradictions in this health care system. There appear to be no financial constraints on procedures such as expensive operations on fetuses before birth that do seem counterintuitive, with no idea of the outcome. Studies now indicate lifelong health problems among those who received invasive interventions as fetuses, infants, and children.

There is also a valid but obviously problematic more-is-better paradigm that attempts to assess positive outcomes based on the number of a particular procedure a doctor has performed and the number performed at a particular hospital. And Medicare is also responsible for unsustainably high health care costs and cycles of unnecessary care. Medicare pays specialists 253 percent more than what primary care doctors receive. Primary care doctors often refuse to accept Medicare patients because the compensation does not cover the costs of administering care, such as spending time listening to and learning about the patient. Holistic practitioners commonly spend one to two hours on the first visit talking to and learning about the life and lifestyle of the pa-

tient, which can elucidate clues to possible causes of patient complaints.

The authors find the examples of overuse and harm in Veteran Administration (VA) hospitals "inexplicable," because those doctors are paid flat salaries. But there have been reports over the years of widespread incompetence and poor care at numerous VA hospitals that apparently continue. Although the media focused on the possible religious motivation for the recent murders at a VA hospital by a staff psychiatrist, he had a long record of poor performance and should have been fired a long time ago, which should also raise questions about the competence of his superiors.

Too often, news reports merely repeat sound bites sent to the media by sources that have a financial interest in promoting the product and the benefits. For example, this book documents cozy relationships between hospitals and local television stations that market the hospitals to the public through "an epidemic of fake health-care news" and "made-for-television advertisements" that are presented as news. The authors link these practices to the beginning of changes in medical care and research that made the overuse we have today possible, with little or no oversight, including "increasingly bloated expenditures for research and care." The authors refer to this trend as "the green monster," and this book at-

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BOOK REVIEWS

tempts to trace how we got to where we are today.

In the 1950s, the American Cancer Society (ACS) recommended annual chest x-rays for heavy cigarette smokers instead of recommending they stop smoking. ACS finally made that suggestion in the 1980s. But what about the harm from the x-rays, particularly to smokers? In 2005, the National Institutes of Health (NIH) revealed that "exposure to radiation from x-rays can cause breast, lung, and thyroid cancer and leukemia....Computed tomography (CT) scans are super-powered x-rays." The annual number of CT scans has "skyrocketed from three million in 1980 to more than sixty million today," including on millions of children.

And although the authors lament that "at least one million children have unnecessary scans annually," the authors fail to tie the harm from x-rays to what possibly happened to those heavy smokers who were told not only to have chest x-rays, but to have them annually. And why has the U.S. Food and Drug Administration (FDA) been silent about these dangers? The FDA is silent about or complicit in perpetuating these harms. For example, in the 1980s, the Office of Technology Assessment (OTA) declared angioplasties ineffective. Yet they continue to be performed, including many repeat procedures.

FDA-approved ads, along with too

many doctors, essentially fabricate benefits premised on frightening patients into doing something with little or no mention of adverse effects. Natural stages of life have become "medically treatable" health disorders, while lifestyle changes such as exercise are ignored or disparaged. And it is mainly the holistic practitioners who study and talk to their patients about the links between health problems and toxic chemicals in consumer products and FDA-approved adulterated food with few or no nutrients.

Other concerns not noted by the authors include hospital practices that give formula away to new mothers while charging for assistance with breastfeeding. And the recently changed blood pressure parameters make just about everyone fall into the "unhealthy" category and thus become a captive audience for statins, which holistic practitioners believe can have life-threatening side effects.

Shortcomings in the Book to Keep in Mind

The authors retain their own blind faith in conventional medicine despite such damaging criticisms. The authors are themselves in denial about the visible harm from accepted practices designated as standard care. They characterize unnecessary treatments as a "physical assault" and criticize the greed or misplaced trust responsible for these

case studies of unnecessary care. But the authors ignore how often these adverse outcomes appear to be the norm and do not link them to discussions about the lack of evidence, inconsistent evidence, flawed science, misleading claims, or fabricated outcomes paraded as definitive scientific findings.

So the authors report but are not dismayed by a dismal track record of permitting and promoting harmful care. They criticize and extol the benefits from this medical care system at the same time. They fail to question the harm inherent in so many procedures and treatments and do not criticize the FDA for permitting such widespread harm and abuse. Even the numbers of surgeries the authors unquestioningly imply are needed are alarming. Why are so many people in this country so sick?

The authors imply the role of hospitals as enablers and even initiators of so many of these documented abuses, while characterizing hospitals as "places of benevolence and hope...So much good happens within their walls."

The authors also mistakenly attribute a decline in cervical cancer rates to the Pap smear, even as they document overuse that can cost more than 360 million dollars a year. The ACS and the NCI have perpetrated this myth of prevention for years with no interference from the FDA. But a Pap smear is not a treatment and cannot prevent cancer; it

is one more widely used test with numerous problems.

And some researchers and holistic practitioners even question whether so-called early treatment ultimately prevents death when research shows that treatments and other tests (such as mammograms) can, over time, cause and spread the cancer. The authors also ignore evidence that some acclaimed "advances" in surgery, such as on fetuses and very low birth rate babies, may not have the long-term outcomes to support such acceptance.

But even though the authors state that "uncertainty is a basic problem in medicine day in and day out," they still want to characterize these same tests as highly beneficial that save lives, rather than venture out of their conventional medical box for ways to prevent these health disorders and for safe tools to detect them. Before recent medical students were taught to rely on these more technological tools, doctors were trained to spend time talking to and observing their patients.

The authors believe it is possible to "take the guesswork out of health care" and that research can be unbiased. It is difficult to dispel perceptions of unbiased medical research when the pharmaceutical companies control the design of the studies. The FDA acquiesces to giving the industry ownership of the study and whether to even release the

continued on page 98

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By Dr. Macy Lu

Over the past ten years, the practice of Feng Shui has gained increasing recognition in the Western World. As we have entered into the new millennium, the community at large is beginning to take a closer look at how this ancient practice can be applied to the purchase or sale of commercial and residential properties. Our environment affects us all and it impacts every aspect of our lives, therefore, every environment has a need for Feng Shui. The longer we spend in any given location, the more it impacts our lives. Feng Shui can be used to our advantage and help us experience balance and harmony in the places we live and work.

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I am a Feng Shui master. The advice I give is tailored to the specific needs of my client, it is a comprehensive evaluation of the aims and goals of those who occupy a particular space so the environment can best reflect those aspirations. If you are interested in my services, I can be reached at **301-897-8008** or by logging on to my websites at www.fengshui-macylu.com

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BOOK REVIEWS

The Treatment Trap

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results. And in the context of Dr. Lucien Leape from the Harvard School of Public Health, who includes in his definition of an unnecessary surgery when it "confers no clear advantage over a less risky alternative," studies relied on to approve a practice do not include comparisons with holistic modalities as they are applied by holistic practitioners.

