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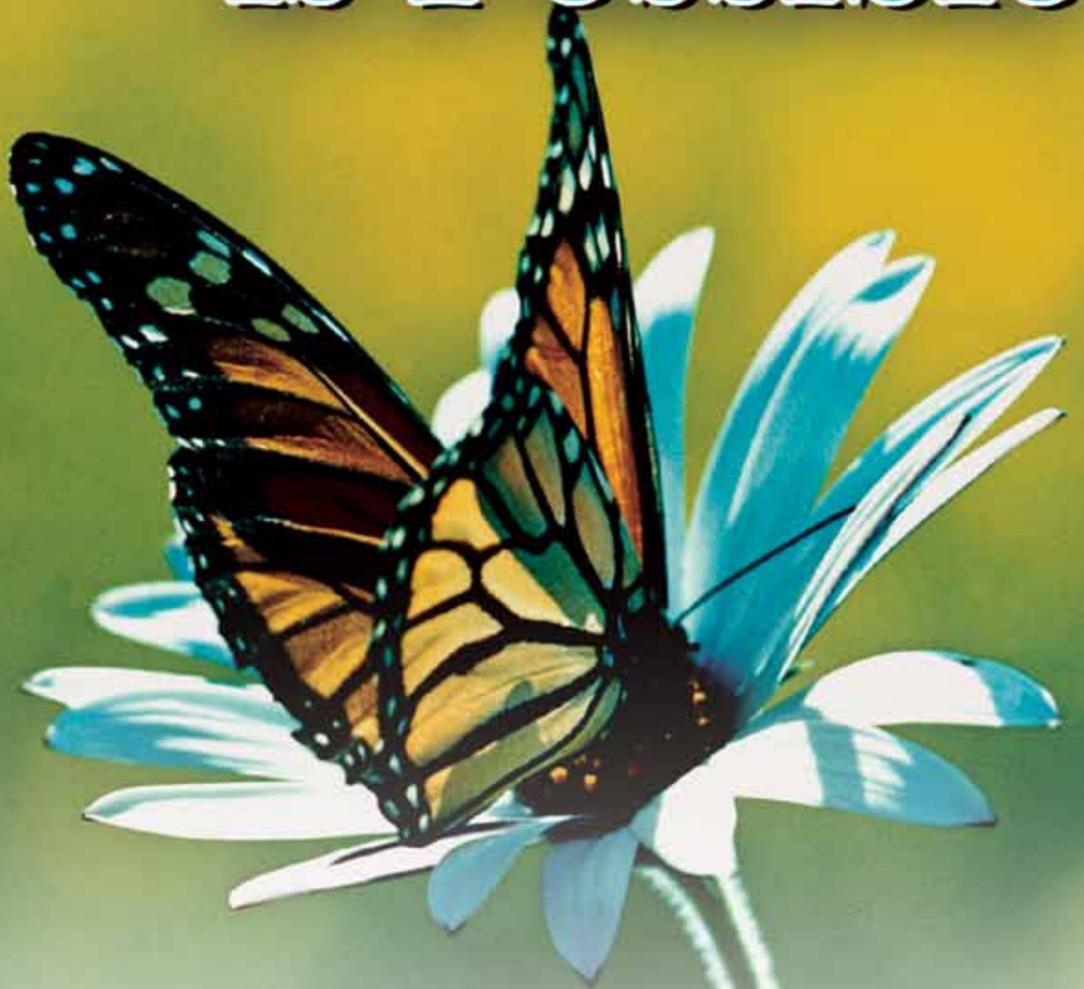
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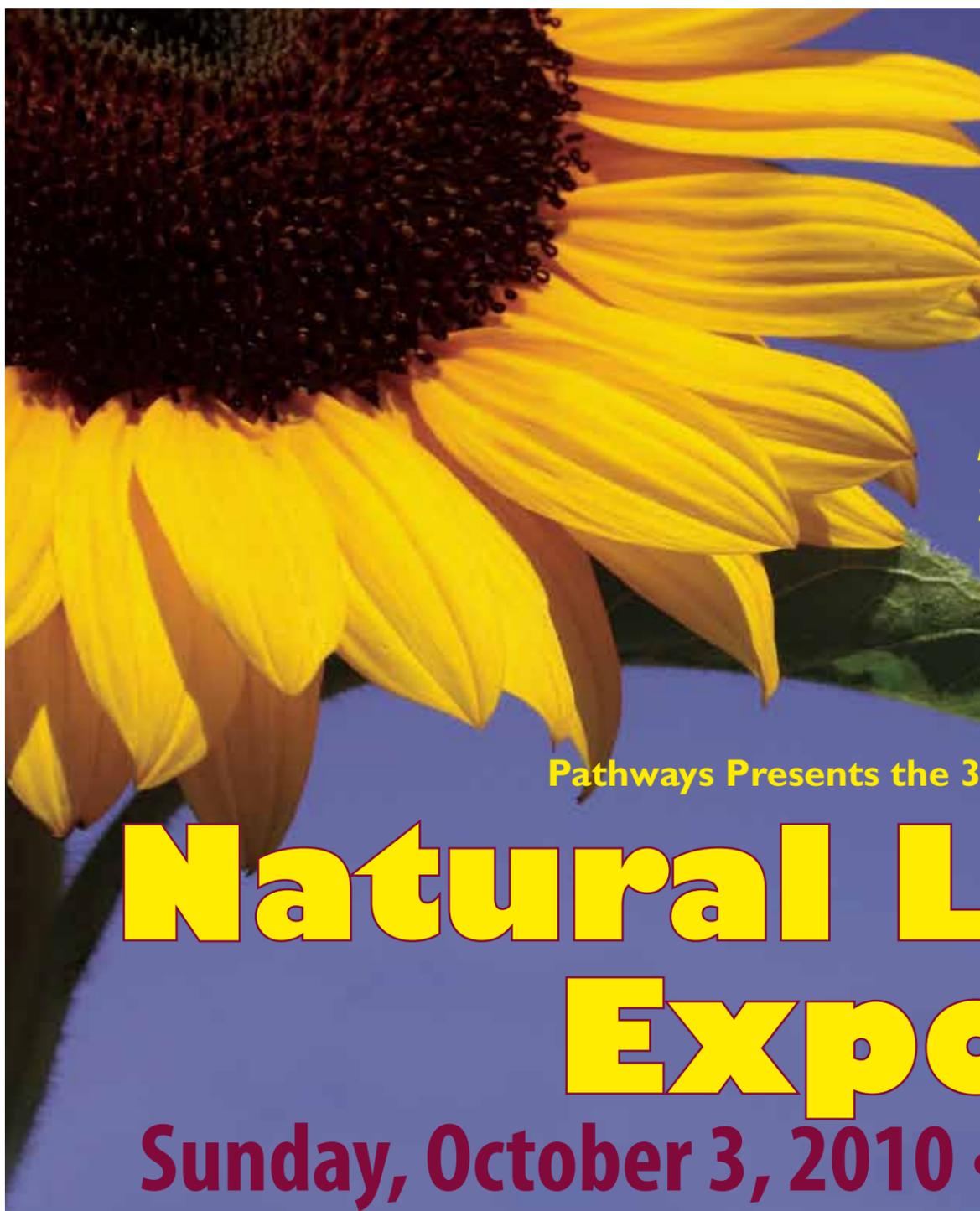
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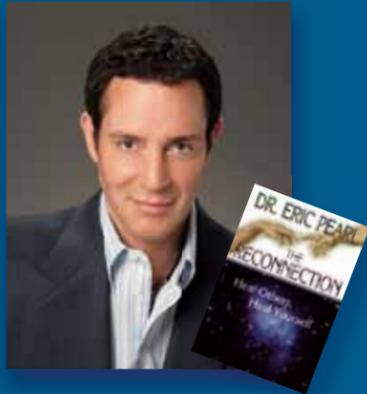
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Pathways is a quarterly journal and resource guide for the greater Washington area. We are committed to providing the public with free access to local resources and specific tools for improving the quality of life physically, mentally, emotionally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

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

—R. Buckminster Fuller

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

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

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

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

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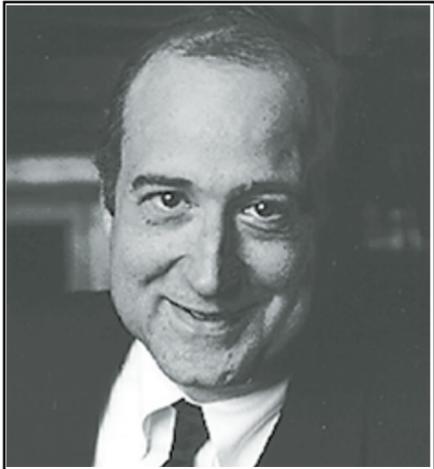
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Learning From The Past Creating A Vision For The Future

BY DANIEL REDWOOD

Marc Micozzi is a medical physician and anthropologist who was the founding editor-in-chief of the first scholarly journal in the field of complementary and alternative medicine (CAM), *The Journal of Complementary and Alternative Medicine: Research on Paradigm, Practice and Policy*. He organized and edited the first U.S. textbook in the field, *Fundamentals of Complementary & Alternative Medicine* (1996), now entering a fourth edition (2010), with Elsevier Health Sciences. It has been translated into Spanish and Japanese. He served as series editor for *Medical Guides to Complementary and Alternative Medicine*, with twenty-two titles in print on a broad range of therapies and therapeutic systems within the scope of CAM.

With Springer, he has published texts on *Complementary Medicine in Cancer Care & Prevention* and on *The Practice of Integrative Medicine: A Legal and Operational Guide* (with colleagues at Harvard). His latest book in preparation is *Textbook of Nutrition*. Dr. Micozzi organized and chaired several continuing education conferences on the theory, science and practice of CAM between 1991-2001, co-chaired with former Surgeon General C. Everett Koop, and with Dean Ornish, MD.

Prior to this work, Dr. Micozzi published original research on diet, nutrition and chronic disease as a Senior Investigator at the National Cancer Institute from 1984-86. He continued this line of research when he was appointed Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine in 1986. His early work on carotenoids (including lycopene), iron and cancer (collaborating with Nobel laureate Baruch Blumberg) and other research made important contributions to this field. He co-edited two comprehensive technical volumes on application of clinical trials methods to new investigations of the role of micronutrients and macronutrients in cancer. He has published 275 articles in the medical, scientific and technical literature.

From 2002-2005, he founded the Policy Institute for Integrative Medicine in Bethesda, MD, and served as Executive Director of the Center for Integrative Medicine at Thomas Jefferson University in Philadelphia. Dr. Micozzi has actively collaborated with Former US Surgeon General C. Everett Koop for over 25 years, most recently as a medical and scientific advisor to Dr. Koop Life Care Corporation, where he worked on new developments with the FDA regarding review of dietary supplements.

Dr. Micozzi has been a frequent



Marc Micozzi, MD, PhD

speaker on these topics nationally and internationally. His work has been noted in *The New York Times*, *Washington Post*, *Miami Herald*, *Chicago Tribune*, *Los Angeles Times*, as well as *Good Morning America*, *CBS Evening News*, *CNN*, *C-SPAN*, and *NPR*. He is an Adjunct Professor in the Department of Medicine at the University of Pennsylvania, and in the Department of Physiology and Biophysics at Georgetown University, and a faculty member for the new CAM curriculum at Drexel University in Philadelphia and the University of California-Irvine. He guest lectures at Johns Hopkins University and widely in university courses that use his basic texts.

The interviewer, Dr. Daniel Redwood, wrote the chapter on chiropractic for Dr. Micozzi's textbook, *Fundamentals of Complementary and Alternative Medicine*.

Fundamentals of Complementary and Alternative Medicine was the first textbook in the field to be published by a major health sciences publisher, in 1995. Your fourth edition has just been released. What can you tell us about it?

I've always had the approach of looking at the cultural history of these practices, to explore their foundations. That's the whole orientation of my textbook. I wanted this to be more than a cookbook. It's much more fundamental, as you know, as a long time contributor. My goal is to teach students and practitioners how to think about health and healing in a more comprehensive way, trying to prepare them for the 21st century, to live in a post-biomedical paradigm.

When you look back, not just on the textbooks, but on your work that the text-

books reflect, how do you see your contribution to integrative medicine and to the healing arts? What do you feel best about?

There's probably a better word for this, but it's that I've been an archivist, someone who recorded the information. You know, they talk about Samuel Johnson and about Boswell. I feel more like a Boswell than a Johnson. There is a better word, a scribe. I've been the scribe.

So if you think about your textbook, *Fundamentals of Complementary and Alternative Medicine*, which I agree has the depth and breadth to accurately be called fundamental, would you say that its contribution has been in terms of informing health practitioners about the broader context within which they operate? So that they can see beyond their specific neck of the woods, their specific discipline as a chiropractor or acupuncturist or naturopath or holistic medical physician, to see the whole forest more fully?

Yes, and allowing those who want to see a better future to envision what it might really look like. So it isn't just about the past. It's about carrying forth these timeless values, these timeless aspects of health and healing, carrying them forward. It's one thing to say that I wish things were better, I wish things were different. I think this book gives people some tools to really be able to create, in a legitimate way, a construct of how things can be made better.

When we look at the past and gaze across the broad sweep of the centuries in the healing arts, we see changing boundaries and changing definitions of particular professions. Sometimes people living now, and particularly living now in the United States, see the current lay of the land—with medical doctors, osteopaths, chiropractors, podiatrists, massage therapists, acupuncturists, and so forth—and assume that this will be the form in which things remain indefinitely. But if we look back 150 years or so, most of these professions didn't yet exist. When people look forward, should they expect further changes in the nature of the professions?

Absolutely, that's what the history tells us. The scribe's role is to say, "Here is the evidence of how things have been different, here's what has changed, and here's what has been timeless." And therefore, within that perspective, you can begin to conceive of different ways, so that we're not actually stuck within this paradigm that we happened to grow up with in the post-World War II era, which to some extent is an aberration.

In earlier human societies, the role

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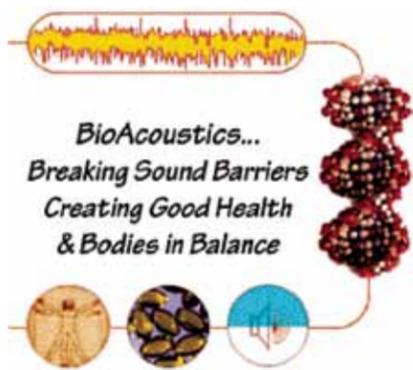
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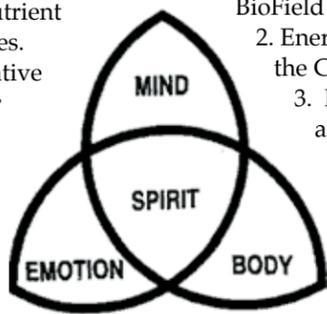
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DISSOLVING SHAME

CAROL KURTZ WALSH

When I was 10 years old, I was told I had a paternal grandfather. On this particular day my father casually informed me that we were going to visit his father "...because he was having a good day." The fact that my grandfather existed had been kept from me because he was permanently incarcerated in the Toledo Mental Hospital. And so, on that mind-altering day we took the long journey to Toledo. I clearly remember the dark, looming building that stood before us as my mother and I waited in the car for my dad to fetch his father. Together the four of us went to an ice cream parlor. As I sat with this kindly old man, I felt connected to his eyes, and comfortable in his presence. From my 10-year old perspective, I couldn't understand what was wrong with him. He seemed wonderful to me. However, I never saw him again, for he died of pneumonia in his "cell." No one knew he was ill.

Although my grandfather had been diagnosed with schizophrenia, I now know (given his symptoms) that he was manic-depressive, a diagnosis that was not defined until after his death. My grandfather's diagnosis was a source of shame for both my mother and father. It terrified my mother as she was afraid her children might "catch" the illness.

Interestingly, shame, and the labels connected with it, is easily passed down from generation to generation much more so than a mental illness. In my case, my genetic history profoundly impacted my siblings and me, not because of the mental illness itself, but because of the shame around it. Any display of unwanted emotion was greeted with the label of being "crazy" and the ultimate threat of being sent to Toledo. I thank my astrological stars that my creative abilities, loving maternal grandparents, good friends (and a chunk of therapy) saved me from taking on that label.

For all of us, shame and any subsequent labeling have a profound effect on the way we see ourselves, and the choices we make. Ultimately shame impacts our entire lives. This article will explore how shame and negative labeling go hand-in-hand, and how we can dis-



The most important thing is to be whatever you are without shame.

—Rod Steiger

solve this detrimental way of thinking and feeling.

Looking at definitions first, shame is the feeling of being defective. When we experience shame, we feel something is wrong with us at the core of our being. However, it is important to differentiate between guilt and shame for many people confuse the two. Guilt is the result of regretting a certain behavior or action.

The good news about guilt is we can remedy something we feel guilty about. We can correct a behavior, or if it was an accident, we can apologize. Feeling guilty can be a good thing if we use the experience to change, and if it teaches us how to do things better the next time. Embedded in guilt is the potential to grow. Alexander Pope is so right when he says, "A man should never be

ashamed to own he has been wrong, which is but saying that he is wiser today than he was yesterday."

Conversely, shame comes from feeling somehow flawed and/or defective. Being flawed carries with it a sense of hopelessness. Shame never helps us grow. In fact, it stifles growth. With shame it is not just the action or attribute that is bad; it encompasses whole person.

When we are infused with shame, it becomes ingrained and so habitual that we aren't even aware of its existence.

Shame is often called *toxic* because it impacts everything we think and do. It affects every decision and/or choice we make, ultimately penetrating our entire life. When shame rules our emotions and our sense of Self, we choose safe roads. We travel below other people's radar screens, and we take the easy road for fear someone will discover our shame. As we mature and move into the bigger world, shame can intensify, particularly as we face the multiple challenges of life. Shame then moves beyond inhibiting. It becomes destructive.

So, where do we get shame from? Usually it is passed down in the family. As in my personal history, if the parents feel shame, they will often shame their child. Then the child carries it forth into their adult world. As I described earlier, in my childhood the shaming was obvious and overt, yet it can be more subtle and insidious. A client told me this story. When she was three years old she was dancing in the living room. Her mother, who was in the kitchen cooking, broke a glass. She then yelled at the little girl, "See what you made me do. If you had been quiet I would not have broken the glass." The girl felt as though dancing and expressing herself made her a bad person because she was responsible for breaking the glass. The girl's internal message was, shame on me, I "should" have known better. (The word "should" is often a signal that the message is shaming.)

Because children are totally dependent on their parents' opinions and judgments, they naturally absorb any shaming message. This, of course, lowers a child's self-esteem. Messages that produce shame are numerous even if shame is just implied. For example: "Why can't you be like your sister?" "You should lose weight." "How could you disappoint me by getting such bad grades?" "You always look so sloppy." "You should be able to be good at *some* sport." The previous statements are "*you-statements*" and are destructively internalized by the child.

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HEALING AS NATURE INTENDED

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Dissolving Shame

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When we have been shamed as a child, we unconsciously carry these destructive messages into adulthood. We take on our parent's voice and become our own inner shaming parent.

There are times in our young lives when we are most vulnerable, for example in early childhood or during times of emotional/physical crisis. Also, many of us can remember moments of shame when we were awkward adolescents. Kids can be brutally shaming of one another, calling each other names and making some feel ostracized. (An extreme example was recently in the news with the case of 15-year-old Phoebe Prince, who hung herself after months of abuse, taunting and threats from her classmates.) As Elizabeth Barrett Browning said, "Girls blush, sometimes, because they are alive, half wishing they were dead to save the shame. The sudden blush devours them, neck and brow...."

When we have been shamed as a child, we unconsciously carry these destructive messages into adulthood. We take on our parent's voice and become our own inner shaming parent. We internalize the shaming messages, and now have thoughts about ourselves like: "I *should* have known better" "I better not say what I feel because I won't be liked." "Why didn't I think before I acted?" "That was a stupid thing to do." On and on. If we watch our internal dialogue, we would be amazed as how much we unconsciously use negative "I-statements" to shame ourselves.

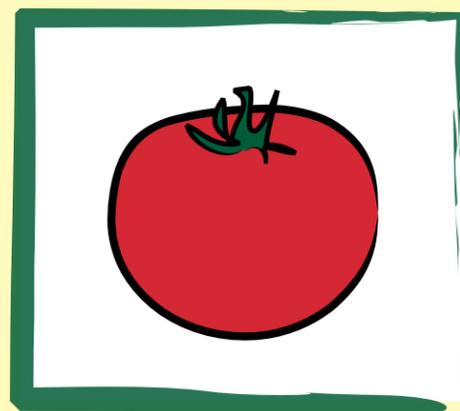
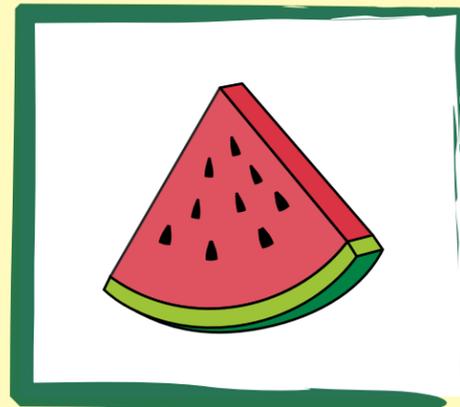
When we experience shame, we automatically transform this emotional message into a negative label, i.e., I feel (the emotion of) shame because I am (the label of) crazy, stupid, unattractive, lazy, old, etc. When this pattern is embedded within us, we can easily turn anything deemed undesirable into a negative, shaming label. For example, if we are depressed, addicted to a substance, or ill (such as having multiple sclerosis or cancer), there is a tendency to turn that fact into an all-encompassing and self-shaming label. This self-identification is then thought of as a huge part of the Self. We *are* handicapped. We *are* the illness. We *are* the addiction. We *are* the diabetes. We *are* the anxiety. We label this "defect" as our primary attribute. We feel it from the inside and assume others see it from the outside.

The goal is to learn how to recognize when we are shaming and/or labeling ourselves, and then transform both the emotion and the message into a positive one. As my husband Tom Walsh, LCSW-C, sees it, "The task is to emotionally dissolve shame's form," transmuted into a new internal structure.

So, how do we watch for shame? We can begin this process by watching for its symptoms. Shame and all of its attached emotions appear in many mental, physical and emotional symptoms. Although many of these symptoms can be caused by other issues, such as depression or a physical illness, shame always needs to be considered. Mental clues indicating shame include being unable to concentrate or focus, being overwhelmed with multiple (often conflicting) thoughts and feelings, being forgetful, or having paranoid thoughts. With shame, our vocabulary becomes infused with words such as "what if," "should," and "shouldn't," ultimately creating a negative attitude. Shame mentally paralyzes us. It is like holding two ice cream cones of different flavors and being stuck with the inability to make a decision about which one to eat, for fear that any decision will be wrong. "What if I don't like the vanilla?" "What if I don't like the chocolate?" or "If I eat one and wish I had the other then I will be disappointed." In the process both ice cream cones melt and the potential of enjoying either is never realized.

I remember a client who came into therapy looking as though she were on drugs, although this was not the case. Her shame and fear had reached such intensity that she was unable to concentrate, focus or to connect with others. Although this fear had an emotional component, the clue of its presence was in her thought processes. She was mentally paralyzed, and thus not able to achieve what she desired—a relationship, and a good job. Gradually she realized her intense fear came from being emotionally abused as a child. She realized her fear was not related to her present reality, but connected to old voices

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Health Reform, Prevention and Health Promotion

Milestone Moment on a Long Journey

DANIEL REDWOOD, DC

While most reporting on the recent national health reform debate in the United States emphasized its expansion of coverage, efforts at cost containment, requirement to purchase insurance (with subsidies for those needing help), and new federal regulation of the insurance industry, some of the most important long-term impacts of the Patient Protection and Affordable Care Act of 2010 may spring from less noticed provisions, particularly those focused on prevention, health promotion and integrative care.

Prevention has two major components. The first, early disease detection, is addressed in the new law with provisions requiring both private and public insurance plans to cover—with no payments required from patients—all screening methods rated A or B by the U.S. Preventive Services Task

Force. This includes dozens of procedures ranging from blood pressure and lipid level monitoring to tests for colorectal cancer and sexually transmitted diseases. The reasoning is that if more people are screened and more cases of disease are detected earlier as a result, many people will live longer and with a better quality of life. While it is not clear that this saves money overall (since screening, subsequent treatments and longer lives add to the system's costs, even as savings accrue from preventing or minimizing illness), it is widely agreed by people across the political spectrum that such a prevention-oriented policy is justified on moral grounds.

Lifestyle-Based Health Promotion

The second, and in the long run the most important aspect of prevention is lifestyle-based health promotion, primarily in the form of a healthy diet, regular exercise and stress manage-

ment. The goal here is to stop disease before it starts, and if that fails, to reverse its course or at least minimize the damage. *The most fundamental health question we as a society face in the coming years is whether enough of us are willing to change behaviors that are harmful to our health and replace these with health-affirming choices.* These individual decisions are at the heart of what Mark McClellan, Director of the Food and Drug Administration and later the Centers for Medicare and Medicaid Services under President George W. Bush, calls “consumer side reform.” If we aren’t willing to make such changes, neither reform nor regulation of the health insurance industry will save us from the consequences of our actions. But if enough of us are willing, we could be on the cusp of a great health renaissance.

Though the key choices ultimately rest with each individual, representative government can play an active and essential role as well, coordinating

(in partnership with private and non-profit sector health advocacy groups and associations of health professionals) a multifaceted, long-term campaign for the promotion of health. To some extent, this is nothing new. The Surgeon General, National Institutes of Health, Centers for Disease Control and Prevention, and many other federal and state agencies have a variety of programs in place (anti-smoking, anti-obesity, etc.) that pair noble aspirations with limited resources. Some of these programs, particularly on smoking cessation, have been very effective vehicles of change.

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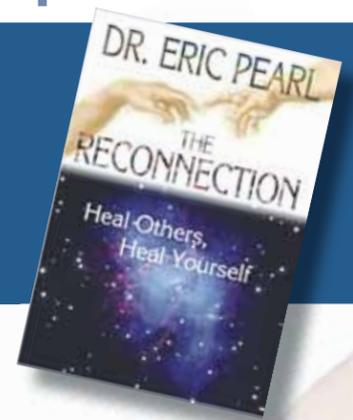
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**Health Reform, Prevention and Health Promotion:
Milestone Moment on a Long Journey**
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from the manufacturers of junk food, alcohol, and prescription medications. Television programming in the United States is awash in ads for foods and beverages that promote illness and obesity, alongside ads for the pharmaceuticals used to treat the ailments these foods and beverages cause. The absence of any significant countervailing message urging viewers to seek out the vegetables, fruits and other whole foods known to be cornerstones of good health is more than a disgrace—it is a national tragedy. Most people believe what they are repeatedly told, especially when exposure to these expertly-crafted messages begins at an age when their capacity for critical thinking has not yet developed and matured.

Unless these patterns change in a major way very soon, the nation's crippling rates of diabetes, heart disease, hypertension, obesity and cancer will implode our economy (as public and private health expenditures continue to rise at unsustainable rates), eventually endangering the very fabric of our society. To a significant extent, as informed people on all sides of the politi-

cal landscape increasingly recognize, this implosion is already underway. The situation is very serious but not irreversible.

Bending the Arc

The new health reform legislation and the actions it seeks to catalyze may or may not ultimately reverse America's alarming health trajectory. We may or may not be entering a new era of personal responsibility, where society moves toward a health paradigm based on prevention and health promotion. But clearly we must make the effort. As President Obama recently stated, quoting Abraham Lincoln, "I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have."

Many provisions in the new health reform law have the potential to bend the arc of current health trends in the right direction, particularly if accompanied by vigorous support at the highest levels of government and a plethora of coordinated and sustainably funded grassroots projects across the country. President Obama has gone

out of his way on numerous occasions to emphasize the importance of prevention. First Lady Michelle Obama's highly visible anti-obesity campaign and the Obama family's organic vegetable and fruit garden at the White House also carry great iconic power. And within the agency most directly responsible for prevention and health promotion initiatives, Secretary of Health and Human Services Kathleen Sebelius has called for a major coordinated effort.

Structures for Coordination

The new reform law creates the organizational structures for such coordination. A potentially very important section (Section 4001) mandates the creation of a new National Prevention, Health Promotion and Public Health Council, within the Department of Health and Human Services. Chaired by the Surgeon General, this council will be a permanent policy coordinating body, unlike presidential or congressional commissions, which create reports and then disband. The council's membership will be comprised of the top officials from a dozen federal agencies, including the Secretaries of Health and Human Services, Agriculture, Education, and Labor, and the Directors of the Federal Trade Commission and the Environmental Protection Agency.

Advising the council will be a presi-

dentally appointed 25-member Advisory Group on Prevention, Health Promotion, and Integrative and Public Health. The law specifically states that this advisory group must include "licensed integrative health practitioners" among its members. The council and advisory group were proposed by the White House Commission on Complementary and Alternative Medicine Policy in its landmark 2002 report, (and, at about the same time, by the National Policy Dialogue on Integrated Healthcare), as a permanent mechanism through which the commission's recommendations on health promotion and integrative care could be implemented after the commission completed its work. Through the steadfast efforts of groups like the Integrated Healthcare Policy Consortium and the Samueli Institute (whose Wellness Initiative for the Nation laid the groundwork for key provisions in the new law), and with vital legislative support from Senators Tom Harkin (D-IA), Barbara Mikulski (D-MD), and Bernie Sanders (I-VT), that hope is now a reality.

The legal mandate for the council and advisory group is to "provide coordination and leadership at the Federal level, and among all Federal departments and agencies, with respect to prevention, wellness and health

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Angie De Soto From Drunken Party Girl to Climate Change Activist



Climate change activist, Angie De Soto (third from left) and friends, raising a windmill on her campus at Virginia Tech.

BY PAUL ROGAT LOEB

When we try to engage people politically we never know who will respond, or when someone will shift from reveling in their apathy to taking powerful public stands. Here's a striking example of one such transformation.

Virginia Tech freshman Angie De Soto didn't vote in the 2004 election. The president, she thought, had nothing to do with her life. She didn't care who won. Instead, she and friends played a drinking game in one of their dorm rooms. Nobody cared who won the election, so they divided into random "red" and "blue" teams, and chugged a beer each time new results on TV favored their team. Angie woke up the next morning hung over and with no idea of the election outcome, but it hardly seemed to matter.

When Angie started college, she focused mostly on her social life and picked her classes almost at random. But midway through a resources geology lecture course, her professor told the students, "I'm going to talk about an issue that's going to change your whole future." For two days, he discussed global climate change, and Angie, who'd never heard of it, was stunned.

She called her mother, who worked as a teacher, and said, "Mom, I just learned about global warming. What is this? Have you heard about it?" Her mother had no idea what Angie was talking about even after she tried to explain it. "Neither did any

of the girls on my hall," Angie said. "I just kept asking myself why I hadn't heard about something this important, and why more people weren't doing anything about it. Didn't they know? Didn't they care? Did they just not know what to do?"

Virginia Tech had a nascent student group called the Environmental Coalition, but Angie had never encountered them. The group's presence was negligible on the school's largely politically disengaged campus of 28,000. Angie was too shy to approach her professor, and she didn't know what to do beyond trying to learn more through searching out related websites and taking an environmental policy class. Then, while Angie was walking across campus one day, a young woman from the Environmental Coalition approached her to sign a petition for a green fee, for which "students would pay a bit extra to support the campus recycling program and small efficiency projects." Angie started going to EC meetings.

Although she liked the people and the effort they were making, she felt they weren't making the impact that they could; they did little to bring in new members, and administrators wouldn't return their phone calls or emails. That changed when Angie received a scholarship to attend a student climate conference. "They taught us everything about how to organize: how to recruit people, plan events, run effective meetings, develop leadership,

continued on page 21

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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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.



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- What is blocking me from experiencing fulfilling and loving relationships?
- What is my soul's lesson in this life?
- What is causing this chronic condition or illness?
- How can I experience the light of my soul?

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Darshan 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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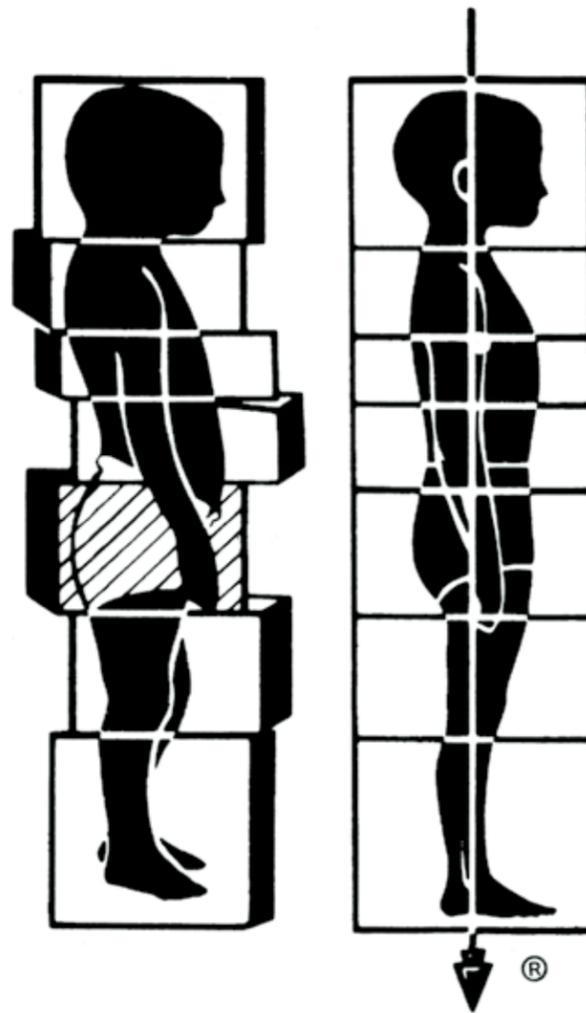
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ON THE PATH

Angie De Soto: From Drunken Party Girl to Climate Change Activist ...continued from page 19

raise money, and lead large-scale campaigns. I came back incredibly charged up, eager to teach as many other students as I could what I'd learned. For the first time, I began to feel like this was my calling. That one class changed my life with a sense of what we're facing. I felt I finally had the skills to do something about it."

Through her involvement, Angie learned about the Public Interest Research Groups, the PIRGs, which combine campus organizing with neighborhood canvasses and legislative campaigns. After finding a Sacramento, California, PIRG office that was working for a state cap on climate emissions, she accepted an aunt's invitation to stay with her there. Angie worked 13 hours a day as a field manager, knocking on doors to talk with people about the issues. Angie had been working since her first year of high school, including fifteen hours a week in the Virginia Tech dining halls, and "this was more hours for less money than any job I'd had. But I loved it. It was one of the best experiences of my life."

The PIRGs helped pass the California state climate change bill, and Angie returned to Virginia "on top of the



"I started out just an apathetic drunken party girl, with no clear path in my life," Angie said. "Now I'm implementing our campus sustainability plan. People change and even massive institutions can change."

world. Before, I was too intimidated to approach people because we just didn't talk about environmental issues on our campus. Now I'd go up to everyone." She kicked the EC into high gear, setting up a major concert with local bands and training members to

approach local media, gather names for the email list, and table at the student center. "We'd approach people as they walked by and ask if they wanted to stop global warming. Then we'd talk about the issues and try to get them involved. I had grown a thick

skin from getting the door slammed all those times when I was canvassing, so if they didn't respond I just asked the next person."

As Angie's involvement deepened, she found more ways to act on her newfound convictions. She brought over 100 Virginia Tech students to Power Shift, a national student climate change conference held at the University of Maryland. Angie also helped plan the entertainment, and as she looked out from the stage at 6,000 students, "felt for the first time like we really have a movement."

Working with 18 other student groups, the EC also built a Coalition for Campus Sustainability that even included the college Republicans, which delighted Angie because, as she stressed, "This was an issue that should transcend political parties." Meanwhile, the campus recycling department hired her to coordinate and train a team of 30 student volunteers who educated dorm residents on environmental issues and ways to reduce their individual impact.

In the process, the EC became one of the school's largest student groups, with a 1,600-name listserv. And they finally got a meeting with college president Charles Steger. "We went in very organized," Angie said. "We dressed professionally, were professional in

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Angie De Soto: From Drunken Party Girl to Climate Change Activist ...continued from page 21



Angie De Soto, left, with Al Gore and Natalya Hallanan at an international Climate Change event.

our tone and word choice, and brought thoroughly researched proposals." The group members asked Steger to join 600 of his peers who had signed the national Presidents' Climate Commitment. Steger balked at just signing a statement, and instead offered to create a comprehensive campus plan, which he said would mean far more.

Steger commissioned a committee of administrators, faculty, and students to draft a plan by fall. The committee hired Angie, and she spent the summer pulling together ideas and highly specific implementation plans from the EC group and from other schools. "This issue can be so overpowering," she said, "but if we bring it down to what we can do as individuals and as a campus, people feel they can make a difference." Although administrators initially said no to some suggestions, "we didn't freak out. You have to keep approaching them, coming up with new ideas, offering reasonable and feasible solutions."

After the group completed the plan, Angie was hired to implement it as university policy. Among the many changes, the school enacted compre-

hensive recycling procedures, switched to high-efficiency light bulbs, installed energy-saving occupancy sensors in the classrooms, and took steps to ensure that new buildings would meet strong environmental standards. The campus saved \$200,000 in just one month by lowering winter thermostats to a still-comfortable 68 degrees—and would save more by slightly raising

the summer settings. The dining halls decreased food waste by 38 percent by eliminating trays and developed a plan for composting the rest. The university also pledged to explore alternative fuels, make environmentally responsible purchasing a priority, and look into additional efficiency gains, including phasing out their aging coal-fired boilers.

"I started out just an apathetic drunken party girl, with no clear path in my life," Angie said. "Now I'm implementing our campus sustainability plan. People change and even massive institutions can change."

Adapted from the wholly updated new edition of Soul of a Citizen: Living with Conviction in Challenging Times (<http://www.paulloeb.org/soul.html>) by Paul Rogat Loeb (St Martin's Press, publication date April 5, 2010, \$16.99 paperback). With over 100,000 copies in print, Soul has become a classic guide to involvement in social change. Bill McKibben calls it "a powerful inspiration to citizens acting for environmental sanity." Alice Walker says, "The voices Loeb finds demonstrate that courage can be another name for love." The Sierra Club magazine writes, "Loeb examines the stumbling blocks—perceived powerlessness, cynicism, burnout—that keep most Americans from participating in the public sphere, as well as the rewards of following a different path." Loeb also wrote The Impossible Will Take a Little While; A Citizen's Guide to Hope in a Time of Fear, the History Channel and American Book Association's #3 political book of 2004. For more information or to receive Loeb's articles directly, see www.paulloeb.org. From Soul of a Citizen by Paul Rogat Loeb. Copyright © 2010 by the author and reprinted by permission of St. Martin's Griffin.

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Chronic Illness, Cost and Consciousness

Three Arguments For Herbal Medicine as an Integral Part of US Health Care

BY TOM WOLFE

On Chronic Illness:

"7 out of 10 deaths among Americans each year are from chronic diseases. Heart disease, cancer and stroke account for more than 50% of all deaths each year. In 2005, 133 million Americans – almost 1 out of every 2 adults – had at least one chronic illness. About one-fourth of people with chronic conditions have one or more daily activity limitations."

~ Center For Disease Control and Prevention, May 2, 2010

On Health care Costs:

"The United States spends significantly more on health care than any other nation. In 2006, our health care expenditure was over \$7,000 per person, more than twice the average of 29 other developed countries. We also have one of the fastest growth rates in health spending, tripling our expenditures since 1990. Yet the average life expectancy in the United States is far below many other nations that spend less on health care each year."

As a nation, more than 75% of our health care spending is on people with chronic conditions. These persistent conditions—the nation's leading causes of death and disability—leave in their wake deaths that could have been prevented, lifelong disability, compromised quality of life, and burgeoning health care costs."

~ Center for Disease Control & Preven-

tion (Online at CDC.gov): The Power of Prevention, Chronic Disease: The public health challenge of the 21st century

"President Obama said in his State of the Union Address, "We must also address the crushing cost of health care. This is a cost that now causes a bankruptcy in America every 30 seconds." Data show about 934,000 personal bankruptcies in FY 2008. There are about 32 million seconds in a year. So someone filed for bankruptcy roughly every 30 seconds last year. A very high estimate would only attribute half of those personal bankruptcies to medical expenses. So that's one health-related bankruptcy every minute."

~ Source: FactCheck.org on 2009 State of the Union Address, February 24, 2009

On Consciousness:

"Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the last 20 years in the United States, public dissatisfaction with the cost of prescription medications, combined with an interest in returning to natural or organic remedies, has led to an increase in herbal medicine use."

~ University of Maryland Medical Center (online at UMM.edu)

"The Diabetes Prevention Program, a large prevention study of people at high risk for diabetes, showed that lifestyle intervention reduced developing diabetes by 58% during a 3-year period. The reduction was even greater, 71%, among adults aged 60 years or older."

