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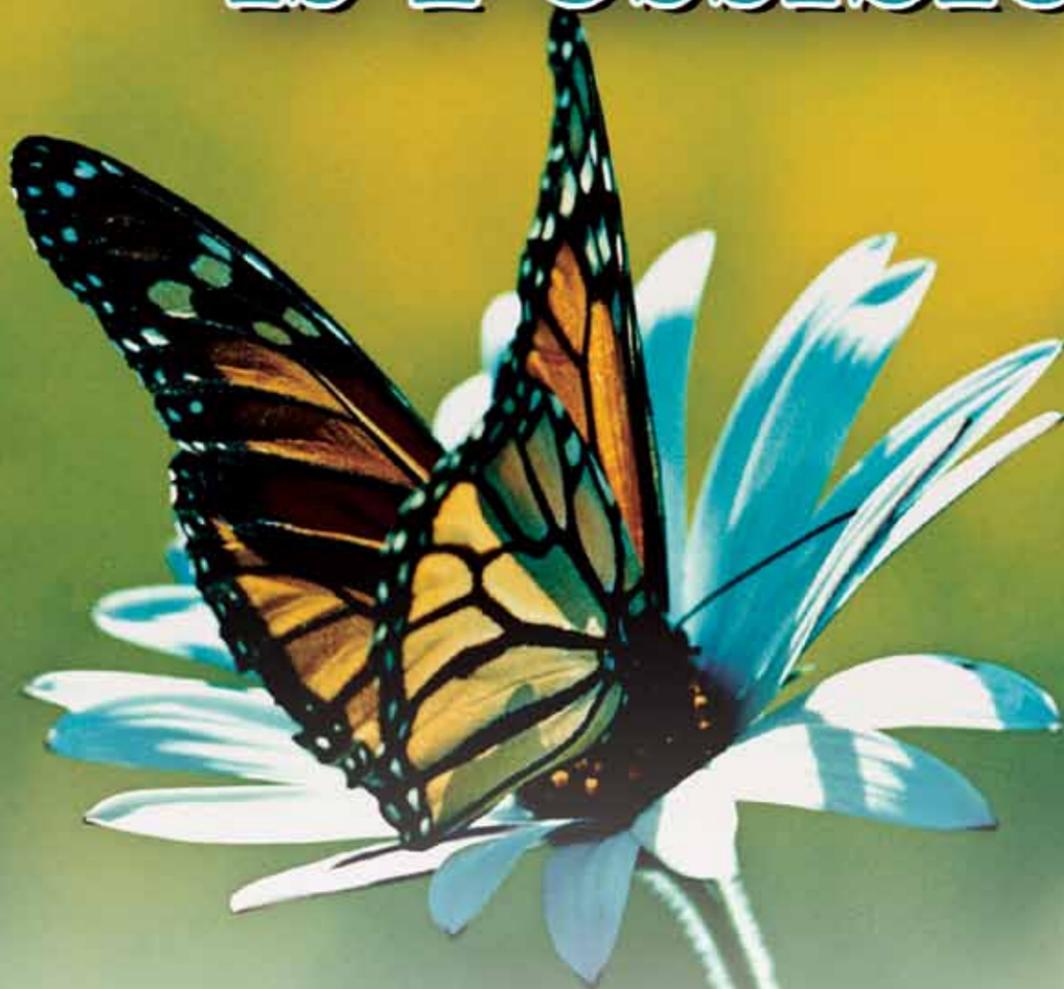
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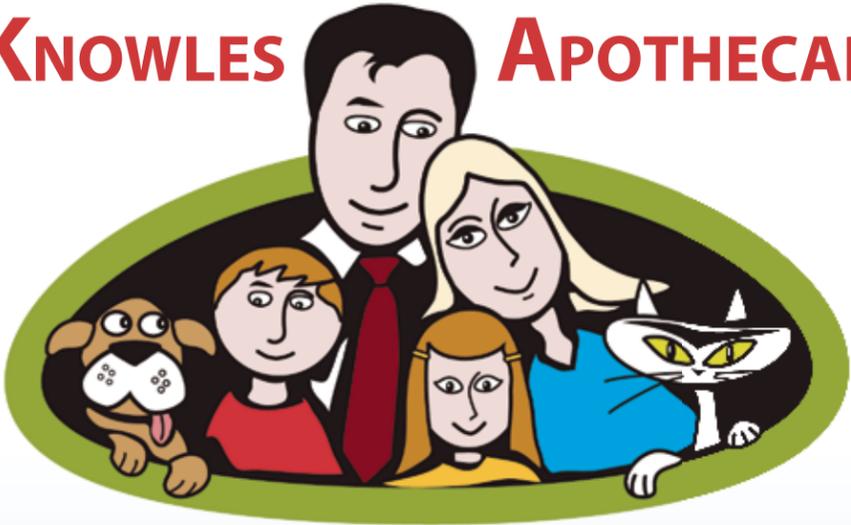
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*The world public has become disenchanted with both the political and financial leadership, which it no longer trusts to solve the problems of historical crises. Further more, all the individuals of humanity are looking for the answer to what the little 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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**SUMMER 2011**  
Volume 35, Number 2  
Published quarterly  
with the season change by  
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9339 Fraser Dr.  
Silver Spring, MD 20910  
[www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)

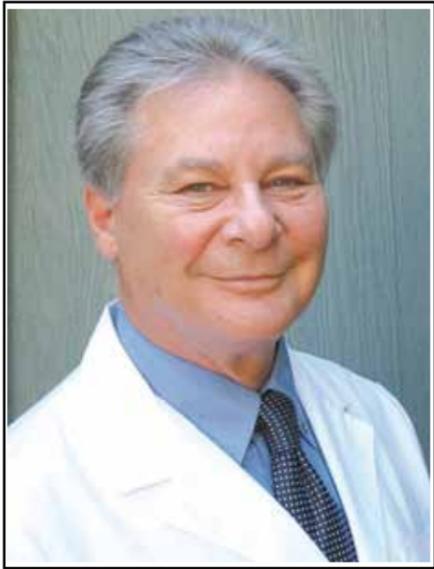
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four weeks after the deadlines.  
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# Imagery And Healing