The authors do not discuss financial relationships between government-funded agencies, mainstream medical journals and authors, and the pharmaceutical industry. Members of FDA panels that approve or reject an application have a history of direct conflicts of interest as recipients of funds from the drug companies.

The conventional medical community has been engaged in a continuous struggle to demonstrate that medicine is a science and not an art. These efforts have included trying to suppress and eliminate competition from holistic modalities and practitioners such as midwives, osteopaths (DOs), chiropractors (DCs), oriental medical doctors (OMDs), and naturopaths (NDs), among many modalities and remedies that have stood the test of time.

Holistic practitioners believe that their successful outcome data reflect treating each patient as an individual

with safe natural remedies (such as vitamins, diets, herbs, exercise) in different amounts and combinations. These practitioners reject the one-size-fits-all conventional medical paradigm. They also have effective and safe diagnostic tools and reject conventional tests and practices that can harm patients. It is the rejection of the very practices criticized in this book that state boards often use to accuse holistic practitioners of incompetence and rescind their license, despite an absence of evidence of harm and loud protests from the practitioners' patients themselves.

Holistic practitioners also reject double-blind studies that will use potentially harmful drugs on healthy people. These practitioners focus on determining what will benefit each patient without presenting additional harm, monitoring the patient for evidence or a lack of evidence of improvement, and modifying treatments accordingly. The valid bottom line for holistic practitioners is how each patient responds.

Published reports document the success of homeopathic remedies and chiropractic care in reducing and ending cycles of ear infections in infants and children. Yet the First Do No Harm paradigm was abandoned when conventional pediatricians chose and the FDA permitted surgery as the first and the preferred treatment option for these young populations. First treatment choices for back problems such

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Barbara Frank is a renowned Holistic Health Practitioner and Internationally Certified Lymphologist who uses herbs and a God-Given gift of healing. As a fourth-generation healer, Barbara has been serving the DC metro community for 36 years. She is the author of two books, *How To Take 10 Years Off Your Face And Add 10 Years To Your Life Naturally* & *How To Stop Smoking Today*. (available on lulu.com for sale as an ebook). Learn more about Barbara on youtube.com.

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BOOK REVIEWS

as osteopathy, acupuncture, massage, and homeopathy alone or possibly in combination with supervised exercise, yoga, and/or Tai Chi should precede surgery, which may not even be needed once patients incorporate these practices into their lives. And mainstream medical journals only now are questioning the efficacy of these surgical procedures, but still without assessing the harm perpetrated on the patients.

The authors acknowledge doctors who rely on tests hoping "that something sticks" or on practices that rely on "consultations with specialists for nonexistent diseases....belief, dogma, and enthusiasm about possibilities" are too often "reinforced by habit rather than science" and are paraded as definitive "scientific solutions based on systematic observation and analysis....Skeptics are derided and shunned." Prevention just does not pay enough.

So the solutions the authors offer fall short of exploring or even mentioning alternatives to conventional medical practices. There is an excellent discussion on the effective and safe diagnostic abilities of a Tibetan monk, but the authors were not curious enough to include information about his treatment options. This pattern of omission is a significant shortcoming in this book, and it should be kept in mind when the authors present grue-

some outcomes followed by comments on the marvels of this same system.

In one sentence, the authors provide a genetic explanation for an American propensity to so blindly accept the optimistic characterization of all things medical in conventional practices. But this statement appears in the section of the book that discusses marketing and money. So it should be apparent that the unchecked media hype and the absence of investigative journalism are implicated in our vulnerability to and ready acceptance of marketing campaigns parading as sound science.

It is in this context that the authors also implicate the public for not being more discerning, and for believing that more is better if the insurance is willing to pay for it. Too many American consumers will view and believe an ad and will shop around trying to access whatever the ad is promoting. So there should be serious efforts to reverse the FDA's decision in the 1980s to permit drug companies and hospitals to advertise to the public. The authors also show how consumers can be confused if their initial experiences are with doctors who overuse everything without regard to necessity, harm, or safe alternatives (such as overprescribing antibiotics, especially for children, and ignoring safe herbal and vitamin alternatives—substances that are usually not patentable).

The book mentions a patient who

was prescribed what appears to be an unreasonably priced vitamin C product, which was then replaced with a less expensive product that was possibly not comparable. But the authors do not pursue that discussion, including whether either product was helping the patient's Parkinson's condition, and if so, whether the patient had experienced positive or negative changes or no changes when she was instructed to switch to a less expensive version. It is not uncommon for inexpensive vitamins to contain artificial chemicals, colors, and other potentially harmful but inexpensive additives.

The authors also include an interesting narrative describing the history of sanitation and safety in hospitals and evidence of ancient uses of sophisticated surgical tools and procedures, including anesthesia (traditional Chinese medicine continues to use acupuncture). But there is no mention of other traditions of medicinal remedies such as herbs, and it took until 1846 to implement the first use of anesthesia with surgery in this country.

At Interior Secretary Salazar's Great Outdoors Listening Session in Annapolis last year, one facilitator noted that some conventional doctors have started to write prescriptions for walking and hiking in local, state, and national parks in place of prescribing conventional medications. Holistic doctors have historically included in their

practices exercise and nutrition (eliminating processed foods and consuming fresh foods devoid of pesticides and synthetic hormones, preferably from organic or ecological local farmers).

The Treatment Trap courageously explores and provides a credible explanation for the apparent disappearance of the First Do No Harm paradigm from health care in this country. And for that, the authors have performed an enormous public service.

The Medical War Against Chiropractors: The Untold Story from Persecution to Vindication

By J.C. Smith
2011, Charleston, SC; 262 Pages (PB)
ISBN- 10: 1453744878 PB
Author website: www.medicalwaragainstchiropractors.com/

History books will never mention that 12,000 chiropractors were jailed in this country, collectively, over 15,000 times in the first thirty years of the twentieth century.

~ J.C. Smith

Rabid dogs and chiropractors fit into about the same category...they killed people.

~ Joseph A. Sabatier, M.D., Chairman,
Committee on Quackery

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BOOK REVIEWS

The Medical War Against Chiropractors ...continued from page 99

The compelling evidence JC Smith has amassed documents that chiropractors around the country have been unjustly and "routinely harassed, extorted, arrested, often run out of town, and beaten up by the local police" for sixty years. Chiropractors under constant attack suffered mental and physical breakdowns, hospitalizations, financial ruin, and premature death. Aided by a medical-friendly media, the chiropractors were charged with practicing medicine without a license. A bogus charge, the author explains, because chiropractors do not use drugs and surgery. They are doctors of chiropractic care and use spinal manipulations to heal their patients. "Their only offense was to compete with the medical profession for patients" using their "healing hands" to help sick people get well.