~ American Diabetes Association (online at www.diabetes.org)

•••••

I read on the front page of the health section in *The Washington Post* that six epidemic chronic illnesses afflict half of adult folks today in the United States of America. That means one out of two of us is suffering from one or more long term conditions that cause unbalanced energy, immense pain, potential for very serious sickness, and day-to-day lessening of quality of life. All this brouhaha about spending so much money on "upgrading" health care in the U.S. basically means making our very expensive disease-oriented system available to more people. Once you have an acute disease, much of modern medicine makes good sense, especially in infection and life threatening cases. However, one two-part question almost entirely missing in the loudness of this debate is: "Why are half of us sick over the long run in

the first place?" and "What can be done inexpensively to prevent this pain and drain on our resources?" In other words, the query is: "Where, oh where, is knowledge of a health model that would prevent most chronic illness?"

Friends, in this *Pathways* article I propose and defend three arguments to the conclusion that Herbal Medicine is the most available, effective, logical, and inexpensive choice for a true "upgrade" in keeping us healthy. These three points of discussion are Chronic Illness, Cost, and Consciousness. First, our epidemic of chronic illness; secondly, the obscene rising cost of medical care in the U.S.; and finally, a shift in consciousness that places our infinite intelligence on a time-tested herbal model of vibrant physical, emotional and spiritual health rather than focusing our analytical intelligence almost exclusively on disease. So, friends... let's go on the herbal journey together and explore three rationales for the USA getting with the health generating Herbal Medicine program.

continued on page 31

As Seen on Oprah!

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~ Louise L. Hay



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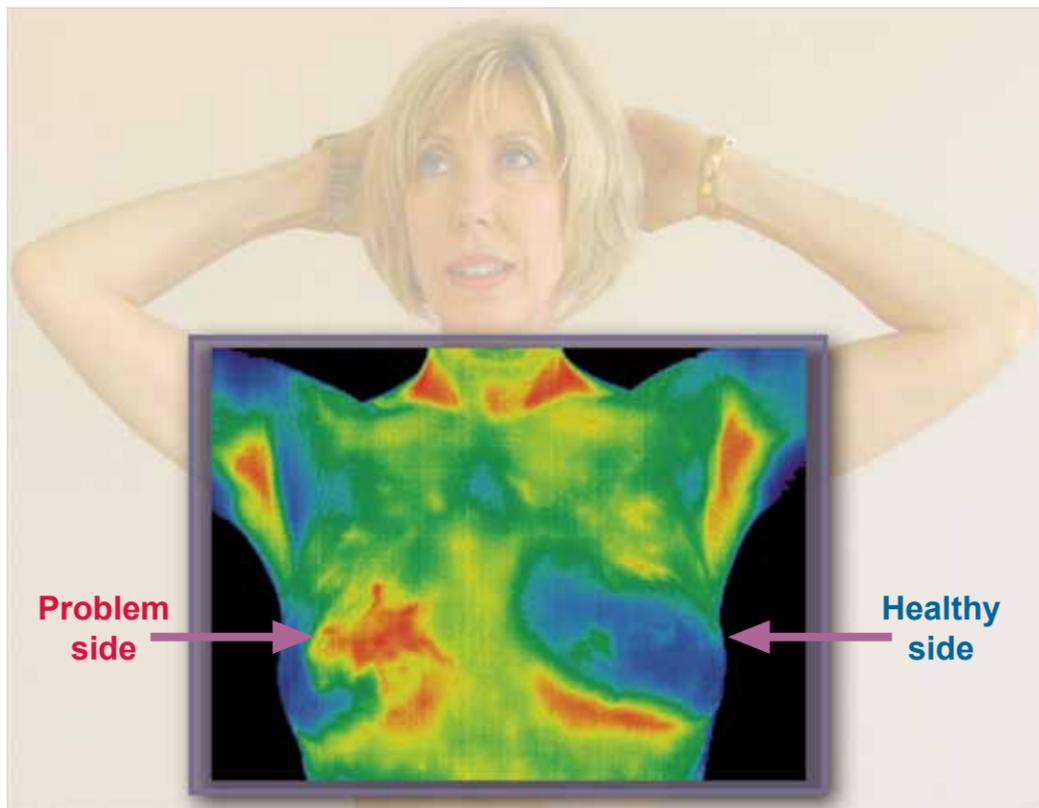
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simulation of a breast thermographic exam

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

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

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****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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- ... your goal is breast cancer **prevention** (proactive) rather than breast cancer **correction** (reactive)
- ... your goal is to monitor breast health changes (i.e., improvement if you are doing something to help your breast health or else, monitoring for stability or deterioration or increasing risk)
- ... you choose to take control of your health rather than wait for something to happen
- ... need to monitor your breast health but are pregnant, have **breast implants**, **dense** or **fibrocystic breasts**
- ... would like to know **if your hormone replacement therapy is increasing your risk of breast cancer**

So what's the difference between mammography and breast thermography?

Cancer detection: *Mammography* is designed to detect cancer **after** it has formed. Best use is after the cancer has formed. *Thermography* is designed to pick up breast health changes years **before** the cancer develops. Best use is cancer prevention. A level 3 risk (thermographic risk scale is 1-5) reflects a 40% chance of developing breast cancer within 5 years (if nothing is done to improve breast health). A level 5 risk reflects a 90% probability that cancer has already started (could be days to years old). With mammography, a woman needs to wait as long as two years until the tumor is large enough to be visualized by the X-rays with 85% accuracy. Thermography does not 'see' a tumor as the mammography would. It is not designed to do that. Instead, it will assess risk the way looking at a clear sunny sky vs a dark cloudy sky might be used as an indicator of possible rain.

Safety: Mammography requires breast compression and radiation. There is a slight increase in risk of starting a breast cancer with each mammogram. There is no radiation with breast thermography and nothing touches you. The heat you radiate is imaged and the patterns are then compared with known patterns. They are then evaluated for risk level.

Risk Assessment: Thermography is approved by the FDA for this. A thermographic risk level of 1 or 2 (Risk scale is 1-5) can tell a woman she does not have breast cancer with a 99% level of confidence. Mammography can not tell a woman she does not have breast cancer.

Monitoring Changes: *Thermography* can easily show changes in breast health (risk level) see risk scale thermographic images on this page.

Mammography can not tell if the breast is healthier. Thermography, is therefore an ideal tool for monitoring changes as they might occur with a given therapy, starting hormone replacement ('is it helping, hurting or not producing any changes').

Grey Scale: Cool Warm Color Scale: Cool Warm

Grey Scale	Color Scale	Risk Scale	Explanations
		1	TH:1 risk is associated with 99% chance that there is no breast cancer present. The vascular pattern is minimal and there is excellent Rt/Lt thermal symmetry.
		2	TH:2* risk is associated with a 99% chance that there is no breast cancer present. There is relative symmetry between Rt and Lt and minimal vascular appearance and no hot spots. Nipple temperatures were measured and found to be identical. This patient started as TH:3* See below). Risk improved after a breast health protocol for several months.
		3	This patient started as a TH: 3* but after being on a breast health protocol became a TH: 2 (see the TH:2* image shown above). A TH:3 is generally accepted to be a medium or average risk. Currently the average risk for cancer for a woman in the U.S. is approximately 1 in 7. One study suggests a 40% chance of cancer within the next 5 yrs .
		4	Strong TH:4. Lt breast is warmer than the Rt (seen best in the color image) and it has a much stronger vascular pattern (see B+W image). The speckled (leopard) appearance in the B+W image is a typical estrogen dominance pattern.
		5	This is a known cancer in the Rt breast (see the red patch in the color image and strong vascular pattern in the B+W image). A TH:5 is associated with 90% chance that cancer is already present. This holds true even if the cancer is only starting as the first cell.

2/08	12/09
90% probability cancer is present**	99% certainty no cancer present**
This patient was recently seen on WUSA 9. Please see this video on YouTube.com. She started out 2 years ago as a TH 5 (90% probability that cancer is present) and after a breast health program with Dr. Rind he image now shows risk level 2 (99% chance that no cancer is present.)	

Quality of care: It is important that the thermographic camera be high resolution (no less than 80,000 pixels and the thermography program provide both color (for regional temperature imaging) as well as Grey scale (for vascular imaging). It is equally important to work with a physician who understands how to work effectively with thermography and how to guide a process that can maximize breast health improvement. Dr. Rind uses state of the art equipment with and has a years of experience in guiding women toward breast health through the use of nutrition and supplements, modification of medications and hormone replacement therapy (starting, stopping or changing it according to which approach yields the best general as well as breast health results. Dr. Rind has developed a breast health protocol that, in many cases, eliminates breast lumps, bumps, cysts, thickened areas, fibrocystic breast disease, and an unhealthy thermographic pattern. See the before and after pattern of one of Dr. Rind's patients. She started with an unhealthy thermographic risk level of 5 (90% chance cancer is already present) plus a lump in the left breast. After making some changes in lifestyle and nutrition, receiving an osteopathic structural correction which included a heel lift, she ended up with a healthy thermographic risk level of 2 (99% confidence that no cancer is present) and disappearance of the lump in the 'at risk' breast. Go to www.NIHADC.com and see the thermography section for a video interview of this patient and her thermographic exam.

Drawbacks: While thermography appears to be very sensitive to the development of cancers that rely on the support of increased vascular flow (angiogenesis), not all cancers grow in this fashion and may not appear in a thermogram. Patients should not rely solely on thermography to the exclusion of recommended mammograms.



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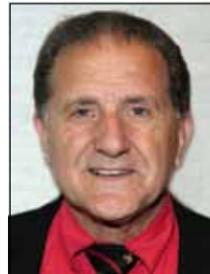
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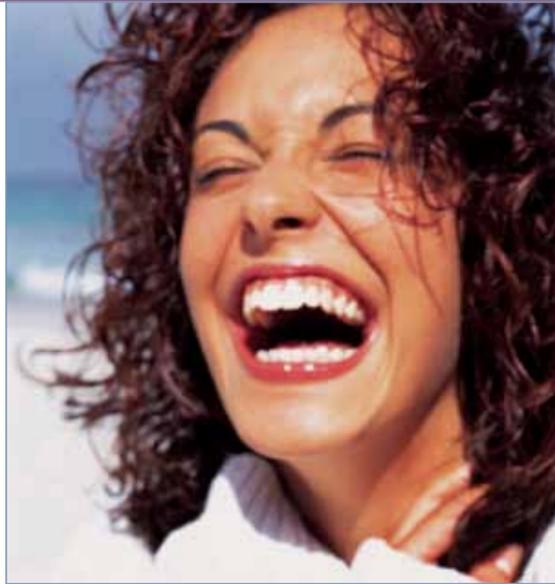
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Three Arguments For Herbal Medicine as an Integral Part of US Health Care

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The Excess of Chronic Illness

Chronic illness in the United States is prevalent enough (half of us) and rising fast enough (new diabetes cases are now 1.2 million of us a year) that it is not an exaggeration to call it "our cultural epidemic." Diabetes alone has statistics of epidemic proportions. According to the American Diabetes Association, we have a total of 23.6 million children and adults in the United States—7.8% of the population—suffering from diabetes, with 17.9 million people diagnosed and an estimated 5.7 million people undiagnosed. And if that is not alarming enough, the real need for Herbal Medicine is in the alarming statistic of an estimated 57 million people with pre-diabetes.

In addition to diabetes, there are five major chronic illnesses (among others) that contribute to this epidemic: High Blood Pressure (Hypertension), Osteoporosis, Depression, High Cholesterol (Hypercholesterolemia), and Anxiety Disorders. So in 2004, when I read that there were these "big six" chronic illnesses, it seemed obvious that if the medical truths of China and India were valid, there would be six excesses, one



for each of the building blocks of life. Since that time I have found this observation to be the clearest example of rationalized proof of the intuitive sense of these great cultures. It seems perfectly designed that an excess of each

of the six elements would contribute to a specific chronic disease state. Friends, if you are in the half of the population with one or more of these diseases, I ask you to investigate in cooperation with your medical professional this wisdom for your own healing. And, of course, if you are working on prevention of any of the excesses, then you are practicing Herbalism as health care instead of treating a disease. This is the true herbal freedom!

Here are the herbs I would suggest to begin with to reduce the excess implicated in each of the "big six" chronic illnesses that have latched on to one out of every two of us. The element in excess causing the disease is listed after the recommended list of preventative herbs.

- High Blood Pressure: Hawthorn, Cramp Bark, Yarrow, Hibiscus flowers, and Garlic (Fire)
- Diabetes: Neem, Bitter Melon, Holy Basil, and Gymnema (Earth)
- Osteoporosis: Nettles, Marshmallow, Ginger, and Comfrey (Air)
- Depression: Holy Basil, Rosemary, Capsicum, Ginger, and Lemon Balm (Water)
- High Cholesterol: Turmeric, Nettles,

Milk Thistle, and Dandelion (Wood)

- Anxiety Disorders: Triphala, Catnip, St. Johns Wort, and Oats (Ether)

Health Care Costs on the Rise

The cost of medical care in the U.S. is obscene. According to the Kaiser Family Foundation, in 2008, U.S. health care spending was about \$7,681 per resident and accounted for 16.2% of the nation's Gross Domestic Product (GDP); this is among the highest of all industrialized countries. Total health care expenditures grew at an annual rate of 4.4 percent in 2008, a slower rate than recent years, yet still outpacing inflation and the growth in national income. Half of \$7,681 is \$3,840 and this is the amount I would propose the U.S. spend on treating and preventing chronic illness with Herbal Medicine. This works out to \$74.00 a week. Friends, can you imagine the shift in the paradigm when each person in the U.S. gets a government or insurance company check for \$74.00 a week for plants to prevent their chronic pain herballly? I can!

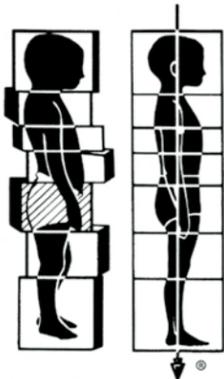
Our costs of medical disease care have risen 300 percent since 1990. As the saying goes you do not have to be a rocket scientist to figure out what is going to happen to our economy if we

continued on page 33

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100% ORGANIC SKIN CARE

& BODY CARE SERVICES

Three Arguments For Herbal Medicine as an Integral Part of US Health Care

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fail to heed the herbal clarion call and stop these rising disease care costs. The herbs mentioned above cost an average of \$1.00 an ounce in bulk, \$10.00 an ounce for ethanol extraction (tinctures) and \$2.50 per plant to grow your own. This means you can design your own herbal program for your use and grow your own medicine garden for less than \$2.00 a day. As soon as they understand the sense of this article, the insurance companies and government are going to heed my call for an herbal paradigm shift. Investing half the health care money spent on chronic illness in preventative Herbal Medicine would be the most cost effective measure we could take to bring the balance back. So start asking your elected officials to work on sending you an Herbal Health Care check today!

Health Consciousness

My final argument toward a system to replace our focus on illness is Consciousness of vibrant health.

According to the National Institute of Mental Health (nimh.nih.gov), "Mental disorders are common in the

United States and internationally. An estimated 26.2 percent of Americans ages 18 and older — about one in four adults — suffer from a diagnosable mental disorder in a given year. When applied to the 2004 U.S. Census residential population estimate for ages 18 and older, this figure translates to 57.7 million people."

In my 36 years as a medical Herbalist, Ayurveda is the most elegant Consciousness model offering 6 inexpensive herbal and lifestyle choice-based therapies for the unbalanced lives that contribute to the "big six" epidemic diseases. Ayurveda is based on the balance of respiration (Vata), digestion (Pitta) and Elimination (Kapha), which is perfectly summed up in the following Bible verse from *1 John 5: 6-8*: "For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one. And there are three that bear witness in earth, the Spirit, and the water, and the blood: and these three agree in one."

Here are the six therapies from the Ayurveda/Yoga tradition that will eventually shift this ill paradigm.



- Fire: Herbal Medicine to reduce the excess pressure of too much fire

- Earth: Diet to reduce the excess of the sweet taste of Earth

- Air: Breathing (Pranayama) to control the excess of air in the solid parts of the body

- Water: Meditation to find the origin of suffering/depression

- Wood: Yoga to strengthen the solid moving parts of the body

- Ether: Silent worship in community and burning Herbs in a Ceremonial fire (Dhuni) to create sacred space to reduce anxiety

So in conclusion, let me briefly address what I hold as the two major forms of ignorance that stand in the way and create resistance to this past due paradigm shift. First, the impression we have been mistakenly taught is that there is nothing we can do without an expert to take personal responsibility for self-healing. I hold the

continued on page 35

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Psoriasis

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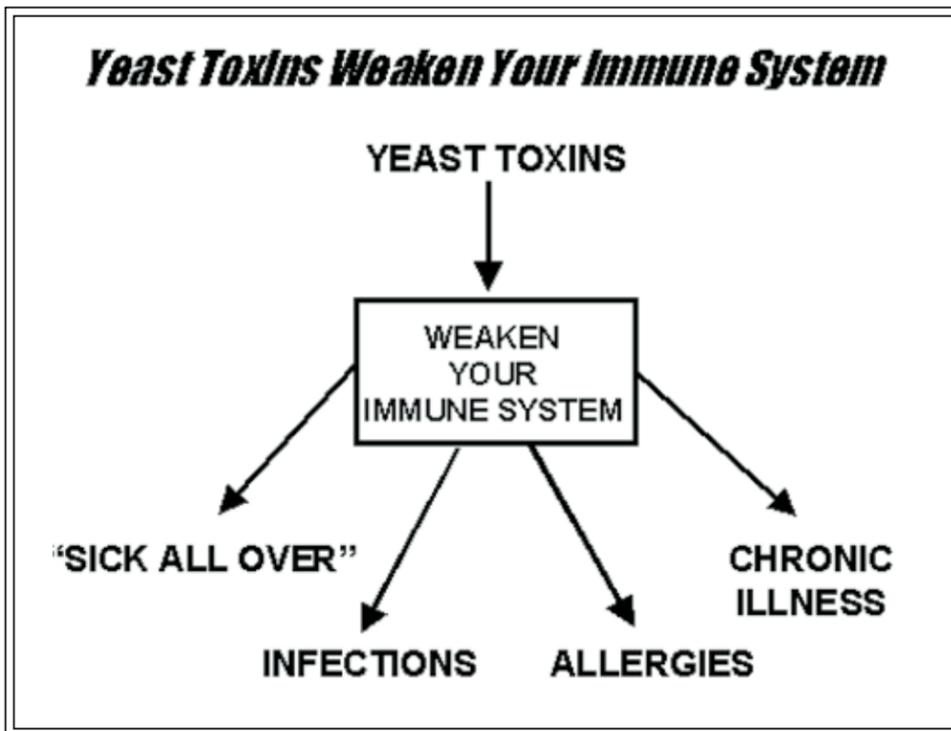
Digestive Disorders

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.

I have been interested in yeast related health problems since 1984 and have treated over 2000 patients. My results have been very good but the patients who are doing the best are the ones who are highly motivated and are willing to make necessary changes in their life to regain that priceless gift: serene, peaceful mind in a healthy body.

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Three Arguments For Herbal Medicine as an Integral Part of US Health Care

...continued from page 33

most important element of this shift is to spiritually retake your relationship with the mind and body God gave you into your own hands. Brother Jesus said it well describing his version of health: "The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised." (Luke 4:18)

Secondly, in the U.S. there has been an inherent bias in the past held against herbal prevention. This has its roots (or lack of healthy roots) in a way of looking at our experience of health as an analytical approach that focuses predominately on disease. I put this in the past tense because that is where it belongs. And Friends, it is still alive and well in the approach this culture takes to Herbal Medicine.

A couple examples from my experience as an Herbal researcher are in order to close this *Pathways* article. When we published Commission E, which every German doctor has to study to get an M.D. degree, we found withholding of data on the effectiveness of

herbs from the desire to patent herbal molecules, and an active bias against using more than one plant at a time. I do not have space to go into the details, but there was, and to some degree re-



mains, an active bias toward finding the "magic bullet" in the plant and patenting it instead of teaching folks how to use simple plant-based remedies. This applies even more to the liberating concept of growing your own medicines with an understanding of

how Herbal Medicine works. Commission E represents 6,000 studies done on Herbal Medicines where more than half proved the efficacy of the herb under the spotlight of western science.

Also there still exists an ignorance of the already existing herbal data, hence my final story for this *Pathways* time: the story of the hopping mad Navy doc. When we presented an Herbal Hypertension Study to the Society of

...there was, and to some degree remains, an active bias toward finding the "magic bullet" in the plant and patenting it instead of teaching folks how to use simple plant-based remedies. This applies even more to the liberating concept of growing your own medicines with an understanding of how Herbal Medicine works.

Teachers of Family Practice in Atlanta in 1998, we found over 300 studies that showed Hawthorn and Garlic were effective in treating High Blood Pressure. However, the Fifth Joint National Commission on Hypertension said, "There is no evidence that Garlic has

any effect on High Blood Pressure." So for my first slide I put that statement up on the screen. A Navy doc yelled from the back (it was more tense then for Herbalists), "Then why are you here wasting our time?" I replied, "I believe by the end of the presentation you will see the lack of scholarship in the Joint National Commission." By the end of the talk, this doc was convinced by the data on Hawthorne and Garlic for High Blood Pressure and was "jumping mad" at the biased scholarship in his own community.

So, *Pathways* reader, at the end of this presentation my prayer is that you are also more convinced about Herbal Healing and are hopping ready to help shift the unaffordable focus on treating chronic illness after it is already established to an inexpensive joy in Herbal Prevention and Herbal Healing.

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom, a Professional Member of the American Herbalists Guild, teaches classes at Smile Herb Shop throughout the year 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 available classes, as well as detailed descriptions of the herbs mentioned in this article. See the Smile Herb Shop ad on page 44.

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Friday, June 4; 7:00 to 9:00 p.m. Dream Imagery Meditation, Free;
Saturday, June 5; 11:00 to 4:00 p.m. Workshop fee \$65

Healing Your Life by Rewriting Your Past & Present

Friday, June 18; 7:00 to 9:00 p.m. Soul Journey Meditation, Free;
Saturday, June 19; 10:00 to 3:00 p.m. Workshop fee \$65

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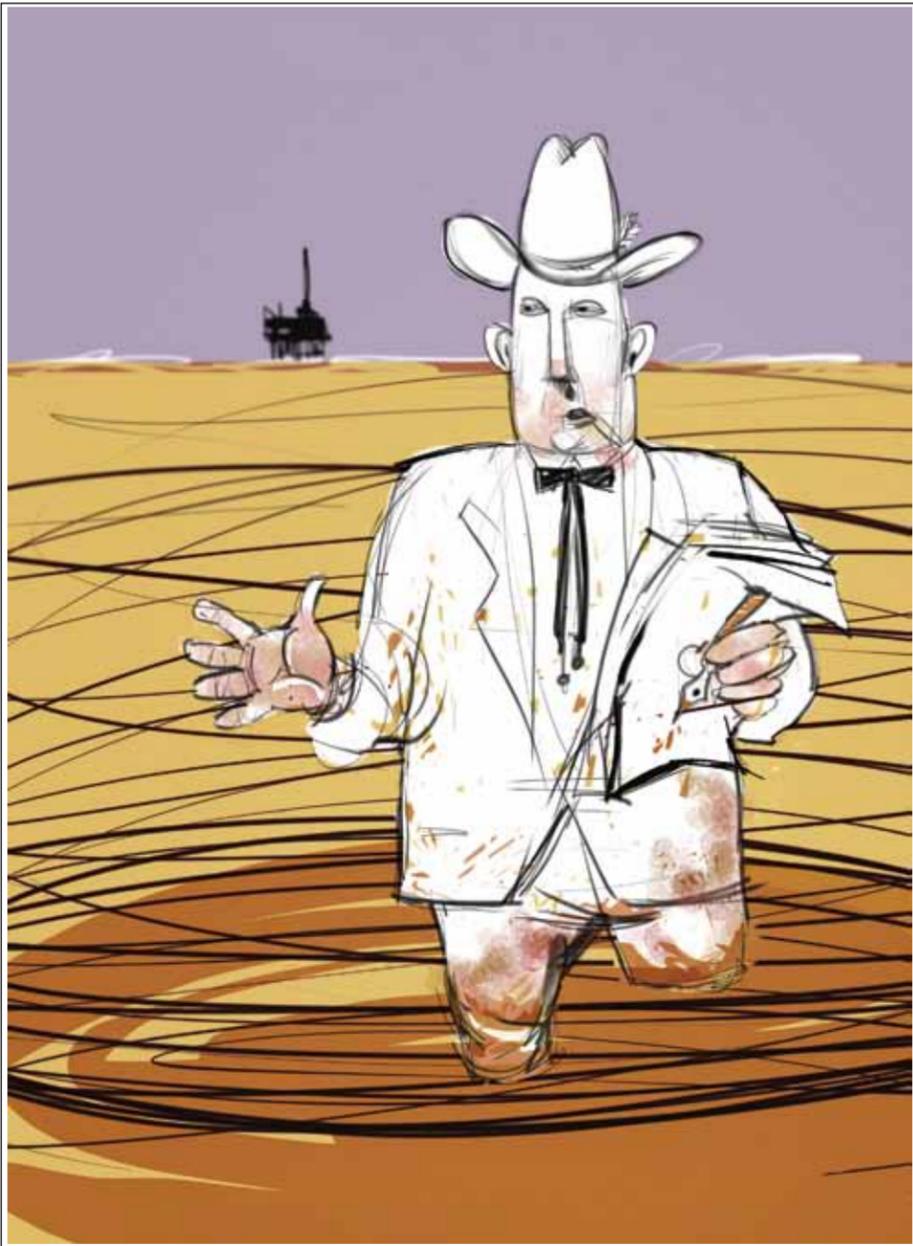
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As We Die For BP, Our Military Rots In The Wrong Gulf

BY HARVEY WASSERMAN

May 12, 2010. As you read this, the life of our bodies, nation and planet is being blown out a corporate hole in the Gulf of Mexico and into a Dead Zone of no return.

The apocalyptic gusher of oily poison pouring into the waters that give us life can only be viewed—felt—by each and every one of us as an on-going death by a thousand cuts with no end in sight.

Yet our government—allegedly the embodiment of our collective will to survive—has done nothing of significance to fight this mass murder.

As it did while New Orleans drowned downstream from a willfully neglected levee system, our most potentially effective counter-force dithers on the other side of the world, in the wrong Gulf.

We squander our treasure on the largest conglomeration of people and weapons the world has ever seen. It's

bloated with hardware designed specifically to destroy and kill. Hundreds of thousands of Americans sit on our dime in more than a hundred countries, rotting in the outposts of a by-gone empire.

Why aren't they in the Gulf of Mexico, fighting for our truest "national security"?

The depth and scope of this catastrophe is impossible to grasp because it is just beginning. The entire Gulf, the west coast of Florida, the Everglades, the east coast of Florida and all the way up, wherever the currents go....they are all at risk.

This is the most lethal single attack on the life of this nation since December 7, 1941. It is a time that will live only in infamy.

The moment it happened, a sane president, a functional government, a society worthy of survival, would have marshaled every mobile resource available and moved it down to the Gulf.

continued on page 39

Know someone dealing with Autism? There is hope.



Janelle M. Love, MD

is a board certified family physician. After her son was diagnosed with autism, she investigated the potential therapies for problems children with autism have and now treats many children on the autistic spectrum. Therapies include addressing the inflammation,

infections, food intolerances, oxidative stress, and environmental triggers these children face.

"Within a week of starting the supplements and dietary changes, her verbal skills and behavior improved dramatically, and things have only continued to get better."
~ Renee, Annapolis, MD

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In her quest to heal children, Dr. Love, learned that many of the therapies for the kids with autism helped other many other conditions as well for adults and non autistic children. She then expanded her knowledge base by attending numerous conferences over the years. Her training has lead to treating individuals for natural hormone replacement, severe neurological conditions such as ALS, MS, Alzheimer's, and Parkinson's, Chronic Fatigue Syndrome, fibromyalgia, ADHD, Allergies, Depression, Anxiety, OCD, environmental toxicities, and many more.

Dr. Janelle Love provides practical medical consulting for adults and children dealing with:

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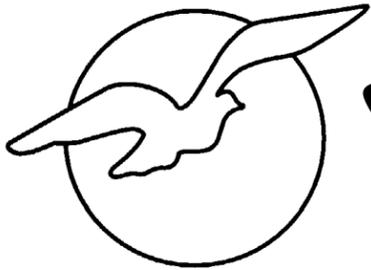
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Ongoing Classes and Events

- ◆ **Law of Attraction Study Group**, Mondays, 7–8:15 p.m.
- ◆ **Yoga**, Tuesdays, 6–7 p.m. & Saturdays, 7:30–8:30 a.m.
- ◆ **Course in Miracles**, Wednesdays, 12–1:30 p.m. and 7:30–9 p.m.
- ◆ **Energy Healing Meeting**, 4th Wednesdays of the month, 7–9 p.m.
- ◆ **Healing Service**, 4th Friday of the month, 7:30 p.m.
- ◆ **Passage Meditation**, 2nd & 4th Saturdays, 9–10 a.m.

Calendar of Events

JUNE

- ◆ Thursdays, June 3–Aug. 5, 7–9 p.m. **Prosperity Plus**
- ◆ Sunday, June 13, 1–4 p.m. **The Law of Attraction and Well-Being**
Tickets: \$15/each or \$25/couple
- ◆ Saturday, June 19, 7–10 p.m. **Summer Solstice Drum Circle**
- ◆ Sunday, June 27, 9 & 11 a.m. **Jim Goldstein, Guest Speaker**

JULY

- ◆ Sunday, July 4, 11 a.m. (one service only) **Fourth of July Special Service**
- ◆ Wednesdays, July 14–Aug. 18, 7:30–9 p.m. **Strength in the Storm**
- ◆ Sunday, July 18, 1:00 p.m. **Pet Memorial Service**

AUGUST

- ◆ Aug. 23–27 **Peace Camp, Grades 1st–5th**
- ◆ Aug. 29, 11 a.m. (one service only) **"All the World's a Stage" Special Service, Theatre of the Spirit**

Rental space is available for classes, meetings and other events.



Summer Events

Theatre of the Spirit Summer Workshop

Tuesdays, June 15–August 24, 7:30–9:30 p.m.

Performance August 29

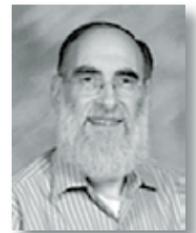
Improve your acting skills in a friendly, low-key atmosphere. Classes will focus on developing the "actor's voice" as an instrument of beauty, clarity and power. Ages: 16 to adult. Presented by: Suzanne Yuskiv, M.A.T., Director and Founder of Theatre of the Spirit; Tuition: \$95



Prosperity Plus—A New Way of Living A 10-Week Course That Will Change Your Life! With Brenda Buskirk

Thursday, June 3–August 15, 7:00–9:00 p.m.

- Strategies for positive living "beyond the news"—even in uncertain times
- Ways to open yourself to a greater flow of good
- How to generate thoughts and choices that lead to new results in life
- Tools for living each day from a state of abundance and prosperity



The Law of Attraction and Well-Being Workshop With David Wember, M.D. and Lissa Moore

Sunday, June 13, 1:00–4:00 p.m.

This workshop will present 7 concepts to help create the philosophical groundwork for your well-being, while teaching you how to apply the Law of Attraction in your life.

LISSA and DR. WEMBER have been holistic practitioners for over 30 years. Their path of Mind-Body-Spiritual enrichment includes NLP, Hypnosis, Anthony Robbins Life Mastery University, Imago and

Reiki Master training. Dr. Wember maintains a full time Holistic medical practice in which he includes Homeopathy, Nutrition and Law of Attraction to attain maximum health and well-being for his patients. Lissa has studied Healing Touch and other energy healing disciplines.

Strength in the Storm, Creating Calm in Difficult Times

7-Week Book Study, July 11–August 15, Sunday lessons 9:00 & 11:00 a.m.

Classes: Sunday 9:00 a.m.; Wednesday 7:30 p.m.; Thursday noon

Based on the book by Eknath Easwaran, a modern mystic who shares the ancient, timeless spiritual practices to achieve personal transformation, this is a powerful and practical series about how to cope with the stresses and anxieties in our lives.

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Hours: Monday–Thursday 11 a.m.–7 p.m.
Sunday 9 a.m.–1 p.m.

PEACE AND ECOLOGY

As We Die For BP, Our Military Rots In The Wrong Gulf

...continued from page 37

Except by hitting a nuclear power plant and rendering this all radioactive, no terrorist could dream of igniting the kind of havoc now destroying our most vital, precious and irreplaceable resources.

Our mass media should be filled with stirring images of a focussed, determined President mobilizing all available assets to curb the damage. Instead, Barack Obama defends offshore drilling and endorses the resumption of whaling—if this underwater gusher actually leaves any alive. It is a suicidal tribute to the power of corporate ownership.

Instead of seeing a Gulf population deputized and mobilized to fight for survival, we are subjected to a loathsome trio of corporate stooges—apparently named Larry, Curly and Moe—blaming each other for the catastrophe. They should all be clamped into orange jumpsuits and locked onto a clean-up vessel.

Thus far the only armies officially mobilized are of the corporate PR departments and ubiquitous lawyers savoring the gusher of billable hours sure to stretch through the decades.

Our collective non-response to this cataclysmic reality now includes the

introduction of a pathetic “climate bill”, concocted by another woeful trio, in service to the very corporations that have brought us this lethal gusher.

This bill will do nothing to solve this particular problem. Nor will it address the root cause of our addiction to obsolete and suicidal fossil and nuclear fuels at a time when the clean, cheap renewable alternatives are readily available. It is, in short, Beyond Tragic.

Make no mistake: in our lifetime, the Gulf will not recover. Nor will our species.

There are no corners of the Earth that we can pollute without poisoning it all....and our own bodies. We cannot squander our resources on killing people on the other side of the Earth while leaving ourselves to be destroyed by the mayhem at home.

Either our species learns this lesson, and acts on it—NOW!—or we do not survive.

Harvey Wasserman's SOLARTOPIA! OUR GREEN-POWERED EARTH, is at www.harveywasserman.com. He is senior advisor to Greenpeace USA and senior editor of FreePress.org, where this was first published.

Our Founders Were Not Fundamentalists

“God made the idiot for practice, and then He made the school board.”
--Mark Twain

A mob of extremists is using the Texas School Board to baptize our children's textbooks.

This endless, ever-angry escalating assault on our Constitution by crusading theocrats could be obliterated with the effective incantation of two names: Benjamin Franklin, and Deganawidah.

But first, let's do some history:

- Actual Founder-Presidents #2 through #6—John Adams, Thomas Jefferson, James Madison, James Monroe and John Quincy Adams—were all freethinking Deists and Unitarians; what Christian precepts they embraced were moderate, tolerant and open-minded.

- Actual Founder-President #1, George Washington, became an Anglican as required for original military service under the British, and occasionally quoted scripture. But he vehemently opposed any church-state union. In a 1790 letter to the Jews of Truro, he wrote: The “Government of the United States, which gives to bigotry no sanction, to persecution no assistances, requires only that they who live under its protection, should demean themselves as good citizens.”

A 1796 treaty he signed says “the government of the United States of America is not, in any sense, founded on the Christian religion.” Washington rarely went to church and by some accounts refused last religious rites.

- Washington was also the nation's leading brewer, and since most Americans drank much beer (water could be lethal in the cities) they regularly trembled before the keg, not the altar. Like Washington, Jefferson and Madison, virtually all American farmers raised hemp and its variations.

- Jefferson produced a personal Bible from which he edited out all reference to the “miraculous” from the life of Jesus, whom he considered both an activist and a mortal.

- Tom Paine's *Common Sense* sparked the Revolution with nary a mention of Jesus or Christianity. His Deist Creator established the laws of Nature, endowed humans with Free Will, then left.

- The Constitution never mentions the words “Christian” or “Jesus” or “Christ.”

- Revolutionary America was filled with Christians whose commitment

continued on page 41

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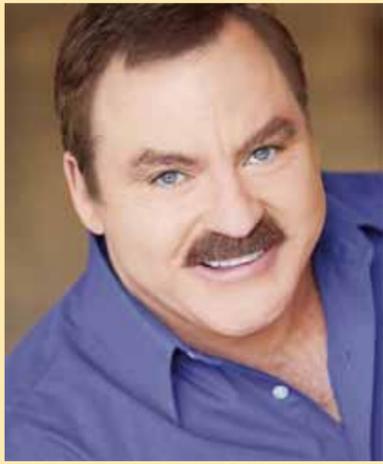
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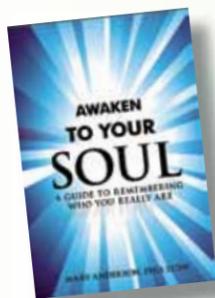
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PEACE AND ECOLOGY

Our Founders Were Not Fundamentalists

...continued from page 39

to tolerance and diversity was completely adverse to the violent, racist, misogynist, anti-sex theocratic Puritans whose "City on the Hill" meant a totalitarian state. Inspirational preachers like Rhode Island's Roger Williams and religious groups like the Quakers envisioned a nation built on tolerance and love for all.

- The US was founded less on Judeo-Christian beliefs than on the Greco-Roman love for dialogue and reason. There are no contemporary portraits of any Founder wearing a crucifix or church garb. But Washington was famously painted half-naked in the buff toga of the Roman Republic, which continues to inspire much of our official architecture.

- The great guerilla fighter (and furniture maker) Ethan Allen was an aggressive atheist; his beliefs were common among the farmers, sailors and artisans who were the backbone of Revolutionary America.

- America's most influential statesman, thinker, writer, agitator,

publisher, citizen-scientist and proud liberal libertine was—and remains—Benjamin Franklin. He was at the heart of the Declaration, Constitution and Treaty of Paris ending the Revolution. The ultimate Enlightenment icon, Franklin's Deism embraced a pragmatic love of diversity. As early America's dominant publisher he, Paine and Jefferson printed the intellectual soul of the new nation.

- Franklin deeply admired the Hode-no-sau-nee (Iroquois) Confederacy of what's now upstate New York. Inspired by the legendary peace-maker Deganawidah, this democratic congress of five tribes had worked "better than the British Parliament" for more than two centuries. It gave us the model for our federal structure and the images of freedom and equality that inspired both the French and American Revolutions. It's no accident today's fundamentalist crusaders and media bloviators (Rev. Limbaugh, St. Beck) seek to purge our children's texts of all native images except as they are being forcibly converted or killed.

Today's fundamentalists would have despised the actual Founders. Franklin's joyous, amply reciprocated love of women would evoke their limitless rage. Jefferson's paternities with his slave mistress Sally Hemings, Paine's attacks on the priesthood, Hamilton's bastardly philandering, the grassroots scorn for organized religion—all would draw howls of righteous right-wing rage.

Which may be why theocratic fundamentalists are so desperate to sanitize and fictionalize what's real about our history.

God forbid our children should know of American Christians who embraced the Sermon on the Mount and renounced the Book of Revelations... or natives who established democracy on American soil long before they saw the first European... or actual Founders who got drunk, high and laid on their way to writing the Constitution.

Faith-based tyranny is anti-American. So are dishonest textbooks. It's time to fight them both.

Harvey Wasserman's History Of The United States is at www.harveywasserman.com, along with Passions Of The Potsmoking Patriots by "Thomas Paine." This article is written in honor of the spirit of Howard Zinn.

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July 29 — Introduction to The Reconnection: Heal Others, Heal Yourself, Heal Your Family.

July 30-August 1 — Eric Pearl teaching Reconnective Healing and the Reconnection.

July 31—Reconnective KIDS! Kids 4-14 learn to do Reconnective Healing.

August 14—Meditation and messages with Jennifer Farmer.

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TMJ Disorder

Other Related Symptoms

By Maribel M. Vann, DDS

Patients who have been labeled as hypochondriacs may also often suffer from the “dental distress syndrome”. According to Dr. Al Fonder, this syndrome is caused by mal-occluded teeth (improper bite), which results in spasms of the muscles of the jaws, head, neck, and shoulders. This may routinely cause pathologic alterations throughout all the systems of the body and mind. Many of these patients complain of the following symptoms:

1. Chronic headaches (including migraines)
2. Dizziness and vertigo
3. Loss of hearing
4. Eye pain
5. Facial pain
6. Anxiety
7. Nervousness
8. Forgetfulness
9. Chronic fatigue
10. Insomnia
11. Sinusitis
12. Vague and distinct body pains

Dr. Fonder also clinically observed that removal of the dental distress allowed the body, in many cases, to self-correct structurally, chemically

and physiologically.

This patient was also suffering from chronic headaches, facial pain, popping and clicking of the temporomandibular joints, clenching and grinding, neck and low back pain. This is a typical example of someone who is suffering from dental distress syndrome.

Photograph #1 shows a very severe overbite. As you can see, the lower teeth are not visible when the patient’s teeth are together. Photograph #2 is the side view shot showing a severe over jet (the upper front teeth are sticking out too forward).



Photography #1



Photography #2



This patient was treated with the Advanced Lightwire Functional Appliance (ALF), as seen in the picture below.



This particular bite problem also contributes to bad posture. The photograph below shows a head tilt to the right. The left shoulder and shoulder blade are lower than the right side.