BY DANIEL REDWOOD, DC

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

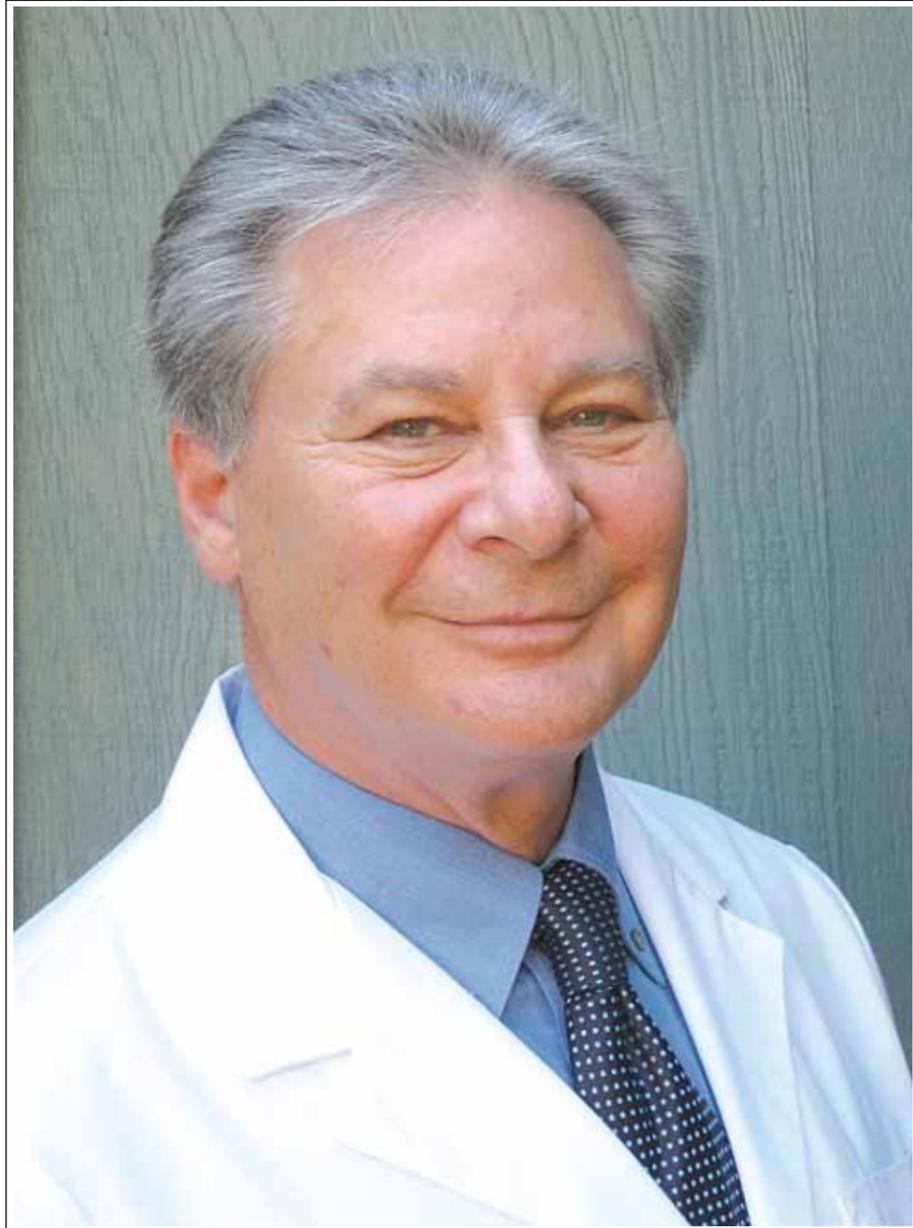
Dr. Rossman is the author of *Fighting Cancer From Within* (Holt, 2003) and the award winning self-help book, *Guided Imagery for Self-Healing* (New World Library, 2000) and has written many articles and book chapters on imagery, mind/body medicine and integrative medicine. He is also the creator of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

He is Founder and Director of the Collaborative Medicine Center, Greenbrae, California; Co-Director, Academy for Guided Imagery, Malibu, CA; Clinical Associate, Dept. of Medicine, University of California Medical Center, San Francisco; Adjunct Teaching Faculty, California School for Professional Psychology; and a consultant to the Osher Center for Integrative Medicine at UCSF and the Rosenthal Center for Complimentary Medicine, Columbia University, in New York.

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

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

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



## Martin Rossman, MD

*Imagery is a natural way that the brain stores, accesses and encodes information. Images are thoughts that you can see, hear, smell, feel or taste in your mind. So they have a sensory aspect. It's a very natural way of thinking and it's a very old way of thinking.*

tern in our mind that probably started out representing things that we found in our outside world, but then came to be able to also represent things that we just created in our imagination, symbols. And one of the great powers of the image is that it can represent many aspects of a person, object, place, or event at the same time.

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

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

body to relax. It is simply a purposeful use of daydreaming, and nearly everybody daydreams.

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

Beyond that, we might encourage people to focus on an area that's painful or uncomfortable, and let an image come to mind. It might be an anatomical or physiological image, or it might be a symbolic image. With back pain, for instance, one of my patients had an image of a swayback mule come to mind when inviting an image for his pain, and saw it as a representation of how tired he was after 30 years of work. Another had an image of a knife in her back, and related it to a serious betrayal. The image has the ability to link emotional and life events to physical symptomatology.

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

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

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

Yes. She'd seen neurologists, orthopedists and pain specialists. I'm not recalling whether she had seen acupuncturists or chiropractors. But she had really been through the mill and basically had every test there is, and nobody could diagnose it. So I used a Receptive Imagery method like I was just describing. I had her get into a relaxed state and invite an image to come to mind, and what came to mind were cold steel bars. I had her describe the qualities of the bars, because it's

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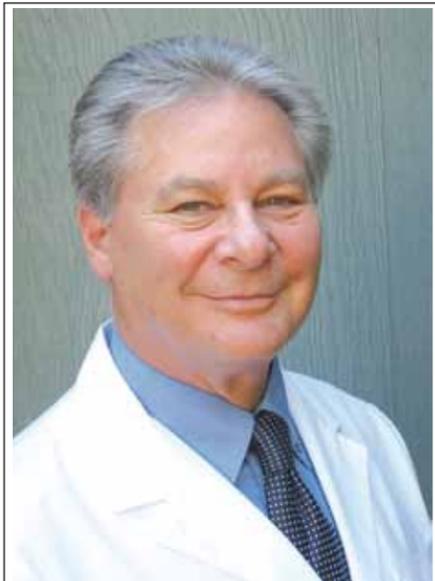
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## PATHWAYS INTERVIEW

### Martin Rossmann, MD: Imagery And Healing ...continued from page 7



*We see people in pain. We do our best to make a diagnosis, but we can't always make a diagnosis even though people are in genuine pain. And whether you're giving medications, or adjusting them, or needling them, or whatever, it kind of eludes relief. When I see that, that's when I try to get people to explore these guided imagery approaches.*

kind of hard to imagine what steel bars would be doing in her arms. She described them as cold, hard, rigid, unyielding, those kinds of words. In going deeper into the qualities of the image, you start to explore under the surface appearance and begin to move towards its deeper roots.

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

This process took probably 20 or 30 minutes, and her arm pain was tremendously relieved afterwards. She went on to see a therapist who works with the imagery process and continued this kind of internal dialogue over maybe half a dozen sessions. She had no more arm pain; it's several years later and it never returned. I believe that if we of-

ten have sadness, grief, emotional pain or conflict, but we don't know how to process it. We might be cut-off to the point where we don't even know we're feeling it. But it's going to find a way to express itself one way or the other.