This book is about the demonization and brutalization of decent people who used their nontoxic, noninvasive training to provide their patients relief from debilitating pain. It is about a health care system premised more on greed than on safe, effective, and inexpensive medical care. It is about medical errors, misdiagnoses, and the determined efforts by powerful medical associations and societies to impose, at any cost, an allopathic medical monopoly.

As the author details the history of this saga, readers glimpse how we as a nation ended up with such high medical care costs and relatively poor outcomes that only add to the costs. Some sectors clearly benefit while patients are too often the sacrificial lambs. The message for consumers is to become better informed, but not necessarily to rely on or trust customary sources for this information, including the media.

Assess the Evidence

The author understands how difficult it is for most Americans to believe that agencies and individuals responsible for public health and welfare have betrayed that trust by remaining silent while patients are harmed. But that is what the evidence in all three books about our health care system document. And it is truly sad to see so many consumers in this country deny the evidence and continue to subject themselves to invasive and harmful diagnostic tests, surgeries, and toxic medications that do not have the outcome data to justify their use.

The author's anger at and frustration from seeing law abiding, honest, competent practitioners physically harmed and financially destroyed permeates this book. He documents how

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this "reign of terror" was carried out against chiropractors using undercover police officers who posed as patients. Once in the chiropractors' offices, the beatings and arrests ensued.

Media campaigns with deep economic pockets publicly disparaged chiropractors, coerced a majority of medical doctors into actively discouraging their patients from going to chiropractors for care, and even prohibited the doctors from referring their patients to chiropractors. Although the alleged role of the state boards is to protect the public, this author provides evidence of how state medical boards continue to be complicit in this national campaign. The remaining choice imposed on patients for musculoskeletal pain, the "single largest complaint and cause of disability today," is spinal fusion surgery, which is very expensive and potentially debilitating.

Despite this aggressive negative campaign, chiropractors had enough support from their patients to win legislative licensing to practice in every state; Kansas was their first legislative success. But chiropractors continued to be jailed in states without legislative protections, such as in California until a referendum granting legislative protection passed in 1922.

This book may seem repetitive and the analogies somewhat extreme, but the author is determined to vindicate those who were victims of what

should have been illegal assaults. His mission is to affirm documented evidence of the benefits from chiropractic care, which the research shows is safer and more effective for back and neck pain problems compared to the more commonly recommended spinal surgeries and medications.

Key Players and Stakeholders

The author cites blatant hypocrisy in this campaign, and argues that the mantra of eliminating "quackery" really meant eliminating competition, in order to illegally impose an allopathic medical monopoly in this country. For example, more than ten million dollars invested in tobacco and drug companies funded this campaign, in addition to funds from tobacco ads placed in medical society publications such as the *Journal of the American Medical Association*.

As early as the 1930s, some medical journals were already publishing articles associating smoking with lung cancer. Yet these ads were "a cash cow" for the American Medical Association (AMA) well into the 1950s, and the association permitted images of physicians in their white lab coats promoting cigarette smoking as "just what the doctor ordered." Only in 1986 did the AMA finally sell its tobacco stocks. Medical schools received significant amounts of "research dollars" from the tobacco industry and were "the last to distance

themselves" from the industry.

The author's evidence implicates the AMA as the force behind this brutal campaign against chiropractors. The AMA also conducted successful campaigns against homeopaths and naturopaths, but its campaign against optometrists was the first time the AMA was challenged in court in 1964. Optometrists are licensed without studying to be medical doctors and they compete with and threaten the incomes of ophthalmologists, who are medical doctors. "Two important 1964 court decisions were decided in favor of the optometrists," forcing the AMA to dissolve its anti-optometrist resolutions and end its boycott against them.

Comprehensive Studies

The author cites numerous studies showing that low back injuries are the most common on-the-job injuries in this country, and chiropractors are better trained to heal musculoskeletal problems than most medical doctors are. Chiropractic manipulations are more than twice as effective as the care provided by medical doctors. Workmen compensation studies document that 82 percent of those who received chiropractic care returned to work within one week of the injury. Hospital patients who received chiropractic manipulation also recovered faster.

"Manipulative therapy relieves symptoms of pain arising from me-

chanical joint dysfunction and restores joint function. No other modality or physical treatment can do this as effectively.... Nearly 20 million Americans today would be spared suffering and could be restored to a normal, pain-free life if manipulation therapy were as readily available to them as... non-specific drug treatment is."

Research shows the "superiority of hands-on care to drugs, shots, and surgery for most back pain cases," which are the second leading cause of visits to the doctor; the third leading cause for hospital admissions; and the second leading cause of surgery.

"There is little evidence to support back surgery as a first-line treatment for low back pain, which is the leading worker compensation injury and the leading cause of disability among people aged 45 years old and younger. Doctors and patients would be wise to try nonsurgical treatments first." Standard forms of passive care by physical therapists were not recommended for lower back pain therapy.

Treatment Applications

The Agency on Health Care Policy and Research, an agency of the U.S. Public Health Service, endorsed spinal manipulation as a "proven treatment" for adults with acute low back pain and the preferred initial treatment of choice. The guidelines issued by the

continued on page 102

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BOOK REVIEWS

The Medical War Against Chiropractors ...continued from page 101

agency stated that these manipulations should only be done by a professional with the appropriate training and experience in manipulation. The panel of experts found that back surgeries were costly, sometimes based on misleading tests (MRIs), and were generally deemed ineffective. There was no evidence to support spinal fusion surgery, which commonly has complications; the evidence does not indicate that patients return to their prior functional level and can create more problems in some people.

Adherence to these guidelines would substantially lower medical costs, but the allopathic medical monopoly succeeded in convincing a majority in Congress to shelve the recommendations and strip the agency of that authority. Potential savings are in the billions of dollars, in addition to costs for the explosion of medical pain clinics as part of this "success."

In addition to a record of successful chiropractic treatment for back and neck problems, chiropractic manipulation is effective during labor to alleviate pain and replace epidurals; and for joint dysfunction, tension headaches, fallen arches, fibromyalgia, and heart health. Chiropractic care and acupuncture have good outcome

evidence for PMS and sciatica; and chiropractic care and homeopathy have good track records for ear infections and other disorders among children. Holistic osteopaths are also trained in manipulations and usually incorporate nutrition, herbs, and vitamin injections and drips. Manipulations offer both pain relief and functional improvement, which enable patients to return to work sooner.

Principles of Chiropractic Care

The author provides a valuable primer for the layperson that clearly explains the principles of chiropractic manipulations, with a discussion of spinal mechanics. The author notes that the disc theory in spine medicine was disproven in 1990, but remains the preferred paradigm among allopathic doctors who continue to rely on that theory to justify MRIs, spinal surgeries, and the explosion in pain clinics—all big-ticket items in terms of income. As the number of MRIs has increased, so have an "epidemic of unnecessary and failed back surgeries premised on the disc theory. The scans themselves are not necessary because they are used to determine disc abnormalities."