Dr. Maribel M. Vann

Originally from the Philippines, Dr. Vann completed her undergraduate studies and earned her first dental degree in the Philippines in 1978. She practiced general dentistry for six years in the Philippines. She attended Georgetown University School of Dentistry and graduated in 1988. She has been practicing in Northern Virginia ever since.

Dr. Vann is a member of national and local dental associations, including: The American Dental Association, The American Academy of Cosmetic Dentistry, International Association of Orthodontics, The Virginia Dental Association, and The Northern Virginia Dental Society.

“I am now a believer in the ALF treatment and the connection with the craniosacral system of our body. I have attended regular dental visits and adhered to a daily regiment of brushing and flossing since I was 5 years old. In my 30s, I began to experience symptoms of TMJ (clenching and grinding my teeth with periodic jaw aches and cracking my molars). On three different occasions, my dentist fitted me with a mouth guard to prevent my teeth from further cracking, which I also broke. I researched my problem and talked to dental specialists who recommended invasive surgery and of course, pain. After two root canals and every molar tooth capped, I noticed Dr. Maribel Vann’s article. I met with her for a consultation in 2004 and began the ALF treatment to correct “right torsion cranial strain”. I also followed Dr. Vann’s recommendation to have cranial sacral therapy. Quite frankly, I was skeptical and referred to the whole process as “voodoo”. Strangely enough, I found the combination of treatments effective and amazing. Additionally, working with Dr. Vann created a warm and pleasant experience. Of course, I was concerned about pain and did experience minor discomfort for about a day after some of the ALF adjustments, which was handled with Tylenol or Advil. During the last six months of my treatment, I wore braces, which did create periodic minimal pain. After two years of treatment, my bite fits properly, my smile is straight, I am free from jaw pain and most important, I am not clenching and grinding my teeth. I am now a believer in the treatment and therapy supported by Dr. Vann with the overall harmony of the cranial mechanism with the entire body.”

- C. Brown

Maribel M. Vann, DDS

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Acupuncture Care Of Head And Neck Aches

CLAIRE M. CASSIDY AND DAN EBAUGH

Have you ever had a crick neck, or a headache that ruined your day? Once you consumed the NSAID... and it didn't help...what could you do next? High on the list of non-drug 'things that can help' is acupuncture. Acupuncture deals not only with the immediate pain and disability, but can reduce the likelihood that you will have headaches and neck aches in the future. We do it without drugs, and we do it by caring for what is specific or special to *your* case.

Acupuncture is energetic medicine—it deals with the flow of energy in your body. To the acupuncturist, pain results because the energetic flow is blocked. Think of what happens when your garden hose gets a kink: the flow of water is blocked. Imagine your body being made up of a highly organized system of say, 12 interconnected garden hoses...think acupuncture meridians....which are conduits for the flow of energy in your body. In this system there are infinite possibilities for kinks to arise and for the flow of energy to be blocked....like pain, crick in the neck, headaches.... What is required to relieve the pain is to "unkink" your "hose/s."



That sounds simple, and it is if you get the diagnosis right. The pain will go away, now and perhaps for good, if all the kinks in your hoses are found and opened. If you were in your garden, you would run your hand over the hose releasing each kink. Metaphorically, the acupuncturist must do the same thing. That is, s/he must focus on

you, learn to know you, and identify all the unique kinks in your system.

That is what makes this work so special. We see you as a unique human being with a unique energetic flow and we have learned that the most successful "unkinking" of your "hoses" requires a unique intervention *tailored to your needs*. By following this approach,

we help you feel better in the short-term, and over time, address the deep causes of your headache or neck ache, and relieve them.

Some Real Cases

Some years ago, Eloise had to visit the ER three times in one month for acute migraine attacks. There she received intravenous drugs that relieved the headache, but did not address the cause. When she came to my office, she told me the headaches had been plaguing her for years, and had gotten worse recently with a change of job. Somewhat desperate, she demanded, "Can you do anything? I hate the drug side-effects, and anyway, they only help for a little while!"

Keisha, an artist, was in the habit of carrying art supplies, plus her chunky purse, it'sy-bitsy computer, and her lunch almost everywhere she went, and she went a lot of places. She also had pretty constant head and neck aches. Aspirin no longer helped, and her weekly dance classes helped only briefly. The pain, which ran up her neck and spread across the base of the skull, got worse when she stood in front of her easel and painted. Keisha also complained of lower back pain

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ORIENTAL MEDICINE

Acupuncture Care Of Head And Neck Aches

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and asthma. Could acupuncture help?

Tasha had a crick in her neck, always on the left side. She could not figure out what caused it, but she'd heard that acupuncture was good at treating muscular complaints, so she decided to give it a try.

John, a high school teacher under a lot of pressure to get his students to pass the standardized tests, became more anxious, irritable and unhappy as the pressure mounted. In the evening he would drink a half pint of bourbon before dinner to "relax." This was the first liquid he drank all day after his morning coffee. After Winter break, he began to wake with morning headaches. Advil[®] used to help, but now only a 25-mile bike ride on the weekend really cleared the pain. A colleague got pain relief from acupuncture so John wanted to try it, too.

How Oriental Medicine Thinks About Headache and Neck Ache

Oriental Medicine (OM) in the U.S. focuses on the patient and on his or her individuality. Another way to say that is, OM practitioners are less interested in textbook treatments, and more interested in following the movement of energy in the body of the patient currently in front of them. Thus the practitioner becomes attuned to the particularities of the patient, and can

address these in treatment. Most patients experience such care as personal and supportive.

Over the course of over 2000 years, OM has identified frequently occurring energetic patterns which manifest as headaches. For example, headaches that mainly hurt in the forehead are often associated with "kinks" in the Stomach meridian (and such a person may also complain of digestive difficulties or immune deficiencies). Another kind of headache causes pain at the temples, often associated with disturbance in the Gallbladder Meridian. Other headaches show up first at the top of the head, and some seem to form a band that goes around the head and makes one's thinking cloudy. Finally, there are headaches that creep up from the neck and spread over the back of the head. Neck aches similarly have multiple potential causes, from postural to internal, again associated with particular Meridians. It is the task of the practitioner to distinguish among such causes...but there is more.

The practitioner must also figure out what is happening *in your particular case*. The list of headaches above is just short-hand, and in a particular person, there may be other symptoms, other causes or even a layering of causes, in play. People need to be patient as acupuncture care uncovers, and relieves,

one issue after another. The headache of today may turn out to be the developed expression of an earlier bout of infection, forgotten trauma, a toxic reaction to favorite foods or long-used drugs, the manifestation of low water intake, an expression of grief, or the festering burdens experienced by a mother trying to meet the needs of her family.

could help explain headaches at the back of the skull. The picture formed by your **tongue** can also provide guidance. A pale tongue indicates deficiency, whereas a red or deep red tongue suggests excess, especially of blood in the head (think 'pounding headache'). A swollen tongue indicates Damp—a kind of headache typically accompa-

The headache of today may turn out to be the developed expression of an earlier bout of infection, forgotten trauma, a toxic reaction to favorite foods or long-used drugs, the manifestation of low water intake, an expression of grief, or the festering burdens experienced by a mother trying to meet the needs of her family.

Diagnosing and Treating Headache, Neck Ache

What's exciting about what we've written above is that *your body has wisdom*, and, when asked the right questions, will reveal what will help. How does an acupuncturist ask?

• Diagnosis

Once past the questions you can answer directly, the acupuncturist looks for kinks in your energetic system. The pulse quality that appears on any one of the 12 acupuncture **pulses** is often revealing. Is the Liver pulse slamming? If so, it's likely to be a migraine. Is the Kidney pulse weak? That

nied by mind fog. Many acupuncturists also use **palpation**, looking for active **reflex points** around the body that, again, signal kinks in the energetic system.

Another way to find out what will suit your body is to do **muscle testing**. In addition to the acupuncture Meridian system, there is an energetic field which surrounds the body. Anything that enters this energetic field will affect the autonomic nervous system (the system that works beyond the conscious mind to manage digestion, heart rate, breathing, etc.) making it either

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Erma Caldwell

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

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“weak” or “strong.” We can place an object or a thought in your energetic field and apply an external force to a muscle. The body will communicate whether the autonomic nervous system is weakened or strengthened, that is, if your body experiences the item as “toxic” or “acceptable.”

Additionally, the autonomic nervous system is the body’s link to **Innate Intelligence**. Posing “yes/no” questions to your innate intelligence, the trained acupuncture detective can successfully uncover what is causing your headache, or anything else for that matter. This is a specialized form of energetic investigation not taught in acupuncture schools, but highly compatible with acupuncture care because it offers a refined form of personalized diagnosis and treatment.

• Treatment

One of the fun things about acupuncture is that the messages of the Organs are found all over the body, not just in their anatomical position. So, for example, an important part of treating a Gallbladder headache is to treat on the feet. In fact, don’t be surprised if your acupuncturist doesn’t put needles in your sore head or neck. It’s important to treat away from the sore tight place first, to relax it, before treating “locally.” Otherwise it would hurt too much and would risk making the situation worse.

Another interesting thing is when your acupuncturist encourages you to participate in the treatment. S/he asks “Does this help?” and you think about it, determine if the pain *here* is relieved by pressure *there*. If you say ‘yes,’ and the needle goes in, moments later your practitioner will press the sore place again, and say “how is it now?” Often there will be no more pain—and in this way you *know* the treatment is having a positive effect. This is truly *personalized medicine*.

Another way of determining which points to treat is to muscle test for the answer. Remember, your body’s innate intelligence has all the correct answers to what is going on and what is needed. We have only to ask, “Of all acupuncture points on the body, which point is the body’s top priority for treatment *now* to release the kink that is manifesting as a headache?” We repeat this questioning until the symp-

tom goes away while you are on the table or until the body tells us the treatment is complete.

How Did Acupuncture Help?

Let’s look back now at the cases that opened this column. Each received personalized care, and was often involved in alleviating his/her own pain situation. We think you’ll agree—this is the best way!

Eloise: The first two acupuncture treatments relieved her pain, but for only 2-4 hours afterwards, so both of us were disappointed. At the third session we put our heads together and tried a new approach. The headache went, and stayed, gone! What worked was treatment of a blockage on the Extraordinary Meridian called Dai. Once that was removed—once her Qi could flow smoothly from head to foot and back again—the headache simply disappeared. For the last several years, by taking reasonable care with diet and stress levels, and by continuing special herbs and periodic acupuncture treatments, Eloise has been largely well of migraines.

In Keisha’s case, carrying her heavy loads was obviously putting a strain on her shoulders and neck; but her loads were also part of her occupation, and not easy to change. Acupuncture to relieve shoulder strain helped, as did beginning a regime of shoulder development exercises, but the key that changed Keisha’s life was to address her asthma. If you think about it, asthma makes it hard to breathe, and many asthmatic people unconsciously keep their shoulders raised to increase the capacity of their lungs. Most asthmatics will be found to have pain along the sternum, and also between the shoulder blades and in the neck; and so it was with Keisha. Her neck pain dissipated when she accepted to wear tiny adhesive needles along her spine most of the time for a month. She could not feel them, but gently, subtly, they signaled the Lungs and the muscles of the back to relax. Once they relaxed, less pain...and less asthma!

Tasha didn’t need acupuncture so

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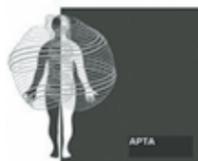
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much as she needed someone—who happened to be an acupuncturist—to listen creatively to her situation. Tasha lived in a small studio. Her dining chair sat at an angle to the table. Her TV hung near the ceiling above and left of her bed. Her desk was so shallow that her computer monitor was set to the left of the keyboard. Once I drew these details from her she realized that her entire life was spent with her head turned left—sleeping, eating, working, she was looking left! Acupuncture to balance left and right sides of the body, plus minor modifications to her home and work space, soon made life pretty much pain-free for Tasha.

If John could have ridden his bike daily to keep the energy in his body moving so it didn't get stuck in his head, then he could have shaken off the anxiety he felt from job pressure, and his headache might have gone away. Anxiety depleted his adrenals (Water element), and hard liquor ("fire water!") markedly increased the heat in his body. And what is the natural thing for heat to do? Rise! When it rose to the top of his body, it made his head pound. Successful intervention for John's headache included: 1) herbs to help reduce anxiety; 2) increased water intake and decreased "fire water" consumption; 3) daily walking to and from his car parked one mile from the school; and 4) acupuncture treatment designed to balance the Water and Fire Elements and keep his energy moving.

If you've got headaches or neck aches, pain elsewhere in your body,

or if any of the stories in this column sound familiar, consider seeking acupuncture care. To see national listings of licensed, board certified acupuncturists, visit www.acufinder.com or peruse the pages and website of Pathways (www.PathwaysMagazine.com). Good health to you!

Claire Cassidy, PhD (Human Biology), Dipl Ac, is a National Board Certified Licensed Acupuncturist in Maryland, and a Certified Loomis Enzyme Therapist. She also does acupuncture research. She is not available for acupuncturist summer 2010 because she is giving professional papers, and hiking, in Europe. Please check back in September! www.acupuncturehealingworks.com

Daniel Ebaugh, M.Ac, LAc, an acupuncturist since 1984, holds a Masters of Acupuncture degree from the Traditional Acupuncture Institute in Columbia, MD, and has completed a 4-year course in Kiiko Style Japanese Acupuncture (2009) and a 2-year course in Chinese Herbs with the internationally known Ted Kaptchuck (1990). From 1990, he has studied with cutting edge pioneers in energetic/informational medicine learning such protocols as BioSet Allergy Elimination, the IQS screening system, Nutri-energetic Evaluation System and NeuroModulation Technique. He combines his knowledge and understanding of these informational medicine modalities with his acupuncture background to offer you a unique set of energetic evaluation and treatment skills possessed by few practitioners in this country. www.bubblingspring.com; acudan447@gmail.com. See his ad on page 97.

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Summer of the Cardinal Crisis

BY MISTY KUCERIS

For many astrologers, the summer of 2010 is called the "Summer of the Cardinal Crisis." The reason is there are over fifteen important astrological energies that fall into the cardinal signs of Aries, Cancer, Libra, and Capricorn. Some of these energies are expressed through ingresses (planets entering a new sign); some are expressed through aspects (planets interacting with each other); and some are expressed through the lunar and solar eclipses that will occur. The planets involved in this cardinal crisis include the most important planets of Jupiter, Saturn, Uranus, and Pluto. These are planets that show paradigm shifts in the world. What's important to note is these planets will all be found in the early degrees, meaning that while you feel the energy, you may not fully experience the impacts for several months or years.

Crisis, while seemingly a harsh word, is the right term because it means change, and cardinal energies represent change. Aries, the first of these cardinal signs, represents the physical body and vitality of a nation. It is where you learn to be yourself while going out and experiencing the world.

Cancer, the second of these cardinal signs, represents the womb, the soul of your being, and your family relationships. This is how you protect yourself and build security in life.

Libra, the third of these cardinal signs, represents commitment relationships that are legalized by society. These relationships can be marriages or they can be business partnerships. They can be relationships between nations which are formed by signed treaties.

Capricorn, the fourth and last of these cardinal signs, represents your status in society. This shows what type of recognition you need from people outside of your family structure and your emotional attachment to this need.

In the negative, the cardinal energy

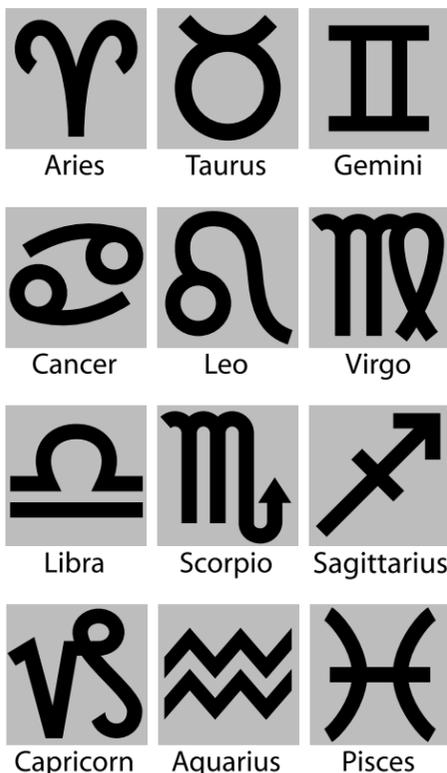
can be one of crisis in action. People who have a lot of cardinal energy in their chart may feel bored and actually seek to create problems in order to relieve their boredom. Other people may feel they are being ignored and their rights trampled on so they rush out to do things without any concern for how their actions impact others.

Considering what the world has been going through, it makes sense that we are about to enter a Cardinal Crisis which forces us to look at old systems and determine new ways to do things so that we are no longer injured by the old systems. The only danger is that we may forget the lessons from the past during this process as we rush to create a new future. Therefore, it is important we consider, as best we can, the potential consequences of our actions.

The actual beginning of the "Great Cardinal Crisis" occurred on May 27, 2010, when Uranus entered Aries. (You can read about this in the *Pathways* Spring 2010 issue or on my website at www.EnhanceOneself.com.) The energy continues on June 6th when Jupiter enters Aries. Jupiter will be in the sign of Aries until September 9, 2010. It will move back into Pisces from September 2010 to January 22, 2011, until it re-enters Aries and stays there until June 4, 2011.

When Jupiter is in Aries, situations or circumstances can get inflamed. When this occurs economically, leaders of various countries want to take control of the situation. Often, however, in doing so, they actually create a worse problem than before. Programs created to resolve current financial difficulties tend to increase budget deficits or taxes. Concern over lack of resources, such as oil, can lead to off-shore drilling as countries search for ways to decrease their dependency on external oil sources. On the other hand, the need for personal expression is so strong that individuals, especially women, do everything possible to increase their human rights.

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August 7: Level One – Tuning Fork Therapy

Time: 10 a.m. – 6 p.m. – Washington, DC location

August 14: Level One – Introduction to Tuning Fork Therapy

Time: 10 a.m. – 6 p.m. – Berkeley Springs, WV location

August 15: Body as Sound

Time: 10 a.m. – 5 p.m. – Berkeley Springs, WV location

September 11: Introduction to Polarity Therapy

Time: 9 a.m. – 6 p.m. Washington, DC location

September 18: Introduction to Polarity Therapy

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October 9 - 10: Associate Polarity Practitioner Training

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Time: 10 a.m. – 5 p.m. Washington, DC

November 13: Magical Marmas

Time 9 a.m. – 6 p.m. Berkeley Springs, WV location

November 20: Sacred Sacrum

Time: 10 a.m. – 6 p.m. Washington, DC location

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ASTROLOGICAL INSIGHTS

Summer of the Cardinal Crisis

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As you consider ways to increase your personal expression, try to take the needs of others into consideration. Before you take risks now, try to assess and make certain that you can afford those risks if all doesn't go as planned.

On June 8th, Jupiter forms a conjunction to Uranus. This is a cycle that occurs approximately every 14 years in a cycle of three. That means that its influence lasts for several months. In this case, Jupiter will form a conjunction to Uranus on September 19, 2010, and January 4, 2011. Therefore, this cycle will last from June 8, 2010, to January 4, 2011.

Inflation is a problem when Jupiter forms a conjunction to Uranus because economic systems tend to get out of control. If safety has not been taken into account during product production, more products are recalled due to defects. And weather patterns tend to be erratic, often leading to flooding conditions during a time period that normally is dry.

There is a positive aspect to this conjunction: If a system is not working because it's gotten out of control, that system will fall apart during this time and a better system will be put in place. However, there is a negative aspect to this conjunction: If a system is not working because it's gotten out of control, that system will fall apart during this time and a better system will be put in place. Sound confusing? When systems fall apart you might find yourself feeling fear because you don't know what's next. That's the negative aspect. However, often systems fall apart because you knew, even if it was intuitively, that the system wasn't working. By looking at the systems in your life that aren't give you comfort or pleasure and changing those systems now, you'll be able to move forward with success in life. That's the positive aspect of this conjunction.

When the Sun enters Cancer on June 21st, the Summer Solstice begins in the western hemisphere. This is the second quarter of the astrological year and sets up the underlying theme for the next three months. During these next few months, you'll find yourself focusing on family and your personal need for security. While you may seek answers from various community and political leaders, the truth is that they are actually reacting to situations. Therefore,

they won't have the answers. Instead, they may be putting their own concerns and political parties first.

On June 26th, the first lunar eclipse occurs. Lunar eclipses occur during the time of a full Moon. In this case the Sun is in Cancer, forming an opposition to Pluto retrograde, while the Moon is in Capricorn, forming a conjunction to Pluto retrograde. Eclipses are often called "kickers." This means they kick-off events that have been under the surface and are just waiting to erupt. In your case, this eclipse could "kick off" emotions that have been lying under the surface, especially if those emotions are based on fear. It's important to take time and understand what you're feeling. If you can do so, you won't be

controlled by external forces or your own fears. Rather, you'll find ways to do things that can help improve your life.

The second solar eclipse of the year occurs on July 11th. This will be a total solar eclipse which occurs at a new Moon with both the Sun and Moon in Cancer. It is important to note that the eclipse occurs in the sign of Cancer, the cardinal energy point that focuses on the beginning of life, the need for security, the importance of family, and the end of life. Cancer can indicate a "cradle to grave" approach to things.

The eclipse indicates what is missing right now; and what is missing is the need for people to look at the totality of things: the holistic approach to long-term plans.

On July 21st, Saturn enters Libra for the second time. The year 2010 started with Saturn in Libra but it turned retrograde and re-entered the sign of Virgo on April 7, 2010. Now that it enters Libra again, it will stay in this sign until October 5, 2012. Saturn is in its exaltation in Libra. It gives structure to relationships. It provides the boundaries necessary to create healthy relationships. Where before being independent was important, you'll now find more people involved in family and personal relationships. There's an understanding that life is easier when you have someone to share it with.

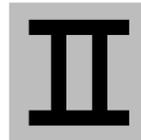
Unfortunately, Saturn in Libra does not always bode well for the economy. It forces leaders to re-evaluate economic conditions that are out of control and try to implement programs that re-balance the structure. Therefore, you'll see changes in the banking system.



Aries



Taurus



Gemini



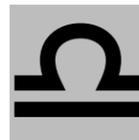
Cancer



Leo



Virgo



Libra



Scorpio



Sagittarius



Capricorn



Aquarius



Pisces

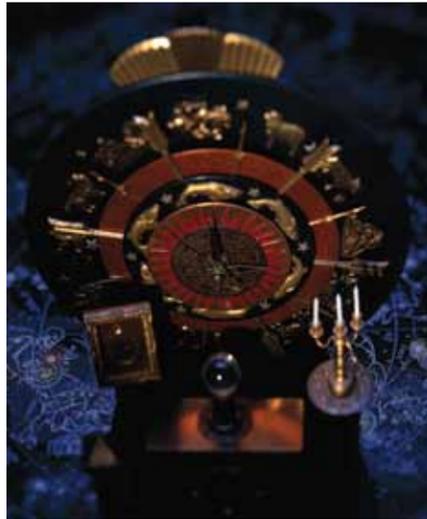
ASTROLOGICAL INSIGHTS

You'll also see changes affecting the stock market. On a positive note, more people will understand that better relationships with others mean better relationships with the environment. More companies will create products, such as organic pesticides, which can provide a safer world. More people and government organizations will focus on addressing the problem of world hunger.

On July 24th, the day after Jupiter turns retrograde, it forms a square to Pluto retrograde. This is the first of three squares that Jupiter will form to Pluto. The second square will occur very quickly after the first square, on August 3, 2010. The third square will occur on February 25, 2011. This is a cycle that occurs approximately every 12 to 13 years.

The square between Jupiter and Pluto often represents power struggles between various factions because they believe others are trying to control them. You need to be very cautious when Jupiter forms a square to Pluto so that you don't get sucked into someone else's battles. If you understand your needs, you'll be able to use this energy to stand up for your rights and not let other people manipulate you.

On July 25th, the day after the full Moon, and with Sun in Leo and Moon in Aquarius, Saturn forms an opposition to Uranus retrograde. This is an



Perhaps more people will also realize that differences can actually improve relationships and create better situations for all involved.

opposition that occurs approximately every 47 years and usually in a series of five. It's already occurred four times: on November 4, 2008, the day of the Presidential Election in the United States; on February 5, 2009; on September 15, 2009; and on April 26, 2010. Since this is the fifth occurrence of this opposition, perhaps you'll start seeing less anger and frustration in the world.

Historically frustration is very high when this opposition occurs. There is a desire for change now and the need is immediate. There is also suspicion over things that are different: different cultures, different religions, and different value systems. There's a tendency

for increased rancor between various political parties. It's possible that once this opposition passes, more people will be willing to understand that change takes time, especially economic change. Perhaps more people will also realize that differences can actually improve relationships and create better situations for all involved.

The opposition of Saturn to Uranus is a time to consider your prejudices, as well as your expectations. In a lot of ways, this opposition indicates a crisis of spirituality. Why a crisis? Saturn is what you want to believe. It's your society, what you expect. Changes take away the ability to know what to ex-

pect. However, Uranus usually represents spiritual change that has been waiting to happen and the potential for greater improvement in your life.

Jupiter retrograde forms its second square to Pluto retrograde on August 3, 2010. Power struggles that began at the end of July continue. People are still trying to fight for their belief systems. As important as it is to accept personal responsibility and not let other people take control of your life, it's more important not to get sucked into battles that belong to other people.

On August 14th, Uranus re-enters Pisces. This will be the last time that Uranus is in Pisces for 84 years. This is very important because it means you need to go back and try to correct some problems that were started the last time Uranus was in Pisces. Uranus was originally in Pisces from March 10, 2003, to September 15, 2003; and again from December 30, 2003, until May 27, 2010. Uranus will be in Pisces until March 11, 2011, when it finally enters Aries for approximately seven years.

Uranus in Pisces represented a period when society wanted to change social conditions and perhaps create a new social order. At times the dreams were based on solid foundations; at other times they were based on illusions that would fade. But the major

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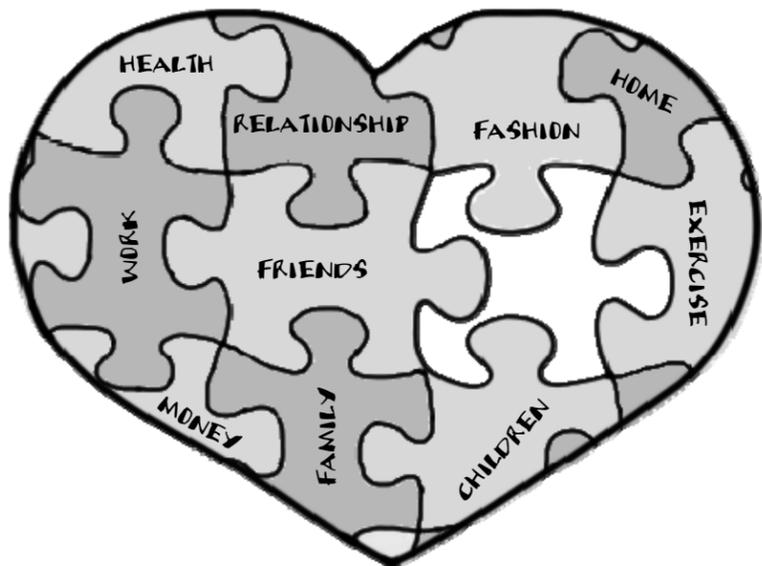
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ASTROLOGICAL INSIGHTS

Summer of the Cardinal Crisis

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thread for Uranus in Pisces is the desire of individuals to unite the world one way or another. When I wrote about Uranus entering Pisces in the year 2004, I wrote that this time period would be difficult for the European Community (EC) and members of the "Euro Zone." The reason I gave was that while the European countries wanted to unite under one currency, they were unwilling to create a united economic system. Each country wanted to maintain its own sovereignty. Working together is a balancing act, whether in your own life or on a global level. Sometimes all parties need to compromise in order to find that center. With Uranus returning to Pisces, opportunities increase that give everyone a more realistic way to approach living in a global society.

On August 16th, Jupiter retrograde forms another opposition to Saturn. The first time this opposition occurred was on May 23, 2010. The last time this opposition will occur in this 18- to 21-year cycle will be on March 28, 2011.

Whenever Jupiter forms an opposition to Saturn, the structure of the situation undergoes changes, whether people like those changes or not. This is the time to learn from old traditions; but it's also the time to remember that life is a changing process and old traditions are better used as spring boards to the future than as chains to the past. Take time to review your own structures and determine what changes you may need to make.

Mercury in Virgo turns retrograde on August 20, 2010, and will stay retrograde until September 12, 2010. Actually, it is fitting that Mercury in Virgo goes retrograde at this time. Virgo is the sign that is opposite to Pisces. Now that Uranus has re-entered Pisces, it's important to consider how reviewing your past helps you with your daily routine. With Mercury retrograde in Virgo, this will help. It will also help when you try to think of ways to simplify your life.

On the following day, August 21st, Saturn forms a square to Pluto retrograde. This is the last time this aspect will occur for 32 to 35 years. It initially occurred on November 15, 2009; and it occurred for the second time on Janu-

ary 31, 2010. Economic problems continue in the United States. While the financial industry seems to be doing better, that improvement is not moving down to the rank and file of society. People are still having difficulty getting loans and mortgages. Unemployment is still a concern.

The square between Saturn and Pluto also represents secrets surfacing that can create problems for the status quo. It's interesting that around the first time this square occurred, Toyota recalled 3.8 million Toyota and Lexus vehicles in the United States. The second time this aspect occurred, Toyota issued another recall. If safety matters are not addressed, products will be recalled.

Actually, the most important thing that occurred around the previous square was the World Economic Forum (Davos). According to a *Washington Post* editorial, dated January 31, 2010, David Ignatius wrote, "They (the forum members) take it as a given that the free market failed in the crash of 2008 and that the new system will be more regulated, more interventionist, more prudential than was the old." Changes will occur with various financial institutions. If you, as the public, are kept in mind, some of these changes will contain more protective measures for consumers. Changes will be made, not only to the Federal Reserve in the United States, but other centralized banking systems in European and Asian countries.

Basically, the spiritual lesson that surrounds the square between Saturn and Pluto is the importance of accepting responsibility for your actions. Taking time to develop safe systems is very important because those which are not safe will fail. This includes developing and maintaining healthy relationships with family members.

The full Moon, with Sun in Virgo and Moon in Pisces, marks the end of this Summer Quarter when it occurs on August 24th. This is a fitting ending for the quarter. Some of the energy is now beginning to change from cardinal to mutable. This means that lessons learned from the past may actual be applied to the future. With the cardinal energy, you can think about the old Chinese philosophy and curse: "May you live in interesting times." That we do. We're seeing systems fall apart because of former excesses and lack of constraint. At the same time, we're seeing solutions to past problems that may help improve the systems that need changing. The key is to understand your beliefs and know that while improvements will come, they will take time.

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 73 for more information.



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The Magician's Altar

As Above, So Below

BY GERALDINE AMARAL

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

—David Spangler

One of the most recognized images in the entire Tarot deck is **Key number 1** of the Major Arcana, the **Magician**. It is a striking image, with one hand reaching up toward heaven and the other pointing down towards earth. This familiar posture depicts the link between heaven, or Spirit, and earth. It illustrates our potential to transform thoughts into positive action by combining divine wisdom (the rod pointing towards heaven) and earthly knowledge (the hand pointing to earth). In the simplest terminology, the Magician is able to harness spiritual power for earthly achievements. Conversely, the Magician can also use material efforts and earthly resources

for spiritual purposes. Note: There are 78 cards in the Tarot deck, with 22 Major Arcana and 56 Minor Arcana. The Major Arcana represents the more intense energies operating in life, the cosmic, psychological and spiritual influences. The Minor Arcana portray the earthly existence, the day-to-day activities of life here on earth. We call them "keys" because they unlock some hidden, esoteric wisdom.

The Hermetic Axiom

The symbolism of the Magician captures the meaning of the Hermetic Axiom: "As above, so below," and "As within, so without." This principle encourages us to align and synchronize ourselves with the greater workings of the universe. We achieve this alignment through our consciousness and that particular state of consciousness is enacted in the Magician's stance.



In our externally-driven, materialistic society, the message of the Magician is fabulous. He reminds us that life happens from the inside *out*, not from the outside *in*.

Gifts and Shadows of Tarot Archetypes

Each and every tarot image is an archetype that captures a universal human situation or propensity to experience life in certain common ways. Each archetype holds a full spectrum of possible interpretations, from the most negative interpretation to the most positive interpretation. The positive "pole" of a tarot image is the "gift" and the negative "pole" is called the "shadow." Each tarot card has both a gift and a shadow. The gift of the archetype is a useful, helpful and hopeful explanation that can show us a way to live more successfully. The shadow is a more negative interpretation and

usually shows a darker aspect of the psyche, a piece most of us would rather not admit we have.

The Magician's Gifts and Shadow

The particular gift of the Magician shows us our ability to draw down spiritual energy into our earthly endeavors. It reminds us there is a vast and powerful resource available to us to help us with *all* our earthly endeavors—the physical, psychological, emotional and spiritual realm—*when we choose to focus upon that resource*. The Magician provides a model of how to achieve that focus. The Magician's gift is the concentration needed to achieve the results you seek. The focus offered by the Magician will help you access your originality, creativity and inner spiritual power. For example, you could visualize the Magician card before a job interview to help you present yourself in the most positive way. The Magician may assist you in acknowledging and then using all your resources. The focused energy will also

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ACCESSING YOUR INTUITION

The Magician's Altar: As Above, So Below ...continued from page 53

help you translate your ideas, like those which spring from the imagination of the Fool (the Fool is the card immediately preceding the Magician) into actions, resolving any obstacles and achieving results.

On the other hand, the shadow of the Magician shows us a darker side of this resource—manipulation, trickery or egomania. The shadow may also portray the idea of being scattered and unable to focus, or focusing on the wrong or inappropriate issues. The shadow side of the Magician can portray someone who is dishonest about their motives and their desires. From this point on, the focus of this article will be on utilizing the gifts of the Magician, but it is still important to acknowledge its shadow. The shadow holds a gift, too, although perhaps not as readily accessible or as easily understood (but that is a topic for another discussion!).

The Magician and the Self

The Magician may also be viewed as the personification of Carl Jung's concept of the "self." According to Jung, the self is the organizing principle of the personality, representing order, organization and unification in which, ideally, all the aspects of the mind are integrated to give the personality cohesion and coherence. As such, the Magician can represent pulling together and integrating various parts of ourselves, with the important addition of a spiritual umbrella. You can meditate on this card if your self-worth has been damaged. The Magician may be able to provide a mirror for you to project a more positive image of yourself by reminding you that you can draw on spiritual energies from above to help you raise your vibration for healing. Through these spiritual realms, you have the inner powers, abilities and wisdom to achieve whatever you seek. It is not necessary for you to seek validation and power from others—it is already inside you! This concept of unification is further demonstrated by the four symbols of the Minor Arcana (wands, cups, swords and pentacles), which appear right there in one place on the Magician's altar. All the forces of the universe are available for your use; you have the tools you need—there are no apparent external obstacles.

Other Meanings of the Magician

In summation, the essence of the card is concentration, focused attention, manifestation, originality, creativity, actualization of potential, self-confidence and self-esteem. It can represent an inventor, creator or any-



one who "operates" on perceptions of reality. When it appears in your Tarot reading, the Magician invites you to pay attention, be mindful—there is something that requires your utmost attention. This is an antenna card, tuning in to the energy around in order to provide a focused and positive result. The Magician represents mastery of one's surroundings, skills and talents. The lemniscate (the sideways figure 8), which appears in most Magician cards from various decks, suggests the infinite connectedness of all things. It especially highlights the wisdom and authority that the Magician commands

comes from above and is, therefore, timeless and cannot be destroyed by illusion and materialistic pursuits. Note: The lemniscate is a mathematical symbol for infinity and is the shape of a horizontal figure "8." It is considered to be a powerful symbol since in its broadest definition it conveys eternity, infinity and cosmic consciousness. In most decks, this symbol appears on the Magician (I), Strength (VIII) and on the Two of Pentacles. By "cosmic consciousness," we mean a profound level of understanding that all of humanity, the entire universe, is connected.



Raising Intention with Tarot

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

If there is a particular Tarot image that portrays your goal or desire, there are many techniques for working with that particular image that will help you raise your intention towards the

ACCESSING YOUR INTUITION

manifestation of your goal. These include such activities as carrying the card around with you, placing it in your daily organizer, or even placing it under your pillow at night—really any strategic place where the card will “impregnate” your unconscious mind. Meditating on a card, as mentioned above, can be a surprisingly powerful approach to changing your personal energy or vibration. The images on each card, when properly meditated upon, initiate you into the ancient and expansive wisdom associated with the archetype and integrate its “teaching” into your psyche. As you look at a specific Tarot image, the mind is invited to absorb its higher energies and wisdom. Meditating on a certain card allows you to raise your own energy to the higher vibration contained in the wisdom of the image. As you study an image or place it in some strategic spot in your home, you infuse your mind with the transformative wisdom of the image, allowing it to nourish your inner self.

The Magician's Altar

If you would like to bring some of the Magician's spiritual power and focus into your earthly endeavors you can also create and enact a simple but potent ritual utilizing the Magician card. Ritual is the next step—it takes this process of creative visualization to an even deeper level. While creative visualization provides the mental images of what you seek, a ritual takes this mental image and transports it into a physical and tangible experience. Like creative visualization, ritual is symbolic behavior and thus a potent way to utilize the tarot images. Ritual releases psychic energies and enables the releasing of inner blocks and obstacles. It can serve as a bridge between the conscious and the unconscious. Performing a ritual may even allow you to access new and creative solutions to a problem. When done with sincerity, ritual operates on a cellular level or at the level of your protoplasm. Further, ritual can also help name and set your intention.

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



of bringing spiritual power into manifestation.

Now add an object or picture that represents what you hope to achieve. For example, a friend of mine recently entered a recipe contest. She has created a Magician's altar, which includes

a copy of the recipe she used in the contest, as well as a couple of the actual ingredients from the recipe (small bowls of sugar and flour, some salt and cocoa). Each morning she lights a candle on the altar and offers a simple prayer and affirmation regarding the application of the Magician's power to her endeavor.

Remember that such rituals can be used for both material intention-setting as well as for spiritual, emotional or psychological focus. In another example, if you are working on developing your spiritual or intuitive ability, you could use the Magician's altar with various items that would exemplify this type of goal: the High Priestess card for intuition, or a picture of Jesus or Buddha for higher spiritual consciousness. If you are trying to develop your creativity, you could build an altar around an image of a card from the Wands suit since wands represent creativity and resourcefulness; you could use a card from the Swords suit if you want to improve your communications skills or to insure you communicate more clearly; you could build a ritual around an image from the Cups suit if you want to improve your capacity to give and receive unconditional love; and if you wanted to feel more grounded in reality, you might choose the Pentacles suit. In each case, besides the Tarot image, you would add other significant items that further capture what you seek.

“Awareness” Rituals

Also, remember this: It is okay to use spiritual tools for material manifestation. Sometimes we need to give ourselves permission to feel success and abundance in our material world. We may need to release any guilt we feel about being successful. We can

use the Magician's altar to remind us that spiritual power can be gathered and applied both internally as well as externally.

If you find yourself feeling intimidated by the idea of ritual, remember that ritual does not have to be long or complicated. A simple prayer accompa-



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Medical Marijuana Goes to Washington

D.C. To Implement Medical Marijuana Law This Year; Maryland Could Soon Follow

BY DAN RIFFLE
COLUMN EDITED BY CAM MACQUEEN

In the last year, a lot has happened to push the debate over medical marijuana into the mainstream and bolster the support advocates have long sought. In October, the Justice Department issued a memorandum to United States attorneys advising them not to go after anyone "in clear and unambiguous compliance with existing state laws providing for the medical use of marijuana." Shortly thereafter, the American Medical Association announced a reversal in their longstanding opposition to medical marijuana by issuing a statement urging that "marijuana's status as a federal Schedule I controlled substance be reviewed with the goal of facilitating the conduct of clinical research and development of cannabinoid-based medicines." In January, New Jersey became the 14th medical marijuana state. And throughout the year, polls continued to show strong, growing public support for allowing doctors to prescribe marijuana to the seriously ill, culminating in a January



Dan Riffle, a legislative analyst for MPP, testifies alongside Teresa Skipper, an HIV-positive medical marijuana patient and District resident, at a February 23, 2010, joint hearing before the DC Council committees on Health, Public Safety and the Judiciary.

Washington Post/ABC news poll showing 81% support.

But perhaps the biggest recent development in the long, slow journey to allowing medical marijuana in the U.S. was the removal of a little-known clause in the annual federal budget legislation that appropriates money to the District of Columbia. In 1998, an initiative allowing District residents

suffering from serious illnesses to use medical marijuana passed with a resounding 69% of the vote. That year, and every year since, Congress included a clause in the budget bill, known as the "Barr Amendment" after then-Rep. Bob Barr of Georgia, preventing the District from implementing the initiative. Advocates fought for years to have the measure stripped from the bill—the Marijuana Policy Project (MPP) even hired Rep. Barr to lobby for the provision's removal after he reversed his stance—and this year finally found success. Congress passed this year's budget without inclusion of the amendment, and within days the D.C. Council began work on legislation to implement the 11-year-old initiative. The Council's bill received initial approval on April 20 (yes, "4/20" as irony would have it), and a second and final vote is expected May 4 (see *Editor's Note at the end of this article*).