*What forms can this expression take?*

There are only three ways that strong emotion can express itself. It can express itself directly, by people feeling and expressing it verbally, maybe creatively or artistically, or maybe by crying or yelling, or talking to a friend or to a therapist. The direct way is probably the healthiest way. If we can't do that for some reason, either because it's prohibited in our family or we don't have good ways of expressing it directly, then the second way people will express it is through their behaviors—eating too much, drinking, smoking, risky behaviors, gambling, infidelities. We call it "acting out," and it is acting out. The person is expressing, in somewhat of a disguised way, the conflict or the pain that they're feeling.

The third way is through the body, through bodily symptoms of all kinds, largely pain. Medical doctors see it all the time, chiropractors see it all the time, acupuncturists see it all the time. We see people in pain. We do our best to make a diagnosis, but we can't always make a diagnosis even though people are in genuine pain. And whether you're giving medications, or adjusting them, or needling them, or whatever, it kind of eludes relief. When I see that, that's when I try

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# Herbs For Summer Skin Care And Balanced Herbal Fasting

BY TOM WOLFE

I am often asked the questions, "What are the best plants and botanical products for herbal skin care?" and "What are the first herbs you would recommend as an herbalist for people to use for effective herbal fasting?" Summertime puts us out in the sun, which is a big change for the skin; and summertime is also the best time to fast gently since it is warm and all the herbs are ready for our use in a fresh state. In this article I will share the plants and botanical products I would choose in order to learn from listening to your body's wisdom and listening to the plants to have the best knowledge in herbal skin care and balanced herbal fasting.

First up is a map from the world of herbs to guide the care of your skin in summertime. This includes three categories of herbs for summertime skin care: base oils and infused oils, essential oils and water infusions.

## Base Oils and Infused Oils

Base oils, also called carrier oils, are vegetable, nut or seed oils whose therapeutic properties are excellent sources of nutrients and energy. Jojoba oil is the most similar to our own natural skin oils. It absorbs quickly and deeply for non-greasy moisturizing. While not one I usually use for extracting herbs, I do blend it into skin oils and ointments to improve absorption. It's also a great after-bath oil, especially after a long day in the garden!

Olive oil is slightly heavier and is the oil of choice for making medicinal oils. By allowing the medicines to stay on the surface of the skin slightly longer, olive oil focuses the herbs where they are most needed.

Shea butter offers UV protection and deep moisturizing. The pure unrefined Shea butters are best. This is an all-around wonder as a skin- and hair-care oil. It promotes the growth of healthy skin and hair, is healing to dry, rough, cracked skin, helps reduce scar tissue, and is deeply healing to sun-damaged skin. It can be used in its pure, raw form, or blended with other oils and essential oils to make an all-around skin oil blend.

An infused oil is a vegetable oil that has been filled, or "infused," with the fragrance of an aromatic plant by mixing the two together and heating to result in a subtly scented, very greasy oil. For sun protection, and also to relieve the pain of sunburn, I would offer the infused oil of St. John's Wort. Some texts will warn you that this oil will make your skin more sensitive to sun, but I haven't found that to be the case. Susun Weed recommends it for sun protection, and she suggests that it



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*Tulsi, or Holy Basil, essential oil is a general insect repellent. Mostly used against mosquitoes, it also appears helpful against fleas, gnats, and other biting flies. In India, Tulsi plants are often planted around doors and windows to prevent mosquitoes from coming inside.*

takes the skin a few applications to get used to it. With that in mind, I would suggest your first few uses be in gentler conditions, say early morning or evening sun rather than midday. This lovely red oil is also used to ease the discomfort of sore muscles and minor bruises, such as from overly enthusiastic hiking or volleyball, a common summer complaint. I consider it a must for the herbal first aid kit.

Infused oil of Calendula is another essential part of the herbal first aid kit. It is very safe and soothing, and is especially helpful for dry, itchy patches, insect bites and stings, and abrasions. Its anti-inflammatory properties make

it a first choice for skin irritations, wound healing, and painful acne. It is a powerful healer, and yet is so gentle, it is safe for infants and pets.

## Essential Oils

This group of oils are highly fragrant Essences that have been extracted from a plant by distillation, and evaporate quickly. Tulsi, or Holy Basil, essential oil is a general insect repellent. Mostly used against mosquitoes, it also appears helpful against fleas, gnats, and other biting flies. In India, Tulsi plants are often planted around doors and windows to prevent mosquitoes from coming inside.

Geranium and Rose Geranium oils are true favorites for the skin, used to repel mosquitoes and other biting flies. Rose Geranium in particular is the best essential oil I know for reliably repelling deer ticks. Both of these lovely-smelling oils are also soothing and moisturizing for sun-challenged and exposed skin.

Patchouli essential oil is also extremely effective in repelling fleas and ticks, as well as other biting insects. The scent isn't for everyone, but it can be diluted and mixed with other oils for a more general appeal.

## Water Infusions

For minor cuts, scrapes, and itchy bug bites, Plantain, Comfrey, Calendula, Chickweed, Cleavers and dried or cooked (not fresh!) Nettles are all extremely helpful. Any of these common, easy-to-find herbs can be infused in oil and applied generously to irritated skin, or brewed with water into a strong infusion and used as a skin wash. Regular use as a skin wash, particularly of Nettles and Cleavers, improves the overall health and vitality of the skin and can clear up blemishes, red spots, overlarge pores, and often, minor patches of eczema. Chamomile, Calendula, Rosemary, and Lavender are often used along with Nettles or Cleavers for a skin tonic or steam.

## Six Tastes For Summer Fasting

I believe we have lost our ability to know how to heal largely because we have forgotten what stuff is supposed to taste like fresh from the garden. The six tastes are one map back to Eden—a guide to the infinitely intelligent order of the six elements, and to a balanced approach to summer skin care and fasting. The six tastes and the medicinal plants that go with them—herbs for each taste that are easily available for anyone willing and humble enough to learn from a decent herb garden—are: Ground Ivy and Triphala for Astringency; Yarrow for the bitter taste of air; Lemon Balm for the smooth salty taste of water; Nettles and early Kiwi fruit for the power and sourness of wood; Peppermint, Horseradish and Ginger for the hot taste of fire; and Hardy Kiwi for the sweet taste of earth.

Reader of *Pathways*, you do not have to have a garden or grow indoors under lights to benefit from these plants, but I encourage you to do so. Our main guides to the six tastes—Ground Ivy, Yarrow, Lemon Balm, Nettles, Peppermint, and the hardy Kiwi—grow so easily in this area. Let God, Gaia and the herbs guide you in a secluded peaceful garden, and the pearl of great price that is healing with home grown herbs will be yours. Herbs are

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# HEALING AS NATURE INTENDED