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CULTIVATING COMPASSION

Guess Who's Not Coming to the Environmental Dinner?

...continued from page 15

because such issues existed long before he arrived on these shores. Besides, how could I expect those with the least power in the society to be responsible for solving anything? But I would never argue that environmental cause movements intentionally exclude or discriminate against others (I don't think they do); surely everyone is free to join these causes—just as long as they let the majority members define the issues and control the resources. I think there is a commonplace insensitivity to how environmental causes represent their members, while failing to do much at all for the rest of society. The tragedy is that we have made inadequate attempts to widen the circle of the direct beneficiaries of our environmental activism. Sometimes we are seen as know-it-all folks eager to tell everybody else how to live but without actually standing in their shoes.

In short, we need to jump on other bandwagons if we want to succeed as an inclusive, diverse movement capable of galvanizing a rainbow of participants. Those absent from our ranks don't always need to be educated by us in order to see environmental is-

sues our way, sometimes the other way around will do.

By virtue of doing very little to close the reality gap, we have only ratified and institutionalized the disenfranchisement faced by these absentee stakeholders (absent from our environmental clubs and associations) who wear environmental injustice every day. These stakeholders live in a society where they have lesser influence over the issues and agendas formulated on behalf of the environment. To make matters worse, many of us in the professional environmentalist community sometimes actually seek grants and funding from some of the very same institutions oppressing minorities and the working class through their business practices! These arcane corporate partnerships break faith with underserved communities and help 'green-wash' some of America's worst corporate citizens (i.e., often buying trash bags, tee shirts or squeeze bottles for our cleanups). It sends the message we want corporate dollars perhaps more than we want justice for all. As a result,

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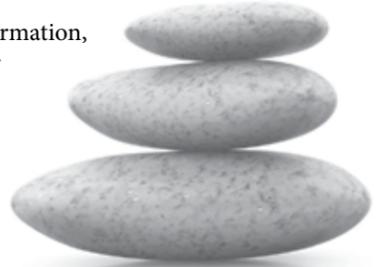
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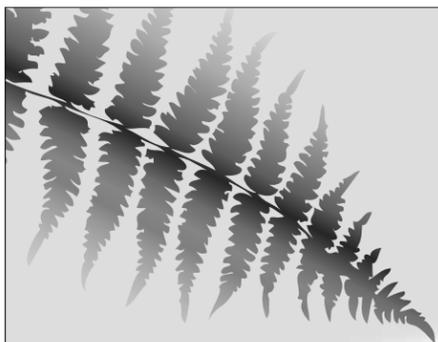
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CULTIVATING COMPASSION

Guess Who's Not Coming to the Environmental Dinner?

...continued from page 103

our movement has lost its core connection to the real problems that impose suffering and hardship on others.

For a movement busily trying to save the planet for future generations, there are plenty of folks in the here and now who need our help getting some plain old environmental fairness and decency. People who need relief from aged environmental infrastructure, blighted communities, contaminated wells, environmental health-related conditions, little or no access to our rivers, and countless other privations imposed by an uncaring economic system. Conversely, if you have money and influence, these things are not much of a problem at all. We could have a far more diverse movement by embracing alternate worldviews about our surroundings that circumstantially may be far different from our own, but could make for a much stronger and inclusive conservation movement. Frankly, the only sort of environmental movement with a prayer of retaining its social conscience and relevance is one that is compassionate and responsive to the needs of those among us with plenty to lose in the event we were to fail in our endeavors.

The Cyclone of Change

We do not need wider participation simply to swell the size of our own ranks. We actually need it to authenticate our cause: to prove we are on the level, and to convey to the world and to ourselves we are not just a "Green" clique talking the talk while ignoring the walk. We need to prove our lofty aims for the planet are not solely to retain our classist control over the natural resources perks like birding, hiking, swimming, sailing (while patting ourselves on the back for our deep well of knowledge about nature), but are for asserting a new culture of equitability and fairness in our dealings with the whole planet and the people on it.

The civil rights movement of the 1960's had a certain energy to it. Fueled by a moral fervor and a sense of solidarity, people of many walks linked arms over the idea of overcoming societal wrongs. People were captivated by a dream of a better society, a dream that captured and fused the hearts and spirits of many. Quite frankly, the "green" movement lacks this comparable spirit. We are at times a movement of people with great ideas shared by far too few to create the whirlwind or



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CULTIVATING COMPASSION



In our zeal to save the environmental things we love for ourselves, we can easily forget our core goal should be to guarantee everyplace will be a good place to live someday.

cyclone of change desperately needed by our wounded and sick planet.

We can do quite a bit to change this. I have come to the conclusion the deeper problem to be faced is not that

the rest of us lack concern or interest in relieving the environmental hopelessness that abounds among people we never meet, but that our collective deeds and aims need to reflect meaningful compassion for the suffering of people caused by environmental degradation. Just maybe we are so busy fighting to reverse global warming that we have overlooked intervening on behalf of (or joining hands with) the black community that lives less than a mile from a nasty coal burning power plant. We are so busy "educating" school kids in underserved neighborhoods we lose perspective that more needs to be done to ensure these same youngsters will someday have decent jobs with livable wages to provide the financial resources necessary to buy land in a community with relatively clean air or water.

In our zeal to save the environmental things we love for ourselves, we can easily forget our core goal should be to guarantee everyplace will be a good place to live someday. This goal is obviously a much bigger job than recycling or picking up trash. Indeed it's considerably much bigger than our own neighborhoods. The politics of privilege in America have blinded many to the absolute reality that environmental problems are the spoils of social and economic activity that rips off people who are powerless to stop it and who

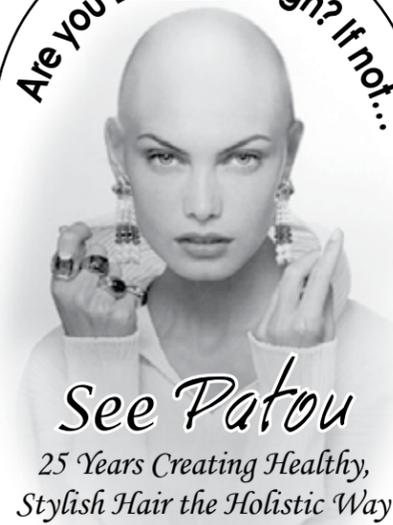
suffer as a result. In this inadvertent way many of us have become advocates for preserving the environmental privilege of the people who have the most to gain and the least to lose from the loss of our natural resources.