In one sense, legalizing medical marijuana is not as interesting in 2010 as it could have been in 1998. The District will be joining 14 other states that have legalized medical marijuana—only one state, California, had done so

when the initiative was passed—and with public support at record highs, the issue just isn't as controversial as it once was. Still, in another sense, the move represents an audition of sorts as advocates continue to push the federal government to pass legislation that removes federal penalties for medical use. Members of Congress from conservative mid-western states whose only knowledge of medical marijuana comes from the evening news will now have a chance to see medical marijuana dispensaries up-close. Perhaps that's one reason why many advocates are supporting the District Council's bill that would amend Initiative 59 to make the measure more conservative. Not only have California and Colorado's loose, unregulated systems generated a fair amount of negative press, but under the District's Home Rule Act, all District legislation must first go to Congress for a mandatory review period where it could again be blocked.

Like virtually all other medical marijuana states, the bill pending in the District specifically lists certain qualifying conditions whose sufferers

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can legally use marijuana with a doctor's recommendation. This represents a departure from the original initiative, which allows marijuana to be recommended in any circumstance where the recommending physician "reasonably believes that marijuana has demonstrated utility." Still, some of the most common maladies covered in the other states and specifically mentioned in the original initiative such as HIV/AIDS, cancer, multiple sclerosis, and glaucoma—all serious and potentially debilitating diseases that strong bodies of research have shown can be mitigated or relieved through medical marijuana—will qualify under the District's program.

One notable omission among the District's list of qualifying conditions could leave a lot of seriously ill residents on the outside looking in. Severe or chronic pain is not covered under the current proposal being put forward, despite a strong scientific consensus showing that such pain can be relieved through marijuana, and the fact that 13 out of 14 medical marijuana states include it among their qualifying conditions. This restriction, which MPP is lobbying to address, is perhaps intended as a defense against the perceived abuse of medical marijuana programs that many claim have taken place in other states, most notably California, where an estimated 40 percent

Studies in a wide range of medical journals have shown marijuana might be the safest and most effective treatment option for patients with severe or chronic pain. Other legal painkillers, mostly opioid-based narcotics, such as OxyContin, often leave patients feeling lethargic, depressed, or mentally incapacitated—results that pain patients do not report from marijuana use. Moreover, these other painkillers have been shown to have a much higher rate of addiction and withdrawal than marijuana, and, unlike marijuana, are accompanied by the risk of fatal overdose.

of patients receive their medical marijuana to treat pain.

The reality, though, is that the pain category can be crafted narrowly enough to guard against abuse without leaving out people who suffer from agonizing pain syndromes, such as damage to their spinal cord or nervous system. Studies in a wide range of medical journals have shown marijuana might be these patients' safest and most effective treatment option. Other legal painkillers, mostly opioid-based narcotics, such as OxyContin, often leave patients feeling lethargic, depressed, or mentally incapacitated—results that pain patients do not report from marijuana use. Moreover, these other painkillers have been shown to have a much higher rate of addiction and withdrawal than marijuana, and, unlike marijuana, are accompanied by the risk of fatal overdose.

If chronic pain is not initially in the District's law as a qualifying condition, there will be a process through which the District Health Department can add that and other illnesses if it becomes apparent that patients in need are being deprived proper treatment.

Perhaps the toughest question to address is how to supply patients with their medicine. In 13 out of 14 medical marijuana states, patients are allowed, with certain limits, to grow their own marijuana, or have a designated caregiver grow it for them. For many patients, home cultivation is the most affordable means of acquisition, but it also represents a way to reduce the strain on the legal market (where there is one) to meet demand. If passed as currently written, the District would join New Jersey as the only states not to allow for patient cultivation. The bill does, however, give a commission the

task of studying whether and how to allow home cultivation with a recommendation due in 2012.

Instead, the District hopes to meet demand through dispensaries, storefront shops that operate essentially as pharmacies. As one of the first jurisdictions to attempt to regulate dispensaries (California and Colorado still have no state-wide regulation), the Council is tackling a host of regulatory questions. Where will they locate? Who will do the growing? And how will they operate? One of the more controversial requirements of the current bill is a restriction on cultivation centers to grow no more than 95 plants. Many are concerned that this will lead to supply shortages—as has been the case in New Mexico, which also includes a 95-plant cap—or drive up the cost of marijuana.

Adding to the pressure on D.C. to set up an efficient program is the fact that neighboring Maryland could join the list of medical marijuana states next year. MPP and other advocates tested the waters in Annapolis in 2010 with hopes of improving on Maryland's current medical marijuana law—a post-arrest affirmative defense which caps the penalty for possession at a \$100 fine for patients able to show a "medical necessity"—and found cause

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Seeking Couples Therapy?

By David Caldwell LICSW

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David Caldwell, LICSW
Couple and Individual Therapy in Washington, DC and Virginia

guided to address issues they carry with them from their past and to understand how this history influences their present relationship for good or ill. To deal with their points of conflict and unhappiness, I work with them to improve communication, negotiation, empathy, and their sense of humor. Through these strategies, and other means, resolution of their conflicts is often obtained and a more accepting, enhanced, and fulfilling relationship follows.

David Caldwell, LICSW has more than twenty years of experience working with individuals and couples. He is a member of the American Academy of Psychotherapists and the National Association of Social Workers. He is licensed in Washington, DC, Maryland and Virginia.

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TO YOUR HEALTH

Polarity Therapy

The Best Kept Secret

BY JOHNNY HENDERSON

All life begins as a single pulsation of energy that finds a field of receptivity in which it can be nurtured, cherished and developed. An original energy involutes into several patterns that weave the primary etheric energy into dense, solid patterns and form. The Universal Principle of the Law of Attraction and Repulsion contains and establishes patterns of relationship between the various energies and their energy fields. This law of physics is primary in defining Polarity Therapy.

It is truly interesting that the most beautiful, effective and simple energy therapy has been the most misunderstood. It is seemingly the least recognized and defined of other health and energy modalities. I have been a Polarity Therapist for almost 20 years. I have been a teacher of Polarity Therapy for 15 years. I have seen the name recognition increase slowly. But ask someone what it is and there comes that "deer caught in the headlights" expression.

I have come to believe Polarity Therapy is the best kept secret of health and wellness there is. I had never heard of Polarity Therapy until the late 1980s. It has been around since the 1930's or 40's at least in germination form. It took Dr. Randolph Stone, its developer, until the 1960's to find a group of free-thinking medical school drop-outs to "catch" his vision of a revolutionary health care system.

I had my first Polarity session in the late 1980's. To this day, I have total memory recall of the entire session. I remember reflecting on the session a few days later and thinking, "I know this work." I had had massage for years and loved it. This was not massage. It was in no way alike. My body was tingling and expressing itself in ways that I had not experienced. I am sure that I did not have a language for it either. It was as though ancient wires of memory and connection were being awakened, rebooted. My energy body came into consciousness. I had "caught" Dr. Stone's vision.

My next goal was to awaken the memory of the Principles of Polarity Therapy. I sought a teacher and I began to understand all of life in a totally different manner. On the first day of a new training, I tell every beginning class of students, "Once you step into the awakening of Polarity Therapy and its Principles, your life will change. Do not judge it; learn to experience the flow of new and awakened energy in your being. Try to remember who you are this first day of training, because by the end of the training, the hierarchies of consciousness will expand to allow you and your work to soar into the heavenly places."

The power of Polarity Therapy is in understanding that we are created from the same elements from which

our precious earth is created. Based in the Hermetic Principles, when that which is on the outside is in harmony with that on the inside we find balance with the energy of all creation and origin. Then that sleeping giant of health is awakened; energy begins to surge in strength and balance. As the diva Patti LaBelle sings, "I've got a new attitude!"

So, like most of us, you need a simple explanation for the term Polarity Therapy. Well there is not one! But let me try to explain it as comprehensively as I can.

Firstly, Polarity Therapy is a natural, healthcare system based on the understanding there is a constant, flowing energy that is substrate to all matter and forms. As long as all the flowing patterns of energy are kept in a rightful balance with all other patterns, then health prevails. Dis-ease is the first line of awareness when challenges in the patterns of harmony develop. Pathology and disease are the next to involute, and sometimes, are the final result of imbalance in the body's health. At that point physical disease will be presented to the body waiting for the energy fields to be brought back into patterns of harmonious expressions.

These multiple patterns of energy overlay and intermingle within designated fields of energy to create every bone, muscle, skin, fluid, tissue, organ and system of the body. The entire body is simple patterns and fields of energy that interact, communicate and play with all other fields. It is therefore easy to understand how imbalances in the energy patterns result in disharmony in the symphony of the body's orchestra. For harmony to exist, all energy must be able to move and facilitate in "effortless effort."

Secondly, the flowing, multiple patterns of energy originate from several different places of beginning. Through Polarity Therapy we assist each person to understand that the foundation pattern of energy of each origin's center can attain homeostasis through several means.

- The patterns can achieve balance via a nutritional understanding. Particular food will either stimulate or deplete the energy of different centers, or chakras. The client is given information to improve the balance of energy in their body nutritionally.

- Clients can attain balance via particular movements, i.e., yoga, qi gong, tai chi, etc. In Polarity Therapy we call our poses Polarity Yoga. Specific poses and movements address imbalances in the body's chakras and fields of energy to bring them into greater harmony. Polarity Yoga targets specific elemental chakras to assist in their fields of balance.

TO YOUR HEALTH

• Direct hands-on touch and attention to the body's energy fields also is a perfect way to affect the energy center's balance. In Polarity Therapy, we teach that each chakra has a positive, neutral and negative point that is specific on the physical body. For example, to bring the 1st Chakra, or Earth Chakra as we call it, into balance, we know there are three specific areas on the body that can bring the Earth Chakra into elemental balance with the external element of solidity and denseness. The knees have a negative charge; the bowels have a neutral charge; and the positive charge is in the neck. We incorporate an astrological connection with each of these. For example, the neck's positive charge is connected astrologically to Taurus and its planetary ruler, Venus. We teach students how to bring balance to the Triune relationship of each of the chakras through energetic touch and balancing the fields of energy.

• The most esoteric way Polarity Practitioners assist to bring balance to an energy center is probably the most important—through a deepening in self-understanding and awareness. It can be as simple as in your consciousness that your body's homeostasis is imbalanced due to foods that you are eating, lack of movement, or relationships that do not edify and support you and your Truth.

In Polarity Therapy we teach that the body reflects in its physical, structure and function the sum total of its his(her)story. The story of each body's message is imprinted or encoded within the energy fields. These energy fields, ovals of energy, are constantly weaving and re-weaving the body's story trying to come to resolution, elimination and balance.

Thirdly, Polarity Therapy addresses a client's energetic balance holistically. This drug-free therapy teaches the practitioner to observe and evaluate the systems of the body rather than merely addressing the area that seems to be screaming for the most attention. If the neck is in pain, the actual problem may be stemming from a lumbar that is out of place. It may be also due to the colon being out of balance, or the structure of the knee in misalignment. The left shoulder pain may be a result of an imbalance in the gall bladder. Or it may be due to a hip misalignment or distortion. A major cause for a headache is probably due to a digestive imbalance. A short-leg may actually be tension in the tensor fascia lata or a tibia that is out of alignment.

Polarity Therapy does not advocate,

or teach, merely applying band-aids to an area of pain or restriction. Students are taught to become investigators or detectives in discovering the mystery of an imbalance in the energy system where discomfort is present in the physical body. To major on the client's physical complaint does not deal with the root cause of the imbalance. Addressing the "obvious pain" only dresses the emotional wound with etheric bandages that quickly unravel and permit the pain to reappear.

Another point to mention is that imbalances manifest in different expressions according to the individual's energetic imbalance. Each person must be heard and addressed uniquely and individually. Person A's headache origin is different than person B's. Most modern medicines address all headaches

as stemming from the same cause and thus treat them all the same. Polarity Therapy teaches a student to investigate each dis-comfort manifested according to the individual.

In Polarity Therapy we teach that the body reflects in its physical, structure and function the sum total of its his(her)story. The story of each body's message is imprinted or encoded within the energy fields. These energy fields, ovals of energy, are constantly weaving and re-weaving the body's story trying to come to resolution, elimination and balance. If the fields maintain a balance, the physical and emotional bodies are better able to allow the "trauma" to flow through the body's energy fields and not become attached.

Fourthly, in defining Polarity Therapy, it is not the goal of the practitioner to heal you. No practitioner can heal you. Only your innate healer can do that for you. What Polarity Therapy trains and teaches students to become are facilitators of a client's healing process. Every body and energy system knows what to do. But sometimes it needs a "homing" device and a plan for deposing the garbage. The Polarity Therapist gives clients the tools to facilitate their own healing.

There are two important skills that Polarity Therapy teaches a therapist to

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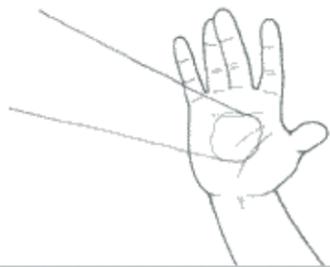
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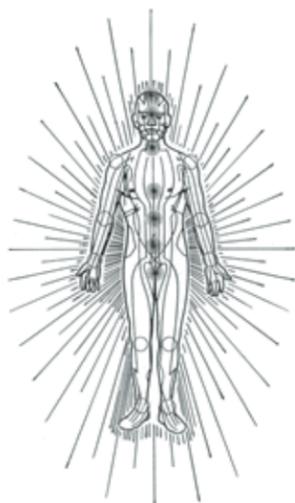
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TO YOUR HEALTH

Polarity Therapy : The Best Kept Secret

...continued from page 59

develop. The first is to learn the skills of listening. Every audible and non-audible clue from the client permits the therapist to know where to begin addressing energy field imbalances. The client may mention several times in the beginning of the session that they are always tired, stressed, they can't sleep (actually this can be almost any client here in DC!). The first clue that may be obvious to the therapist is that the sympathetic nervous system is on overload. The adrenals are too active. The information may lead the therapist to work in the client's Fire (3rd) Chakra, for example. But the information will begin to unfold with each session and develop into a more complete plan for facilitating energy balancing.

The second skill, and I think the most important, is the ability to be a "witness." Polarity Therapy teaches practitioners not to leave their own energetic fingerprints in the clients' healing journey. As stated earlier, the energy body knows what to do and then the physical body follows suit. Many of those in our profession, from all modalities, tend to rush in to rescue the client from their pain. If a client comes to me for a treatment complaining of a pain and leaves with the pain not there, I say, "Great!" But also, if the client leaves with the same or another pain, I say, "Great!" I had nothing to do with either end result. I didn't put the original pain there in the first place. Nor can I take it away. But I do what I know how to do best, and that is lead them to the source of their higher self where total healing is available. This is probably the most difficult skill to teach students of Polarity Therapy. This is a point that is stressed almost every time we meet as a class. It is about empowering clients to take responsibility for their own wellness agenda.

Currents

In Polarity Therapy not only do we work with the unique and distinct energies of each of the elemental chakras, we also work with four primary currents from which these elemental currents evolve. They are referred to as the Long-Line Current, Spiral Current, the Transverse Current, and the Life Force Current.

These first three primary energies are also known collectively as the Caduceus. This ancient symbol consists of two snakes spiraling a central pole that has two wings positioned on a knob at the top. The two wings represent the two hemispheres of the brain and the knob, the pineal gland. As the two snakes intertwine, they represent the creation of two energies, positive and negative charged. The pole represents the neutral charge.

In Polarity Therapy, we refer to the positive charge as the Spiral Current and the negative as the Long-Line Current. The neutral current, or Transverse Current, is the central pole. Dr. Stone referred to the neutral charge as the Ultrasonic Core. His writings teach that

this core energy sustains and supports all others in the body. He said it is the current of the Soul. It resonates with the "Sound Current," or the Unitive Field of Cosmic Intelligence. Most likely this is the all-pervading field of energy to which modern physics refers.

Elemental Chakras

Chakras are formed at each point that the two spiraling snakes cross on the neutral current. Energy fields are created representing the most ethereal, the Ether Chakra at the neck, descending to the most dense energy, the Earth Chakra, located at the end of the spine. In Polarity Therapy we focus on the five physical, elemental chakras of the human body. They are referred to in other disciplines as Chakra #1 - #5. Earth Chakra is number one, ascending to centers up the body to the Ether Chakra. As the energies of each of the five elemental chakras develop, each communicates with all the other four. It is through this interaction, communication and connection that we understand in Polarity Therapy the formations of the physical and emotional body. Basically, we refer to this connection of the elements as harmonic correspondences.

So, to give a quick explanation of our teaching regarding this principle, let's look at what we call the Fire Chakra. Its location is in the solar plexus of the body and at lumbar 2 -3 in the spine. All levels of ingestion, assimilation are governed by this chakra. It resonates with the thighs (negative pole), solar plexus (neutral pole) and eyes (positive pole), as well as the liver, gall bladder, pancreas, physical eyes, sympathetic nervous system and intelligence. Emotionally it resonates with the spectrum of anger on one charge of the pole to forgiveness on the other. It resonates with particular foods that we call Fire foods, the sense of sight, and the taste of bitter. It is too involved of an explanation to cover more detail at this time.

Suffice it to say that Polarity Therapy primarily addresses the energies of the five elements and the three basic, primal ones from which they originate.

Energetic Challenges

The art of medicine consists of amusing the patient while nature cures the disease.
~ Voltaire

Doctors prescribe medicine of which they know little, to cure diseases of which they know less, in human beings of which they know nothing.

~ Voltaire

Voltaire was a little rough on the medical establishment. But modern medicine has made some amazing inroads to providing us with insights to our bodies and structural challenges. The MRI, for example, has been invaluable for patients to see basically the cause of their discomfort.

Dr. Stone teaches in Polarity Therapy

TO YOUR HEALTH

Polarity Therapy teaches practitioners to listen to the body's orchestration and to observe areas of dissonance. They assist in helping the clients observe internal instruments (energies) that are out of tune with the total orchestra so that harmony can become the end result.

that all disease is a result of challenges to the flow of energy in the body. He said that all pain is a result of crystallization (Earth element) of a pocket of stagnant oxygen (Air element). Once the crystallization is released then refreshing prana/oxygen is brought into the area to move the stagnation out of the system and body, and thus the pain.

Polarity Therapy teaches practitioners to listen to the body's orchestration and to observe areas of dissonance. They assist in helping the clients observe internal instruments (energies) that are out of tune with the total orchestra so that harmony can become the end result. To find health is the challenge for all therapists; finding disease is easier because it usually presents itself.

A Polarity Therapy Session

First, let me say it is important for you to find a Polarity Therapist that has completed a program from an approved training program. There are many practitioners who have taken a weekend workshop, or had a two-day introduction at their massage schools, and then advertise that they offer Polarity Therapy. Nothing could be further from the truth. Two days in a workshop does not equate to 675 hours of training by the Polarity Therapist. I am not saying you may not have a wonderful experience of energy with a non-registered practitioner, but Polarity Therapy offers so much more than protocols and techniques of moving energy in the client's body.

With that said, all Polarity Therapists are different. We each have unique talents and skills we bring to the therapeutic session with our clients. But generally, during a treatment session, you will fill out an intake form asking you to provide important information about your past and present health and life style. The therapist will comment regarding your sleep, stress, body functions, foods, emotions, family history, your birth date, relationships, for example. In other words, your health is being "investigated" holistically. The therapist is looking for any clue you may offer, whether consciously or unconsciously. Some therapists also make a structural assessment of their clients after the intake is completed. All this information allows the therapist to make an informative and intuitive plan for the Polarity treatment, either that day or for long-range projection.

Even though the therapist can offer

information regarding foods and Polarity Yoga, the major part for the majority of therapist is the actual hands-on energetic work on the client's body. The therapist is listening for energy shifts and re-alignments. They observe twitches of an arm, leg, finger, face or grumbings in your abdomen. All these provide clues to them about the client.

The actual hands-on work will flow constantly through different levels of pressure and touch, from very light and etheric, to shaking, rocking, vibrating, directing, to deep facial pressure and release. These touches are named respectively, Sattva, Rajas and Tamas. Each of these types of touch provides an energetic charge that helps in moving, facilitating and balancing the client's energetic body. Since energy is constantly moving in cycles of completion, the therapist is facilitating "effortless effort" movement of energy as it moves through a positive field, to a negative and resolving in the neutral. In the neutral, Sattva, is where all potential of healing and balance occurs.

The trained therapist learns to recognize skillfully areas that are structurally, physically, emotionally and functionally related so they can offer assistance to areas of challenge in the physical body. Some therapists may actually work completely off the body. But the astute and intuitive therapist will discover what the client's needs are and adjust accordingly. The therapist will also give attention to the client's verbal expressions of thoughts, emotions and belief systems. These provide clues to energy imbalances in the client's body.

It is impossible to say that all Polarity Therapy treatments with all therapists are the same. As stated in the beginning of this writing, each person carries their own his(her)story. One fact regarding the client/therapist relationship is if Polarity treatments continue with the same therapist, each time the client is in a session the work is always different. The reason is because after the first Polarity session, the client's energy body changes and continues with each subsequent session.

Just a quick personal story: I was in training and I was working on a person with whom I was required by the American Polarity Therapy Association (APTA) Standards to complete 10 sessions with the same person. The person knew that I had been in Polarity training for only a few weeks. After the eighth session with the person,

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TO YOUR HEALTH

Polarity Therapy : The Best Kept Secret

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they asked, "How have you been able to learn so many different protocols in such a short time? Every week that you work on me you do completely different things."

Actually, by the eighth session with my "body-person" I was beginning to feel he might be bored with me always doing the same "General Polarity Therapy Protocol" week after week. This became a great "AHA!" moment for me. As long as I was present with my clients, listening in the moment, being non-judgmental, not trying to interfere with the energy, and with the *intent* that I could facilitate the movement of energy, I realized I was not changing, but their energy bodies were!

During each treatment that I worked on them, they were going to another level of energy balancing, and even though I was doing the same protocol, they were experiencing it differently during each treatment. This was an invaluable lesson for me on how the energy body's intelligence knows what it wants to do. All I have to do is provide the opportunity for energy to move, then get out the way and let it go.

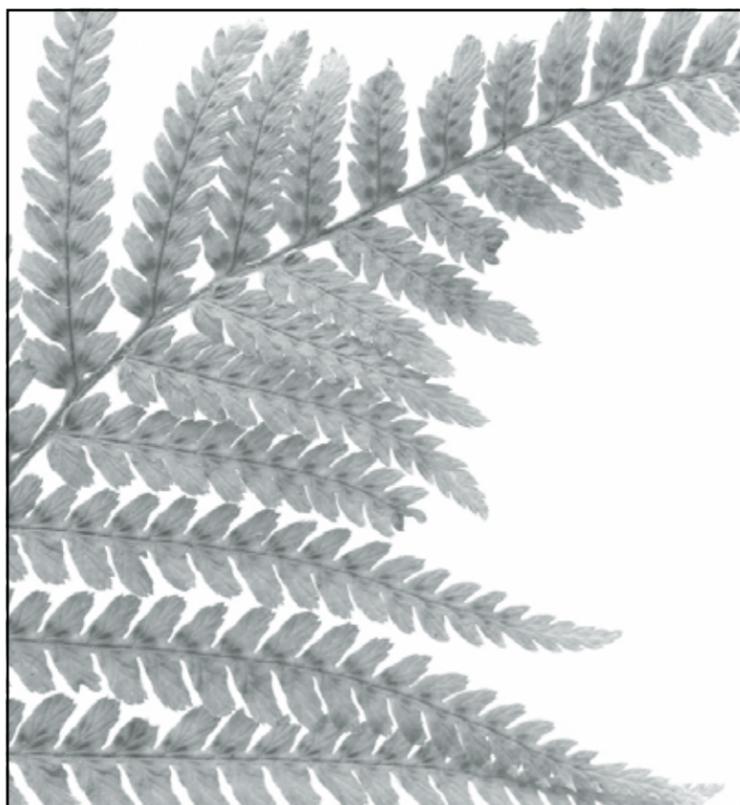
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erning association provides a Standard of Excellence as a guideline for training and practice. Even though we teach students to address nutrition, movement and counseling as part of our training, it is important to note: unless the therapist has had formal training, in addition to Polarity Therapy, we are not graduating trained nutrition, psychology and movement experts.

Remember: Shhhhhhh!! Keep this secret of Polarity Therapy under wraps!

For more information regarding Polarity Therapy, training programs and therapist go to the American Polarity Therapy Association (APTA) website: www.polaritytherapy.org or to www.SETherapies.com.

Johnny Henderson, PhD, RPE: Polarity Wellness Therapist/Counselor maintains a private practice and training program in the Washington, DC, and Berkeley Springs, WV, areas. He is a teacher of Polarity Therapy, Tuning Fork Therapy and other energy modalities. To schedule appointments with Somatic Energy Therapies, contact them at SETherapies@gmail.com, or 202-758-3027. See the Somatic Energy Therapies ad on page 48.



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Do You Know A Vinyasa When You See It?

Demystifying Different Yoga Styles

BY CLAUDIA NEUMAN

Think about this: If the ancient mystics of India were alive today, they might be intrigued by the fact that their teachings of 4,000 years ago are of great use to the modern world. They would be pleased to see that the results of a consistent yoga practice are the same now as they were then: physical mastery, conscious illumination, and the transcendence of individual suffering.

Initially, the main purpose of practicing yoga was to experience enlightenment and discover the essence of one's own divine nature. The physical practice of the postures was intended to prepare the body for longer periods of sitting in meditation: the back needed to be stronger, the hips open and heart available for transcendence.

The word 'yoga' in Sanskrit means union, or yoke. It implies that the entire spectrum of practices, such as breath, meditation, mantra, service and purification (to name a few), lead one to the place of union with the divine self.

Still, it is a little hard to imagine that the yoga DVD you bought from Target is going to give you all of that. The sheer physicality of a yoga routine, no matter how simple or advanced, at the very least will help prevent injuries and increase endurance. Consistency with the practice will undoubtedly inspire a student to delve deeper into their studies. There is no question that a dedicated effort delivers much more than a healthier physique: Yoga is all-inclusive—it is both a work out, and a work "in."

Yoga Today: the Legacy of Krishnamacharya

Okay, let's get down to facts. It's 2010. Do you know a Vinyasa when you see it? Do you know what it means? If you are a little overwhelmed by all the different styles of yoga on a class schedule, you are not alone. Terms such as "Flow yoga," "Power yoga," and "Ashtanga yoga" are baffling if you have no idea what they mean.

Nearly all of the physical (Hatha) yoga styles that are being done in the west today can be attributed to one master teacher named Krishnamacharya. Considered one of the greatest masters of yoga, Krishnamacharya's teaching spread throughout Europe, Asia, and the Americas. Three of Krishnamacharya's students—his own son, Desikachar, B.K.S. Iyengar,

and Pattabhi Jois—created three very different yoga systems that have influenced almost every style of yoga that is practiced today.

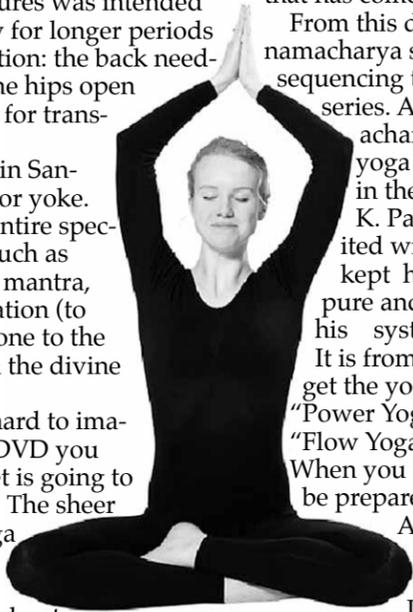
Krishnamacharya's yoga school in the 1930's developed what is now known as Ashtanga Vinyasa Yoga. This style uses dynamically-performed series aimed at building physical fitness. Each movement is coordinated with specific breathing; the sequencing is progressive, and each series prepares one for the next. The "Vinyasa" is a specific set of flowing poses that are performed in between other poses, linking every movement to the one that has come before it.

From this dynamic practice, Krishnamacharya standardized the sequencing to include three specific series. Although Krishnamacharya's brilliant style of yoga was virtually unknown in the west, his student, Sri K. Pattabhi Jois, can be credited with the task of having kept his teacher's system pure and sacred. Jois called his system "Ashtanga Yoga." It is from this system that we get the yoga classes that are called, "Power Yoga," "Vinyasa Yoga," "Flow Yoga," and "Ashtanga Yoga." When you take one of these classes, be prepared to sweat!

Another one of Krishnamacharya's most famous students is B.K.S. Iyengar. Iyengar is still alive and teaching in India today (at age 80-something!), and is undoubtedly one of the most well known and respected teachers in the world. Iyengar's interpretation of the postures he learned from Krishnamacharya is 180 degrees different from Jois' interpretation. Iyengar is a master of the mechanics of physical alignment and technique. His work is highly detailed and very refined. When attending an Iyengar Yoga class, you will find yourself using props such as yoga block and straps, and you will learn the precise placement of each muscle and limb through verbal instruction, demonstration and the teacher's breakdown of a specific pose. Many yoga schools have taken their cue from Iyengar; however, when you attend a class with a certified Iyengar teacher, you can be sure they have more than earned their stripes to be the representative of this man's legacy.

Krishnamacharya's son, T.K.V. Desikachar, has an interpretation of the poses that is in a class by itself. Known as "Viniyoga," this style concentrates on tailoring yoga sequences to fit the individual. We can think of Viniyoga

continued on page 64



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

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

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

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MIND • BODY • SPIRIT

Do You Know A Vinyasa When You See It? Demystifying Different Yoga Styles ...continued from page 63

as a method that approaches yoga therapeutics from both an energetic and physical standpoint. These classes are generally not challenging, but very deeply affective and healing.

Popular Yoga Styles

Some additional popular forms of yoga are listed below. There are elements of the three styles previously mentioned in all of these.

Anusara Yoga is another form that is quickly gaining popularity all over the world. Its founder, John Friend, a former Iyengar instructor, developed a system of alignment that is based in Universal Principles, and is a departure from the traditional alignment of yoga. It is therapeutic, challenging and transformational. The Anusara yoga curriculum is one of the most demanding in the country today, and the certified instructors must go through years of training in order to become certified. An Anusara yoga class will emphasize the alignment as well as the esoteric. Opening the heart, being authentic and celebrating the innate good within are the hallmarks of this type of class.

Kripalu Yoga. These classes are soulful, gentle and rhythmic. The emphasis is on honoring the wisdom of the body. You will work according to your limits of flexibility and strength, and be encouraged to watch your emotions and other reactions to the poses.

Kundalini Yoga. These classes are focused on the controlled release of Kundalini energy in the spine. This type of class will include breathing

techniques, chanting, and sometimes a gong at the end.

Sivananda Yoga follows a set structure of poses and includes breath work, postures and deep relaxation. This is one of the largest schools of yoga with centers all over the world.

Svaroopa Yoga teaches the poses from the spine up, beginning at the tailbone and progressing through each area. This yoga is mainly concerned with the inner experience, promoting healing and transformation.

The good news is you don't have to learn different poses for the different styles of yoga. The poses Krishnamacharya taught his three students are the same; it is their interpretation of the poses that determines the physical execution of the poses.

It helps to be clear about your goals for taking a yoga class, so you can choose the style that will serve you. If you have specific injuries, you may want to try a class that will help you with therapeutics. It is also a good idea to let the teacher know if you have specific considerations.

Finally, if you are going to start a yoga class, make sure it is realistically close to your home and offered at a time that will work with your schedule. A little bit of yoga done consistently is better than a lot of yoga done every once in a while. Consistency is the key.

Claudia Neuman, E-RYT 500, MSW, is a certified Anusara Yoga instructor and works as the Operations Manager for Pathways Magazine. More info at www.alignwithgrace.com.

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Reconnective Healing

Exploring The Next Level of Healing for Humanity

BY M. DARREN GREGOR

A new science is emerging that is changing our traditional understanding of health and healing. The latest scientific research is focusing on experiments, which are quantifying the effects of energy, light and information on human beings. Leading the way is an international team of world-renowned scientists, William Tiller, PhD, Gary Schwartz, PhD, and Konstantin Korotkov, PhD, with their studies of the *Reconnective Healing*® frequencies, first discovered by Eric Pearl, D.C. The powerful and profound results of this research, anticipated to be published later this year, are attracting the attention of the best and brightest in the scientific community.

Dr. Tiller, Professor Emeritus, Stanford University, author of eight books, 250 scientific papers and star of the film *What The Bleep!?*, has been conducting research on how the physical properties of a room or space change as a result of energy healing frequencies entering that room. Dr. Tiller conducted his ex-

periment on the *Reconnective Healing* frequencies for the first time at one of Eric Pearl's seminars held in Sedona, AZ in 2006, and found the results so extraordinary that he repeated the study in 2007 in Los Angeles, CA and continued his inquiry into this phenomenon at *The Reconnection Mastery Conference* in Los Angeles this past September. According to Dr. Tiller, the *Reconnective Healing* frequencies bring healing "beyond just what has been classically known as energy healing into a broader spectrum of energy, light and information."

What Dr. Tiller has found is that these intelligent frequencies begin changing the quantum field effects of the room, or "conditioning the space," easily 36 hours or more before a seminar even begins, dramatically increasing the excess free thermodynamic energy in the room. In other words, if this were simply the energy we find in energy healing, the temperature of the room would have increased by 300 degrees centigrade. With *Reconnective Healing*, while the actual room temperature does not change, the amount of en-

ergy, light and information *charging* the room does, palpably and dramatically. In Dr. Tiller's words, "As we continued to monitor that space, we found *two days later the increase in this effective energy content was huge. [If we ask] 'What is the effective temperature increase for that normal space, how much must it go up to give the same excess energy content as was in Eric's workshop two days after he started?'* [The answer is] *'The effective temperature increase for a normal space would have been 300 degrees Centigrade! That is huge.'*"

The initial findings are highly significant. Dr. Tiller continues, "This shift of energy is what allows normal human beings to enter a room and later to walk out with an ability to heal others and themselves, regardless of their background or education."

In another research study, Dr. Schwartz, along with Drs. Melinda Connor and Ann Baldwin from the Laboratory for Advances in Consciousness and Health at The University of Arizona, focus their research on the people who attend *Reconnective Healing* seminars. Dr. Schwartz and his colleagues

conducted their "baseline energy healing" studies both at Dr. Schwarz's lab at the University of Arizona and at seminars around the world. These studies measured people's abilities to work with, feel, transmit and receive light and other electromagnetic frequencies before and after they attended the seminar. What they found was dramatic. Of the more than 100+ people who participated in the study, all walked out with permanently expanded and new electromagnetic abilities following the *Reconnective Healing* seminar, whether they had never studied healing or if they were masters/teachers of the various energy healing techniques known today, old or new.

While Dr. Tiller has been measuring the dramatic field effects that occur at these seminars and Dr. Schwartz has been focusing his research on those who attend those seminars, Dr. Korotkov has studied both field effects and effects on individual seminar attendees. Using his proprietary method-

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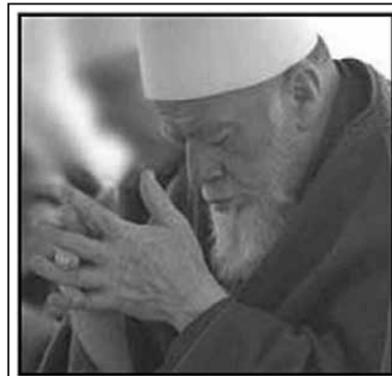
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Sidi al-Jamal, Sufi Master

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The Owl Nest hosts 8 Sabbat celebrations annually as well as other guest appearances and events. Check calendar for dates & details. www.theowlnestonline.com/calendar

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TO YOUR HEALTH

Reconnective Healing: Exploring The Next Level of Healing for Humanity

...continued from page 65

ologies and cutting edge imaging and measurement devices, Dr. Korotkov's research corroborates both Dr. Tiller and Dr. Schwartz's findings. More specifically, he has measured and documented significant field effects (which he terms "coherence effects") that occur while teaching is conducted at the seminar. These coherence effects are most dramatic and powerful when a new concept or exercise is introduced into the seminar, documented by dramatic spikes in both the intensity and size of the seminar room's field. He theorizes these coherence effects might be the conduit allowing attendees to gain these new abilities and become master healers in just one short seminar weekend.

Additionally, Dr. Korotkov's research suggests that by simply sitting in the seminar room itself, attendees are more likely to receive positive health effects. In fact, many seminar attendees have reported physical and other healings just from sitting in the seminar room.

What impact are these and other studies on energy having on the scientific and medical community? Tra-

ditional science and medicine can no longer approach health and healing the same way. New scientific exploration by Drs. Tiller, Schwartz and Korotkov, as well as what is documented in Dr. Pearl's own bestselling book, *The Reconnection: Heal Others, Heal Yourself*, are paving the way towards validating the powerful effects that energy, light and information can have on people. This type of exploration is contributing to advancing humanity to the next stage of evolution.

For more information about Dr. Eric Pearl and The Reconnection, or to register for an upcoming Reconnective Healing seminar, visit www.TheReconnection.com, call The Reconnection office at 1.323.960.0012 or read Eric Pearl's bestselling book, The Reconnection: Heal Others, Heal Yourself, now published in over 36 languages. See the ad on page 5 of this issue for information on Dr. Pearl's upcoming seminar in DC.

See page 16 for a list of local practitioners.

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Ten Simple Exercises to Spark Your Creative Thinking

BY GEORGE PIERSON

We live in a creative universe. Everything we do, see and feel stirs up our creative energy field. These simple exercises are designed to stimulate your creative imagination. Why not make this summer your most creative and rewarding one yet?

Imagine Your Life as a Painting

Stand back and look at everything in your life as a painting in progress. Reflect on all the metaphorical elements in your painting, the shapes, style and textures that symbolize your life experiences. What emotional states does the painting evoke? Is there a major theme of your life painting? What do you think it's saying? What color palette did you use? What size canvas did you paint your life on? Remember, it's your painting, and you always have the power to change any aspect at any time to make it even better!

Do What You Love

Studies have shown that when terminally ill patients start doing what they've always wanted to do, they actually live longer than expected. So maybe following your bliss could be a matter of life and death.

Make Room For Creative Thinking

Ready to start something new? Then take time to create an organized work space. Free yourself of clutter. Just discarding and moving things around releases a lot of stagnant energy deposits that may also be cluttering your mind. Have you ever noticed how much bet-

ter your car seems to run right after you wash it?

Brain Stimulation

Our brains were originally designed for survival purposes and function best roaming around in nature. Test this out for yourself. Think of a creative project or life situation for which you need new insights. Then go out for a long hike or jog. Thirty minutes or longer is ideal since it takes about twenty minutes to clear your mind and tune into your creative project. The human brain is the most complex organism in the universe and it loves finding solutions. So take the challenge and go for walk.

Copy an Original Painting

Take your new iPad or iPhone downloaded with the Brushes apps to the museum and try copying an original painting you like. Doing so will let you tap into the original creative energy frequency used to create the painting. This also allows you to view the painting with much greater depth. It also makes going to a museum a whole new experience!

Creative Book Scanning

Try the same thing with an unread book. Pick it and get a gut sense about what the author had in mind before reading any words. This is a fun way to use libraries and bookstores to enhance your intuitive perception.

Use Your Own Imagination

Spend most of your free time stimulating your own creativity instead of

continued on page 68



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MIND • BODY • SPIRIT

Ten Simple Exercises to Spark Your Creative Thinking

...continued from page 67



Jot it Down Now

You never know when that next “aha” moment will pop up out of the blue. Always carry a pocket pad to jot down key words so you won’t forget them later. Just having a pad with you for that purpose could attract them into your life.

Short Naps

Want to be more productive? Make time to take short naps during your busy work day. Resting the mind is essential for assimilating data and recharging your mind. Studies show naps also prevent heart disease and improve test scores.

George Pierson is a designer, painter and former senior creative executive for HBO, Discovery, and founder of Creative Mindflow, LLC. He is certified by Anna Wise to teach her Awakened Mind protocol using neurofeedback coaching and through workshops. George has spent four decades exploring all aspects of creativity and meditation throughout his design career. For more information, visit Creative-Mindflow.com. See his ad on page 89.

just watching predictable television shows. Just as sugar tastes good but isn’t good for you, these shows do little or nothing to help you create your own works of art. Sometimes watching something you think you wouldn’t like may do a better job.