## Colon Hydrotherapy

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

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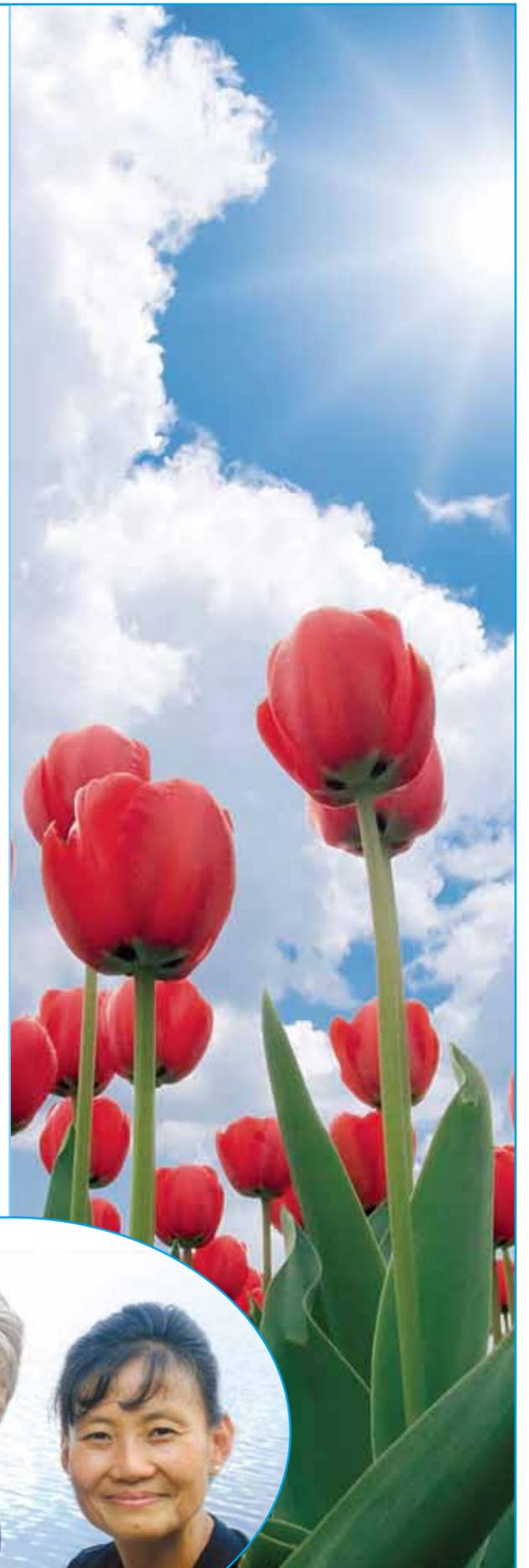
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## THE HERB CORNER

### Herbs For Summer Skin Care And Balanced Herbal Fasting

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a fragrant balance of heaven and earth. Herbs are a bridge between intellect and intuition, what Ayurveda calls rationalized intuition. Herbs will teach you how to heal yourself if you will give them an honest chance.

Ground Ivy or Creeping Charlie (*Glechoma hederacea*) is rapidly becoming my favorite herb for the first stages of fasting since she is a prolific grower and quite astringent. Ground Ivy tones the large bowel during the beginning stages of fasting and tastes pretty good. A note of spirit (or spirits): before Hops were available in the early sixteenth century, the British used Ground Ivy to clarify beer. A sad note: Ortho's Weed B Gone product has the following note, "...especially formulated for controlling tough weeds like Ground Ivy (Creeping Charlie) and Wild Violet." Perhaps some day soon, given the runaway costs of our "health" care system, we will be concerned about pesticides also for their destruction of affordable and easily available medicine.



NETTLES

healing herb. In fact, the issue with this sister is that it is hard to keep her from growing too strong and being pushy to her neighbors. Nettles in root form also is specific to men with prostate issues, toning the prostate, improving urine flow, and decreasing residual urine. It is a very valuable herb for men who either want to stop frequent nighttime urination, or who just want to tone up



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*Shea butter offers UV protection and deep moisturizing. The pure unrefined Shea butters are best. This is an all-around wonder as a skin- and hair-care oil. It promotes the growth of healthy skin and hair, is healing to dry, rough, cracked skin, helps reduce scar tissue, and is deeply healing to sun-damaged skin.*

Yarrow (*Achillea millefolium*) is our first guide to the bitter taste, which is cleansing during fasting. She has a special place in my heart, since Yarrow is the herb that convinced me to become an herbalist. Yarrow is specific to respiration, which in Ayurveda governs the nervous system. Calmness of mind and spirit is specific to preparation for conscious digestion of food and events.

Lemon Balm (*Melissa officinalis*) has become my best garden Friend in the springtime, and is specific to aiding our ability given by the water element to retain joy and bliss. In Ayurveda, the building block of all tissue is watery and is known as Rasa Dhatu. There is a whole class of herbs known as Rasayana herbs that build that watery substance. In my experience, Lemon Balm is the best herb to build and protect Rasa, which, by the way, allows us to be joyful. Lemon Balm is specific to relaxation and full assimilation of nutrients and knowledge in digestion of food and events.

Nettles (*Urtica dioica*) are predominately astringent, hence her association with the wood element. She is feisty with a sting, but once one gets past her outward defensive sharpness she is possibly the most easily grown

their male bits. Nettles are also specific, and the first herb we recommend at Smile, for seasonal allergies. In fact, so many folks have learned to take Nettles in the spring that no matter how much we order we cannot seem to keep it in stock.

Peppermint (*Mentha piperita*) is my choice for an easily grown plant to represent the fire element. Peppermint wants to spread its gospel of good news everywhere, so it will spread over your entire garden if not contained. We use Peppermint already in so many ways without being conscious of her as the source of our joy—she obviously deserves more conscious respect and acknowledgement. We put her in our mouths daily as toothpaste, candy, mouthwash, and if we are wise, as herbal medicine. The key to the medicinal use of Peppermint is to make it strong enough to feel the warmth in your stomach and small intestine. Peppermint is specific to full transformation in digestion of food and events, specifically ulcerative conditions of the bowels, flatulence, dyspepsia, and motion sickness and nausea during pregnancy. Digestion is under the supervi-