Fred Tutman is a water quality advocate who serves as the Riverkeeper for the Patuxent River, Maryland's longest and deepest intrastate river. Fred is a lifelong native of Prince George's County's rural boundary along the Patuxent in the historic hamlet known as Queen Anne. See: www.paxriverkeeper.org

Tutman will speak on race and the environment November 21 at the New Deal Café located at 123 Centerway, Greenbelt, MD 20770, as part of the Reel and Meal at the New Deal Café - a monthly social justice documentary series. The event, held every third Monday of the month, begins at 6:30 pm with an optional vegan buffet (cost is \$13.00). November's event features a screening of environmental short films and excerpts starting at 7:00 pm (film is free) with Mr. Tutman leading the post-documentary discussion.

Cam MacQueen is the creator and manager of Cultivating Compassion. She can be reached at worldisvegan@aol.com. If you are interested in learning more about the Reel and Meal at the New Deal Café, contact Cam.

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PATHWAYS INTERVIEW

Neal Barnard, MD: Health Benefits of Plant-Based Diets

...continued from page 9

tracked total cholesterol, LDL or bad cholesterol, and HDL or good cholesterol. We found improvement in lipids in our study, just like pretty much every other study. We also tracked kidney function. Those are the main things.

New Diabetes Guidelines Note Value Of Plant-Based Diets

Given these results, to achieve true informed consent, should all physicians advising patients with diabetes mention this as an option for their patients?

Let me give you an emphatic yes, because not only has our research shown this to be the case, but the American Diabetes Association has been discussing our research in its clinical practice guidelines, the recommendations that clinicians are supposed to be following with their patients.

In 2009, they said it was "safe" to follow a plant-based diet. In 2010, they said that it's not only safe but that it's good for you, that it has metabolic advantages. They don't go as far in detailing what these advantages are as we would like to see, but we have to keep in mind that a person with diabetes is go-

ing to lose about a decade of life on average. It's the leading cause of blindness, loss of kidney function, the leading cause of amputations. And 75 percent or thereabouts of people with diabetes ultimately die a cardiovascular death. We cannot prevent all of that, but we can prevent a great deal of that burden, if people are given a maximally healthy diet. And the old excuses, that patients won't follow it or whatever, have been squarely addressed in our research and that of others. It's time for people to put it to work.

By the way, I might just mention that it's not just our group calling for this. The *Journal of the American Dietetic Association*, in the June 2011 issue, describes the use of a vegetarian diet pattern as a great approach for weight management, based on repeated studies showing that vegetarians are thinner than other people, and that their nutrition is as good as, if not better than people who are not vegetarian. So bottom line, the diet has arrived and it's time to put it to work.

New Perspective On Dairy Products

There is now a broad consensus in the

health care establishment—from the NIH to the Surgeon General, from the American Diabetes Association to the American Heart Association and the American Dietetic Association—that a healthy diet should focus on vegetables, fruits, whole grains and beans. There's a more controversial part of the recommendations from these groups, though, which says that a healthy diet can, and perhaps should, include dairy, fish, and/or non-processed, non-red meats. One by one, please explain the research that fuels your concerns about dairy, fish, and meats. Let's start with dairy.

I think we can approach this from two directions. First of all, do dairy products help? And the answer is, if we are looking at bone integrity, dairy products don't help. When you look at children who are not consuming dairy products, they have every bit as good bone integrity as kids who do. Later in life, when you look at groups that are at high risk for osteoporosis—postmenopausal women, for example—Harvard's Nurses Health Study showed very clearly after 18 years of study that milk-drinking women have no protection whatsoever against hip fractures compared to women who don't consume dairy products.

This runs directly contrary to what all of us in this society have been told for many, many years.

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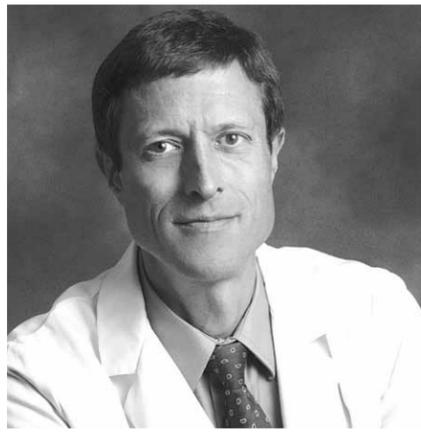
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PATHWAYS INTERVIEW



Dairy products are the biggest contributor of saturated fat in the diet. The exception, of course, is the nonfat milk products. But cheese, ice cream, so many of these foods are loaded with saturated fat. And the links with prostate cancer have been very troubling.

And it is important that when those marketing messages, like “dairy is good for bone,” when those arise and are used, they must be put to the test. They have been, and they don’t hold up. And they should be viewed for what they are, which is nothing but a marketing message.

Now, this doesn’t mean you don’t need calcium. You do need calcium. But once you’re getting about 600 or 700 milligrams of calcium per day, it’s very hard to make a case for getting more. And it’s impossible to make a case that dairy is the best source. The absorption is only about 32 percent, whereas for green leafy vegetables it’s for the most part higher than that. There are many foods that contain calcium.

The risks of dairy are also worth mentioning. Dairy products are the biggest contributor of saturated fat in the diet. The exception, of course, is the nonfat milk products. But cheese, ice cream, so many of these foods are loaded with saturated fat. And the links with prostate cancer have been very troubling. There have been a number of studies that have shown that milk-drinking men are at higher risk for prostate cancer. So it’s time to give dairy a rest.

Fish And Omega-3 Fatty Acids

How about fish? There has been a great deal of publicity in recent years about claims the omega-3 fatty acids in fish or fish oil are heart-protective and that, therefore, people should eat fish a couple of times a week.

When we look at the data, fish consumption really has not held up as being beneficial, nor has use of omega-3 supplementation been particularly helpful. Fish do contain omega-3 fatty acids and that’s a good thing. But about 70 percent of the fat in fish is *not* omega-3; it’s a mixture of saturated fat and various kinds of unsaturated fats that are really not necessary and not helpful in the diet. So yes, small amounts of omega-3 fats are essential, but there are plenty of sources of omega-3, and fish and other fatty foods contribute so many competing fats that it’s not really helpful to us.

When we look at fish eaters generally, and their degree of health, they are much more like people who eat other kinds of meat compared to, say, a vegetarian. There was a study called Adventist Health Study II, which took advantage of the fact that Seventh Day Adventists are supposed to avoid meat. Not all of them do, and that has set up a very large population of people who are largely health conscious, but who differ in their diet. It sets up a natural experiment that allows us to compare different diets. And in 2009, a study of almost 61,000 Adventists was published. The people who were completely non-vegetarian—eating meat, poultry and fish—had the highest body mass index and the highest

continued on page 108

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PATHWAYS INTERVIEW

**Neal Barnard, MD: Health Benefits of
Plant-Based Diets**

...continued from page 107

rate of diabetes. The vegans had far and away the lowest. The people who ate no meat other than fish were somewhere between the two. They were a little bit closer to the meat eaters with regard to their weight.