Head to the Beach

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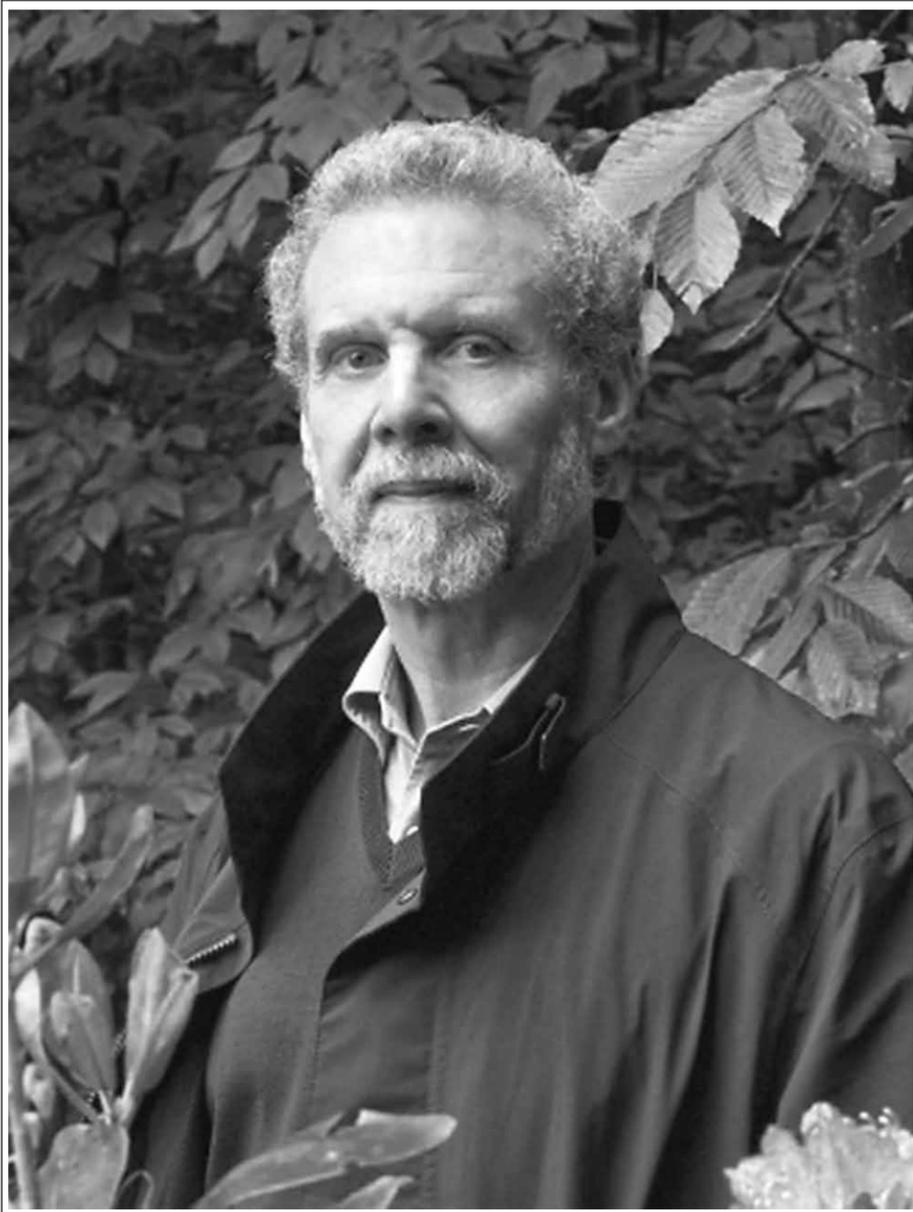


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Daniel Goleman's latest book is *Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything*. The book argues that new information technologies will create "radical transparency," allowing us to know the environmental, health, and social consequences of what we buy.

Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything

By Daniel Goleman
Broadway Books, New York
2009; 276 pages
ISBN 978-0-385-52782-8 HB; \$26.00

REVIEWED BY ALYCE ORTUZAR

In the world of commerce, we are collective victims of a sleight of hand. The marketplace comes arranged as though by an illusionist working a trick on our perceptions, so we don't know the true impacts of what we buy. A fundamental disconnect resides within our awareness between what we do and how and why it matters.

—Daniel Goleman

If you suspected that a toy you are thinking of buying has lead paint, would you keep looking for a toy without lead and other toxins? That toy will probably be more expensive, though

not necessarily significantly more expensive. But how will you know which toy is safe to buy for your child or grandchild? Will you take the time to look and ask for a toy that is certified to be safe? What should the label say?

Will this label change your buying preferences? "These organic cotton towels have been made under fair labor conditions in a safe and healthy work environment that is free of toxic chemicals, unsafe machinery and discrimination and where management respects the rights and dignity of workers." A safe and healthy work environment also indicates a safe product.

Conventional cotton crops account for about 10 percent of the world's use of pesticides. Defoliants such as parquat are aerial sprayed from crop dusters just before the cotton is harvested. But half of the sprayed toxin misses the cotton and ends up in nearby streams, fields, and possibly on workers and residents. And cotton yarn is often

continued on page 70

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—Dr. Robyn Benson, SF, New Mexico

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—Juegen Schmitt, MD, Munich, Germany

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—Susan Nattress, SF, New Mexico

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—Dr. Joel Carmichael, DC, Greenwood Village, CO

Achilles Tendonitis Vanishes

"...I was astonished to discover that more than 1 million people a week are being treated with pulsed, electromagnetic fields in Europe...that thousands of studies have been done proving its value and effectiveness, and we've heard virtually nothing about this in the U.S. Meanwhile, after using the MRS2000® for a week, my Achilles tendon healed up and all the pain disappeared—something I hadn't been able to accomplish in the previous year—and I'm running and feeling great again."

—Dr. Dino Kinelos, MD, Carolina Family Healthcare



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BOOK REVIEWS

Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything

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bleached, dyed, and finished with industrial chemicals that include chlorine and formaldehyde, which are known carcinogens that can end up in ground water and local rivers via factory wastewater. Epidemiologists know that workers in dye plants have “unusually high rates of leukemia.”

But even a t-shirt made from organically grown cotton can claim to contain soy ink without revealing that the ink is 10 percent soy and 90 percent petroleum. There are t-shirts made from organically grown cotton that are completely nontoxic, with dyes made only from plants. But without having complete information about the first t-shirt, shoppers are more likely to buy it.

In *Ecological Intelligence*, author and psychologist Daniel Goleman argues for a different marketplace paradigm that eliminates this information gap. The book is filled with examples of how products that claim to be green and safe hide their not-so-green manufacturing practices and components. Goleman instructs readers how as consumers,

they can use their purchasing power to create a safe and healthy planet for at least the next seven generations.

Virtue and safety do not always cost more, Goleman points out. According to the Web site Skin Deep, the ten most toxic shampoos (the “worst” list) include the most expensive; although the “very worst” list does also include a shampoo for children that is the cheapest per ounce.

American consumers are also misled by federal agencies and officials responsible for public health and well-being, but who are loyal to corporate campaign contributors and to powerful members of Congress. So the U.S. Department of Agriculture (USDA) tells us that the products from confined animal feeding operations (CAFOs) are the “safest food in the world.” Overloaded with antibiotics and synthetic hormones, these sad and often sick and stressed ruminants are completely removed from fresh air, sunshine, the ability to move freely, and healthy pasture instead of pes-

ticide-treated grains for their food (ruminants are not meant to eat grains). Pesticides are known neurotoxins with possible links to Parkinson’s disease, and the hormones are also possible endocrine disruptors passed on to humans and linked to recent epidemics of obesity and diabetes—epidemics that are too recent to be genetic in an evolutionary context.

The USDA continues to promote Roundup® and atrazine to conventional farmers as “textbook farming practices.” Some environmental toxicologists say Roundup® is linked to dioxin (a potent carcinogen); and atrazine is a known endocrine disruptor definitively linked to disfigured frogs.

The U.S. Food and Drug Administration (FDA) made no effort to ban trans fats despite around 7,000 deaths per year directly linked to those products. The agency only suggested labeling requirements. And although some local and state elected officials have banned trans fats from foods, Goleman points out that what remains in the food is ultimately equally harmful and just as nutrient deficient, such as refined sugars and flour and a host of artificial ingredients parading as food. So eliminating only the trans fats will not make those products healthier, despite labels to the contrary. This misperception is all too typical of how products are marketed: focusing on

one supposedly beneficial characteristic, while saying nothing about the remaining harmful practices and components. When a group of nutritionists from Harvard and Tufts analyzed ingredients in tens of thousands of supermarket items, “a vast number of foods marketed as healthy choices were not.”

Bovine growth hormone (rBGH) is a genetically modified synthetic steroid manufactured by Monsanto that is injected into conventionally raised cows to increase the amount of milk a cow produces. The substance has some troubling data and contrary to FDA claims, remains in the dairy products according to University of Illinois public health professor and researcher Dr. Samuel Epstein, M.D. (author of *The Politics of Cancer*). One farmer who was part of an early BGH study publicly stated that the amount of milk generated by the chemical caused the udders of his cows to drag on the ground, resulting in more mastitis infections (in addition to the cruelty and stress to the cow) and an increased use of antibiotics. After approving the use of rBGH (despite opposition from small ecological/organic farmers and others), the FDA hired Monsanto lawyer Michael Taylor to write the regulations covering BGH. The regulations included a prohibition on labeling.

Small ecological/organic farmers who went ahead and labeled their

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BOOK REVIEWS

AUTHOR OF THE #1 BESTSELLER,
Emotional Intelligence

DANIEL GOLEMAN

HOW KNOWING THE HIDDEN
IMPACTS OF WHAT WE BUY
CAN CHANGE EVERYTHING

ECOLOGICAL INTELLIGENCE

dairy products “rBGH Free” were threatened by Monsanto with lawsuits, including Whole Foods, for displaying the rBGH Free labels. Ben & Jerry’s finally challenged the FDA and won, but the FDA still insists that any rBGH Free label must also say that the FDA considers rBGH to be safe. President Obama has brought Michael Taylor back to the FDA as a Deputy Commissioner. And when Michelle Obama began to publicize her organic White House garden, she was criticized by the chemical industry. Her husband immediately hired the head of a large chemical/pesticide company to be in charge of agricultural exports.

And then there is sunscreen with an ingredient called oxybenzone, which apparently does not alarm the FDA. This chemical releases carcinogens when exposed to sunlight—in other words, when used as directed. But there are still more suspects in this disinformation saga. Instead of arguing for banning lead, knowing that it is a potent neurotoxin, the American Academy of Pediatrics argued for levels of 40 ppm versus the government-approved maximum level of 600 ppm.

So who can we trust? Start with any

environmental toxicologist who insists that when something is toxic, there is no safe level of exposure. These scientists adhere to the precautionary principle—respected throughout most of Europe—where the burden of proof falls on the manufacturer to prove a product is safe before it is approved. Compare that philosophy to our paradigm that waits for enough definitive harm before either recalling the product or labeling that it can cause sudden death. Goleman urges consumers to demand that the precautionary principle be adopted in this country.

He informs us that when adverse evidence for a product or a component in a product starts to attract publicity, such as adverse effects of additives on children, a company may decide to eliminate the problematic ingredient, but will avoid any public admission of possible harm. The company will usually provide an unrelated reason for the change, mainly to avoid liability and product rejection by shoppers (specifically parents).

Goleman’s Radical Transparency paradigm creates a marketplace where consumers are fully aware of the ben-

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BOOK REVIEWS

Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything

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efits from and consequences of all of their purchases and lifestyle choices, at the time that they make a choice or purchase. This change represents bottom-up transparency that shifts the control of product data from sellers to buyers. Data that question whether cheaper is really better; or whether safer, healthier, and humane are better. Industrial ecologists such as Greg Norris are gathering the data to assess products for raw materials, depleted energy and water use, the carbon footprint and contribution to climate change, air and water toxicity, and hazardous wastes. Goleman's paradigm wraps around a Life Cycle Assessment of every component of every product at every stage of production, use, and disposal.

For example, American consumers do not realize how recyclable plastic bags are. Even though plastic bags are 100 percent recyclable, the U.S. recycles only about one in one hundred bags. Twenty-five million pounds of antibiotics are used annually in CAFOs to quickly fatten sheep and cows that would not live long in the unsanitary and inhumane conditions in these op-

erations; but these practices are not reflected in the label or the taxpayer-subsidized price. Then there is the artificial ingredient in microwavable popcorn that causes a fatal pulmonary disease among the workers.

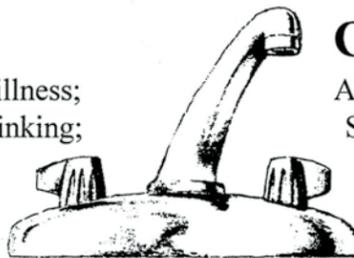
Yet the FDA and the Centers for Disease Control and Prevention (CDC) continue to claim that there is "gold standard" for safety in this country. But most chemicals in use, including in our food, have little or no safety data; many are banned in other countries. Unlike Europe, "90 percent of the estimated 10,500 chemicals used in personal care products and cosmetics have never been assessed."

Coleman presents the generally accepted definition of sustainability: keeping our air, soil, and water healthy and able to sustain diverse life for today's population, without depleting these resources for future generations. His discussions seem to cover all that matters to our survival as a species, including clean fuel and transportation options, and clean and renewable choices in our commercial and residential buildings. He clearly explains

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BOOK REVIEWS

the Leadership in Energy and Environmental Design (LEED) standards, and the benefits (healthier air, increased comfort and productivity, significant energy savings) and limitations (more older buildings need to be retrofitted and should include a broader combination of passive solar, photovoltaic, conservation, geothermal, green roofs, and even small-scale enclosed wind turbines).

But the European standards extend beyond ours and should be adopted in this country. For example, our highest (platinum) LEED standard will not meet Germany's new standards for buildings. And despite the apparently cloudy climate, Germany generates and relies on a significant amount of solar energy. Industrial Ecologist Greg Norris identifies the trillions in U.S. retirement funds that propel these innovations by investing in clean and renewable external and internal upgrades and retrofits.

Goleman's purpose is to encourage consumers to think and question and not accept and settle for so little. He guides readers through the labyrinth of product labeling and how to recognize irrelevant information and unsupported claims. His engaging chapter on amygdalae, our inherent radar in the brain that alerts us to danger, includes how to change our mindset to be more perceptive and alert to possible harm. His revelations about the origins of

Goleman argues against focusing on miles per gallon vehicle standards and roads, because more driving miles cancel out any mileage improvements in terms of gasoline consumption. The standards should be stringent, but the emphasis and the money should be directed to transit, not roads.

plastic are interesting and enlightening, with valuable lessons that have broad applications.

Goleman includes effective strategies for businesses to become restorative, which means taking nothing from the earth that cannot be replaced, regenerated, and/or recycled; and a triple bottom line that includes environmental, social, and fiscal responsibilities. He characterizes pollution as an indicator of incomplete consumption; something is being wasted.

Earthster is a consortium that is developing ecological transparency software; supporters include Dell, Owens Corning, Stoneyfield Farms, and the state of Texas. Goleman cites models such as Stoneyfield Yogurt, Adobe Systems, and AMC Home and Planet. Some effective cold water laundry products can reduce energy use by at least 3 percent. A paper plant in the South Bronx will use recycled paper harvested from recycled products for its pulp stock instead of trees. The plant's proximity to a sewage plant

provides this water-intensive industry with cleansed sewage water. The locally produced paper will displace paper trucked in from Maine or Canada.

Goleman argues against focusing on miles per gallon vehicle standards and roads, because more driving miles cancel out any mileage improvements in terms of gasoline consumption. The standards should be stringent, but the emphasis and the money should be directed to transit, not roads. He includes exciting examples of quiet, energy efficient electric transit systems already in use.

In the context of reducing overall consumption and the amount of stuff, Goleman focuses intensely on the tragedy of the commons—our air, water, land, and all of the large and small creatures we share these vitally important natural resources with. Some of Goleman's worst-case scenarios can be seen on the television today, as the fear of impending natural and economic catastrophes becomes more and more possible with bad weather rushing the

BP oil slick closer to critical estuaries and bird habitats. These are our commons, Goleman tells us, and it is time to reclaim what is left of them, while there is something left to reclaim, restore, and protect. These resources are natural capital, and it is becoming easier to estimate their economic worth, which is significantly greater than revenues to governments from the current devastation spreading across the Gulf Coast as we watch.

"The economic value accruing from nature is a model for calculating the cost to a commons of any commercial activity that diminishes these ecological services and allows a rational basis for taxing" or rejecting an activity. BP's sordid safety record and recent loss of life reflect a pattern throughout modern history where companies consume or pollute air, water, and land and workers die with few if any consequences to the companies. The costs are borne by the general public. Goleman maintains that this "laissez-faire mishandling of our public resources is unsustainable and ethically unacceptable....The global industrial systems are broken....The planet needs to be restored to a healthy state." Reducing harmful impacts, he tells us, is not enough.

We need to look at our entire consumer mentality. And we do not to have substitute big oil with big wind or big solar. These systems can be region-

continued on page 74



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

www.EnhanceOneself.com

Spiritual Energy Healing

We as humans have reincarnated thousands of times. Because of our long history, we all carry a large amount of residual energy debris from those lives caused by unresolved conflicts, desires, and emotions. The debris from those past lives is an enormous burden and influence us in our present life.



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For private sessions contact:

Foundation for Spiritual Emergence

Dwight Munson & Grace Miazza
Silver Spring, MD

HealingWithGrace.com



BOOK REVIEWS

Ecological Intelligence: How Knowing the Hidden Impacts of What We Buy Can Change Everything

...continued from page 73

al, local, and even individual. Every building can integrate numerous sources of clean energy plus conservation in terms of consumption and insulation.

It is time to identify which elected officials at every level of government are sacrificing our commons and our lives and hold them accountable. These include the sitting members of Congress who gave the money to the crooks who swindled tens of millions of homeowners instead of allocating the funds to the defrauded homeowners and investors and to states for green jobs; who voted in the 1990s (and signed by President Clinton) to eliminate regulations over financial institutions that made this theft possible; who exempted the oil industry (such as BP) from OSHA regulations and from liability for destroying our commons, including our local economy; and who exempted mountaintop coal mining and destructive and toxic natural gas extraction practices from EPA's authority and The Clean Water Act.

Goleman clearly articulates alternatives to what we are witnessing in the Gulf Coast, and what we should have

learned from the twenty years it took to hold Exxon minimally responsible for the Prince William Sound Valdez oil spill. It is what the indigenous people in the Niger Delta have been trying to teach us for decades.

Goleman effectively shows us that "the world of commerce is rife with processes and technologies in need of reinvention."

Additional Resources:

www.DanielGoleman.info
www.goodguide.com
www.earthster.org
www.cosmeticsdatabase.com (Skin Deep)
www.organicconsumers.org
www.safe2use.com
www.janettesherman.com
www.environmentalhealthnews.org

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

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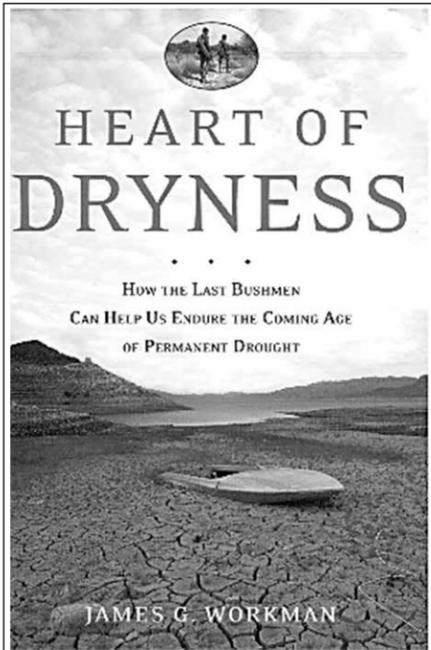
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Visit my blog www.joansastrology.blogspot.com

BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR



Heart of Dryness

By James G. Workman
2009; 323 pages; Walker Publishing Company, Inc., New York
ISBN 978-0-8027-1558-6; HB; \$26.00

We don't govern water; water governs us.
—Bushmen of Kalahari

Ancient wisdom taught each band member unique knowledge of water extraction from a diversified portfolio of strategies.

The Bushmen were trained from childhood to avoid evaporation and leaks, and to seal the water from the hungry sand and shelter it from the thirsty sun.

—James G. Workman

What can we learn from the Bushmen, who have survived tens of thousands of years in the harsh climate of the Kalahari Desert? How can we adapt the underlying principles of their code of conduct to our industrialized society? In his quest for solutions to a dwindling worldwide supply of fresh water, James G. Workman traveled to the Kalahari Desert in Botswana, where he observed and came to know and befriend this proud and resilient band of Bushmen.

Workman sees the water infrastructure in the United States as “command and control structures teetering on the brink of physical failure or institutional collapse,” where the public has little control and feels no real responsibility for how water is managed and used. He set off on his journey to seek a better model.

Workman is a wonderful storyteller, and his in-depth descriptions of the history, geology, physical geography, and cultural anthropology of this part of the world are insightful and engaging. He incorporates humor and adventure as he witnesses efforts of the Botswana government to expel the Bushmen completely from the

Kalahari reserve. In their battle for survival, these determined Bushmen relied on many ancient practices.

The Bushmen “organize their human behaviors and society around constraints imposed by diminishing physical resources...where and when to disperse so they lessen their ecological impact; what to eat; how much to consume; which plants to burn for fuel, which to use for construction, and which to gather to drink.... They hunted desert-adapted game species whose juicy meat concentrated metabolic water...Health, sanitation, and medical decisions adroitly embraced aridity to convert waste into fertilizer, establish a buffer zone from disease vectors, and provide treatments from the concentrated oils of plants.”

The code of the Bushmen, the glottal click language that “fuses together so many rich and layered stories,” reflects their remarkable survival skills that “enable them to endure protracted drought.” And underneath their simple and pragmatic demeanor is a “complex system of communication, orientation, dance, belief, habit, trade, mobility, ritual, relationships, and laws.”

The Bushmen “collaboratively agree that rain belongs to everyone and everything, but they also honor long-standing individual and group rights to water resources.” And

they extend these rights to strangers, which “reduces short-term hostility and resentment and helps to expand an informal safety net of grateful recipients.”

The *Heart of Dryness* is a gripping human drama. Under their code of conduct, the Bushmen increased supply by efficiently reducing demand. “The benevolent result of their integrated informal right to water brought the Bushmen a relative state of social abundance.” The author found what he was looking for in the spirit and practices of the Kalahari Bushmen.

The Adventures of Arthur Conan Doyle: A Biography

By Russell Miller
2008; 516 pages;
St. Martin's Press: New York
ISBN 13-978-0-312-97897-4; HB; \$27.95

Conan Doyle seldom took more than a week to complete a Sherlock Holmes story. He set out the problem and the solution, wrote up a rough outline, sketched in the characters, and then sat down to finish the story. But he preferred to write historical novels, which he researched diligently. Russell Miller's biography of the creator of Sherlock Holmes is filled with

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BOOK REVIEWS

The Adventures of Arthur Conan Doyle: A Biography ...continued from page 75

wonderful descriptions of what life was like in this era of Doyle, Joseph Conrad, and Rudyard Kipling (and Huxley, Dickens, and Darwin). It was a time of unabashed colonialism. Historical events such as the Boer War, brutality in the Belgian Congo, and the First World War are intertwined with engaging personal details of Doyle's upbringing (he was born in 1859), boarding school experiences, his medical studies, career paths, family life, and travels.

Doyle bought his first motor car in 1903 from the Wolseley Tool and Mo-

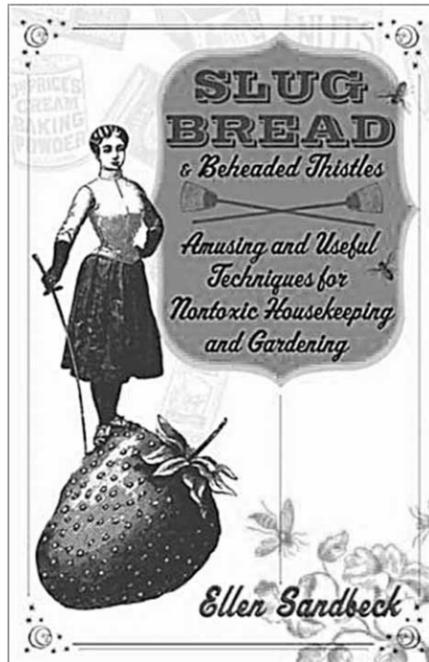
tor Car Company. The Wolseley accommodated five passengers, had a 10 horsepower engine, and brakes that failed frequently. His success also enabled him to build a lavish house with its own onsite, battery-generated electricity.

Doyle's later books reflected his acceptance of life after death and spiritualism, the belief that the living can communicate with the spirits of the dead. He was far from alone in his beliefs. Spiritualist churches had opened all across the United States. His books also encompassed psychic matters, which were more controversial. After a full and interesting life, Doyle died at the age of 71 in 1930.



MIND BODY SPIRIT ENVIRONMENT

www.PathwaysMagazine.com



Slug Bread & Beheaded Thistles
Amusing and Useful Techniques for Nontoxic Housekeeping and Gardening
By Ellen Sandbeck
2003; 145 pages;
First Broadway Books: New York
ISBN 13: 978-0-76790542-8; paperback, \$12.99

Ellen Sandbeck is a landscape gardener and a graphic designer wishing everyone a clean, green, and pest-free

home, garden, and yard. So in addition to readily available nontoxic suggestions, this book includes delightful drawings and anecdotes. She also includes safety information on commonly used products such as lindane for lice and DEET insect repellents, and offers safe alternatives.

Deer repellents include scare tactics that do not work and smells that repel (hops). Spraying plants with a 10 percent sugar solution attracts beneficial predators that will eat the aphids. To encourage ladybugs, plant tall flowers and flowering herbs such as dill and cilantro, in a border around your garden. For mildew, spray with a solution of 10 parts white vinegar to one part water and wipe off immediately. For plant viruses and cabbage worms, use spoiled milk.

This book encourages us to reap the spiritual benefits from gardening, keep the environment healthy, and to pass this world on to future generations in better shape than we found it.

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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Books With Metaphysical Muscle

BY ROSE ROSETREE

Mind-Body-Spirit titles today are much more mainstream than when I "turned pro" in this field back in 1970. To be sure, there are way more books, period. Yet that large, prolific, publicity savvy, book-making industry has turned mighty peculiar. For example: True or false? Most metaphysical books are not allowed in the big chain bookstores. All too true. Starting a decade ago, new policies were instituted at the large chain bookstores and their online counterparts: "No self-published books allowed. Not unless special ordered. Not on our shelves, thank you."

So what is on the shelves? The largest publishing houses have developed a "New Age Market" comprised mainly of celebrity authors and high concept topics with a proven track record of mainstream popularity.

These top publishers are the most likely to purchase display space in bookstores, vying for top position on the shelves, at end rows and those bargain tables that may seem thrown together on impulse, but most definitely are not.

The other, not-quite-so-enormous,

presses are more likely to take risks on an unknown author—someone with authentically new content; somebody daring to wear an un-retouched face. For this column, I will consider reviewing Mind-Body-Spirit books with a special emphasis on independent presses, self publishers, and an even greater emphasis, whenever possible, on books from writers in the greater Washington, D.C. area. Because otherwise, how are people like us to know what's new and good in the world of metaphysical reading?

Of course, you can also ask for recommendations at the independent bookstores in our area. Support these Pathways advertisers, and others—those storefront shining lights called Breathe Books in Baltimore, MD; Esoterica in Leesburg, VA; Sacred Circle Books, also Blue Lotus Treasures in Takoma Park, MD; Illumination Books & Gifts in Gaithersburg, MD; Ten Thousand Joys in Frederick, MD; and Terra Christa in Vienna, VA.

And as long as we're bragging about local spiritual luminaries....Pop Quiz: Where in the U.S. can you find the most powerful lightworkers? Did you answer "Sedona"? Or perhaps "LA?"

The correct answer is "Everywhere." But I'll also score you excellent marks if your answer was "Metro DC."

Anyone with a knack for happiness can find living pretty darned easy in a place like Sedona, where the townies are mellow and adore your lifestyle. It takes a strong, tough, down-to-earth lightworker to live in this power-based city.

Here in the strange conjunction of Maryland, Virginia, and Washington—even stranger than astrologically-determined planetary conjunctions—this school is known as "real life," where even the most casual visitor can discover quite rapidly the street people galore downtown, the road kill galore in the suburbs, and craziness just about everywhere. Don't move away, you local Mind-Body-Spirit person. You're needed, bringing spiritual light into the nation's capital.

In addition, here in metro DC, we have historically had one of the strongest writers groups in the nation, once Washington Independent Writers and now dubbed American Independent Writers (www.amerindywriters.org). We can also boast about The Writer's Center in Bethesda (www.writer.org/

index.asp). Furthermore, we have grand literature programs in our colleges, including one at Georgetown University with the formidable Maureen Corrigan (book reviewer for Terry Gross' radio show "Fresh Air").

By harvesting from the rich bounty of all these area resources, Pathways already provides outstanding book reviewing, especially in the environmental field, thanks to the talented Alyce Ortuzar. Now, as of this Summer 2010 issue, Pathways is bringing me back, the once-upon-a-time first Small Press reviewer. Yes, I'll be back, like a 5'1" female, Jewish, liberal version of Arnold Schwarzenegger, ready to provide the non-environmental reviews. Oh, the metaphysical muscle!

So let's bring on the very first book review. First, a disclaimer: I do know the author. He's even a friend. But that's not why I have chosen Jeffrey Chappell's book to review. I have quite a few friends who publish books. You may, too. This section isn't meant to be a reviewing version of Facebook, where authors friend me, and, automatically, I give them free publicity. No, Jeffrey Chappell's book made the cut because of only one thing. This is

continued on page 78

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- Aristotle



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MIND•BODY•SPIRIT BOOKS

Books With Metaphysical Muscle

...continued from page 77

an outstanding self-published book, authentically new and true... and it happens to be about the most important topic of them all.

Answers From Silence: Using Your Inner Guidance To Find Purpose, Fulfillment, And Enlightenment

Author: Jeffrey Chappell
ISBN:978-1-4392-4594-1
Pages: 308
Price: \$15.99 paperback, \$9.99 Kindle edition. Author website: www.jeffreychappell.com

I'm in love with Jeffrey Chappell. I'm in love with God. I can't tell where one begins and the other leaves off. And let's not forget to give a shout out to singing joy, because this book strengthens my own God-connection, too. Wow!

But settle down, Reviewer Rose, and focus on the book, plus what it can do to a reader like you or me.

What genre is *Answers from Silence* anyway? One answer is that it's self-help, verging on how-to, only in disguise. Mostly the author teaches by example. Sure, Chappell supplies a how-to exercise all the way at the end of the book, but that's pallid compared to the brilliance preceding it.

The plot of this story is simple. For years, Jeffrey sought answers from God. And got them. And wrote them down. Along the way, he became spiritually Enlightened.

After some introductory chapters, the author simply presents some highlights of this evolutionary journey, grouped by categories like "Answers about Relationships" and "Answers about Career." Reading these, you get into a groove, tasting an amazingly clear sound/feeling/inner vision/experience of truth. It feels so natural being in the presence of this Divine conversation, the example can help you have one of your own.

If you're like me, you like those free samples at Costco. Here is something different to eat, a contagious taste of the Divine. What a rare treat, even if arguably free! Jeffrey Chappell certainly made me break out in bliss, far better than chicken pox or a few sample chocolate chip cookies.

This author's consciousness creates this contact high, much as any particular words. Reading *Answers from Silence* creates a momentum: very personal, beyond inspiring. His momentum brings consequences for readers like you and me. That is, mostly, why I am in love with this book.

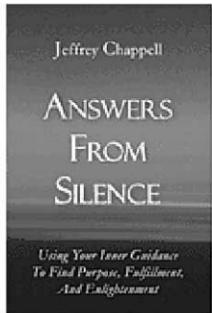
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MIND•BODY•SPIRIT BOOK REVIEWS



But there's more. To some readers, *Answers from Silence* may be perfectly satisfying as a dip-in book, something to read like a bag of chips. When you're in the mood for a

munch of wisdom, you simply dig in.

What could be easier than to snack on a quick sight-bite like this?

Question from Jeffrey: Why did I have that episode where I felt so much physical pain?

Answer from God: You collected much pain and felt it all in one moment to get it over with.

What's got me smiling, however, is something more. *Answers from Silence* is a kind of Enlightened Spiritual Autobiography; a rare type of book because, at this time, so few people or writers are truly Enlightened. Others that come to mind are *Oz Power* by Bill Bauman and *You Are the Answer* by Michael Tamura.

How can you tell if someone is really Enlightened? You need energetic literacy, the ability to read auras in depth and detail. Then you can find the author photo, read its energies chakra by chakra, and decide for yourself. Does the author have an energy field that

is *stuff*-free, sparkling, enormous, balanced, and aglow with delight? With Jeffrey Chappell, the truth is right thereon the author's photo at the back of the book, ready to knock your dhoti off.

And his descriptions of living in Enlightenment are, simply, the best I have read anywhere. As far as I'm concerned, Chappell, the twinkly-eyed jazz composer and concert pianist, has found the best way to communicate spiritual connection I've ever read. Move over, *Bhagavad-Gita*. (Fortunately there's plenty of space on that blessed bookshelf.)

Thus, Jeffrey's *Answers from Silence* is in the tradition of *Autobiography of a Yogi*. Paramahansa Yogananda's magnificent autobiography no longer stands quite alone on my bookcase shelf. Indirectly but substantially, Chappell has told us his life story—the parts that count: his petty jealousies and insecurities; the guilt and confusion; and all the other milestones of his personal development. No holding back for him and, perhaps, consequently, less holding back for us.

Just as there is more than one way to be entertained by a mystery book or romance novel, there is more than one way to have conversations with God. How intimidating would it be to bring Jeffrey Chappell, this fully Enlightened man, into your living room, or at least

your kitchen bookshelf? I dare you. Just how serenely joyful are you willing to be?

Rose Rosetree is a pioneer in the mind-body-spirit field. A graduate of Brandeis University, she has over 330,000 copies of her books in print and has given over 900 media interviews. Her work has been praised in The Washington Post, The Washington Times, The Los Angeles Times and The Catholic Standard.

Based in Sterling, she is the only American to have trademarked systems for cutting cords of attachment, empowerment skills for empathis, face reading, and aura Reading.

Learn more about Rose Rosetree's personal sessions of healing, workshops, Mentoring Program, and books at www.rose-rosetree.com. Join the conversation about "Deeper Perception Made Practical" at this blog: www.rose-rosetree.com/blog.

See her ad on page 22.

Hundreds of thousands of books are published annually in America. This is one shortish book review column. Receipt of your press release or review book does NOT guarantee a review.

Book Review Submission Guidelines:

- Your book must be on a topic related to mind-body-spirit, either fiction or non-fiction.

- The publication date for your book must be no more than 12 months earlier than the date of submission for review.

- Your book must be either hardback or paperback, printed. Or I will accept an audio book in a CD format. No e-books, podcasts, blogs, or any electronic format or downloads of any kind.

- I will give your book special consideration, if you're a local writer from the Metro DC area, but there is never a guarantee of a review.

- If your book is about the environment, they are reviewed by Alyce Ortizar. See page 76 for information on Alyce.

- Authors: Please send me a press release about your new print book (less than 1 year old) to: Rose Rosetree, 116 Hillsdale Dr., Sterling, VA 20164. Even better, send a short email with no attachments: rights@rose-rosetree.com. Beware: Books sent without a go-ahead have much slimmer chances of review than those I have actually asked to have sent me. Contact me via email for further guidelines.

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NETWORK OF LIGHT NEWS

BY HONORA FINKELSTEIN

Network of Light Events and Satsangs

The Network of Light has held many events in the past few months: a Kirtan music concert with Wynne Paris and Friends; an April visit from Mother Rytasha; and frequent satsangs with Network of Light founder and director, Lakshmi Barbara Carpenter. These "Satsangs with the Beloved—the Self" will continue through the summer.

Said Carpenter regarding her satsangs, "I learned long ago that everything that is, was, or ever will be is God, and all that is, was, or ever will be is love. So God and love are all that is—and that means we are all God, and we are all love. Right now, which is the eternal moment, is a doorway into experiencing the truth and love that we are. So may blessings and love flow through us as we realize the depth of Being in everything and everybody. You are the Beloved that you seek!"

All events will be held at 6304 30th St. NW in Washington, D.C. (Participants are asked to park around the corner on Tennyson St. or on 30th St. out of the cul-de-sac). For specific times and dates of the events, please call the Network of Light at 202-363-9343, or contact networklight@hotmail.com to get on the Network of Light events email list.

Hugging Saint Returns to D.C. in July

Sri Mata Amritanandamayi Devi, known to her followers as Amma, the "Hugging Saint," because of her penchant for hugging everyone she meets, and who offers a simple message of love and service to others, will once again travel to the Washington, D.C. area this summer, offering public programs from Friday, July 9 through Sunday, July 11.

This summer will be Amma's 14th visit to the Washington, D.C. area. Everywhere she goes, thousands come each day, seeking her warmth and connection to spirit, as well as her individual blessing. Amma has hugged nearly 30 million people worldwide.

Amma's humanitarian work on behalf of global peace, education, disaster relief, and assistance for curbing hunger, poverty, and human suffering worldwide have earned her admiration and love. She has been the recipient of the United Nations Gandhi-King Award for Non-Violence (2002) and the James Park Morton Interfaith Award from the Interfaith Center in New York (2006), as well as several other international awards.

This year's events will be held on Friday, July 9, 11 a.m.-5 p.m. (one program only); on Saturday, July 10, at 10 a.m. and at 7:30 p.m.; and on Sunday, July 11, at 10 a.m. and 7 p.m. The evening program will include Devi Bhava,



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Amma

a celebration of the Divine Mother.

Amma's programs usually open with a short meditation, followed by darshan (Amma's personal blessing). Some programs also offer a satsang (spiritual discourse), and some include devotional music. All of Amma's upcoming programs are open to the public and will be free of charge. Darshan tokens are generally given out starting one hour before each program for those who want to receive Amma's special blessing.

The location for this year's programs will be the Hilton Alexandria Mark Center, 5000 Seminary Road, Alexandria, just a short distance from I-395.

For more information about Amma's July visit, please call the Amma Center at 301-767-1953 or visit <http://www.ammad.org/>.

Meditation, Teachings, and Blessings

Barbara Carpenter (Lakshmi) of the Network of Light and Rev. Sherry Sherry (Savitri) of the Peace Chapel will host an afternoon and evening of satsang and prasad with His Holiness Swami Paramanand Maharaj Ji of India on Saturday, June 5, 2010. The public is invited to attend either the afternoon or the evening session as schedules permit.

The afternoon session will be held from 3 to 5 p.m., followed from 5 to 7 p.m. by a rest period and a shared vegetarian dinner (dishes should contain no meats, eggs, or egg products). The evening session will run from 7 to 9 p.m., closing with blessings and farewells.

There is no fee for these sessions, though a love donation will be gratefully accepted. All donations will go to help defray Swami Maharaj Ji's travel costs (which are kept to a minimum as he stays only in private homes and avoids restaurants), as well as to support his many charitable projects in India, which number in the hundreds.

Attendees are asked to wear loose, comfortable clothing and to carry a sweater or shawl in case the evening turns cool, to bring a floor cushion to sit on, and to have two bottles of water or juice per person for each session.

The events will be held at 6304 30th St. NW in Washington, D.C. (Participants are asked to park around the corner on Tennyson St. or on 30th St. out of the cul-de-sac). For more information, please contact Sherry@SherrySherry.com.

The Swami's message is simple:

"Know thyself." Eternal divinity resides in every person, and all are currently in the process of remembering who they are. For more about him, please visit his website at <http://akhandparamdham.com>.

Other events in June involving Swami Paramanand Maharaj Ji include the following:

- A satsang with meditation, teaching, blessings, and prasad on Sunday, June 6 at 9:30 a.m. at the Rajdhani Mandir Temple, 4525 Pleasant Valley Road, Chantilly, Virginia, 703-378-8401. There is no fee for this event, but donations may be offered to Swami Maharaj Ji when he hands out prasad (dried and fresh fruits with which he has been gifted) to each individual attending. In addition to a donation, attendees are invited to bring gifts of fresh flowers and fresh or dried fruits that the Swami will bless and give out as prasad. For more information on this event, please contact Sherry@SherrySherry.com.

- A four-day spiritual retreat with Swami Maharaj Ji from Thursday, June 17 through Sunday, June 20 in Rockville, Virginia (just west of Richmond on I-64).

- An evening of meditation, teachings, and blessings on Monday, June 21 at Yogaville in Buckingham County, Virginia.

- A presentation on Tuesday, June 22 at Charles Taylor Theater for the Arts in Hampton, Virginia.

For more information on the three events in Southern and Central Virginia, please contact Rev. Sally Perry at sallybperry@aol.com.



Divine Mother Karunamayi to Visit D.C. in July

Sri Karunamayi, who is venerated in India as a living incarnation of the Divine Mother, will visit Washington, D.C. July 7-11 to offer spiritual discourses and blessings. Her name means "compassionate mother," and she receives all who come to her as her beloved children.