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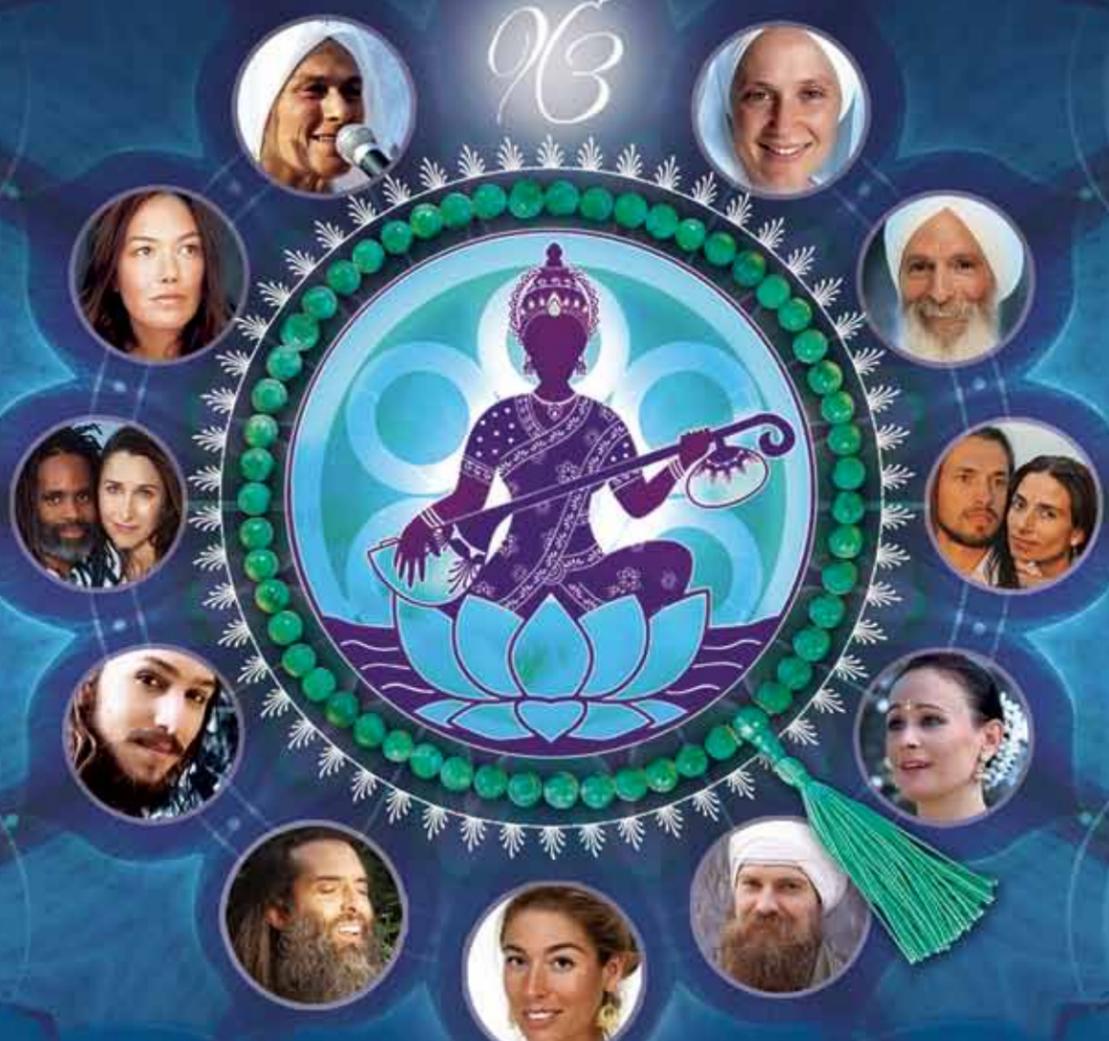
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## Herbs For Summer Skin Care And Balanced Herbal Fasting

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sion of fire and so it makes sense that Peppermint increases the flow of bile and digestive juices. Peppermint also smells great and is perfect to introduce young children to the wondrous world of herbs. The young ones love the taste of Peppermint and will sneak into the part of the garden where Peppermint lives to have a mint candy that won't rot their teeth.

Hardy Kiwi (*Actinidia arguta*) is my choice for the sweet taste to break a fast, and very easy to grow in this area as long as you have a male and female plant. Hardy Kiwi has a grape-sized fruit similar to kiwifruit in taste and appearance, but are green or purple with smooth skin. Often sweeter than the more tropical sister, Hardy Kiwifruit can be eaten whole and need not be peeled. Early in the season she is sour, but once she turns sweet, she is perfect for fasting since she is very easy on the stomach and nutrient dense.

A final bit of commentary on some simple principles is in order. Many agree—even perhaps most western scientists, whose analytical minds live in the elements of the Periodic Table rather than in God's mind (i.e., the six elements of the world of energy)—that

water is a major key to health, and we should drink a minimum of eight 8-ounce glasses of water daily. One way to insure this happens, and especially during fasting, is to prepare 64-128 ounces of herbal tea daily and place it under refrigeration. This way one knows if the tea is gone, he has met the daily minimum. Of course in addition, all those subtle, vibrant herbal molecules are left behind, carried perfectly by all that wonderful water to bring the body, energy, and mind/spirit back into balance.

All of these herbs except the Hardy Kiwi are available as a bulk herb to make tea, tincture to beef up the strength of the tea, in capsules for convenience, and as a fresh plant ally right out of the earth. These Friends (as well as how to use them) are now known to us. We have an understanding, an easy and inexpensive way to use them, and an easy way to grow them as herbal allies. You know healing is available and coming to you if you will receive it.

*Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom teaches classes at Smile Herb Shop throughout the year*

*(except for the months of May, August and December; in May because he talks to people outside where the plants are for sale) about all aspects of growing herbs and healing with herbs. If you go to Smile's website, [www.smileherb.com](http://www.smileherb.com), there is a list and description of classes, and each indi-*

*vidual herb mentioned in this article is linked to a much more detailed description. The ten or so fragrant and greening Smile Herbalists may be reached for questions at [Smileherbalist@gmail.com](mailto:Smileherbalist@gmail.com). See the ad for Smile Herb Shop on page 42.*

## How to Make a Cold Oil Infusion Using Dry Herbs

- Grind the dried herb material as finely as possible.
- Place the powder into a glass jar with a tight-fitting lid and cover with a fixed oil (olive, sesame, almond, etc.).
- Stir well.
- Add another ¼ to ½ inch of oil.
- Cap the jar tightly.
- Cover the jar, or place it in a brown paper bag (to protect the oil from direct sunlight) and place in a warm, sunny spot for 7-10 days.
- After the first day, check to see if the herb material has absorbed some of the oil and add more oil as necessary.
- Shake the jar 2 or 3 times a day.
- After the 7-10 days, strain the oil from the herb and press the pulp as well as you can.
- Allow the infusion to sit indoors for a few days, then decant and strain out any remaining sediment.
- Bottle in glass jars, cap tightly, and store in a cool dark place.

—Source: Smile Herb Shop

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# The Perils of Pesticides and the Value of Organic Alternatives

BY PAUL TUKEY

## Foreword From Cultivation Compassion Editor, Cam McQueen, MSW

Spring and summer have become synonymous with massive ad campaigns designed to wage war against weeds and insects. Consumers are encouraged to buy lawn chemicals that kill the enemy lurking in the grass. This rite of seasonal change has gone on for years — at extraordinary cost to ecological and human health. Chemical companies get richer while people, companion animals, birds, wildlife and the environment become more toxic.

Thankfully, organizations like the SafeLawns Foundation are fighting back by educating gardeners, landscapers, physicians, politicians and communities to the dangers of pesticides, and the existence of organic alternatives.

Below are contributions by Paul Tukey, founder of SafeLawns Foundation and Jean Newcomb, who became an environmental activist after pesticides were applied — without permission — to the beloved woods in her backyard.

In spring, some lawns produce a

crop of yellow flowers. Most often, the lawns that don't have dandelions show off another yellow emblem: the ubiquitous "Danger: Keep Off The Grass" signs to warn of an application of chemical weed or insect killer.

Thanks to a movement that started in Canada more than 20 years ago—that now protects most of the residents of that nation from lawn pesticides—some communities in the United States are beginning to take a kinder, gentler approach to lawn care. Activists and concerned citizens, like the ones who support the SafeLawns Foundation (SafeLawns.org), are especially focused on protecting children.