It basically suggests that getting away from beef is a good idea and getting away from poultry is a good idea. If all that's left is fish, you're better off than the people who are eating everything, but if you get away from fish, you'll be better off still. Let me give some specific numbers. At that time, 7.6 percent of the meat eaters had diabetes, while only 2.9 percent of the vegans had diabetes. The fish eaters were in between, at not quite 5 percent.

Is Poultry Preferable?

Regarding poultry—chicken and turkey—there's a general impression in our society that those are healthier options than red meat. What's your sense of the entire spectrum of these foods?

Low tar cigarettes are in some ways healthier than regular cigarettes, but the difference is so minuscule that it's not worth talking about. And I think that when we're talking about vari-

ous other forms of meat, it's much the same story. So that skinless chicken breast is somewhat lower in fat than some leaner meats. The leanest beef is maybe 28 or 29 percent fat, skinless chicken breast is around 23 percent, with some variability depending on the breed and the brand. But all in all, it's nothing like a bean, which is 4 percent fat. And chicken doesn't give you any fiber, or any vitamin C or complex carbohydrate. It's still a mixture of animal protein and animal fat, for the most part.

What do you say in reply to the argument that fat and animal fat are not a major health concern?

If the research that has gone on for the past 60 or 70 years means anything, it is exceedingly clear that people who base their diets on animal products tend to do worse, significantly worse, than people who follow plant-based diets. That's been found over and over and over again. And unfortunately, we're seeing this same experiment play out again in real life. In Japan, where the diets have historically been plant-based, McDonald's

and other fast food chains have come in and pushed meat and cheese on people that used to eat rice. The waistlines are expanding, diabetes rates are exploding, heart disease is increasing, cancer rates are going up, and it's time to go back to a plant-based diet.

What do we know about the nutritional causes of cancer?

We certainly know that there are certain things that are protective, such as fiber and certain antioxidants such as beta-carotene and lycopene. These are abundant in plant foods. There are other things that are problematic, certain carcinogens. Some of these occur just from eating meat, while others are developed in the cooking process. When meat is grilled, for example, a carcinogen called PhIP, which is a heterocyclic amine, forms quite reliably. Bottom line, plants tend to have anticancer effects and animal products tend to have pro-carcinogenic effects.

In my clinical nutrition class, I cite statistics showing that grilling chicken produces far higher PhIP levels than even red meat.

Yes, it does. Chicken is far and away the biggest contributor of heterocyclic amines to the diet. The tragedy, of course, is that people are going to fast food chains and getting the chicken

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PATHWAYS INTERVIEW



I was absolutely blown away that lower back pain usually relates to the loss of one or more lumbar arteries due to atherosclerosis. So that as the lumbar arteries are paved over by the atherosclerotic process, you lose blood flow to the lower back.

sandwich, thinking that they're doing their bodies a favor. And not realizing that they're swallowing a big load of chemicals that the government reports, and other cancer monitoring reports, are clear cut carcinogens.

Bone Health

How do you explain the finding that people in countries with the highest intake of dairy and calcium also have the highest rates of osteoporosis-related fractures? It seems rather counterintuitive.

Number one, there is calcium in milk, but calcium alone doesn't stop osteoporosis. Number two, milk drinking is a sign that you have cows in your country and those cows are producing

milk. At the end of their productive years, which is usually age three or four or thereabouts, they become hamburger. So a milk-drinking country is also a meat-eating country. Meat tends to cause calcium losses, which you can measure in the urine of anyone eating a meaty diet, meaning the calcium passes from the bloodstream through the kidneys into the urine. People who base their diets on animal products tend to lose calcium.

What other illnesses can be helped by a plant-based diet?

The range is really quite stunning, from being overweight to heart disease, hypertension, diabetes, digestive con-

cerns including gallstones and even appendicitis, which you would never think in a million years could relate to diet. But Denis Burkitt [winner of the Nobel Prize for Medicine] wrote a number of years ago that a high fiber diet helps keep the appendix open and clear, whereas people on low fiber diets tend to get their appendix plugged.

Also, anything that relates to blood flow, such as cardiovascular disease, stroke or even lower back pain. When I wrote a book called *Foods that Fight Pain* back in 1998, I was absolutely blown away that lower back pain usually relates to the loss of one or more lumbar arteries due to atherosclerosis. So that as the lumbar arteries are paved over by the atherosclerotic process, you lose blood flow to the lower back. That causes the disks to become fragile and they can no longer be repaired.

We also address that in my clinical nutrition class. There's not a great deal of attention paid to it, but basically if an artery in one part of the body, such as the heart, is filling with plaque, the same thing will be happening in arteries throughout the body.

You're absolutely right. And you can extend this to things like sexual dysfunction. It's not fair to say that every-

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Neal Barnard, MD: Health Benefits of Plant-Based Diets

...continued from page 109

thing is related to diet, but the number of conditions that are related to diet is so overwhelming that I think there can be no greater priority for our medical enterprise, as well as for public policy, than to get our diets on a better path.

Opiates In Foods

It's not uncommon to hear people speak about feeling addicted to certain foods, but they're usually speaking metaphorically. In your book, The Food Seduction, you describe actual addictive substances being present in many common foods, including cheese. Please explain.

One of the most striking aspects of the studies that we have done, where we have asked people to follow a plant-based diet, was that they would get stuck on cheese. They would say, "You know, this diet makes a lot of sense, but I'm waking up in the morning and wishing I could have a slice of cheese." And you think, what's this about? It smells like old socks, why are you hooked on it? But we noticed this so frequently that I decided to look into the literature, and I was surprised to discover that there's a rather abun-

dant literature on what happens when the dairy protein casein is digested. It breaks apart to release small fragments that are called casomorphins, which you can think of as casein-derived, morphine-like compounds. Which is to say that they are mild opiates.

They apparently go from the digestive tract into the bloodstream and attach to the opiate receptors in the brain, which accounts for a little bit of "feel good" effect. This also accounts for why cheese can be constipating when it's consumed in fairly large quantities. It's just like any other opiate in its effect on the digestive tract.

What's your advice for people like some I've known who say that they would rather die than give up cheese?

Unfortunately, some of them are going to get their wish. Our job as doctors is to prevent that from happening. If it's the mouth-feel of cheese that a person is looking for, avocado or peanut butter or hummus will provide that. These may not be low-fat options but they are certainly better than cheese, which is 70% fat, most of which is satu-

rated fat. Frankly, if it were any worse it would be Vaseline. If it's the flavor that a person is looking for, the trick that I use is nutritional yeast. Many people have never tried it. It's sold in health food stores in the supplement aisle, and it is *not* brewers' yeast or baker's yeast. It's specifically "nutritional yeast." When mixed into a spaghetti sauce or sprinkled on top of a [nondairy] pizza, it adds a cheesy flavor without any fat at all, which for many people is very satisfying.