Before Sri Karunamayi's birth, the Indian saint Ramana Maharshi told her mother she would give birth to an incarnation of the Divine Mother. As a child Sri Karunamayi had a compassionate nature and an intuitive under-

continued on page 82

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Philip Dana Robinson, a Faculty Member of Michael Harner's Foundation for Shamanic Studies (www.shamanism.org) for 24 years, has taught over 600 workshops in the Southeastern United States, Hawaii, Bermuda, and Canada and offers experiential workshops several times a year in the Greater Washington, DC area. In addition to teaching Foundation workshops, Dana and his wife Shana have developed a series of additional seminars for students who have successfully completed the Foundation's Basic and Advanced workshops - appropriately titled "The Next Step."

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



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NETWORK OF LIGHT NEWS

Divine Mother Karunamayi to Visit D.C. in July
...continued from page 81

standing of holy scriptures, and at the age of 20 she withdrew into a sacred forest in India where she engaged in silent meditation for 10 years on behalf of all humanity. When she emerged, she began her mission to share her love and wisdom with the world.

The public is invited to attend the following free events of Sri Karunamayi's Washington visit:

- An evening program on Wednesday, July 7 at 7 p.m. that will include a spiritual discourse and darshan during which Sri Karunamayi will share her understanding of the spiritual wisdom of the ancient Indian sages. The event will be held at Sri Siva Vishnu Temple, 6905 Cipriano Rd., Lanham, Maryland.

- A morning program on Thursday, July 8, 9 a.m.-1 p.m. of individual brief meetings with Sri Karunamayi, during which attendees may ask her questions and receive blessings. This event will be held at the Sri Siva Vishnu Temple, 6905 Cipriano Rd., Lanham, Maryland.

- An evening program on Friday, July 9 at 7 p.m. of a ceremony called a Lalita Sahasranama Puja, a chanting of the scripture containing the thousand

names of the Divine Mother. Attendees will have an opportunity to chant and make offerings during the puja that represent human burdens and negativities, which are surrendered to the Divine Mother in return for her blessings and grace. This event will also be held at the Sri Siva Vishnu Temple, 6905 Cipriano Rd., Lanham, Maryland.

- A one-day silent retreat with Sri Karunamayi on Saturday, July 10, 8 a.m.-6 p.m., to be held at the Hindu Temple of Metropolitan Washington, 10001 Riggs Rd., Adelphi, Maryland. The retreat will require registration and a fee.

- Sacred Fire Ceremony (homa) on Sunday, July 11 that is intended to purify the earth's atmosphere, uplift the community, and contribute to all participants' health and prosperity. This event will be held at the Hare Krishna Temple, 10310 Oaklyn Drive, Potomac, Maryland.

For more information about Sri Karunamayi, please visit her website at www.karunamayi.org. For information on her Washington tour, please go to www.karunamayi.org/tour/2010WashingtonDC.html, or call 240-447-3630.

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NETWORK OF LIGHT NEWS

Book Collection Drive for the Children of Nigeria

Artist, photographer, and writer Jan Phillips, who is the author of several books including *Making Peace*, *Marry Your Muse*, *God Is at Eye Level*, *A Waist Is a Terrible Thing to Mind*, and *The Art of Original Thinking*, has recently founded Livingkindness Foundation, a nonprofit organization that will raise funds for the NGO Hope for the Village Child and that will support other creative projects in communities around the USA. She envisions the foundation as the beginning of a new grassroots philanthropy movement that will transform the concept of the "starving artist" to that of a "serving artist."

Said Phillips, "If I have a mission that exceeds my own personal needs, my own needs get met by default on the way to the bigger mission."

Phillips will offer some workshops in grassroots philanthropy strategies where six or more co-creators want to come together to be a force for good in the world, and she envisions that her Livingkindness Foundation will support such groups in helping to organize fun and inspiring events to raise money for the projects.

Phillips asks, "If your own creativity could lead to an abundance that surpassed your daily requirements, how would you want to spend the excess? What issues are important to you? How and where would you like to serve?"

Her own answers to these questions led her to be of use in Africa, serving women, working with water projects, and dealing with the education of children. When she had defined her answers for herself, she had an opportunity to visit Nigeria on a project that dealt specifically with the things she had named.

As an initial project to help in the education of the children of Nigeria, Phillips says that many children go to schools every day that have no teachers, books, or writing or drawing supplies. She is therefore asking all who would like to participate to collect storybooks to be sent to the children of Nigeria.

Kim Burnett of Northern Virginia has volunteered to collect and store the children's books until a container is ready to go to Nigeria. Her address is 10717 Hunters Place, Vienna, VA 22181.

Matrix Energetics

Matrix Energetics is a system of healing, self-care, and transformation that seems miraculous but is actually based on the power of intent. It operates through the laws of quantum physics, superstring theory, and Rupert Sheldrake's concept of "morphic resonance." The last phenomenon, also known as the "100th Monkey" effect, posits that when enough members of a species learn a technique and have it in consciousness, it becomes immediately available to and applicable by the rest of the species. Hence, beginners and seasoned healthcare practitioners alike can learn Matrix Energetics and use it with ease.

Dr. Richard Bartlett, D.C., N.D., is the developer of Matrix Energetics. He

discovered its principles in what he refers to as a "mystical experience" and began using them in his clinical practice.

Much to his surprise, Bartlett says, "Suddenly the act of lightly touching a patient with focused intent created dramatic, often startling changes. Bones would realign themselves, chronic pain patterns would disappear often with only one brief session, scoliosis curvatures would realign right before my eyes." And what was more, benefits seemed to be long term.

The process begins with the power of focused intent combined with a light touch for identifying the parts of the body where the Matrix Energetics "wave" will give the best results. Often, practitioners will see or sense a wave-like motion as they are applying the method, and the person being worked on will feel a wave of relaxation.

According to quantum physics, all reality can be described as vibrations, waveform patterns, and energy—i.e., everything that appears physical is really light and information. If a living body is really a field of resonating energy and information, then it is a constantly resonating matrix.

For purposes of healing physical problems, Matrix Energetics principles state that, "the vibrations and waveforms in this matrix can be changed, meaning that anyone can collapse the current reality such as an injury pattern or some stuck situation within the body or emotions and introduce one of many other new possibilities that are more useful."

Disease or injury can be seen as disruptions or distortions affecting the matrix of the body's information fields. Both physical and emotional disruptions can impede proper information flow at the cellular level. Hence, "the application of the Matrix Energetics field re-establishes the flow of biological information so that the body can better respond to stimuli in its internal and external environments."

Further, Bartlett discovered he could pass along these principles to other people and has been teaching seminars in Matrix Energetics since 1992. For a schedule of his classes around the country, or to learn the technique for free through online videos, please visit www.matrixenergetics.com.

Bartlett currently also has two books out on the subject: *Matrix Energetics: The Science and Art of Transformation* and *The Physics of Miracles: Tapping into the Field of Consciousness Potential*. His books are available at www.amazon.com.

The Kortum Technique

John Christopher Kortum is a residential trainer and facilitator of consciousness workshops at the world-famous Monroe Institute, as well as a researcher into history's mysteries as they relate to non-ordinary states of consciousness.

Most recently, he has published a book, *The Kortum Technique*, which outlines a method he has developed and

continued on page 84

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NETWORK OF LIGHT NEWS

The Kortum Technique ...continued from page 83

demonstrated in clinical trials that can help anyone learn, through a heightening of their normal five senses, how to discern imbalances in the physical body without expensive laboratory tests, invasive procedures, or x-rays and MRIs. Furthermore, it can offer information not only on the diagnosis and the level of severity of an illness but also on its prognosis, thus contributing information for healthcare professionals to use in creating treatment and recovery programs.

In brief, Kortum shows how it is possible to blend the physical act of seeing with really hearing and feeling. Over a long period of looking at people in a “blended sense” way, he began to recognize patterns of imbalance and disease that he came to call “indicators”—i.e., cues that certain physical organs were in stress.

The book has pictures outlining the most common indicators for certain kinds of illnesses, places on the physical body where they can be found, the degree of severity to look for with each indicator, and a ratio of visual versus kinesthetic sensing one will need to activate in order to successfully do an assessment.

Kortum also learned in his process of cataloguing the patterns of indica-

tors he was recognizing that the human body has an early warning system that will show what illnesses will manifest at a later time. He calls the body “the one true decoder ring,” because it will manifest in physical imbalances where a person may carry sadness, disappointment, or other negative emotional states.

Further, because the Kortum Technique posits a spiritual and emotional component to the body-mind complex, it encourages the individual harboring the illness to take an interactive part in determining psychological, emotional, or spiritual root causes of the imbalance.

Kortum says he sees this technique as supporting the evolution of a new medicine that will embrace and integrate the depth and complexity of the human organism—physically, mentally, emotionally, and spiritually.

The Kortum Technique is available at www.amazon.com. For more information on Kortum’s work, please visit his website at www.johnkortum.com.

Musical Performance to Benefit Tibetan Children

OneCircle Center for Spirituality and the Arts will hold a musical benefit to help the children of Tibet on Saturday, June 12, at 7 p.m. The event will feature performances by many local singers and songwriters, includ-

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NETWORK OF LIGHT NEWS



photo by Heather Rigby

ing Carrie Creed, Wendy Montague, and Patricia Gershanik, as well as by musicians Stream Ohrstrom, Nancy Fitzgerald, and other surprise guests. The event will end with dancing by the world beat band, "The Blue Dragons."

The purpose of the event is to raise money for the education of children in Tibet. Achi Tsepel, director of the Children of Tibet Trust and a native of Tibet, will talk about the mission of the trust and will show a video. The event will also include a silent auction of some beautiful treasures from Tibet, as well as a raffle of special Tibetan items. Teas and desserts will be served.

A tax deductible donation at the door is suggested. All donations will go directly to the Children of Tibet Trust, a 501(c)(3) charitable organization. For information on the trust and its purposes, please go to www.child-renoftibettrust.org.

OneCircle Center is located at 3804 Littleton St., Silver Spring, Maryland. For a printable map with directions, please visit www.onecircle.net. For more information, please call 301-949-8984, or email OneCircle@verizon.net.

The Healing Power of Drumming

Multi-instrumentalist and experienced drum circle leader Stream Ohrstrom will facilitate drum circle gatherings in four Maryland locations

this summer. According to Ohrstrom, there is healing power in the rhythm of drums and other percussive instruments because rhythm organizes and harmonizes, and when a group sets the goal of supporting rhythm in a drum circle, the individual members surrender all self-centered and habitual thinking and enter into creativity and transcendence.

Ohrstrom brings to his drum gatherings rhythms from different traditions, as well as rhythm games, story-telling, and poetry.

Ohrstrom said, "You don't need to 'know how to drum' to be in a drum circle; you do not need to have 'talent' or 'sing in tune' or even 'have a sense of rhythm'. Expect to feel accepted in



an environment where there is no musical prejudice."

Participants are encouraged to bring their own drums, but for those who would like to join but have no instruments, there will be plenty of drums and percussion instruments they can use. Donations are requested, but no one will be turned away for lack of funds. And dancers are always welcome.

Drum circles will be offered this summer in Bethesda, Takoma Park, Silver Spring, and Adelphi. Please visit www.onecircle.net for specific times, days, and locations. And to schedule a drum circle event anywhere in the D.C. metropolitan area, please contact Ohrstrom at 301-949-8984.

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GLOBAL ACTION

Amma to Receive Honorary Doctorate from SUNY-Buffalo

Many people in the Washington area have come to know Mata Amritanandamayi Devi, or Amma as she is commonly known. She has been coming here for several days each summer for the last 14 years. A distinguished and beloved spiritual leader and humanitarian, Amma is esteemed for her tireless efforts on behalf of global peace, her commitment to education, and the far-reaching impact of her charitable organizations in relieving poverty and human suffering.

On May 25th, Amma was presented with an honorary doctorate degree in humane letters from the State University of New York in Buffalo. This adds to the many awards and recognitions she has received around the world over the last 25 years.

Amma has been called "the hugging saint" because she individually embraces each person who chooses to come up to her during her programs. People say it is no ordinary hug, but a profound blessing from a saint. Her hug is a natural expression of the pure, selfless and divine love that Amma feels for all people, and for Nature.

Amma has founded and operates countless effective charitable institutions, in India and other parts of the

world. These projects include housing for the homeless, a state of the art hospital, financial assistance and legal advice for the needy, orphanages and schools. Amma is the Chancellor and Founder of Amrita University, a very prominent and well-respected university in India with 5 campuses. The State University of Buffalo, who awarded Amma the honorary doctorate, is one of many prominent US universities that have partnering projects with Amrita University.

The fact that Amma is the Chancellor of a prominent Indian university is all the more remarkable considering she was forced to stop her education in the 4th grade in order to look after her ailing mother and her siblings.

Amma was born to a poor family in a small fishing village in Kerala on the Southwest coast of India. Even as a young child she would help the elderly, needy and ill in her village. Often she would give away what little her own family had. She would enter into long deep meditations and devotional practices. This worried her parents. They felt something was wrong with her and scolded her. But Amma

continued on page 88

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ON THE COVER



Cover Artist, Orna Ben-Shoshan, Displays Her New 72 Names Cards

Artist Orna Ben-Shoshan, who created the cover art for this issue of *Pathways*, has a large exhibit online, where she showcases a wide variety of paintings, both oil on canvas and digital art.

Orna has been an auto dedact artist for the past 30 years. Her artwork was exhibited in numerous locations in the USA, Europe and Israel. Her metaphysical work infuses deep spiritual experience with subtle humor.

View her artwork and become enchanted by an astounding world, where anything is possible.

Website: <http://www.ben-shoshan.com>

Orna's "Kabbalah Insights" website:

Presenting Tools for personal guidance. Enchanted gifts according to the secrets of the Kabbalah: Artistic amulets for love, health, success and protection; Spiritual Kabbalistic art by Orna Ben-Shoshan; King Solomon cards, the Wheel of Wisdom; The "72 Names" cards; an online interactive Kabbalistic guidance and divination system, and more.

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GLOBAL ACTION

Amma to Receive Honorary Doctorate from SUNY-Buffalo

...continued from page 86

was immersed in her own world, totally unaffected by the criticism and chastising of her family. During this time, Amma had to spend her days and nights outside, under the open sky, forgoing food and sleep.

Amma says, "even from early childhood Amma knew that God—the Self, the Supreme Power —alone is Truth and that the world is not the absolute reality." Amma was deeply troubled by the suffering of humanity and didn't want to live in this world where so many were suffering. She felt that people's suffering was due to their karma, or the fruit of their past deeds. But Amma was not satisfied with this and went deeper. She says that then the answer came from within: "If it is their karma to suffer, isn't it your dharma (duty) to help them?" Experiencing her oneness with all of creation, Amma realized that her purpose in life was to uplift ailing humanity. It was out of this desire that Amma started her spiritual mission, spreading the message of truth, love and compassion throughout the world, by receiving one and all.

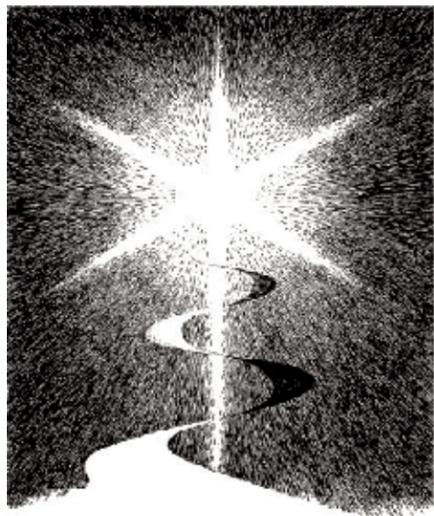
In today's busy, stressed world,

people are thirsting for the kind of inner peace, love and meaningfulness that Amma radiates. Amma is known to convey her profound wisdom about life in simple stories and parables that are easy to understand.

It's common to see people of all religions, faiths and cultural backgrounds attending her programs, as her message of love, compassion and service is a universal one. Many people describe a sense of healing and inner peace after their time with Amma. Others come to enjoy her spiritual talk; to listen to the beautiful Indian devotional music; to eat the vegetarian and Indian food; or just to shop at the bookstore for Indian artifacts, CD's, clothing and other items that are sold to raise money for her charities.

For further information about Amma's upcoming programs in July see www.ammadc.org or call the Amma Center at 301-767-1953.

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SUMMER CALENDAR

ONGOING EVENTS

...continued from page 108

Pilates Class All Levels every Saturday, 8:45am-9:45am at Olney Yoga & Wellness, offering morning and evening classes, seven days a week, Located in Olney Antique Village near Roots Market. 16650 Georgia Ave, Olney, MD, 301-774-1961, www.olneyyoga.com.

Sathya Sai Baba Meetings, Bethesda area, 2nd, 4th & 5th Sundays. Study 10am, Singing 11am; Free film introduction every 4th Sunday 12:15pm-1:15pm. Visit us at: www.SaiCenter-DC.org or call 443-831-9915.

Science of Spirituality Free Meditation Gathering, Sundays 3pm-5pm, except the 1st Sunday of month. Seekers Church. Back door, 276 Carroll St., NW, Washington, DC. Takoma Metro. Info: 240-271-8963. www.sosdc.org, www.sos.org, Twitter: @SOS_WashDC and @SOS_MidAtlantic.

UPCOMING

9/8 **Experience Meditation**. 7pm-9pm. Call Reston Reiki & Self Healing Arts, 703-472-3481.

9/10 **Yoga and the 12 Steps "For Anyone" Weekly Class Friday Nights**. Begins Friday, 7pm- 8:30pm, Sun & Moon Yoga Studio, 9998 Main Street, Fairfax, VA. Call Rixie: 703-698-8511, www.mandalahealingarts.com.

9/11 **Introduction to Polarity Therapy**. Learn about this ancient & advanced natural, energy based healthcare system. CEU's. \$150. 9am-6pm, Washington, DC location. Call 202-758-3027 for more information and registration.

9/11 **An Evening of Spirit with James Van Praagh**, internationally renowned spiritual medium. GMU/Harris Theater, 7pm to 10pm. Discover the process of mediumship, experience guided healing meditation; hear random messages for audience members from family and friends in spirit. Book signing to follow. For tickets and to pre-order books: www.cardinalcenter-forhealing.com.

9/18 **Introduction to Polarity Therapy**. Learn about this ancient & advanced natural, energy based healthcare system. CEU's. \$150. 9am-6pm, Berkeley Springs, WV location. Call 202-758-3027 for more information and registration.

9/19 **Usui Reiki I**. 3pm-7pm. Call Reston Reiki & Self Healing Arts, 703-472-3481.

9/19 & 9/25 **Glen Echo Tai Chi Two New Beginners classes** for Fall 2010 will start Sunday, September 19 at 11am and Saturday, September 25 at 8am. Cost for either beginner class is \$140 + registration fee, for 12 sessions; each class is one hour in length. www.glenechopark.org.

9/22-12/8 **Wednesday Night Mediumship & Psychic Development Circle**. Practice your psychic and mediumistic gifts with certified medium. 10-week session: 9/22/2010 to 12/08/2010. Visit www.silverspring-offlight.com.

9/25 **Spirit Communication & Mediumship Workshop**. This 2-day workshop opens up your natural ability to communicate with your spirit loved ones and spirit guides. Visit www.silverspringofflight.com.

9/25 **Meditation for Educators** A workshop for Educators on beautiful Hatteras Island, NC. Cost \$100, includes text. Contact Pam Bailey - phone: 252-305-8822; website: pam-bailey.biz; email: pamlicobailey@earthlink.net; blog: pambaileyhealingartist@blogspot.com.

9/25 **Free Introduction to Reiki**. 3pm-5pm. Call 703-476-4500.

10/1-4 **Energy Anatomy Class**. A fun, profound, weekend of learning on beautiful Hatteras Island, NC. Earn 24 NCBTMB CE's. \$350 (NC 4131). Contact: pambailey.biz; pambaileyhealingartist@blogspot.com; pamlicobailey@earthlink.net. Phone: 252-305-8822.

10/4 **Pathways 34th Natural Living Expo**. Please see the ad on page 140 for more information.

10/21-24 **Freedom for Family Wellness: Making the Shift to Conscious Choice**. Connect, Collaborate and Expand at this enlightening weekend for leaders in the Vitalistic movement. Held in Reston, VA. www.familywellnessfirst.org.

11/5-7 **Yoga and the 12 Steps Retreat "Where Yoga Meets Recovery"**. Sevensoaks Retreat Center, Madison, Virginia, with Rixie Dennison and Scarlet Gleeson. Call Rixie: 703-698-8511, www.mandalahealingarts.com.

11/17 **Save the Date! See Dr. Wayne W. Dyer Lecture: Making the Shift from Ambition to Meaning**. 7pm-10pm, Walter E. Washington Convention Center. Visit www.drwaynedyer.com or call 800-654-5126 for reservations and more information.



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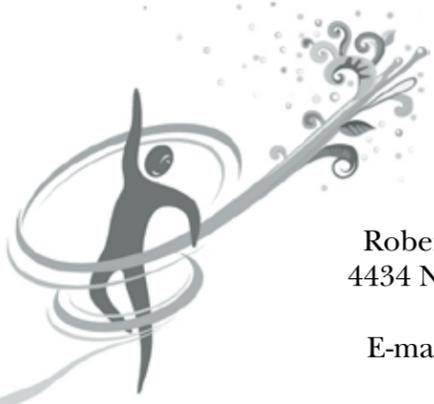
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WASHINGTON GARDENER

The Buzz on Bees

These Busy Pollinators are a Gardener's Best Friend

BY KATHY JENTZ

The bee is one of the hardest workers in your home garden. Without any assistance from you they pollinate your vegetables, fruits, and flowers. Without bees, the garden could not exist.

Although many people are very afraid of them, the honeybee is extremely gentle. They do not sting unless their home hive is threatened or they are personally attacked. Swatting at a bee will cause it to react. Note that they do not sting when they are out foraging for pollen in your garden and feeding on your flowers. They are busy gathering and will ignore you. They only ask that you do the same.

Ann Harman, a beekeeper in Flint Hill, VA, for almost 30 years, says, "Honeybees are our friends and should be protected. They need all the help they can get. Plant assorted flowers to attract bees – yellow, blue, and purple – anything but red flowers, which bees ignore."

"Anyone growing a vegetable garden containing cucumbers, squash,

pumpkins or melons has to have bees to pollinate it," explains Ann. "Moreover, bees improve not only the quantity, but the quality of fruits like strawberries, raspberries, cherries, and blueberries as well."

"Bees cover a three-mile area," according to George Imirie of the Montgomery County Beekeepers Association. "Plants in the home garden provide a miniscule amount of the food bees require." He encourages area residents to respect bees and their hives.

If you must use pesticides in your lawn or garden, use them wisely and always carefully read the labels. They will indicate whether it is toxic to bees. A better choice is to use integrated pest management (IPM) and reduce all pesticide use. IPM is basically using an insect's natural predators and traits against it.

Thanks to pesticide use on crops and gardens and the destruction of their habitats, domesticated honeybees and their native counterparts are disappearing. We depend on these bees to pollinate billions of dollars worth of fruits, vegetables, and other crops in the U.S. The summer 2006 edition of

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WASHINGTON GARDENER



ARS geneticist Tom Rinderer (right foreground) and beekeeping cooperators Steve Bernard, along with ARS associates Tony Stelzer and Warren Kelley (background, L-R) of the Baton Rouge laboratory, inspect colonies of Russian and other honey bees.

Photo by Scott Bauer, USDA/ARS, www.ars.usda.gov.

Without bees, many of the foods we enjoy—tomatoes, squash, peppers, apples, and pears, for example—could disappear from our tables.

OnEarth, the award-winning environmental magazine published quarterly by the Natural Resources Defense Council (NRDC), explores the looming agricultural catastrophe that their demise portends, as well as potential solutions.

Experts interviewed by author Sharon Levy for her *OnEarth* article "The Vanishing Bee" blame the widespread use of pesticides by farmers who unintentionally poison domesticated honeybee colonies. Non-native species of parasitic mites are also deadly to honeybees. For these reasons, native wild bees will become even more important as pollinators; but they, too, are threatened.

Their habitats—natural woodlands, shrubs and flowers—have been decimated by relentless sprawl and development and by modern agriculture's poor land-management practices.

According to the article, one-third of the food Americans eat comes from crops that are pollinated by bees or other creatures, including butterflies, birds, and bats. As they travel from plant to plant, bees transfer pollen that fertilizes blossoms and allows fruits and vegetables to develop. Without bees, many of the foods we enjoy—tomatoes, squash, peppers, apples, and pears, for example—could disappear from our tables. Domesticated honeybees, in particular, are in steep decline. In the 1940s, American beekeepers had about 5 million colonies. Today, their colonies number about 2.3 million—and falling—while the demand for their services is increasing.

Experts interviewed by Levy believe we can still rescue honeybees and native wild bees by limiting our use of pesticides and by setting aside space for plants that nurture bees in our home gardens. "Gardeners are important to bees to provide a good habitat," says Levy. "Native flowering plants are recommended." In particular, home gardeners can grow milkweed, white clover, coneflowers, and monarda (bee balm).

"Bees are the 'canary in the coal mine' for American agriculture. Their demise is a warning. But there are solutions that make environmental—and economic—good sense," said Doug Barasch, *OnEarth's* editor-in-chief. "Putting those solutions into practice depends on farmers, homeowners—all of us—realizing that protecting bees is in our own self interest."

Information on bees and bee-keeping, these local groups welcome your inquiries:

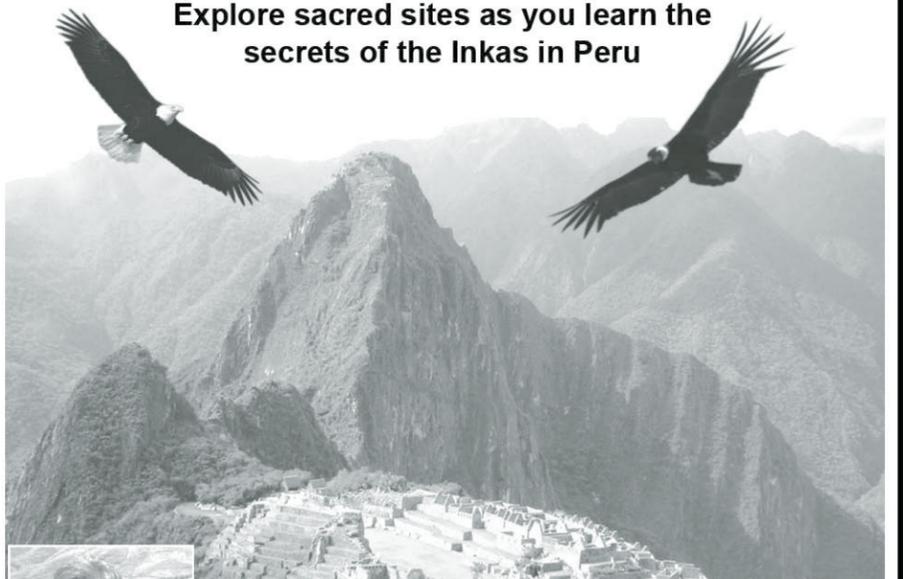
- Virginia State Beekeepers Association: www.virginiabeekeepers.org/
- Virginia Beekeepers Directory: <http://virginia.uscity.net/Beekeepers/>
- Association of Southern Maryland Beekeepers: <http://gworrell.freeyellow.com/asmb.html>
- Beekeepers Directory of Maryland: <http://maryland.uscity.net/Beekeepers/>
- Maryland State Beekeepers Association: <http://iaa.umd.edu/mdbee/main/home.html>

Note that beekeeping was until recently illegal within city limits of

continued on page 92

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WASHINGTON GARDENER

The Buzz on Bees: These Busy Pollinators are a Gardener's Best Friend

...continued from page 91

Washington, DC. New regulations are currently being passed. Outside of DC you should check your local ordinances to learn your beekeeping laws.

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!

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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.

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Medical Marijuana Goes to Washington: D.C. To Implement Medical Marijuana Law This Year; Maryland Could Soon Follow

...continued from page 57

for optimism. Del. Dan Morhaim, a Democrat and Baltimore E.R. physician, was the bill's primary drafter and House sponsor. Sen. David Brinkley, a Republican and two-time cancer survivor, sponsored the Senate version. The

bill would have given patients full protection from arrest and prosecution for possession or purchase of a limited amount of marijuana, and set up a network of state-regulated dispensaries throughout the state. Most notably, it

The Magician's Altar: As Above, So Below

...continued from page 55

nied by the placing of an object can be a ritual. Just remember, whatever ritual methods and ingredients you choose, the goal is to create a shift in both your mental state as well as in your physiology that enables you to access a deeper level of awareness. This kind of ritual is best described as a "spiritual" or "awareness" ritual since it affirms we all possess the ability to communicate with the mystical realms, to express and act out our connection to Spirit. Also, remember, keep it simple and to the point. To make it work, just begin the process—construct your Magician's altar and ritual, be open and take a chance.

Remember the macrocosm and the microcosm are one. "As above, so below." Act as if you believe; you may be surprised by the results.

Geraldine Amaral is the co-author of Tarot Celebrations: Honoring the Inner Voice, publisher of Celebrating the Tarot Journal and creator of "Tarot 1-2-3," an instructional video. She conducts a series of unique and empowering Tarot classes in the Washington, DC, area, utilizing archetypal psychology and spirituality. You can contact her at 703-671-7421 or geraldinestarot@gmail.com or visit her website at www.Tarotcelebrations.com. See her ad on page 95.

would have allowed for distribution through pharmacies. There's some question as to whether pharmacies would actually take up distribution initially (pharmacies could lose their DEA license for dispensing a Schedule I substance), but there was certainly interest. The three biggest pharmacy organizations in the state, including the Maryland Board of Pharmacy, all endorsed the measure.

The bill won landslide, bi-partisan support in the Senate following an impassioned speech in support by Sen. Jamie Raskin. Unfortunately, the vote in the Senate (35-12) occurred on the next to last day of session and House leadership had already committed to a summer study. Still, the victory leaves MPP and others hopeful that another push could result in victory next year. A working group will study the issue over the summer, and a long-time obstacle to progress, House Judiciary Chair Joseph Vallario (D-Prince George), is facing a primary challenge.

Regardless of what happens in Annapolis and despite some unanswered questions, one thing is near certain: the District will have a functioning medical marijuana program by year's end. If you have an interest in what the distribution model should look like or who should qualify for medical marijuana treatment, contact your D.C. Council members and speak out. For more on how to get involved in Mary-

land, D.C., or elsewhere, go to www.mpp.org.

Editor's Note:

On May 4th, the D.C. City Council voted unanimously to approve a measure allowing marijuana to be used as a medical treatment for qualified patients. Under the District's law, physicians will be able to give patients suffering from HIV/AIDS, cancer, multiple sclerosis, glaucoma, and other serious conditions, a medical marijuana recommendation. A limited number of dispensaries within the District will be set up to allow for safe access to the medicine. The District of Columbia joins 14 states who already allow qualified patients the use of medical marijuana, including California, Colorado, Oregon, Michigan, New Jersey and Rhode Island.

Dan Riffle is a legislative analyst with the Marijuana Policy Project, the nation's largest marijuana policy reform organization. He can be contacted at driffle@mpp.org.

Waiting to Inhale, a powerful, unbiased, award-winning documentary on the topic of marijuana, medicine and the law is available at waitingtoinhale.org.

Cam MacQueen is the creator and managing editor of the Cultivating Compassion column and can be reached at worldisvegan.com.

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Stephen Rosen has been providing psychotherapy and coaching for over twenty years. He has extensive training in many modalities including psychodynamic, cognitive, family systems as well as contemplative and mindfulness-based approaches.

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— C. G. Jung



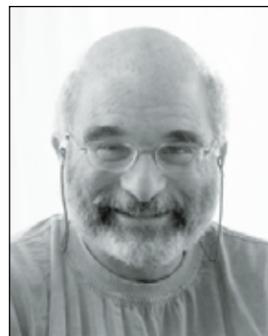
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The Trouble With Love

by Mike Brenner



Mike

When we gaze upon a nursing newborn, we see who we were when we came into this world: a natural conduit for love, which flows from us and to us, powerful and deep. Love is our very essence. It is also one way of assuring our survival, binding our caregivers to us with irresistible force, in the reciprocal commitment known to all mammals.

But when we take a look at the unnatural circumstances we endure when we are born into this culture, we see the terrible gauntlet we run: overly long separations from one's mother that causes nervous system disorganization, medical procedures amounting to torture, harsh experiences in light and sound, and much more. These shocks activate

a different means of assuring survival, one that developed before mammals evolved: instinctual responses to whatever is perceived as a threat to life, which in the infant appear as terror, inchoate rage, and freezing.

When such states of high arousal occur early in life, at the very time when the power of our love is still unrestrained, neural circuits that ought to have nothing to do with one another get interconnected. Two distinct processes, each meant to insure our survival, get linked, so that the deepest experience of love becomes associated with terrible pain and fear.

Of course, all sorts of things happen as we grow up that produce other obstacles to our being able to love freely. However, when the early linkage just described has taken place, it becomes the deepest and most insidious source of our trouble with love. The result is that the more fully we, as adults, open our hearts in love to another, the more we tend to feel at risk for activating unbearable terror. This process goes on below consciousness, where it silently contributes to all manner of trouble in our love relationships. Fortunately, the nervous system has enough inherent plasticity that the relearning needed to restore the capacity for love to its fullness can be achieved when skillful and compassionate guidance is found.

As people sit with me in my space in Takoma Park, in search of release from the patterns that plague our lives, these are the sorts of depths we explore. To learn something of how I assist people, you can visit my web site, alive-with-intention.com, or write, mikebrenner42@comcast.net, or call, 410-833-6331.

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MIND • BODY • SPIRIT

Dissolving Shame

...continued from page 13

she had internalized, which she needed to confront and then modify.

Our bodies are wonderful barometers also indicating the presence of shame. These symptoms can consist of muscle or back pain (because with shame we hold ourselves in a stiff manner, straining our bodies), sleep issues (either the desire to sleep too much to escape, or not being able to sleep), and addictive behaviors (i.e., a craving for drugs, alcohol, sugar, to stuff the shameful feelings). When we experience shame our bodies set off alarms, notifying us that we need to pay attention and ask ourselves what is happening.

Emotional clues alerting us to the presence of shame consist of an increased amount of negativity. As I have discussed in previous articles, self-doubt, fear and longing almost always follow feelings of shame. Beyond these, we experience anger that seems out of proportion. Since anger is often a cover for shame, and is infused with a great amount of energy and intensity, it is a clue that tends to surface first. Some find it easier to show anger than being vulnerable by admitting more subtle feel-

ings, such as fear, doubt or loneliness. Anger is often projected onto others when we are really angry at ourselves. For example, if I am angry at my inability to accomplish a task, I will more easily experience anger at others for "being lazy." If I have an angry outburst it could be because I am feeling hurt or scared, and anger just feels safer to express. As Benjamin Franklin said in *Poor Richard's Almanac*, "Take it from Richard, poor and lame, what's begun in anger ends in shame." Shame and anger create a never-ending spiral.

Other emotions coming from shame can be sadness, hopelessness, depression, anxiety, obsessing (about a person or situation), jealousy, and self-pity. Judgmental thinking also begins to take over. We compare ourselves to others and often end up feeling "less-than." When any of these emotional clues are present we tend to isolate, both from our inner selves and from others.

The presence of shame also tends to cause disassociation or psychic numbing. We "go away" from the present moment in order to escape the painful feelings. Disassociation is not inher-

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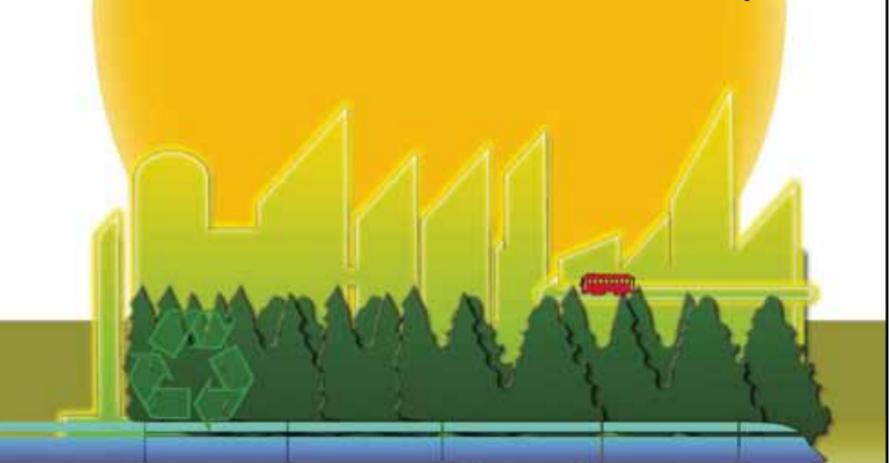


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To live life to its fullest, we need to be present in the moment. However if we are shame-based, it is hard to stay present because we fear being found defective.

ently bad, as it's great to be able to dissociate when we are sitting in the dentist's chair. On the other hand when we are newly in love, or involved in a creative/spiritual pursuit, it certainly helps to be emotionally present. To live life to its fullest, we need to be present in the moment. However if we are shame-based, it is hard to stay present because we fear being found defective.

We try to compensate for feeling defective by racing around, being intense or trying to control. It's soothing to imagine we can control an outcome, for it helps us feel powerful, important and safe. Control is *always* a fantasy, but fantasy is seductive. When we engage in control, we are compensating for our inner shame or other insecurities by feeling superior in order to boost our floundering ego.

The need to accommodate is the "flip side of the same coin," and can also come from feelings of shame. When we have low self-esteem, when we feel "less-than," we give up on what we want/need/feel, in order to please the other, and hopefully receive an emotional reward by being accepted or receiving affection, or the promise of never being abandoned. When we accommodate we are quick to go along with someone else's opinions, needs and desires, stuffing our own so we will not displease and/or create conflict. Chameleon-like individuals change their colors depending on what they think the other person expects of them. This is the classic description of the "codependent." (Of course, codependent, controller, dominator, etc., can all become negative labels having

shame-based connotations. As Melody Beattie says in her new book, *The New Codependence*, "There's more stigma attached to identifying as a codependent than to saying we're an addict. We don't need to be embarrassed or ashamed of any problem we have.")

As we can see, shame is very inhibiting and destructive. In addition when we have the tendency to feel shame, it is easy to experience shame about things over which we have no control. For example, if something is truly wrong with us, such as being emotionally or physically ill, we will have the tendency to shame ourselves for it. We internalize shame by labeling ourselves. The thinking goes something like this: "I feel shame because I am anxious; therefore I am an anxious person." We become the anxiety. We see our lives through the lens of anxiety and perceive that others see us through that same lens. The self-induced label becomes a shorthand way of defining who we are, and in turn, magnifies the shame.

In this country we are accustomed to labels and most often use them when we want to pigeon-hole someone into a negative category. We label people ethnically, politically, economically, professionally, and on and on. For example, if I am a Democrat and refer to someone as a Republican and say with emphasis, "He's a Republican!" I am probably not doing so in a positive light. In fact I would be judging, shaming and labeling.

We may be prone to shaming, and in turn labeling ourselves because of our childhoods, but we will be even more apt to engage in this behavior because our culture supports and encourages labeling behavior. In my business I see many depressed or anxious people. We can medically treat depression and anxiety, but we cannot medically treat the shame and the subsequent labels. This requires psychological transformation. (As an aside, people often refuse to take appropriate medication for these illnesses because they feel so much shame when they need to.)

I remember Jerry who came into therapy feeling very depressed and anxious, and had labeled himself as a "failure" in his work and marriage. He had suffered from these emotional illnesses for a long time and had internalized the message that he was a depressed person, and because of this he saw himself as an unlikable failure. He couldn't imagine getting better. Despite the use of medication, which alleviated many of the physical symptoms (i.e., he slept and ate better, and could more easily connect to others), he still maintained he was a failure and was sure others saw him as such. He embodied "failure" as his identity, and in his eyes he would never be good enough. Interestingly, labeling himself a "failure" gave him an excuse not to try, or take responsibility for anything he attempted. He felt, and thus became, powerless.

Looking at the big picture, Jerry's shame had turned into depression (which it often does), and then into the negative label of "failure." As a thera-

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Tarot Wisdom with Geraldine Amaral



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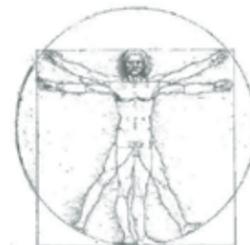
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Dissolving Shame

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pist I dislike labels (which is why I even detest diagnosing individuals as required by insurance companies). Labels tend to stick—both internally and externally. According to Wikipedia, "It has been argued that *labeling* is necessary for communication. However, the use of the term *labeling* is often intended to highlight the fact that the *label* is a description applied from the outside, rather than something intrinsic to the labeled thing." Labeling is convenient, and can be an apt, short-hand description of an issue. However (to state the obvious) there is so much more to any individual than a label. For example, someone can be labeled as depressed, but depression carries with it many differing symptoms, causes, histories, and circumstances. So when someone latches onto a label as self-descriptive and all-encompassing, it is emotionally damaging, and not the least bit helpful.