This is all good news to one of Mary-



Drawings by Jean Newcomb

land's foremost practitioners of natural medicine. Dr. Alan Vinitzky of Gaithersburg has been treating patients with chronic illnesses related to pesticides for years, but said people are finally seeing the light.

"Good health begins with creating a healthy environment," said the doctor. "Stay away from pesticides. Period. They are very, very toxic substances. After you embrace that idea, then you're ready to learn to create a landscape that's attractive and healthy by utilizing natural substances. Our lawns and our bodies aren't all that different, really. Your lawn needs good water, too, and clean air, and if you start with that then you start to improve the situation for you and your landscape."

## Taking Local Action

Mothers Jennifer Quinn and Alex Stavitsky-Zeineddin began to sense the myriad risks associated with lawn chemicals by the spring of 2010. Quinn, an attorney, and Stavitsky-Zeineddin, decided to do more than just worry.

"Jen called me and said, 'I've noticed some spraying around my house that I think could be affecting my son's health,'" recalled Stavitsky-Zeineddin. "The first thing we did was educate ourselves about the issues—the health risks are well documented—and about the alternatives."

She then took the extraordinary approach of asking her husband, Paul Zeineddin, to run for a seat on the Kentlands Citizens Assembly. His campaign, which called for reduction or even outright elimination of lawn weed and insect killers in the tightly knit homeowners association in the town of Gaithersburg, earned him the election.

Their other public awareness tactics have been time-tested in Canada, and

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### About Reconnective Healing and The Reconnection

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

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

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## CULTIVATING COMPASSION

### The Perils of Pesticides and the Value of Organic Alternatives

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also in states like New Jersey where 36 towns have enacted bans of lawn pesticides on municipally owned property. First, they brought together similarly concerned citizens to form the Go Green Group. They developed email lists and produced signage and other handouts. They engaged the Kentlands board and the city officials in Gaithersburg. And they also kept the issue alive in the local media with letters to the editor and by running special events, including the screening of the documentary film, *A Chemical Reaction*, about the first town in North America to ban lawn pesticides back in 1991.

"We got a lot of support within the Kentlands and the city of Gaithersburg overall," said Alex. "So far, we've stopped short of the outright bans that they have up in Canada, but in just a year's time we've got a lot of people talking about this issue in Maryland. We plan to make this a statewide issue in the months ahead. We will figure this out, how to get these poisons out



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of our playgrounds and off our playing fields."

#### The Industry Is Listening

The launch of few industries can be traced to a single weekend, yet it can be argued that chemical lawn care as we know it was born the second weekend of April of 1967. That was the first year the Masters Golf Tournament was broadcast in full color for the first time. Almost immediately the idea of a "fairway green front lawn" became an obsession for North American males.

And for much of the past four-plus decades, the lawn care industry steadfastly insisted that nothing was amiss with its billion-dollar lawn care fetish. That's changing dramatically.

"We have had to wake up to consumers' concerns and perceptions

about our industry," said Mike Barberry, owner of Aldino Sod Farms in Churchill, MD, and president of the Maryland Turfgrass Growers Association. "We haven't always been great stewards of the environment in the past, and that is changing and will continue to improve."

The notable demonstrations of an industry in flux are coming from all directions in just the past year. In Maryland, Barberry is leading the charge to develop standards for environmentally friendly production of turfgrass. Nationwide the Scotts Miracle-Gro Company, the world's largest purveyor of lawn chemicals, has voluntarily agreed to make lawn fertilizers devoid of phosphorus (the "P" in the N-P-K on the fertilizer bag) to reduce runoff into rivers, lakes and oceans. The local

and national media is also on the bandwagon with provocative headlines like "Lawn Wars" and "The Chesapeake Bay Does Not Like Your Lawn."

"We are taking this lawn fertilizer issue very, very seriously," said Mario Del Vicario, Community and Ecosystem Protection Chief, for the Environmental Protection Agency. "We are committed to dedicating as many resources as possible into educating the public that excess application of nutrients on lawns cannot continue, especially in environmentally sensitive areas like the Chesapeake Bay."

#### New Techniques and Products

The industry is also getting on board by producing products without the toxic side effects. Three years ago the 80-year-old Espoma Company of Millville, NJ, removed synthetic chemicals from virtually all of its lawn fertilizers and weed and insect killers. The ECOSmart Company of Atlanta has exploded onto the marketplace with a line of weed and insect killers made from food-grade ingredients. The Natural Industries Company of Houston, Texas, even has a product known as Actinovate, a natural fungicide to replace the most toxic of lawn and garden substances.

One Maryland institution has com-

continued on page 21



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## CULTIVATING COMPASSION

### The Perils of Pesticides and the Value of Organic Alternatives

...continued from page 19

mitted to a long-term plan to educate itself about these natural lawn alternatives, and then share that information with the community, state and nation. The non-profit Glenstone Museum of Potomac, MD, has been working toward a seamless integration of art, architecture and landscape since its first gallery opening in 2006. Organic maintenance of lawns and gardens became part of its mission in 2010.

"We will fund an organic lawn research project as part of our goal to become good community neighbors and good planetary stewards," said Tony Cerveny, property manager for the world-class museum. "We are almost a year into our organic transition away from the chemicals and we are very, very pleased with the results so far. It's clear to us that one of our three pillars, a beautiful landscape, can be achieved without the poisons. We look forward to getting that word out."

Paul Tukey, founder of SafeLawns, is

the author of *The Organic Lawn Care Manual* (Storey Books, 2007). Tukey has won numerous other awards, including the 2006 Horticultural Communicator of the Year Award from the American Horticultural Society and the Silver Medal of Honor from the Massachusetts Horticultural Society for his contributions to regional horticulture. His 46-episode HGTV show—also called *People, Places & Plants*—has just been released as a boxed set of DVDs.

As SafeLawns spokesman, Tukey is America's foremost public speaker on the subject of natural lawn care. He also speaks about gardening, gardening photography, and environmental awareness. He often consults with municipalities and lawn care professionals about making the organic lawn care transition. To learn more on the hazards of lawn chemicals, please check out Paul Tukey's documentary "A Chemical Reaction" ([www.safelawns.org/chemical-reaction](http://www.safelawns.org/chemical-reaction)). Screenings with Paul can be arranged in your community.

### Greenbelter Describes Her War on Local Pesticide Use

BY JEAN NEWCOMB

Twenty four years ago I moved to Greenbelt, MD, to be closer to work. I found a house that backed up to the woods, complete with a stream and wildlife—rabbits, turtles, birds, birds and more birds, raccoons, opossums, bumble bees and butterflies, lovely dogwoods—the perfect place for an artist to live. And paint and draw and write and dream I did. Until one day I heard chainsaws followed by hours of loud, abrasive noise punctuated by the thump of wood hitting the ground. It was the beginning of my journey into activism—and completely unscripted.