USDA Policy: Plate Replaces Pyramid, But Federal Subsidies Favor Unhealthy Foods

What are your feelings about the USDA's switch from the Food Pyramid to the Food Plate? And what changes in policy would you like to see at the U.S. Department of Agriculture?

When the Plate came out, we had very mixed feelings. On the one hand, we were complimented because when one compares the plate that PCRM [Physicians Committee for Responsible Medicine] unveiled two years earlier—which was a plate with four segments (a red one saying fruit, a tan one saying grains, a green one saying vegetables, and a blue one saying legumes)—when you compare that to the 2011 USDA

continued on page 136

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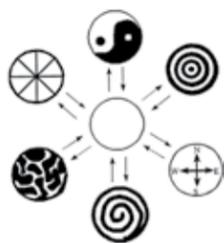
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Marsheen Helgeson, R.P.P., has served the Washington DC area as a polarity practitioner, intuitive counselor and teacher of the natural healing arts for 21 years. Her love, and application of the Earth Way, has awakened in her the ability to create and lead ceremonial circles and workshops. Marsheen's private practice includes polarity therapy and craniosacral therapy, and the art of Soul Retrieval, extractions and journeying

as a counseling and healing tool. 703-379-8633.

Nina Gibson is a scientist, musician and modern shamanic practitioner. She uses her biochemistry/engineering expertise and training in shamanic arts to bridge scientific and spiritual truths with the Earth Way, bringing ancient ways into everyday life. She leads workshops, circles, group singing as well as individual sessions for Journeying, Soul Retrieval, Intuition and Soul Voice. 8-Part Shamanic Series forming now! Experience the Sacred Circle of Earth Spirituality in ritual, journeying and self-healing. 703-437-5504.



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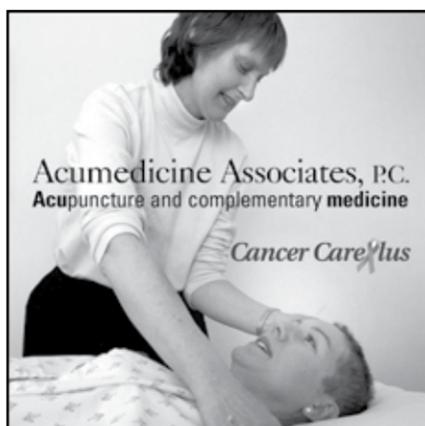
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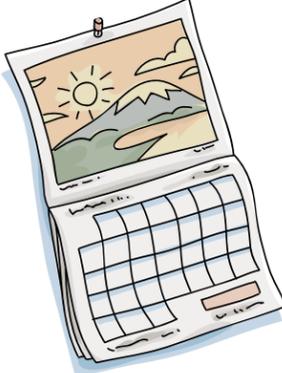


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ANNAPOLIS, MD



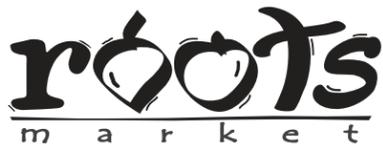
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OLNEY, MD

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www.wholefoodsmarket.com/stores/kentlands

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ROCKVILLE, MD



MOM's of Rockville

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www.momsorganicmarket.com

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ROCKVILLE, MD, cont.



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301-984-4880.

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8am-9pm Sunday

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Whole Foods Market, Silver Spring

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301-608-9373.

www.wholefoodsmarket.com/stores/silverspring
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SEVERNA PARK, MD



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Severna Park, 21146
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YES! Organic Market, Union Row

2123 14th St. NW, Washington, 20009
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www.yesorganicmarket.com

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"Your one-stop health food store"

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PATHWAYS GUIDE TO NATURAL FOOD STORES

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Neal Barnard, MD: Health Benefits of Plant-Based Diets

...continued from page 110

version, they are strikingly similar.

Both have the red fruits, the tan grains, the green vegetables, and instead of "beans" they called the fourth one "protein," presumably because they wanted to say that you could have some meat in there. This is for entirely political reasons, not from the science. And then they added a "dairy" group, as well, off to the side. On one hand, I was complimented that they seemed to be following our lead. On the other hand, I do think that when it comes to nutrition guidance, we cannot allow politics to be part of it. It's simply too dangerous for the public to be told to consume things that are bad for them. So it's time for the USDA to stop that. They may need some help doing that, because right now they have a legislative mandate saying that they *must* promote American agricultural products, they must promote dairy and meat, even though they're bad for Americans. So that needs to change.

Looking at the amount of subsidies provided in the federal budget to encourage the growing and marketing of various kind of foods, how consistent is the distribution of these subsidies with the nutritional recom-

mendations of not only the scientific literature, but of the USDA Food Plate?

They bear almost no resemblance. The USDA guidelines for health are not as good as they should be, but they do recommend eating fruits, eating vegetables and eating whole grains. But if you look at where the money actually goes, *fruits and vegetables get less than 1 percent of federal subsidy dollars. Meat and dairy products get almost two thirds.* When I say meat, it's not so much that beef is subsidized directly. For the most part, it's not. It's a subsidy for the feed grain that goes into the cow.

How much of the grain grown in the United States is fed to animals?

Oh, the vast, vast majority. When you look out at the corn fields, whether you're in Kansas or Nebraska, or North Dakota where I grew up, that corn is not going to end up on anyone's table. It's going to end up in a feed trough in front of a pig or a cow, or perhaps a chicken. That's where it's going. There are also a number of programs that support dairy production and, for better or worse, that's where the money is

going. The government has programs to buy up surpluses, so that if the dairy produces too much milk, the government buys it. And there are warehouses full of nonfat milk powder. There are school programs where cheese pizza is promoted day after day, not because kids need another pound of cheese, but because the government is doing this to help the farmer. It's totally and completely counterproductive.

Physicians Committee For Responsible Medicine (PCRM)

From time to time, the Physicians Committee for Responsible Medicine, which you founded in the 1980s, has sued government agencies in an effort to get them to comply with laws or regulations. What were some of the issues behind those lawsuits?

Speaking currently, last year we were troubled that the USDA was not adopting our Power Plate, the plate diagram I was speaking about earlier. We had petitioned the U.S. government and they were unresponsive, so we sued them. After we filed suit, the government released its plate, which is similar in many ways to the plate we recommended. That lawsuit is still ongoing, though, because there are so many ways in which they have weakened the nutritional guidance that it has become counterproductive in certain ways.