A label—no matter if positive or negative—is only one piece of our personal pie. For example, if you are anxious or have an addiction, that is only one segment of your many attributes. An ill person might also be an excellent wife, mother, professional, sister, gardener,

and a compassionate volunteer. Yet, when shame-filled people are asked to describe who they are, the fact that they are an "addict," or have a disease tends to come up first in their self-descriptive thinking (even if they do not articulate this fact). The fact that they have many positive attributes does not enter the picture.

* * *

So, how do we move away from shame and any subsequent labeling into a positive sense of Self? (Note: I use "Self," with a capital "S," to indicate the mature, independent, individuated, autonomous person that we have the potential to become.) First and foremost, we must have curiosity to pursue the path to our authentic Selves. We will need to give ourselves permission to let go of the assumptions we have held about ourselves in order to pursue our personal truth. It is helpful to remind ourselves that our parents were not right about everything. It is okay to redefine and reclaim ourselves in ways that resonate with us. This requires some dedication and self-discipline toward self-discovery and the ability to make life an expression of who we truly are.

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Play is also essential. So many adults forget how to play. Any sport can be playful if we allow it to be, but we can also engage children and join them in flying a kite, running on the beach, swinging.... I could go on and on. Balance between our adult selves and our inner child is crucial.

Still, some say “why bother?” We bother because having a realistic, positive relationship with the Self makes life richer, more meaningful, healthier and ironically less lonely. Discovering and knowing our Self creates a strong, secure anchor-point. Remember that tall blow-up toy, usually a clown, that had sand in the bottom and when it was knocked down it popped right back up? Self-awareness is like that sand. With it we will not be so easily knocked off center. Without it we feel vulnerable to losing our cores Selves. If you saw the movie, “Invictus” (which I highly recommend), you experienced a perfect example of this. Nelson Mandela never lost his center, his faith in himself, who he was, and his belief in humanity. Self-knowledge gives us roots, a foundation upon which to make choices and build our lives. Once we have built a part of this inner foundation, no one can take it away—no matter what happens.

Self-awareness is the key to dissolving debilitating shame and ridding ourselves of the subsequent labeling. There are two types of self-awarenesses. The first is *internal* and requires the ability to go deep inside ourselves and observe what makes us tick. Through meditation or other means, we can discover (or re-discover) our true essence—our authentic *inner Self*. The second form of self-awareness is *external* and requires the ability to stand outside ourselves and self-observe. How are we, and our actions, being perceived by others? Are these observed traits true to who we really are? Are we projecting our authentic Selves?

We need to work on both forms of self-awarenesses, and do so without any preconceived notion of what we will find and/or judgment of what we do find. However, the process of developing both forms of self-awarenesses can be supported in many ways. Although it is possible to accomplish this by ourselves, it may require seeking support from individuals and/or groups who can mirror back our positive attributes.

There are some practical, daily measures we can take to continue the process of developing self-awareness. First, it is important to engage in some introspective/spiritual activities, such as meditation, dream-work, journaling, yoga, chi gong, or tai chi. These actions help center us and give us the quiet space to reflect on our inner selves.

I also believe it is vital to bring a creative endeavor into your life. I use the word “creative” to mean the act of bringing something new into existence. It could be a garden, planning an excursion, cooking a new meal, taking up a hobby, pursuing any of the arts, or developing a new business. As I said earlier, I truly believe that my creativity saved me.

Relationships are vitally important. For with *healthy* relationships we have good self-mirrors, that is, people who are able to mirror back to us our true essence. These close and intimate relationships can include healthy family members (and when our family is not emotionally healthy, we can find “families-of-choice”), life partners, and friends. However, it is also helpful to find supportive communities to help us grow. This could be a church, a 12-step program, or a support group of any kind. If we become stuck, it may be necessary to find a therapist. It certainly helped me when I needed to sort out some of my family issues.

Play is also essential. So many adults forget how to play. Any sport can be playful if we allow it to be, but we can also engage children and join them in flying a kite, running on the beach, swinging.... I could go on and on. Balance between our adult selves and our inner child is crucial.

Intellectually stimulating activities can be helpful, if geared toward self-discovery. We can listen to enlightened speakers, and/or read books (or perhaps join a book club) that inspire us to think more deeply. When we do this it is essential to filter out what resonates with us and what does not.

Positive self-talk is vitally important, for if we are going to dissolve shame, we must transform any negative “I-statements” into positive ones. This is initially hard because it requires a lot of self-awareness and the ability to transform any internal, negative messages into nurturing ones. *We need to speak to ourselves as though we were our own best friend.*

As we know, the process of self-discovery is never perfect, never complete, for it is an ongoing process, and one that cannot be pushed. Self-relating is dynamic, non-static, and ever

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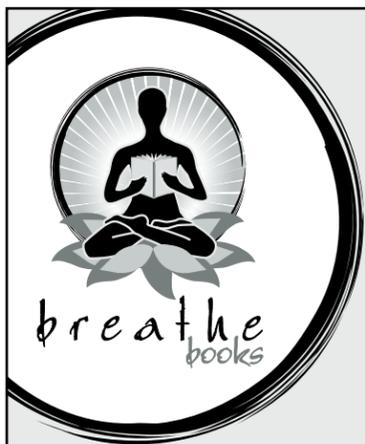
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Dissolving Shame

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evolving. There is no end point, and no final destination, for as we age, mature, and our life circumstances change, we need to be constantly on the search for the newly emerging parts of ourselves. As we mature, who we are changes, although there are always some similarities. For example, I was very creative at age 20 and still am. However, as I became a wife, mother, therapist, grandmother and as I age, I see myself in a different light. As I age my traits, values, priorities, needs, etc., are either different or have been expanded. In response, the choices I now make are different. (I actually find this an exciting part of life and think that if I ever stop the process of self-discovery, I might as well be dead.)

We have a choice. We are like flowers. We either both grow and blossom, or we wither and die. But unlike flowers we can choose—on an emotional and spiritual level—whether to flourish or wilt. We do not have a choice to evolve or not evolve. The only choice we have is *how* we evolve. We have a choice to live with our shame and self-judgment, or to dissolve it.

Elizabeth Lesser, the co-founder of

Omega Institute, quoted the philosopher William James in her book *Broken Open* as saying there are two kinds of people, "the Once-Born and the Twice-Born." "Once-Born people do not stray from the familiar territory of who they think they are and what they think is expected of them." "A Twice-born person pays attention when the soul pokes its head through the clouds of a half-lived life." She also quoted Bernie Siegel as saying, "Life is a labor pain: we are here to give birth to ourselves." I believe that to live a fulfilling, mature life, *we must be reborn unto ourselves.*

Carol Kurtz Walsh is a psychotherapist, writer and artist in private practice in Bethesda, MD. She is the author of Break Through: Coping Skills for Chaotic Times. To contact her call 301-656-6420 or e-mail her at Carol@ckwalsh.com.

To order her book, see her new artwork and find past articles, check her website www.ckwalsh.com. See her ad on page 75.

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COMMUNITY FORUM

Health Reform, Prevention and Health Promotion: Milestone Moment on a Long Journey

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promotion practices, the public health system, and integrative health care in the United States." Furthermore, it is tasked to "consider and propose evidence-based models, policies, and innovative approaches for the promotion of transformative models of prevention, integrative health, and public health on individual and community levels across the United States."

Together, this council and advisory board could and should serve as a critical pivot point for operationalizing the paradigm shift we seek. Will they live up to their transformative potential? Nobody knows. Could they? Absolutely. Needless to say, organizational structures, flow charts, and legislative language have their limits. They mean little unless the structures and slots they create are filled with pragmatic visionaries able to reach a bold, wide-ranging, evidence-based consensus on needed action steps. But even that consensus will not be enough; after all, the general outlines of a national wellness and health promotion strategy have been known for years by experts in the field.

What has been missing is a lasting,

coordinated commitment by governmental and non-governmental organizations across the board to apply this knowledge with the all-hands-on-deck urgency it merits, on a scale never before seen, through sustained community organizing programs on a nationwide basis. This is achievable, but no one expects it to be easy. Hopefully, we have now reached a tipping point where such long-needed action may come to fruition. The new reform law's substantial expansion of the existing nationwide network of federally funded community health centers (which enjoy broad bipartisan support) provides one excellent mechanism for the delivery of prevention, health promotion, and integrative care services.

Carrots and Sticks

A successful national prevention and health promotion strategy will require both carrots and sticks. It must include massive and ongoing public education and public relations campaigns promoting a healthy lifestyle. More deeply incorporating evidence-based health messages into the curriculum of the nation's schools (pos-

sibly including 'healthy cooking' and 'healthy eating' classes) should be an important part of this outreach. But we also need reasonable yet strict limits on the power of those who sell illness-inducing products. Enforcing such limits on purveyors of harmful beverages and foods may prove to be among the most challenging pieces of the puzzle. For example, should there be significantly increased taxes on sodas and other processed food products heavily laden with refined carbohydrates, salt, and fat, similar to taxes on tobacco? Should there be firm limits or bans on advertising junk food to children or to the population at large? America has for the most part refrained from taking such steps as its health crisis has metastasized.

Tobacco policy provides a clear precedent. Should we add disease and obesity-producing foods to the list? If so, where do we draw the lines? These and many other questions will test the mettle and creativity of those charged to develop and implement more effective health-affirming policies.

Peril and Possibility Revisited

For those of us in the United States, it is crucial that we not allow our disappointment with the imperfections

continued on page 100

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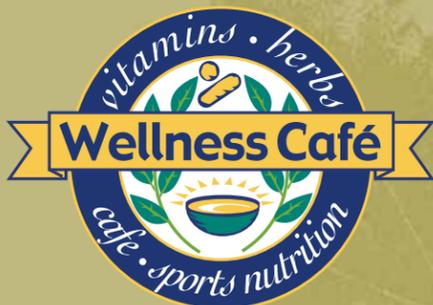
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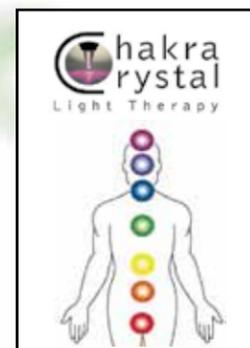
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COMMUNITY FORUM

Health Reform, Prevention and Health Promotion: Milestone Moment on a Long Journey

...continued from page 99

of the health reform law (such as falling short of full universality, failure to sufficiently rein in the pharmaceutical industry and excessive reliance on for-profit insurance companies) to blind us to its significant strengths, particularly in the arenas of prevention, health promotion and integrative care.

We stand at a potentially transformative moment when the nation's attention to health issues has reached a high pitch, one that is likely to continue as the various working parts of the new law go live over the next several years. Through its recognition of the scale of the perils we face, its emphasis on the fundamental role of prevention and health promotion, and its willingness to pursue new answers through a wide array of studies and projects (for which it allots significant funds), the Patient Protection and Affordable Care Act seeks to open doors that have previously been closed. It asks us all to imagine the possibilities.

Integrative health practitioners (whose rights the new law expands with a hard-won provider nondiscrim-

ination clause, Section 2706) can thrive in this milieu. Thinking holistically is at the core of our being. We embrace a worldview based on promoting balance of body and mind through natural methods of prevention and treatment. This is the common bond that unites our professions and undergirds their philosophical foundations. We know first-hand how it feels to pursue innovative solutions to vexing problems and to test them in the crucible of clinical practice and research, persistent in our quest to change not only health care but health consciousness.

We are now being called to take part in a great turning of the wheel. The task is daunting and the need is urgent. Let the new era begin.

This editorial was published in the May 2010 issue of The Journal of Alternative and Complementary Medicine. It appears here with permission from the publisher, Mary Ann Liebert, Inc.

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JUNE

-2-

6/2,9,16,23,30 **Grace Light Yoga Meditation Classes:** Awaken chakras, empower your life Now, deep rejuvenation, prepare for 2012. Wednesdays, 7:30pm, Silver Spring. Free. Designed by the Teacher who gave Wayne Dyer the Ah Meditation. *Time Magazine* featured: The YouTube Guru. <http://Yoga.GraceLightDC.org/>; <http://TheGraceLight.com/>; <http://youtube.com/TheGraceLight/>; <http://bit.ly/GraceLightYouTubes>

-4-

The Twelve Tones Shamanic Sounds and Color concert. Seekers Church, Takoma Park, MD, 7:30pm-9:30pm. Suggested Donation: \$15. Join us as Daniel Stone, Founder of the Centre of the Conscious Dream channels sound using his voice, drum, flutes, bells, and percussion while twelve paintings representing twelve directions are presented. For more information visit: www.themonarcheffect.org/twelve-tones/.

6/4-5 **Dreams: Connecting to Soul and Source at Soul Source.** Friday, 7pm-9pm. Dream Imagery Meditation, Free. Saturday, 11am-4pm, Workshop, \$65. Seating limited, so register early at One@theSoulSource.net or 410-371-7950.

-5-

TTouch for You and Your Dog Workshop with Linda Tellington-Jones, 10am to 6pm in Silver Spring, Maryland. 1-800-854-8326, www.lindatellington-jones.com/.

6/5-7 **Path of the Conscious Dreamer workshop,** Blueberry Gardens Ashton, MD, 10am-5pm. \$225 for Sat. & Sun.; \$300 for Sat. - Mon. (Monday Optional). Register by May 16th and receive \$25 off! Join us and begin exploring the deeper questions we are being called to consider during these shifting times on Earth. Why am I here? What is my role to play in creating a positive change for our Planet? How do I begin dreaming a new dream for myself, my family and my world? For more information visit: www.themonarcheffect.org/path-of-the-conscious-dreamer/.

-6-

Free Usui Reiki I or II. 3pm-7pm. Call 703-476-4500.



-7-

6/7,14,21,28 **Interior Design 101** including Feng Shui by Judith Loomis DE-SIGNS. Classes held consecutive Monday evenings from 4:45pm-7:45pm at the Washington Design Center located at 300 D Street, SW, on the Metro Blue & Orange lines at the Federal Center SW

stop. For information & registration form, contact 703-798-9868, loomisDESIGNS1992@yahoo.com.

-8-

6/8-14 **Blue Heron Free Class Week** - a sample of the classes and series classes that Blue Heron has to offer, call for details and to reserve. Also, stay tuned for the next 200 hour Teacher Training course. Information sessions: 1/8 & 2/5, 2011. Call 301-754-3730, or visit, www.blueheronwellness.com.

-9-

Experience Meditation. 7pm-9pm. Call Reston Reiki & Self Healing Arts, 703-472-3481.

-12-

Autism Basics. 1pm-3pm at The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax, VA. www.DrJanelleLove.com. 410-544-8141.

6/12-13 **Heal Your Life, Achieve Your Dream Workshop,** 10am-6pm daily. Winchester, VA. www.achieveyourdreamsvirginia.com or call Kelly at 540-722-0020.

6/12-13 **Third Annual Food & Wine Festival** at National Harbor, Saturday 12-8pm & Sunday 12-6pm. Location: National Harbor Marina, Pier, and "Awakening" Plaza, 137 National Plaza, National Harbor, MD 20745. A top D.C. event for those who love great food, wine, beer, spirits, music and foodie fun! An opportunity to learn about the latest food and beverage trends in a beautiful, waterfront setting on the Potomac River. Taste a variety of food and beverage samples from a large array of exhibitors, watch celebrity chefs demonstrate on the Culinary Stage, attend special wine tastings, participate in culinary contests and relax in the beer garden. Enjoy a culinary weekend at the new National Harbor! Website: www.foodandwinenh.com. Contact: 443-716-2800.

continued on page 102

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SUMMER CALENDAR

JUNE

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–13–

Jazz Brunch at The Restaurant at Patowmack Farm. Enjoy our a la carte menu, take in the view and relax while the Olivera's play jazz in a setting only Mother Nature could create. Call 540-822-9017 or visit www.patowmackfarm.com.

Magnified Healing Workshop, 12pm-6pm at Zenquility, Gainesville, VA. For info on this and other events, visit www.zenquility.com or call 703-625-4730.

Sunday Supper at Patowmack Farm. A great way to end the weekday hustle. Our way of taking life in the slow lane. Enjoy comfortable food with that at-home feeling. Call 540-822-9017 or visit www.patowmackfarm.com.

The Law of Attraction and Well-Being Workshop with David Wember, MD, and Lissa Moore, Sunday, 1pm-4pm. This workshop will present 7 concepts to help create the philosophical groundwork for your well-being, while teaching you how to apply the Law of Attraction in your life. Unity of Gaithersburg, www.UnityinGaithersburg.org, or call 301-947-3626.

6/13-6/27 Restorative Yoga Course. Three-week special yoga course. Learn poses to support your body and relax the brain. \$54/three-week course or \$20 for single class. At Unity Woods Yoga's Woodley Park Studio, 2639 Connecticut Avenue, Suite C-102. Call 301-656-8992 or visit www.unitywoods.com.

–14–

6/14-15 Coming to Our Senses: Writing the Body's Wisdom. Learn to use a body-centered freewriting technique to access the creative center. 9am-4:30pm. IAS, www.ias-online.org. \$180.

–17–

Holistic Moms Network Meeting, 7pm-9pm, "Community Service Opportunities for Holistic Families." Arlington United Methodist Church, 716 S. Glebe Road, Arlington, VA. Website: <http://arlalexva.holistic-moms.org>.

6/17-20 BuddhaFest, Katzen Arts Center at American University. Most events \$9.95. The DC area's first Buddhist film festival presents a unique mix of a dozen films plus talks and meditation offering a fresh take on the principles of Buddhism. Highlights include a world-premiere film, an Academy Award-nominated documentary, talks by Tara Brach, Lama



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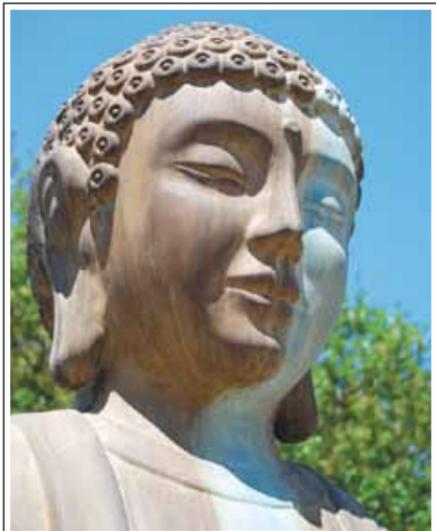
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SUMMER CALENDAR



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-18-

Journey of Souls, Free Soul Journey Meditation: Kick off for Soul Source's Summer Program Series. Seating limited, so register early at One@theSoulSource.net, or call 410-371-7950 for more information.

6/18-19 **Healing Your Life by Rewriting Your Past & Present at Soul Source.** Friday, 7pm-9pm, Soul Journey Meditation, Free. Saturday, 10am-3pm, Workshop fee \$65. Seating limited, so register early at One@theSoulSource.net or 410-371-7950.

-19-

Summer Solstice & Community Luncheon. 11-1pm. IAS, (www.ias-online.org), Donation.

-20-

Discussion: Can Yoga Save the World? Can yoga help the world to make a radical shift in consciousness? All are welcome; refreshments will be served. Sunday, 6:45pm-8:30pm. At Unity Woods Yoga Center, 4853 Cordell Avenue, PH 7, Bethesda, MD. Call 301-656-8992 or visit www.unitywoods.com.

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Jim Phillips has been a highly respected business leader and entrepreneur in the real estate industry for the better part of 30 years. His passion for inspiring others to higher levels of achievement has resulted in the presentation of numerous workshops and seminars throughout the United States and parts of Europe. Most recently his passion has been the exploration and application of spiritual law as it applies to prosperity and overall quality of life.

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For More Information Visit:

www.themonarcheffect.org

SUMMER CALENDAR

JUNE 20

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Center, in downtown Silver Spring, 8505 Fenton Street, Ste 202, above Whole Foods Market. \$12 at the door. 1pm-3pm, door opens at 12:30pm. Details at www.orionwisdom.org.

-21-

Reel and Meal at the New Deal Café - a monthly fundraiser movie-dinner series that explores vital environmental & social justice issues. The \$13.00 (optional) vegan meal starts at 6:30pm followed by the screening of "Refusing to be Enemies" beginning at 7pm. The New Deal Café, 113 Centerway, Greenbelt, MD 20770. Contact worldisvegan@aol.com for more information or visit <http://refusingtobeenemies.org/film.html>.

-22-

Learn what yoga is and experience what it can do for you in a Free "Introduction to Yoga" class. 7pm-8:45pm, at Dream Yoga Studio, McLean, VA, www.DreamYogaStudio.com, 703-448-YOGA (9642).

-25-

6/25-27 **Dynamic Energy Balancing Foundations Course**. Blueberry Gardens, Ashton, MD. Instructor Nancy Toner Weinberger. Increase and

broaden your energy work skills. All energy workers welcome. CE hours, including Ethics, for Massage Therapists. Tuition \$375. More information in our logo ad this issue. Details at www.dynamicequilibrium.com or call 919-562-1548.

-26-

BBQ Basics Cooking Class at The Restaurant at Patowmack Farm, \$60. Designed to give you the basics for preparing great barbeque. Learn preparations from different meat categories, rubs, sauces and the use of herbs and spices. Call 540-822-9017 or visit www.patowmackfarm.com.

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6/26-27 **Practicing Aquarian Group Life**. Explore the practical application of a holographic template for leadership and group life in the early years of the Aquarian cycle. 9am-4:30pm. IAS, (www.ias-online.org), \$225.

-28-

6/28-7/3 **Free Introductory Yoga**. Daily classes at Unity Woods Yoga

Centers in Bethesda, Woodley Park and Ballston. Call 301-656-8992 or visit www.unitywoods.com for details.

JULY

-5-

7/5-17 **Free yoga classes for anyone new to The Yoga Connection**, Manassas, VA! For more information, visit www.theyogaconnection.net or call 703-330-7799.

-7-

7/7,14,21 **Grace Light Yoga Meditation Classes**: Awaken chakras, empower your life Now, deep rejuvenation, prepare for 2012. Wednesdays, 7:30pm, Silver Spring. Free. Designed by the Teacher who gave Wayne Dyer the Ah Meditation. *Time Magazine* featured: The YouTube Guru. <http://Yoga.GraceLightDC.org/>; <http://TheGraceLight.com/>; <http://youtube.com/TheGraceLight/>; <http://bit.ly/GraceLightYouTubes>

7/7-11 **Leadership and Organizational Design**. Learn to apply holographic principles for organizational wellbeing. Adaptable to both non-profit and for-profit organizations. 7/7, 1pm-5:30pm; 7/8-10, 9am-5:30pm; 7/11, 9am-4pm. IAS (www.ias-online.org), \$750 for one member of an org. \$500/each additional member.

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SUMMER CALENDAR



-10-

Body as Sound. SET presents Darrell Brann, RCST®, RPP, a sound vibrational therapist and innovator. Discover how to improve your health naturally! All are welcome. \$50. 10am-6pm, Washington, DC. Call 202-758-3027 for more information and registration.

Brainwaves: How the Creative Mind Works. George Pierson, founder of Creative Mindflow, will guide you step-by-step through the creative process using revolutionary brainwave monitoring and feedback exercises that can lead to transforming creative solutions. Limited to nine participants at Creative Mindflow's spacious pent-house training facilities near Silver Spring Metro. Reserve your space: e-mail george@creative-mindflow.

com, or 301-565-5930. Free Introduction, 2pm.

Free Introduction to EFT. 3pm-6pm. Call 703-476-4500.

Relationship Survival Skills: One Day Retreat for Individuals and Couples with Wendy and Tom Hubbard. Saturday, 10am-6pm at Sevenoaks Retreat Center; www.sevenoaksretreat.org or 540-948-6544.

7/10-11 **The Way of the Shaman**, Frederick, MD area. The Basic Workshop, taught by Philip Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies (www.shamanism.org) for 24 years. Experiential training introducing the basic methods of shamanism, an ancient spiritual strategy for remarkable personal learning. The focus is on the shamanic journey, the voyage of the shaman into non-ordinary reality (the spirit worlds), aided by drumming. Shamanic divination and shamanic healing techniques will be covered. The workshop cost is \$225. For information, contact Dana at 410-820-9977 or email danacougar@goeaston.net. See his own web site at www.shamantracks.com.

-12-

7/12,19,26 **Interior Design 101** including Feng Shui by Judith Loomis DE-

SIGNS. Classes held consecutive Monday evenings from 4:45pm-7:45pm at the Washington Design Center located at 300 D Street, SW, on the Metro Blue & Orange lines at the Federal Center SW stop. For information & registration for, contact 703-798-9868, loomis-DESIGNS_1992@yahoo.com.

7/12-23 **New patients receive discounts on Great Plains Lab panel testing for autism, allergies, IBS, Chronic Fatigue.** www.DrJanelleLove.com, 410-544-8141.

-14-

Experience Meditation. 7pm-9pm. Call Reston Reiki & Self Healing Arts, 703-472-3481.

-15-

Relationship Healing. Thursday evening. www.PranicHealingDC.com or DCPranicHealing@gmail.com; call 703-437-7487 for more information.

Holistic Moms Network Meeting, 7pm-9pm. Free and children are welcome. Arlington United Methodist Church, 716 S. Glebe Road, Arlington, VA 22204 Website: <http://arlalexva.holisticmoms.org>.

7/15-18 **Free Yoga, Pilates and Meditation classes!** Takoma Park & downtown Silver Spring, Willow Street Yoga Center. Details at www.willowstreetyoga.com or 301-270-8038.

continued on page 106



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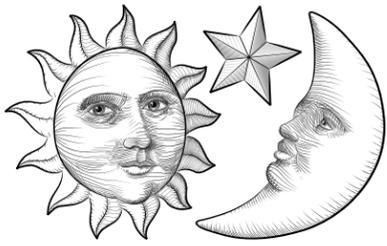
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SUMMER CALENDAR



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JULY

continued from page 105

–16–

Free-Flowing Dance at Sevenoaks. Friday, 8pm–10pm, Suggested Donation: \$20. www.sevenoaksreatreat.org or 540-948-6544.

7/16-18 **Basic DNA ThetaHealing™ Class:** Fri., 3pm–9pm; Sat.–Sun., 10am–6pm, with Theresa Smyth CHT, Master Thetahealer Practitioner & Instructor. \$500. www.joyinthetahealing.com or call 703-244-6619.

7/16-18 **God, Sex, and Core Energetics** with Kristina Kincaid and Jim Johnston. Sevenoaks Retreat Center, www.sevenoaksreatreat.org or 540-948-6544.

–17–

Meditation for Educators. A workshop for Educators on beautiful Hatteras Island, NC. Cost \$100, includes text. Contact Pam Bailey - phone: 252-305-8822; website: pambailey.biz; email: pamlicobailey@earthlink.net; blog: pambaileyhealingartist.blogspot.com.

Qigong Certification Course. Learn how to increase Qi energy and Harmonize Yin and Yang for healing and enlightenment. CE credit may be available. www.tccii.com.

7/17-18 **From Pain-Body to Pleasure Supreme: Experiencing the Full Pulsation of Life** with by Cindy Haney and John Bayerl. Sevenoaks Retreat Center, www.sevenoaksreatreat.org or 540-948-6544.

–18–

Summer Workshop: Harmonizing and Relaxing through Aromatherapy at the Pilates Plus Wellness Center in Upper Marlboro, Maryland. 3:30pm–5:30pm, cost \$40, includes all materials. Join Lorraine, a Registered Aromatherapist, in this summer workshop that focuses on true aromatherapy and how it can harmonize the mind, body, and spirit in many ways. She will focus on 5 essential oils for the summer and guide you as you make your own custom blend and spritzer. To register or for more information: www.spiritualscentsaromatherapy.com or call Lorraine at 301-785-8407; or Pilates Plus Wellness Center, 301-952-1111.

–19–

Reel and Meal at the New Deal Café: a monthly fundraiser movie-dinner series that explores vital environmental & social justice issues. The \$13.00 (optional) vegan meal starts at 6:30pm followed by the screening of "End of the Line: Imagine a World Without Fish" beginning at 7pm. The New Deal Café, 113 Centerway, Greenbelt, MD 20770. Contact worldisvegan@aol.com for more information or visit endoftheline.com.

–23–

7/23-25 **Face Reading Workshop with Rose Rosetree:** Fun Techniques for Appreciating Yourself and Others More Deeply, offered once only in 2010. Friday night through Sunday night in Sterling, VA. Tuition \$350 paid by 7/16, afterwards \$400. Info and registration: julieschroedl@msn.com, and 540-310-4896, www.rose-rosetree.com/study.htm#FaceIntensive.

–24–

"Feng Shui In A Day." Integrate Feng Shui with beautiful Interior Design in an all-day Saturday session, which includes snacks and booklet. Sessions held in Reston, Virginia & other locations (call for place). Saturday 12pm to 4pm. Contact Judith Loomis DESIGNS for information and registration form, 703-798-9868, loomisDESIGNS_1992@yahoo.com.

–25–

Usui Reiki II. 3pm–7pm. Call Reston Reiki & Self Healing Arts, 703-472-3481.

–29–

7/29-8/1 **Evergreen Yoga's 24th Annual mostly silent Yoga, Meditation, and Philosophy Retreat** near Columbia. Private rooms with baths. Call 301-320-3630 or visit moreyoga.com/evergreen.



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SUMMER CALENDAR

-30-

7/30-8/1 **Advanced DNA Thetahealing™ Class:** Fri., 3pm-9pm; Sat.-Sun., 10am-6pm, with Theresa Smyth CHT, Master Thetahealer Practitioner & Instructor. \$500. www.joyinthetahealing.com, 703-244-6619.

7/30-8/1 **This is New! This is Different!** Find out what's baffling the medical community. Discover why hospitals and universities around the world are investing time and money in an attempt to understand these unprecedented healings, and how you too can master this extraordinary work! Level I/II Seminar: Reconnective Healing with Eric Pearl. Venue: Washington DC Renaissance Hotel, 999 Ninth Street. Call 202-898-9000 for more information.

-31-

Put Healing Into the Hands of Our Children. Introducing a quantum leap forward in the teaching of our children, Reconnective Kids! is the newest program from The Reconnection®—created to teach children Reconnective Healing®! Reconnective Kids! engages children in a two hour powerful and interactive play-workshop format designed to introduce these intelligent, empowering and transformative new healing frequencies to children ages 8-14. Venue: Washington DC Renaissance Hotel, 999 Ninth Street. 202-

898-9000. Contact Holly Hawkins at: Holly@TheReconnection.com or call 760-803-4297 for more information.

7/31-8/1 **Talk, Trust, and Feel: Exploring the Pathwork Process** with Julia Jensen and Michelle Basile at Sevenoaks Retreat Center. www.sevenoaksretreat.org or 540-948-6544.

AUGUST

-2-

8/2-3 **The Reconnection** brings in "new" axiatonal lines that reconnect us on a more powerful and evolved level than ever before. This course will teach you how to bring in and activate these new lines, allowing for the exchange—beyond energy—of light and information, the reconnection of DNA strands and the reintegration of "strings." Level III Seminar: The Reconnection taught by The Reconnection Teaching Team. Venue: Washington DC Renaissance Hotel, 999 Ninth Street. Call 202-898-9000 for more information.

-4-

8/4,11,18,25 **Grace Light Yoga Meditation Classes:** Awaken chakras, empower your life Now, deep rejuvenation, prepare for 2012. Wednesdays, 7:30pm, Silver Spring. Free. Designed by the Teacher who gave Wayne Dyer the Ah Meditation. *Time Magazine*

featured: The YouTube Guru. <http://Yoga.GraceLightDC.org/>; <http://TheGraceLight.com/>; <http://youtube.com/TheGraceLight/>; <http://bit.ly/GraceLightYouTubes>

-7-

Tuning Fork Therapy: Level One. Learn to facilitate health and chakra balance. Fun workshop. Limited class size. CEU's available. \$150. 10am-6pm, Washington, DC location. Call 202-758-3027 for more information and registration.

-9-

8/9,16,23,30 **Interior Design 101** including Feng Shui by Judith Loomis DESIGNS. Classes held consecutive Monday evenings from 4:45pm-7:45pm at the Washington Design Center located at 300 D Street, SW, on the Metro Blue & Orange lines at the Federal Center SW stop. For information & registration for, contact 703-798-9868, loomisDESIGNS_1992@yahoo.com.

-14-

Introduction to Tuning Fork Therapy: Level One. Learn to facilitate health and chakra balance. Fun workshop. Call for pre-registration. CEU's available. \$150. 10am-6pm, Berkeley Springs, WV location. Call 202-758-3027 for more information and registration.

continued on page 108

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SUMMER CALENDAR

August 14 continued from page 107

8/14-15 **Basic Pranic Healing Level One Workshop.** 16 CEUs for Massage Therapists; 15 CEUs for Social Workers. www.PranicHealingDC.com or DCPranicHealing@gmail.com, call 703-437-7487 for more information.

8/14-15 **Embracing What IS: Opening to What's Possible** with John Bay-erl and Cindy Haney at Sevenoaks Retreat Center. www.sevenoaksretreat.org or 540-948-6544.

-15-
Body as Sound: Innovative Harmonics of Vibrational Healing. Berkeley Springs, WV, \$150. 10am-5pm. Call 202-758-3027 for more information and registration.

-16-
Reel and Meal at the New Deal Café - a monthly fundraiser movie-dinner series that explores vital environmental & social justice issues. The \$13.00 (optional) vegan meal starts at 6:30pm followed by the screening of "The Vaccine Nation" beginning at 7pm. The New Deal Café, 113 Centerway, Greenbelt, MD 20770. Contact [world-isvegan@aol.com](mailto:isvegan@aol.com) for more information or visit www.vaccination.net.

-19-
Holistic Moms Network Chapter Meeting, 7pm-9pm. Free and children are welcome. Arlington United Methodist Church, 716 S. Glebe Road, Arlington, VA 22204. Website: <http://arlanlexva.holisticmoms.org>.

-29-
Meditation for Holistic Healing. 3pm-6pm. Call Reston Reiki & Self Healing Arts, 703-472-3481.

ONGOING

Angelicscarrylight.com is a multi-dimensional teaching, healing & mediation spiritual group that meets bi-weekly on Sunday evenings in Gaithersburg. Visit the Angelic Temple section on the website.

Community Yoga Class At Unity Woods Yoga Center, June-August, 4853 Cordell Avenue, Bethesda, MD. Fridays, 6pm-7pm, \$5. All are welcome! (No class week of June 28-July 4.) Call 301-656-8992 or visit www.unitywoods.com.

Family Constellation Evening Happens Monthly at the Oneness Place in Silver Spring. Here's your chance to gain insight into profound unconscious blocks that get passed down from our families and ancestors. It is

like spiritual psychodrama. This neo-shamanic approach allows for insights you can't get to by traditional therapy. Randy Goldberg does this work with groups and individuals. Randy is a former Yoga monk, a Craniosacral therapist, a world famous astrologer interviewed by *The Washington Post* and by CNN. Check website for this month's date, www.randygoldberg.org.

Glen Echo Tai Chi Corrections Classes are held Sundays at 9am and drop-in students are welcome who are familiar with the Cheng Man-Ch'ing form. www.glenechopark.org.

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Calendar continued on page 89



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day evenings at The Somerset Town Hall near Friendship Heights; and Sunday classes at CityDance at Strathmore in North Bethesda. For more information on these or workplace classes, please call 301-562-0992.

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Dare to dream to be all that you are!! Come to Dream Yoga Studio—an independently owned affiliate of Kripalu Center for Yoga & Health—to be happier, healthier and feel more fully alive!

We're a friendly, full-service studio offering you a safe comfortable space, caring/professional instructors, and a true yoga community. Our group/private yoga classes are geared for students of all ability levels and needs—from Gentle & Therapeutic Yoga to Vigorous Vinyasa Flow. Instructors

emphasize the mechanics of safe yoga postures & breathing techniques... while encouraging inner focus, feeling & mind-body awareness... leading to transformation. Dream also has Yoga for Children, Meditation/Mindfulness-Based Stress Reduction, Partner Yoga, the life-enhancing Five Tibetans, Yoga Parties, Studio Space Rental. Plus Therapeutic & Thai Yoga Massage, Acupuncture, Reflexology, Reiki & other Healing Arts Services.

Our Summer Session starts July 5th. Join us for a Free "Intro to Yoga" class

on Tues., July 29th, & our "Deep Practice" classes monthly on Sundays. Ask about our Free "Lunch & Learn Yoga" sessions brought to your organization!

Coming in January 2011: 200-Hour Kripalu-Pranakriya Teacher Training Near Tysons Corner, Beltway 495 & GW Parkway
1485 Chain Bridge Rd., Suite 104
McLean, VA 22101
www.DreamYogaStudio.com
703-448-YOGA (9642)

Dynamic Energy Balancing



Dynamic Energy Balancing is a theory, an understanding, a metaphysical philosophy, a way of integrating your past, becoming more of who you truly are, a context for working with others. It is about the human energy field, the chakras, and their influence on our physical, emotional, mental, and spiritual well-being.

Please join me at Blueberry Gardens, Ashton, MD, June 25-27, for the Dynamic Energy Balancing Foundations Course. This course is for individuals that can sense the energy field, already know how to do at least some energy work, and want to broaden their skills and knowledge. The theory is the original work of Instructor

Nancy Toner Weinberger, an energy worker and breathworker since 1980. Massage therapists receive CE hours, including Ethics. Tuition \$375.

See www.DynamicEquilibrium.com for class topics, instructor bio, and registration. Or call 919-562-1548 to request a brochure.

energy-balance LLC

Balancing energy
to bring joy, health and vitality
into your life.

Explore energy techniques, based on Donna Eden's work "Energy Medicine" to optimize your joy and vitality. Eden's "Energy Medicine" provides techniques to balance the body's energy systems. Workshop participants will learn and practice a variety of exercises and techniques to balance their chakras, meridians, radiant circuits, as well as their other energy systems. Workshops are held in convenient Northern Virginia locations.

Join us at one of the following workshops:

- Wednesday, June 9th: Optimize Your Joy and Vitality—The Daily Energy Routine
- Saturday, June 26th: How Does the Food You Eat Affect Your Energies?
- Wednesday, July 7th: Bring Up the Joy
- Saturday, July 24th: Optimize Your Joy and Vitality—The Daily Energy Routine
- Wednesday, August 11th: Chakras

- Saturday, August 28th: Five Rhythms
- Saturday classes will be held 10:30 a.m. to 12:30 p.m. and weeknight classes 7 p.m. to 9 p.m. in Herndon, VA or other Northern VA locations. Cost is \$55.

For more information on the workshops listed above and new workshops as they are added, call 703-439-1895, email info@energy-balance.net, or check the website www.energy-balance.net.

Classes & Learning Centers



The Spirit of Space

Feng Shui
Consultant's Training
September 16, 17,
18, & 19

Evolve your life using ancient wisdom based on the 6,000 year old Asian practice of Feng Shui. Course includes easy, straightforward software, a professional compass, reference books and forms to make Traditional, Classical Feng Shui easy to grasp.

4 systems of Feng Shui are covered, as well as Chinese Astrology to increase deep understanding of yourself and others. Support yourself, friends & family, and clients in harmonizing and enriching their lives for greater health, happiness and prosperity. And,

create healing environments.
Hope Karan Gerecht, author of *Healing Design; Practical Feng Shui for Healthy and Gracious Living*, and a Feng Shui consultant for 22 years.
410-486-6086
lifeworks@earthlink.net

TAICHI
GLEN ECHO PARK



An ancient Chinese exercise for health and relaxation, T'ai Chi is a series of quiet, slow movements, which cultivate the spirit and nurture the body. Glen Echo T'ai Chi offers instruction in the Yang Style Short Form as developed by Cheng Man-Ch'ing. Instructors Len and Ellen Kennedy have between them over 50 years experience in T'ai Chi and have been teaching at Glen Echo for 20 years.

They both studied with and have received permission to teach T'ai Chi from Robert Smith, Professor Cheng's first Western student. Additionally, they have studied with Benjamin Lo, Professor Cheng's senior student, and continue their study with Lenzie Williams, senior student of Mr. Lo.

Two New Beginners classes for Fall 2010 will start Sunday, September 19 at 11:00 a.m. and Saturday, September

25 at 8:00 a.m. Cost for either beginner class is \$140 + registration fee, for 12 sessions; each class is one hour in length. Corrections Classes are held Sundays at 9:00 a.m. and drop-in students are welcome who are familiar with the Cheng Man-Ch'ing form.

For information, email emearsken@aol.com, or www.glenechopark.org.



Institute for the Advancement of Service

The Institute for the Advancement of Service (IAS) is an educational and spiritual organization offering classes and trainings in soul development, service, leadership, and organizational design.

The foundation of IAS teachings and practices derives from *The Soul and Service Trilogy of Born to Serve: The Evolution of the Soul through Service*,

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

For more information about classes, ordering books or joining the mailing list, visit www.ias-online.org, call **703-706-5333** or email to btsias@aol.com.

Location: 111 South Columbus Street, Alexandria, VA 22314
Mailing Address: PO Box 320245, Alexandria, VA 22320-4245



The Jung Society of Washington presents lectures, workshops, classes, and other programs of interest to the general public and to students of the depth analytical and archetypal psychology of Carl Gustav Jung. Additionally, the Jung Society maintains a lending library of books and tapes

available to its members. Membership is open to all.