Yes, I had marched a few times to help end the war in Vietnam and had written letters to protect animals. But this was different; it wasn't abstract. This time I was actually experiencing something firsthand. The forest understory fell away and the plant community was wiped bare along the slopes of the stream; and the men with poisons in their trucks and poisons on their backs advanced like an army\*. I was shocked by the ignorance that turns the living world into nothing more than a machine. Corporate spreadsheets are choking the natural life out of our communities. Yes, the natural world is an integral and fundamental part of who we are. But now, so is cheap, fast technology that replaces people, with little regard for its devastating effects. I witnessed the relentless pursuit of *quantity*, with no time to consider the *quality* of one's actions.

I was told plants were attacking the

forest and needed to be destroyed. But, destroying the plants to save the forest was a good thing? And wiping out the homes and food of wildlife was necessary? This war was big business—right in my own backyard—where the army entered from the forest. My forest buddies were under assault, and I was, too. But, I still had my home and food, while theirs were wiped out. The ghastly smell of death permeated my yard. Each time the men with poisons came, I called the state inspectors. Then I attended meetings. Next came letters to the board of the housing cooperative where I lived. My days were consumed with research, calls, talking with people, and going down blind alleys without success.

I still reached out: e-mailed city council members; handed out flyers; created a name for my mission: STOP IT (Stop Trucking Out Pesticides, Instead Team-up); and posted signs in the forest, wrapped my yard in bright pink plastic tape and adorned it with signs reading "KEEP OUT." I got discouraged, followed by encouraged again. I found a voice for the forest in the image of the Green Man—a leafy character who mythically protects forests and wildlife. Along with friends, I started the Green Man Festival, which became an annual event (seven years old now). The festival features environmentally based films, music, art, poetry and invited speakers. I also searched the Internet and found like-minded people at the Rachel Carson Council and Beyond Pesticides among others. We distributed information at

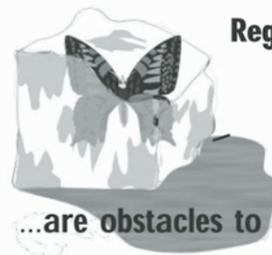
continued on page 23

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

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

### LIFE BETWEEN LIVES

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

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

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

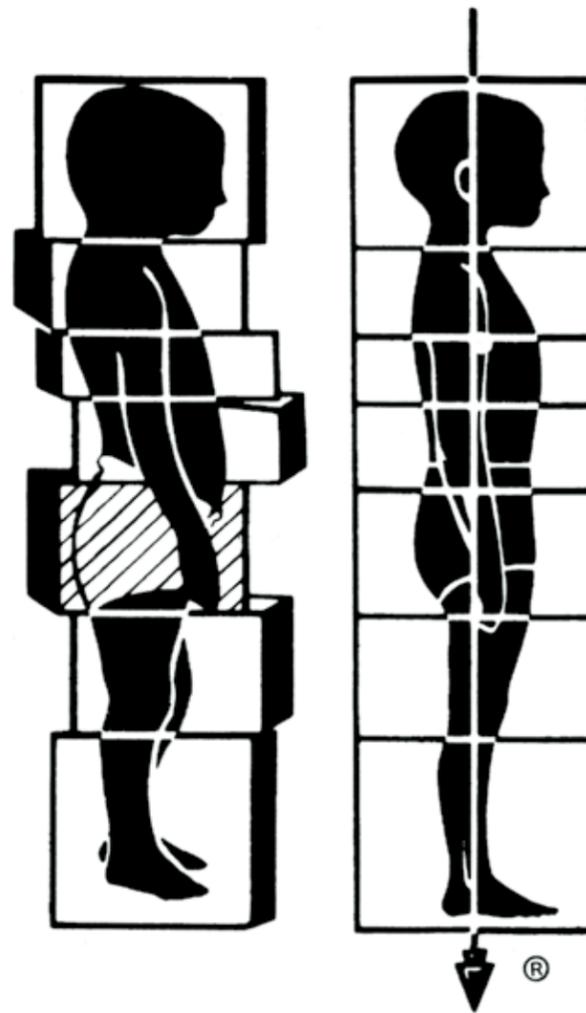
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## CULTIVATING COMPASSION



This incident happened under the Bush administration when toxic chemicals were deregulated. I drew this cartoon after experiencing the plan to eradicate wild roses and English ivy. —Jean Newcomb

### Greenbelter Describes Her War on Local Pesticide Use

...continued from page 21

the festival and just kept trying different things.

A real break came when the Greenbelt City Council asked for a report on pesticide use by the city, followed by adoption of recommendations to reduce pesticide and synthetic fertilizer use in green spaces managed by the city. We gave the mayor an award for her support of such a plan, and this year we recognized our new city horticulturist for implementing recommendations made by a citizens committee.

Was it worth years of my life to undo some well intentioned, but misguided decisions made by a few? Yes, but it isn't over. The forest is worse now, with even more plants that aren't native (but that will be considered native in a few hundred years if they adapt). But, I am better informed now and will be ready if the chainsaws and workers with poisons on their backs return.

(\*By "army" I am referring to the manufacturers of chemicals and equipment, the engineers, city, state and federal governments, politicians, lobbyists, truckers, health departments, pesticide regulators, boards of directors, and all others connected in the creation and distribution of such.)

Jean Newcomb is an artist, activist and co-founder of the Green Man Festival in Greenbelt, MD, held annually on Mother's Day.

**Editor's Note:** A quiet environmental

movement is sweeping through Russia and making its way across the planet. Prompted by *The Ringing Cedars Series*, an 11-book set written in Russian and translated into English (and several other languages), the movement's mission is to enlighten the world to the secret language of plants & animals and our relationship to all living beings. As a result of the dispersal of this knowledge, (approximately 12 million copies of the books have been sold in Russia alone), eco-villages are cropping up all over, and a back-to-the-land movement is flourishing.

The first book in the series is entitled *Anastasia*. To get a sense of its message, Google the editor, Leonid Sharashkin (PhD in Forestry), who wrote his dissertation on the series. He has numerous lectures on the topic to pique your curiosity. If you are as moved by the message as I am, there are ample ways for you to spread the word: starting an *Anastasia* book circle; planting a garden; holding screenings of Sharashkin's interviews; becoming a distributor of the series; and simply talking to friends and family. The message of *Anastasia* holds the potential to assist in restoring the ecological balance required by the Earth and all living beings. Please visit [www.RingingCedars.com](http://www.RingingCedars.com). (CM)

Cam MacQueen, MSW, is the creator and editor of *Cultivating Compassion* and can be reached at [worldisvegan@aol.com](mailto:worldisvegan@aol.com).

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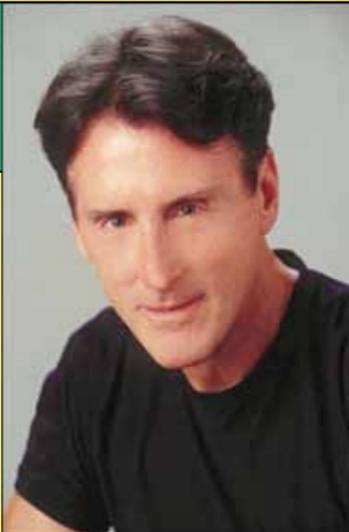
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# Pesticide Exposure In Pregnancy Linked To Child Development Problems

BY GIL SMITH

As if you needed any more reason to be careful about where you're getting your groceries, three new studies link pre-birth pesticide exposure and lower IQ in children.