We also have attacked the U.S. government for its working with the dairy

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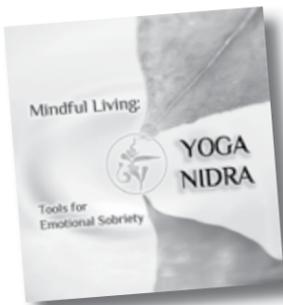
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PATHWAYS INTERVIEW

There are school programs where cheese pizza is promoted day after day, not because kids need another pound of cheese, but because the government is doing this to help the farmer. It's totally and completely counterproductive.

industry. The dairy industry has, every now and then, launched into campaigns saying that, for example, milk makes you slimmer, which is completely a myth. We were able to show that it's a myth and we were able to succeed in getting the dairy industry to stop it. But some of these dairy programs were, in fact, federal government programs designed to promote the dairy industry.

PCRM has also been the leader in efforts to reduce the use of live animals in medical training and research. What was the situation when you started and what is it now?

I'm happy to say that there has been enormous progress. When we began, virtually every medical student in the country would, at some point in his or her medical training, kill a live animal. It might be a dog taped down to a lab bench and injected with a number of drugs, and before the end of the afternoon that dog was in a trash bag. It was sort of a rite of passage. We felt that we had to change that in order to have an ethical foundation for medical training and medical practice, but also because we wanted to stop this messaging that somehow killing animals is essential to medical progress. Currently, somewhere along the order of 6 or 7 medical schools out of 127 have any sort of animal lab at all.

So that's a tremendous change.

A huge change. But we didn't stop there. We also went to graduate studies, these advanced trauma life support laboratories, pediatric intubation labs, nursing training. We have said that basically, there is no reason to try to gain

expertise in human medicine by intubating ferrets or doing trauma on pigs. It's the wrong anatomy and it's very bad for the animals. We've been really successful in bringing in simulators and other superior training methods and solving this ethical problem that has persisted. We haven't entirely won, but we're at about third and goal.

Is there anything else you want to tell our readers?

Maybe just one other thing, which is that we are continuing to make tools available for people to use. I don't want our findings to simply be proposed at scientific conferences and to gather dust in medical libraries, so I wrote books, like my diabetes book and my new book, which is the *21-Day Weight Loss Kickstart*. We have programs like our online Kickstart program, which has had over 150,000 people join it. We are doing a Kickstart India and Kickstart China later this year, which we're really excited about. I'm hoping that people will take advantage of these resources, and especially that clinicians will use them and get the word out as broadly and assertively as we possibly can.

Daniel Redwood, DC, the interviewer, is a Professor at Cleveland Chiropractic College-Kansas City. He is the Editor-in-Chief of Health Insights Today and The Daily HIT, and serves on the editorial boards of the Journal of the American Chiropractic Association, Journal of Alternative and Complementary Medicine, and Topics in Integrative Healthcare. He can be reached at dan.redwood@cleveland.edu.

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THE HERB CORNER

An Herbalist Picks His 10 Most Incredible Herbal Products

...continued from page 13

like chamomile and skullcap, 'I Sleep Soundly' provides a deep sense of relaxation and calm that allows for a sound, healthy repose. As you rest, rejuvenating herbs like Ashwagandha work to restore and revitalize the body and mind. Since 'I Sleep Soundly' works to support the body's natural sleep process, you awake feeling rested, refreshed and full of vitality.

While I don't have a terrible time sleeping, there are definitely times when I don't think I'm getting the deepest, most restful sleep I could be getting. I find 'I Sleep Soundly' to be a great ally for getting that deeper sleep. Having recommended it a great deal to our Smile customers lately (in my great enthusiasm for the product), I'm getting reports back that it helps folks fall asleep, helps keep them asleep through the night, and everyone who has talked with me about it has said they feel better for taking it. One person even shared that she's able to remember her dreams more clearly since taking this formula.

10. Mystic Waters Rustic Shampoo Bar with Argan Oil (*Argania spinosa*). I personally love this product for what it does for my hair. Easy to use and it lasts forever so it is also a bargain. Obviously, co-owning an herb shop for 37 years I have had more than a few choices about what products to use to clean and condition my hair. Of all the products over all these years, this Shampoo Bar from Mystic Waters made from Argan oil is the best. Effective in cleaning but not drying, the Argan Oil Shampoo Bar really works as a shampoo and conditioner in one. Argan oil is called the "liquid gold" of Morocco and is made by stone grinding the seeds to produce an oily paste that is cold pressed and filtered to then yield an oil that has 80% unsaturated fatty acids and more antioxidants than olive oil.

So Herbal Friends, these are my ten most incredible herbal products out of the thousands we are blessed to be able to choose from in this culture of abun-

dance we enjoy in the United States. Let us use the God given Infinite Intelligence we are to find out where we need healing and use these green angels we call herbs to make the healing happen in our bodies and the space and earth around us. From 37 years of Herbal Healing, these ten products are the ones I would choose as a starter kit. Let's have a great herbal time healing with these ten and beyond. Until the next *Pathways*, I am as always your Herbalist, Tom.

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 because he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with herbs. If you go to Smile's website, www.smileherb.com, there is a list and description of classes, and each individual herb mentioned in this article is linked to a much more detailed description. The ten or so fragrant and greening Smile Herbalists may be reached for questions at Smileherbalist@gmail.com.

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Byron Katie’s six books include the bestselling *Loving What Is*, *I Need Your Love—Is That True?*, and *A Thousand Names for Joy*. At www.thework.com, you will find Katie’s blog, free materials to download, audio and video clips, a schedule of events, a free helpline with a network of Work facilitators, and much, much more.

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Northstar Healing Arts www.northstarhealingarts.com
Reiki Center of Greater Alexandria (RCGA) www.reikialexandria.com/
Reiki Center of Greater Washington www.reikicenter.info
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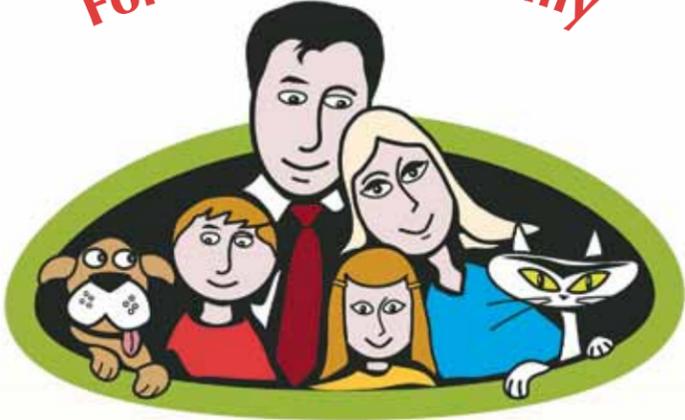
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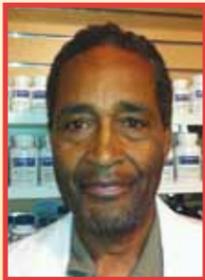
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