Guest speakers this fall include Suzanne and George Wagner at the Embassy of Switzerland, Janice Quinn, and Bonnie Damron. Spring and fall newsletters by US Post are free upon request. E-newsletters are most cur-

rent, fully informative, and free to all who join our listserv at www.jung.org.

We are located in the educational building of the Palisades Community Church, 5200 Cathedral Ave, N.W., Washington, DC 20016; telephone: **202-237-8109**. Please visit our website and join our listserv.



New Future Society Healing & Yoga Center

New Future Society offers Yoga and Meditation Classes, Certified Yoga Teacher Training, Profound Healing Sessions & Treatments, Philosophy Classes (Bhagavad Gita, Sri Aurobindo, Sri Premananda Deva, Lakshmi Devi, Ramana Maharshi, more. . .) and Monthly Events designed to Uplift, Heal and Inspire.

This scientific way of life will still your mind, improve your health and invite more joy into your life. Our dynamic techniques, passed down to Savitri Bach by her teachers Sri Premananda Deva and Lakshmi Devi, are equally life enhancing and transforming for all.

"Bring Joy to your Life." Join us on

the 1st Sunday of the month for Day of the Goddess or every other week for Meditation. New Future Society is located in Rockville, MD.

For more information and to register please call: **301-460-1417**, E-mail: Savitri@newfuturesocietycenter.com
Please visit our new website: www.newfuturesocietycenter.com

Qi Elements



Located near the Dulles Toll Road and Fairfax County Parkway in Herndon, Virginia, Qi Elements offers classes in traditional Yang-style Taijiquan (Tai Chi Chuan) and Qigong (Chi Kung). Qi Elements features small classes and an in depth mind, body, and spirit approach to training.

We offer formal programs of study in martial Taijiquan including applications and weapons, Taiji Qigong, and Qigong.

Director Roger Blough has studied Taiji with Masters Yang Zhendou and Yang Jun; and Qigong and martial applications of Taiji with Dr. Yang

Jwing Ming. Dr. Yang has certified Sifu Blough as an assistant instructor of YMAA Qigong. Classes held weekdays, evenings, and weekends. Private instruction is available.

703-435-4400
Email to: qielements@verizon.net
www.qielements.com

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Classes & Learning Centers



Quiet the mind
Strengthen the body
Open the heart

Olney Yoga & Wellness offers a variety of levels and styles of Yoga seven days a week. Offering:

- Daily Yoga Classes
- Drop-ins, Workshops & Series
- Tantric Qi Gong classes
- Pilates Classes
- Private & Group instruction in all areas
- Meditation and breath work
- All levels, Beginner to Advanced
- Gift Certificates Available

We provide a friendly, welcoming and safe space and highly trained instructors to guide you in your Yoga journey on and off the mat. We also offer ongoing classes in Tantric Qi Gong and Pilates.

Most of our classes are drop-in and mixed levels so you can begin at any time. We also offer series classes, which would provide a more structured progression of practice.

All classes which indicate Level one welcome beginners, and our teachers are adept at providing modifications as necessary to those new to yoga or returning after a long absence. Gentle classes, while providing plenty of warm up for safety and moving at a slower pace, are suitable for all levels and many more advanced students welcome a more laid back and meditative experience. Classes labeled 1-2 and above would provide appropriate, safe challenge and a full

workout.

Upcoming Workshops:
6/12—Yoga & Ayurveda
Coming in July: Tantric Qi Gong workshop

Upcoming Series:
6/1—Sunrise Yoga
Kripalu Yoga Stage 2—Beyond the Basics

Yoga for Men
Pre-Natal Yoga
Tantric Qi Gong Level 1-5
Beginners Yoga Fundamentals
Located in Olney Antique Village near Roots Market.
16650 Georgia Ave, Olney, MD
301-774-1961
www.olneyyoga.com



THE REIKI
CENTER
OF GREATER
WASHINGTON

The Reiki Center of Greater Washington in Rockville, Maryland, has been serving the area since 1999 with Public Events, Sessions and Classes. We welcome all who wish to join our community of "Reiki People" who seek to add the energy of Reiki to their daily lives.

Crystal Classes—Classes covering the metaphysical and energy healing properties of rocks and minerals.
Crystal Journeying I: 6/5/10.

Healing Sessions—Offered by appointment from 10am-7pm at our Rockville, Maryland center or your location within 30 miles or telephonically worldwide.

Integrated Energy Therapy®
Classes: Basic: 7/24/10; Intermediate: 7/25/10; Advanced, 7/26/10; IET for

Pets: TBD—CALL; Healing Angels of the Energy Field: 7/22-7/23/10.

Karuna Reiki®: Classes for Reiki Masters to augment their skills:
8/14-8/16/10

Lightarian Reiki™, Rays™ or AngelLinks™ Sessions and attunements: By appointment at our center or via telephone.

Reiki Shares—Allow newcomers OR practitioners to receive and experience sessions with one another. Held monthly. Call before attending.

Reiki Student Clinics—Allow the public to receive sessions from RCGW Reiki Students. Held one weekend day and one evening per month. Call before attending.

Sekhem-Seichim-Reiki (SSR)
Classes—Workshops that combine

Reiki with the healing energies of the Great Pyramid in Egypt. Levels I-II: 6/26-6/27/10, 9/25-9/26/10; Master: Facets I-VII: 10/30-11/1/10 in Loveland, CO.

Usui Reiki Classes—Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States:
Level I: 7/31-8/1/10, 8/21-8/22/10; Level II: 6/12-6/13/10, 8/21-8/22/10, 9/11-9/12/10; Level III: 6/19-6/22/10 in Rockville, MD, and 10/15-10/19/10 in Harrisonburg, VA.

For more information, please email dgleekel@reikicenter.info or visit www.reikicenter.info or call **1-866-59-REIKI** or **301-963-0787**.



Reston Reiki and Self Healing Arts

Reston Reiki and Self Healing Arts shares healing modalities via treatment and/or instruction that embraces the spirit/mind/body connection supporting the individual's momentum to heal on all levels.

Healing sessions and individual classes in all Reiki levels: Sekhem-Seichim, Violet Flame, Mariel, Karuna, White Dove, Sacred Flame, Lightarian Energy System, IET, Theta Healing, All Love (Skhm), Shamballa, Mdh, Reconnective Healing, EFT, and other various self healing arts can be arranged on site, at your location or long distance. Schedule is flexible!

Upcoming Sessions:

6/6 & 7/25 Usui Reiki II, 3-7 p.m. Deepen our experience of Reiki and learn how to heal through space and time!

6/20 & 7/20 Introduction to EFT (Emotional Freedom Technique), 3-6 p.m. Learn how to clear negative emotions and physical pains by tapping on specific acupressure points, thereby balancing the body's energy system.

7/14 & 9/8 Experience Meditation, 7-9 p.m. We will learn how to experience the joy of meditation! Call 703-467-4500 to register.

8/29 Meditation for Holistic Healing, 3-6 p.m. Holistic Meditation

is a way to experience some different ways to meditate, such as awareness, breathing, visualization, sound and color.

9/19 Usui Reiki I, 3-7 p.m. Learn how to heal with the gentle Universal Energy of Reiki. Receive powerful and sacred initiations; learn about Reiki hand positions and how to use them.

9/25 Introduction to Reiki, 3-5 p.m. Learn what Reiki is, how it heals and experience it! Call 703-476-4500 to register.

Pat Chen, Practitioner and Teacher
Reston Reiki and Self-Healing Arts
www.restonreikiandselfhealingarts.com
somoselmar@yahoo.com
703-472-3481



Some people think happiness is possible for others but never for themselves. They think meditation is only for stress-relief and relaxation.

Meditation is about peace. It's about joy. It's about a profound state of happiness that carries over to whatever you do. It's finding out who you are at the level of the soul.

Don't take our word for it. Find out for yourself. Try meditation. It's simple. It's free. And everyone (including you) can do it.

Sant Rajinder Singh Ji Maharaj,

head of the Science of Spirituality, is a world-renowned spiritual master who shows people how they can achieve their spiritual goals while meeting the challenges of modern life.

He teaches Jyoti meditation, meditation on the inner Light—a simple technique anyone can learn.

Science of Spirituality meets in Washington, DC, Maryland, and Virginia.

We offer free meditation classes, retreats, and vegetarian cooking classes.

Visit our websites:

Washington DC area: www.sosdc.org

SOS National: www.sos.org

Call for information or to request events brochure:

English: **240-271-8963** or **202-379-8294**

Spanish: **703-408-6944**

Hindi: **240-723-5725**

Email: DCInfo@sos.org

or info@sos.org (outside of DC area)

Twitter: [@SOS_WashDC](https://twitter.com/SOS_WashDC),

[@SOS_MidAtlantic](https://twitter.com/SOS_MidAtlantic)

Classes & Learning Centers



The Shamanic Way invites the individual, family, group or organization to journey within and experience personal and/or professional transformation. Two modern shamans with experience in Soul Retrieval and leading rituals, Marsheen and Nina uniquely co-create sacred ceremonies to honor special occasions, mark solstice and equinox celebrations, and provide trainings in shamanic healing arts such as Journeying, Mask Making and the Medicine Wheel.

Let Native American and Celtic traditions open up pathways for inner guidance, awaken your true identity and power, and grace you with

healing. Both Marsheen and Nina are experienced in the use of these tools, and both are dedicated to helping people discover the beautiful gifts that are sleeping within each of us.

Marsheen Helgeson, R.P.P., has served the Washington DC area as a polarity practitioner, intuitive counselor and teacher of the natural healing arts for 21 years. Her love, and application of the Earth Way, has awakened in her the ability to create and lead ceremonial circles and workshops. Marsheen's private practice includes polarity therapy and craniosacral therapy, and the art of Soul Retrieval, extractions and journeying

as a counseling and healing tool. **703-379-8633.**

Nina Gibson is a scientist, musician and modern shamanic practitioner. She uses her biochemistry/engineering expertise and training in shamanic arts to bridge scientific and spiritual truths with the Earth Way, bringing ancient ways into everyday life. She leads workshops, circles, group singing as well as individual sessions for Journeying, Soul Retrieval, Intuition and Soul Voice. 8-Part Shamanic Series forming now! Experience the Sacred Circle of Earth Spirituality in ritual, journeying and self-healing. **703-437-5504.**



Qigong Certification Classes

The Applied Qigong for Holistic Healing Certification Program is a 36-hour professional development program designed for those who wish to learn the healing and cultivation methods of traditional Chinese Qigong.

Students will learn the theory and application of Qigong for healing themselves and others. They will learn how to establish a daily Qigong practice. One unique aspect of this program is that students will have

the rare opportunity to study Internal Alchemy, the highest level of Qigong training. The program consists of four parts:

July 17—Integrating the Three Treasures: Healing Others (6 hours)

October 22, 23, 24—Cultivating the Spirit: Internal Alchemy (18 hours)

Successful completion of each course will result in the awarding of a Certificate of Completion for that course.

Successful completion of the full 36-hour program will result in the

awarding of a Holistic Qigong Healing Practitioner Level I certificate by TCCII. Classes may be taken in any order.

TCCII offers educational programs in traditional Chinese culture, Qigong, Tai Chi, and Kung Fu. Our lineage trained, certified instructors have years of teaching experience. Contact us to join a class, arrange a seminar, or start private training.

Visit us online at www.tccii.com.



The Tellington TTouch is a unique integrated approach to the care and training of our animal companions. Developed by internationally recognized animal expert Linda Tellington-Jones, this method, based on cooperation and respect, offers a positive approach to training and can improve focus, performance and well-being.

TTouch helps our animal friends overcome fear, anxiety, reactivity and helps build confidence. Reducing

stress benefits health, behavior and learning. TTouch helps establish a deeper rapport between humans and animals through increased understanding and more effective communication.

Woodside TTouch offers TTouch and Cranial Sacral work for your Animal Companions and Horses.

TTouch for You and Your Dog Workshop with Linda Tellington-Jones: Saturday, June 5th from 10:00

a.m. to 6:00 p.m., Silver Spring, Maryland.

1-800-854-8326,

www.lindatellington-jones.com/

For information about private sessions, workshops or demonstrations contact:

Pam Wanveer TTCP3

Woodside TTouch

301-585-5675

woodsidettouch@mac.com

www.WoodsideTTouch.com



The Yoga Connection, in historic old town Manassas, offers Hatha Yoga—Gentle/Restorative, Beginner to Advanced Levels, Pre/Post Natal, Yin Yoga, kids, and Yoga for Men classes. All instructors are Registered Yoga Teachers with the Yoga Alliance. Students are taught to connect with their

bodies using their breath to maximize their poses, as well as how to relax in order to de-stress.

The Yoga Connection offers workshops, free classes at the beginning of each new session, Flex Cards good for one year, and a liberal make up policy. Special classes are also offered to Girl

Scouts troops—and a great retail selection!

The Yoga Connection, 9126 Center Street, Manassas, VA 20110

703-330-7799

www.theyogaconnection.net

theyogaconnection@comcast.net



Unity Woods Yoga Center, voted Best Yoga Studio in Washington in WUSA's A-list contest and Best Yoga Studio in Bethesda in *Bethesda Magazine's* reader survey, is one of the nation's largest and most highly respected Yoga centers. We offer classes for all levels of students in posture, breathing and Yoga philosophy, and specialized classes for seniors, pre-natal and gentle yoga.

We have spacious, fully equipped studios in Bethesda, Woodley Park, DC and Arlington, VA. We also offer classes in Tenleytown. All locations are Metro accessible.

Unity Woods classes are taught in the Iyengar tradition. For his role in popularizing yoga in the West, *Time Magazine* named Mr. Iyengar one of "the 100 most powerful and influential people in the world." Iyengar Yoga develops awareness through precise alignment and attention to the more subtle aspects of posture, breath, mind, and spirit.

Yoga can improve health, foster serenity, and expand awareness. At Unity Woods we offer yoga to as wide an audience as possible with uncompromising, quality instruction. Iyengar certification is the most rigorous

certification process in the country. The teaching staff at Unity Woods is made up primarily of certified Iyengar Yoga teachers who have trained for many years. As a result we are able to guide the beginner, as well as the more experienced student, in progressing along the path of yoga safely and effectively.

The summer session begins with a series of free introductory classes June 28–July 3. Regular classes begin Monday, July 5.

For a complete schedule of classes, workshops and special events, see our website at www.unitywoods.com.

Classes & Learning Centers



Willow Street Yoga Center
 "Best Yoga Studio in DC Area", Fall 2009, *Washington Post Express*
 Free Classes: July 15-18
 Classes For Everyone: Beginning, Intermediate, and Advanced Yoga classes as well as Yoga for Pregnancy, Gentle Yoga, Yoga for Teens, Children, Babies & Tots, Yoga Nidra Meditation, Pilates classes, and Meditation.

2 Locations—Spacious, fully equipped studios close to the Takoma and Silver Spring Metro Stations.

Anusara® Yoga integrates precise principles of alignment with equal emphasis on strength and flexibility, self-acceptance, and a heartfelt celebration of life. Certified and highly trained instruction.

Suzie Hurley is the founder and

Director of Willow Street Yoga Center, which opened in 1994, and now serves 2000+ students.

Free Classes: July 15–18 (both locations), and every Saturday at noon (Takoma Park location)

Summer Session Classes: (7-week session): July 19–Sept 5
 Register Online.

www.willowstreetyoga.com

Health Services

Natural Healing



Above & Beyond Holistic Services is a dedicated holistic and natural health center equipped to handle everything from energy work, to cancer healing, to emotional releases, nutrition, therapeutic pedicures, headaches, chronic fatigue, depression, negative energy attacks, muscle and joint injuries, pain, back aches, anxiety, infections, rashes, and much more. We have over 23 years of success.

Several different modalities are used including intensive energy treatments, infrared light, balancing of energy centers, acupressure, healing with crystals, herbs, remedies and a variety of proven healing techniques. There is a small lab where special remedies can be made if one is not already available.

Experience is in chemistry, metaphysics, and years of study and

research including The Monroe Institute, Edgar Cayce, and various high level spiritual healers. Accurate phone channels are available.

Call for a consultation and appointment: 540-722-2751

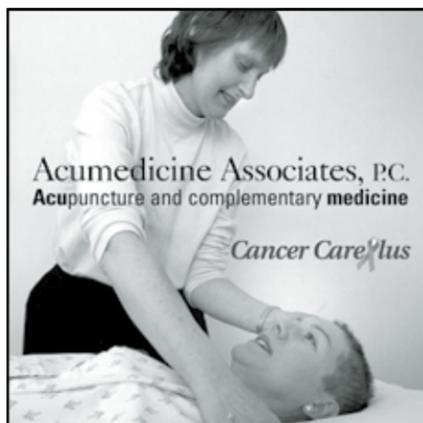
Fax: 540-722-2752

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Winchester, VA 22601

www.aboveandbeyond-energy.com

kathleen@aboveandbeyond-energy.com



Acumedicine Associates, P.C. is now a CareFirst, Blue Cross Blue Shield provider integrating acupuncture and complementary medicine. We specialize in women's health; infertility and pregnancy care; pediatric care; sports and repetitive-use injury recovery; anxiety and stress management; migraine, chronic pain and chronic illness care; and healing support. Our mission is simple: to support you in your commitment to health and healing.

Cancer Care Plus is our special program of acupuncture and complementary medicine support for cancer patients and cancer survivors. Our cancer patients say:

"Acumedicine is an oasis for me. I feel better just coming in the door. I can't say enough about the benefits and care I receive. You just know people care about you here." —MR

"All of the people I know who have done well with my type of cancer have made use of complementary medicine. My radiation oncologist was skeptical at first. But now he says I look great inside and out. I am not surprised." —JT

We help patients of all ages facing all kinds of health and life challenges, including: pain • migraine • insomnia • back pain • stress • anxiety • menopausal syndrome • infertility

• chronic fatigue • MS • fibromyalgia • and IBS.

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Sarah Steed, L.Ac., Dipl. Ac.

Pam Broomall, LMT (NCTMB)

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As certified Nurse-Midwives, we provide personalized prenatal and gynecologic care. We attend your birth at your home or at our center. We work with women experiencing their first pregnancy, and families that have given birth before.

At BirthCare, we share responsibilities with you to promote health. We provide you with information and encourage you to read and ask questions. All aspects of yourself—mind, body and soul—are important.

We can begin working with you for gynecologic care, including breast checks, pap smears, contraception, and pre-conception planning; or we can start during your pregnancy with prenatal appointments.

Your BirthCare midwife guides and supports while you labor encouraging you to move about freely surrounded by the people that you choose. This makes it easier to promote and cope with efficient labor. If problems occur during pregnancy, labor or birth, we

work in consultation with physicians at hospitals close by.

If you are a healthy woman enjoying a healthy pregnancy, a planned birth at home or in a birth center with professional attendants has been statistically proven safe for you.

Our office is conveniently located in Old Town Alexandria near Metro's Yellow Line.

BirthCare & Women's Health
 1501 King St., Alexandria, VA 22314
 703-549-5070



Blue Heron Wellness
 10723B Columbia Pike
 Silver Spring, Maryland 20901
 301-754-3730

www.BlueHeronWellness.com

Blue Heron Wellness offers high-quality wellness services—yoga, traditional acupuncture, therapeutic

massage, herbal medicine—and now natural skin care therapy and facial treatments. Our services provide rejuvenation, relaxation, and relief from pain, stress and tension while preventing illness and maintaining well-being.

Blue Heron Wellness is convenient

to your work, home, and daily shopping and offers a warm, welcoming environment. We are located on Columbia Pike, about 1.5 miles north of the Capital Beltway. We are atop Trader Joe's; our entrance is above and behind California Tortilla.

Health Services



At Bridging the Gaps (BTG), an integrative addictions treatment facility nestled in the Shenandoah Valley of Virginia, we get to the root of the disease of addiction.

Our focus on both brain chemistry and identifying and addressing emotional issues target the unique areas of the disease that each client feels. Us-

ing the most progressive 21st century modalities available, coupled with a traditional "12 step" program, we help clients build self-esteem and self-confidence by giving them the tools to live their lives clean and sober. We offer holistic treatments such as: oral nutritional supplements, intravenous amino acid neurotransmitter replace-

ment, exercise therapy, acu-detox, and reiki. Treatment without this integrated approach is a recipe for relapse. www.BridgingTheGaps.com
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(Local) 540-535-1111



Cellulite and Fat Reduction
VelaShape

Do you exercise and eat right and still have unwanted fat deposits and cellulites? Then VelaShape, a non-surgical natural procedure may be for you.

This FDA-approved technique and equipment works and feels like deep lymphatic massage with applied deep penetrating heat. Suction, infrared light and radio frequency technology is also applied.

VelaShape has been featured on numerous talk shows and used by many celebrities. It has become a popular and effective natural alternative to many surgical procedures.

The VelaShape technique breaks fat tissue septums and liquefies the fat within the fat cells without breaking the skin or requiring any recuperation or downtime. It is also used as a very effective pain management device.

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www.laserwellnessbeauty.com



Tamara is an experienced, licensed massage therapist, trained in the Ayurvedic tradition. An Ayurvedic massage is a deep tissue, energizing treatment based on thousands of years of practice. It is very stimulating and healing, using medicated oils. "The

first time I tried it, I knew I was born to do this," states Tamara. She offers full-body massages, and for those in need of "mini" healings, is available to perform chair massages at your request.

In addition, she offers holistic services, including ear candling and

nutritional counseling to those who want to live healthier, balanced lifestyles, and experience freedom from most illnesses. Call 240-731-3083 to schedule an appointment. Be blessed and healed!



10 Days To A New You
www.firstfitness.com/delores
301-636-6367

Success Story: "In the 4th grade I weighed 144 lbs. At age 25, I weighed 325 lbs, then I ballooned to over 500 lbs. My weight was out of control and my doctors couldn't help me. I had a 72-inch waist. I lost over 300 lbs and 3 feet in my waist. I love my life for the first time in my life." A.G. ~Texas

We've got your weight loss solution: *Suddenly Slim* helps reprogram your body to burn fat more efficiently, diminish hunger and help reduce overeating. You can safely lose up to 10 pounds in 10 Days.

Developed by nutritional experts, scientists and medical doctors.

Are you ready to get Suddenly Slim? Ask about the "3-Day Sample" Call me now: Delores Anderson
301-636-6367



Donald Pelles, CHt
Hypnosis Silver Spring
301-618-9801

www.hypnosissilverspring.com

Envision yourself . . .
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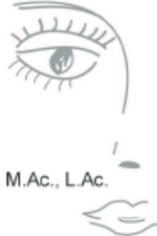
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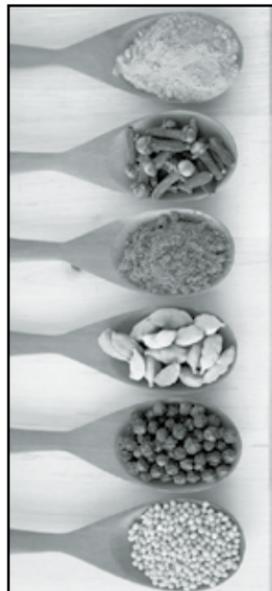
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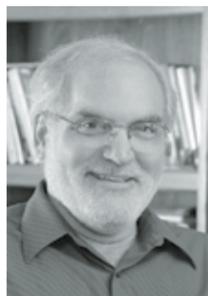
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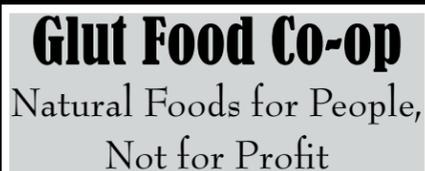
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301-474-8791.

www.smileherb.com

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Sat: 10am-6pm, Sun: 12pm-5pm

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www.momsorganicmarket.com

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OLNEY, MD



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CABIN JOHN, MD



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COLUMBIA, MD



David's Natural Markets

5430 Lynx Lane, 21044

410-730-2304.

www.davidsnaturalmarket.com

Mon - Fri: 8am - 8pm

Sat: 9am - 7pm Sun: 10am - 6pm

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GAITHERSBURG, MD



Whole Foods Market, Kentlands

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www.wholefoodsmarket.com/stores/kentlands

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PATHWAYS GUIDE TO NATURAL FOOD STORES

ROCKVILLE, MD, cont.



Pawlitics

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DC NATURAL FOODS



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DC NATURAL FOODS



YES! Organic Market, Cleveland Park

3425 Connecticut Ave., NW 20008
202-363-1559.

www.yesorganicmarket.com

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Whole Foods Market, Rockville

1649 Rockville Pike, 20852
301-984-4880.

www.wholefoodsmarket.com/stores/rockville/
8am-10pm, Monday - Saturday
8am-9pm Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.



Whole Foods Market, Silver Spring

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301-608-9373.

www.wholefoodsmarket.com/stores/silverspring
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SEVERNA PARK, MD



ORGANIC MARKET

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YES! Organic Market, Brookland

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www.yesorganicmarket.com

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SILVER SPRING, MD

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DC NATURAL FOODS

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YES! Organic Market, Capitol Hill

658 Pennsylvania Ave. SE, Washington 20003
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www.yesorganicmarket.com

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Conveniently located in Capitol Hill. Monthly sales. Offers vitamins, herbs, produce, bulk foods, essential/fragrance oils, Ginseng products, diet foods, books, cosmetics, sports supplements, sandwiches, soups.



YES! Organic Market, Union Row

2123 14th St. NW, Washington, 20009
202-232-6603.

www.yesorganicmarket.com

Mon-Sat: 8 am - 10 pm; Sun: 8am - 9pm.
"Your one-stop health food store"

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PATHWAYS GUIDE TO NATURAL FOOD STORES

ALEXANDRIA, VA



Healthway, Alexandria
1610 Belle View Blvd 22307
703-660-8603.

www.HealthwayNaturalFoods.com
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FAIRFAX, VA



Healthway, Fairfax
10360 Lee Hwy, 22030
703-591-1121.

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MANASSAS, VA



Healthway - Manassas
10778 Sudley Manor Dr., 20109
703-361-1883.

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STERLING, VA



Healthway, Sterling
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FALLS CHURCH, VA



MOM's of Alexandria
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Kennedy's Natural Foods, Falls Church
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RESTON, VA



Whole Foods Market, Reston
11660 Plaza American Drive 20191
703-736-0600.

www.wholefoodsmarket.com/stores/reston
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VIENNA, VA



Whole Foods Market, Vienna
143 Maple Ave. East 22180
703-319-2000.

www.wholefoodsmarket.com/stores/vienna
8am-9:30pm, Mon - Sat
8am - 9pm, Sunday
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

HERNDON, VA



Worldgate Nutrition, Herndon
13009 Worldgate Drive, 20170
703-787-6849.

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SPRINGFIELD, VA



Healthway, Springfield
6402-4 Springfield Place, 22150
703-569-3533.

www.HealthwayNaturalFoods.com
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WARRENTON, VA



The Natural Marketplace
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Sun, 11am - 4pm
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ANNANDALE, VA



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LEESBURG, VA

For Goodness Sake Natural Foods

For Goodness Sake, Leesburg
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703-771-7146.

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Thurs.-Fri.: 9am-7:30pm,
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Whole Foods Market, Springfield
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703-644-2500.

www.wholefoodsmarket.com/stores/springfield
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Sat: 10am-6pm

PATHWAYS INTERVIEW

Marc Micozzi, MD, PhD: Learning From The Past, Creating A Vision For The Future

...continued from page 9

of healer was not even a profession *per se*. That's also true in a lot of Third World societies today. I have recently been using some of my knowledge to put together a training program for traditional birth attendants in Iraq. So this is very contemporary in terms of current needs and contingencies. We're about to pull out of Iraq, and I give credit to the Army, which has civil affairs people and medical people. They don't want it all to just collapse and so they're really trying to put some tools in the hands of the Iraqis. I mean, they don't need a Harvard Medical School; they need to train emergency medical technicians, they need to train traditional birth attendants, and they need to train people in first aid. This is what American forces have found out there over the past seven years.

So I have been asked to put together an orientation to take medical faculty from over there, and give them tools to train traditional birth attendants. That way, the births that can be safely done at home should be done at home, and the ones that need to go to the hospital can be identified. This goes back to some of the work I did in Southeast

Asia 30 years ago. So, this perspective is being translated right now to training EMTs, traditional birth attendants and first aid responders in Iraq, where there is a hole in the medical system, just as there is a hole in most other things in Iraq.

In these societies, there are people who have been identified, outside of the Western model of education, as people who have the attributes of a healer. This has nothing to do with training or education. Instead, it's by a process of divination, where the elders see a spirit in this child, which says that you have the qualities of a healer. This is the way it's done all around the world by people in traditional societies. The notion is that being a healer is not a profession or something you learn to do; *it's something you are*. So you get the medicine man, the shaman. A woman, in these societies, can be a traditional birth attendant or an herbalist. In the Middle Ages, you got burned at the stake for that, as a witch.

I guess that means there's been some progress over time.

continued on page 134

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PATHWAYS—Summer-10—133

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PATHWAYS INTERVIEW

Marc Micozzi, MD, PhD: Learning From The Past, Creating A Vision For The Future

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Yes. Interestingly enough, I now live again in the town where I grew up, which is about ten miles from Salem, Massachusetts. I am meeting in a few weeks with a woman who is an herbal practitioner from this area, who is something like a tenth generation New Englander, whose family arrived right after the Mayflower. What she's doing would be outside anything we call integrative medicine. And despite the whole integrative medicine movement in the academic medical centers, there still remain people that are completely outside of that, from their own traditions.

So the healing arts move on through various pathways, despite what may or may not be happening in official channels through licensed professions, through academic health centers and so on.

Absolutely. It's been part of every community, it continues to be part of every community, and it moves on regardless of all the official activities.

What else can you tell us about the new edition of the textbook?

I'm really excited about the new edition. Because I have been working for myself these past few years, I can take a different approach. During the previous three editions, I had full-time jobs, I worked hard, and we squeezed it in where we could.

I know the feeling.

For the fourth edition, I really could step back and think deeply again, for the first time in 15 years. And I think it allowed me to take that next step, of really beginning to understand *how* these healing practices work. You know, we always talk about how we don't want to be hung up on the mechanism of action, because that is always bounded by the paradigm. True observations are true whether or not they fit within the biomedical paradigm. And we have to account for true observations and not just ignore them because they don't fit with our explanation.

In this fourth edition, for the first time, I really moved to the point of beginning to explain how these things work *outside* of the biomedical para-

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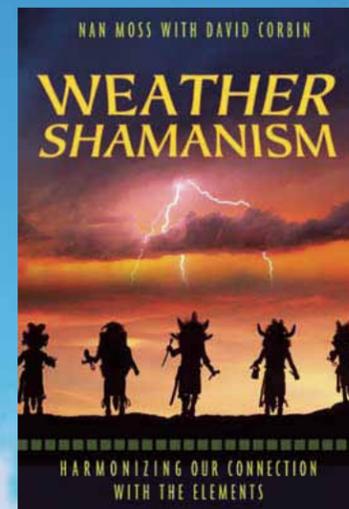
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Tom Cowan, author of *Fire in the Head: Shamanism and the Celtic Spirit*, and *Shamanism as a Spiritual Practice for Everyday Life*



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PATHWAYS INTERVIEW



I've got another chapter on ecology by a brilliant guy named Kevin Spellman (of the Tai Sophia Institute in Maryland), about the ecology of plants and how this forms the underpinning of the full science of human biology and healing.

digm. In the previous editions, we said, essentially, "Here is the evidence that these things work, here is how you make them work, and here is how you experience them." This new edition really says, "This is *how it works and why it works*, based on an expanding understanding of biology." So there's a new chapter on energy healing, for example. I've always struggled with the energy healing chapter, and we've changed it for every previous edition. But this time I got Wayne Jonas to really work on it [Wayne Jonas, MD, is a former Army medical physician, who was Director of the NIH Office of Alternative Medicine

and now serves as President and CEO of the Samueli Institute], together with John Ives. Their chapter gives you the explanations.

I've also got a new chapter, a really deep chapter, on psychoneuroimmunology, that I wrote with Hakima Amri, one of the people at Georgetown who are leaders in this area. [Micozzi was named Adjunct Full Professor in the Department of Physiology and Biophysics at Georgetown in 2007 and teaches there regularly.] I've got another chapter on ecology by a brilliant guy named Kevin Spellman (of the Tai Sophia Institute in Maryland), about the

ecology of plants and how this forms the underpinning of the full science of human biology and healing.

Plus, there's a new chapter on biophysical devices. In the past, we had a superficial catalog of biophysical devices. This time, we went into the mechanisms of how electromagnetic devices work, what they actually do at the cell level, and why you get the responses that people see. So there's case after case where we're able to begin to explain how they actually work, using this expanded model of human biology and healing. We have the perspective of evolutionary biology and we pulled in more sciences that normally aren't talked about in terms of biomedicine, which usually talks about molecular biology and then stops there. We bring in all the rest of it.

I'm really looking forward to seeing the rest of the book.

There's a whole new section about the basic science underpinning CAM. And in terms of medical education, the way you would see this book is as the basic science text for CAM, together with clinical sciences. Medicine is usually taught in a sequence of basic medical sciences followed by clinical sciences.

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MONARCH EFFECT



www.themonarcheffect.org

The flap of a butterfly's wing is said to cause a hurricane on the other side of the world. Such a thing could be possible through the power of intent, what motivates the flapping wing. The power of human beings' impact in the world is even greater. The choices we make result in actions that either cause harm to ourselves, others and our world, or cause joy, happiness and peace in our lives and surroundings. It is up to us to decide whether the flapping of our wings causes or prevents the hurricane.

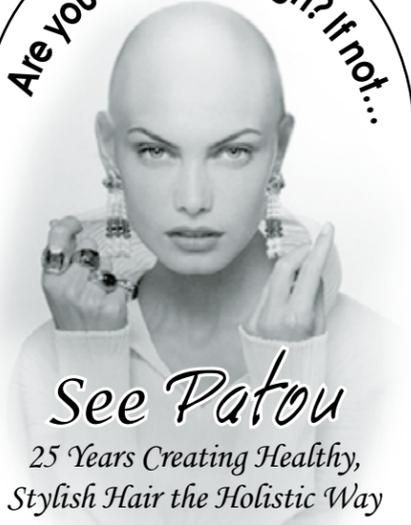
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PATHWAYS INTERVIEW

Marc Micozzi, MD, PhD: Learning From The Past, Creating A Vision For The Future

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That's true of chiropractic education, as well.

Fundamentals is the basic science book on CAM, though it also incorporates clinical sciences. Aside from the earlier foreword by Dr. Koop, the former Surgeon General (who is now 96 years old), we have a new foreword by Avi Hamarati of Georgetown, who was president of the Consortium of Academic Health Centers for Integrative Medicine. He does a nice job of talking about the educational purpose of the book. And believe it or not, we also have another foreword in the new edition from George Lundberg, the former editor for twenty years of the *Journal of the American Medical Association*, with whom I keep up an email correspondence. His foreword is called, "The Good Medicine Guide to CAM." He basically says, "These are the principles of good medicine, and the CAM that works is just good medicine." In my little world of textbooks, my role of being a scribe, these are breakthroughs.

Speaking of the scribe role, I guess there's

Odysseus and then there's Homer. It may be that accepting that one is Homer rather than Odysseus, the scribe rather than the epic hero, can be a hard thing to swallow. But overall, the life of Homer is potentially a life very well lived.

[Laughter]. At least Homer eventually got to practice what he preached. I don't know if you knew this, but when David Kessler stepped down as head of the FDA, I was put forth as a nominee by former Surgeon General Koop as well as Senator Harkin, who knew me from my work in CAM. It turns out that when Kessler left, Bill Clinton gave the assignment to replace him to Vice President Al Gore. Being a smart politician, Gore went to Tom Harkin, who chaired the committee that funds the FDA. It's funded under the Agriculture Department appropriations bill, not Health and Human Services. So I was interviewed by Tom Harkin, Tom Daschle, the White House counsel, and others. It was fun and interesting.

But I had just started as Executive Director of the College of Physicians in

Philadelphia and that played a role in my ultimately not pursuing a return to Washington, DC, at that time. One reason Dr. Koop wanted me to lead FDA was because, based on our personal relationship, he figured he could keep after me the way he kept after Kessler to regulate nicotine as a drug. And, within the last year, that has finally happened! Another idea was, if we can get Micozzi in there, he'll fix everything with dietary supplements and CAM. And you know what I found out afterwards? The drug companies were okay with my nomination. How could the drug companies have that position? After all, my CAM textbook was out and I had been doing all these national conferences on non-drug healing. Oddly enough, despite my work on all of this, it was the food industry where my nomination ran into difficulty. They didn't know me, I was later told.

What is your sense of the state of the medical profession today?

We have a middle generation of physicians, like the one I go to myself, that know nothing but numbers. They don't touch you, they don't look at you, and it's all defensive medicine. You go in and you say, "My knee hurts and I think it might be arthritis." And they say, "There's nothing we can do about that, but you're 55 years old, so we bet-

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PATHWAYS INTERVIEW



technicians. And they're so busy and so burdened that it's all they have time for. As for the young people in medicine, well, I teach in the CAM program at Georgetown, and they use my book. We hope we have an impact. They love the course, they're engaged, and they lift my spirits. But can they withstand all the obstacles that they're going to face?

Sometimes I feel like there is almost nowhere to turn. And so I focus on trying to capture the great information we have about healing from ancient and historic times. That's also much of what the fourth edition of our book is about. I'm also doing another book with Kevin Ergil on classical acupuncture. The other books on Chinese medicine are basically translations that express one person's view and therefore don't fully reflect the richness of Chinese medicine. Patients often find that a particular treatment doesn't work for them, for their condition. But it turns out that the Chinese have entire "classics," or texts on what to do when you have a person with a particular kind of problem and your usual treatment doesn't work. At that point, you need to go to a whole different level. So many of the modern texts are just grafting these ancient procedures onto the way contemporary medicine is practiced. What I'm trying to do is to help save the ancient wisdom.

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ter send you to the cardiologist." And they'll do a \$6000 workup to make sure you're not about to drop from a heart attack. Then they send you to the dermatologist because you've got moles, and then to the eye doctor. Then, when they've concluded that you're not about to have a heart attack, you don't have skin cancer, and you're not about to go blind, they lose interest because they're not at risk anymore. Do you understand what I'm saying?

It's a perfect example of how knowledge does not equal wisdom.

So this is the generation of doctors in their thirties and forties. They really know little about healing; they're



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PATHWAYS INTERVIEW

Marc Micozzi, MD, PhD: Learning From The Past, Creating A Vision For The Future

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That raises a serious philosophical question about integrative medicine, which goes to the point of whether it involves more than that kind of uninspired grafting. Does it sometimes reflect a higher synthesis that enhances both the ancient tradition and contemporary conventional medicine?

My experience at the Thomas Jefferson University Hospital in Philadelphia left me feeling disillusioned (with apologies to Thomas Jefferson). I was brought in to start a CAM policy institute. The dean at Jefferson couldn't believe that I really wanted to do that. Because to them, it's nothing serious. And that becomes a self-fulfilling prophecy. If the leadership of the medical center thinks that your integrative medicine program really is not serious, and they're only doing it because they have to do it to satisfy civilians on the board, then the whole thing is a sham, although it need not be.

After a year, they moved me, in addition to running the policy institute, to also run their CAM clinic. I told myself, "Well, by bringing it into the mainstream, we'll make these modalities more widely available to people."

But in my experience, you lose more than you gain. In no case was an alternative treatment ever substituted for the regular treatments on which the hospital makes more money. And every time I brought in a new donor for the center, they cherry picked them for the hospital. I was tired of being window dressing and went out the door.

It was purely additive? That is very, very disappointing.

Yes, purely additive. One of the big projects I got funded for the policy institute was that meta-analysis of back pain studies through the Palmer College Consortium. Now here you have over 700 studies, all saying that spinal manual therapy is usually the appropriate treatment. I remember participating in a Congressional field hearing in 2003 during the medical malpractice crisis. I remember Governor Rendell [of Pennsylvania] getting up there. He's a good guy, and an acquaintance, and he was saying, "It's getting to the point where doctors cannot even get insurance in Pennsylvania to do back surgery."



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PATHWAYS INTERVIEW



most cases we should not be *doing* back surgery. We should be sending people to chiropractors." He listened, and at his request I sent a summary of our research to his office. But in my experience, little makes it into practice because of the phalanx of the health insurance, PHARMA and biotech, as we just saw again with the charade and abomination of health care reform

So that we don't close on that somewhat depressing note, can you offer any closing words on the value of CAM to the people who use it and society as a whole?

Despite the follies and fiscal misdeeds of the organized government-industry-medical complex, we remain surrounded by the reality that, outside the mainstream, people still have access to a better, more optimistic, more complete kind of healthcare that recognizes the limits of biomedical technology as well as the limitless possibilities of human capabilities and the boundless human spirit.

Daniel Redwood, DC, the interviewer, is Associate Professor at Cleveland Chiropractic College – Kansas City, and Editor-in-Chief of Health Insights Today and The Daily HIT.

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After it was over, I talked to him. I said, "You know, Governor, that might actually be a good thing, because in



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