Now, for the skeptical readers, yes, it's easy for researchers to skew their numbers towards what they were trying to find. For instance, if you want to prove that sharks tend to attack in shallow water, it shouldn't be hard, as most people only tend to swim in shallow water. Sharks can't attack where there are no people. It's a skewed sample. Sharks don't tend to hang out in shallow water; rather, humans do, so that's where sharks take the opportunity to attack. The numbers may present the facts, but not always the truth, and that's why some people are skeptical about the numbers.

Of course, when three entirely independent investigations find the same results, we stand up and take notice.

The studies were published on the web on April 21st before hitting print

in the peer-reviewed journal *Environmental Health Perspectives* (EHP). The gist of the findings were as follows: all three groups found that prenatal exposure to organophosphate (OP), a common ingredient in many pesticides, correlates positively with IQ deficits in school-aged children.

The three studies, which took place at the University of California, Berkeley, the Mailman School of Public Health at Columbia, and Mount Sinai School of Medicine, involved the participation of women who had been enrolled during pregnancy. The results were gathered by measuring OP metabolites in the urine of the pregnant participants at Berkeley and Mount Sinai, while Columbia measured OP chlorpyrifos in umbilical cord fluids. Once the children reached the ages of six to nine years old at Mount Sinai, or seven, at Berkeley and Columbia, IQ tests were administered.

The study findings, while not directly comparable, all provided strong evidence linking early pesticide exposure

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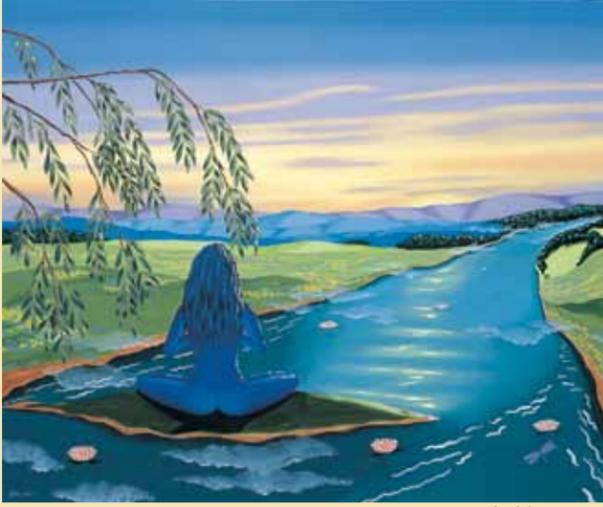
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**Michael M. Defrawy, M.D.** is a licensed physician in Internal Medicine. Dr. Defrawy has extensive experience in Primary Care, Acute Care, Emergency Medicine and in Internal Medicine, both in the hospital and in private practice.

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For the last 5 years, Dr Defrawy has been a Staff Physician in the Urgent Care Department at Kaiser Permanente Hospital. Prior to this, for over a decade, Dr DeFrawy was Assistant Medical Director at Patient First, an Urgent Care center that is affiliated with Johns Hopkins Hospital.

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among the pathogenetic mechanisms and clinical manifestations underscore the importance of understanding the nature of host-pathogen interactions in the design of immunotherapy.

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# The High Priestess Is Out Of The Closet!

BY GERALDINE AMARAL

Picture this: A weekend conference in which people come from literally all over the world to celebrate their interest in the Tarot, to honor the message of the High Priestess, and to hone their intuitive abilities. On the weekend of April 29 through May 1, I attended the 9th annual Readers Studio held in New York City. Over two hundred Tarot enthusiasts from Canada, Great Britain, Brazil, Australia, Germany, India, Israel, Singapore, China, Japan and almost every state in the U.S., gathered to take classes, peruse the exhibit hall for new Tarot decks and books, and pay homage to, and learn from, some of the world's best known Tarot leaders, teachers and authors. Above all, we gathered to share our passion for this powerful tool with an ever-growing community of Tarot enthusiasts and Tarot adepts. The event was sponsored by The Tarot School, and the hosts of the event were Ruth Ann and Wald Amberstone who founded their school in New York City in 1995. For me personally, the best part of the gathering was the connections made with other like-minded individuals. I had a deep sense of "this is my tribe" even though I did not personally know many of the participants.

### The High Priestess

This gathering at the Readers Studio 2011 demonstrates that the study of the Tarot is becoming more of a mainstream pursuit. And the High Priestess, Key #2 of the Major Arcana, which represents significant spiritual awakening and a higher development of the universal psychic mind, is the specific Tarot card that best captures the intent of this assembly of like-minded individuals.

Awesome and mysterious, the High Priestess sits before a veil that drapes the entrance to a temple. The temple symbolizes higher knowledge, spiritual knowledge, the sacred truths, both personally and cosmically, the "Holy Grail" we all seek. The temple the High Priestess guards holds both sacred, universal secrets as well as the guidance required to unravel our own personal issues. She is the guardian of the occult, of hidden knowledge, and the scroll that she holds represents arcane teachings—teachings that those on a spiritual path must learn. She emphasizes the essential role of the unconscious mind as a channel for those sacred teachings that direct the soul's evolution and growth. As the gatekeeper of these spiritual mysteries, the High Priestess encompasses the larger intent of the Tarot deck—to guide us on both our earthly and spiritual paths. She reminds us that *the pictorial journey portrayed in the Tarot is meant to aid us in invoking the wisdom and power locked within ourselves.*



The High Priestess is essentially the "spokeswoman" for the entire Tarot deck because the Tarot's "system" is a tool that enables us to access the vast storehouse of knowledge within our unconscious mind. Thus, as the spokeswoman, she can also be understood as the guiding symbol of events like the Readers Studio, underscoring the fact that the study and use of the Tarot as a tool for inner guidance is becoming more and more a mainstream phenomenon.

### Weekend Classes

The metaphoric High Priestess and her "followers" unofficially began on Thursday night with a pre-conference class that dealt with the "Forty Faces of Love" as they appear in the Tarot. The official opening ceremonies on Friday morning included the "foundation" Tarot reading, which was meant to offer a framework for the weekend to come. The first "master" class followed this in the afternoon. Corinne Kenner was the presenter and her topic was the use of Tarot in combination with astrology. Corinne Kenner is a well-known and well-respected Tarot author—she has written 12 books on the subject, including *Tarot for Writers*, *Tarot Journaling*, and *Simple Fortunetelling with Tarot Cards*. She's the creator of the *Epicurean Tarot* deck as well as the recently published *Wizards Tarot*. Some of her books, including *Strange But True* and *Crystals for Beginners*, have been translated for a worldwide audience (Portuguese, Italian, Romanian, and Russian). Her presentation was informative and very well paced. Even for those of us who are "astrologically impaired," the class was enlightening and practical.

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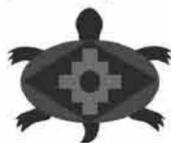


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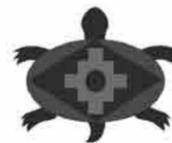
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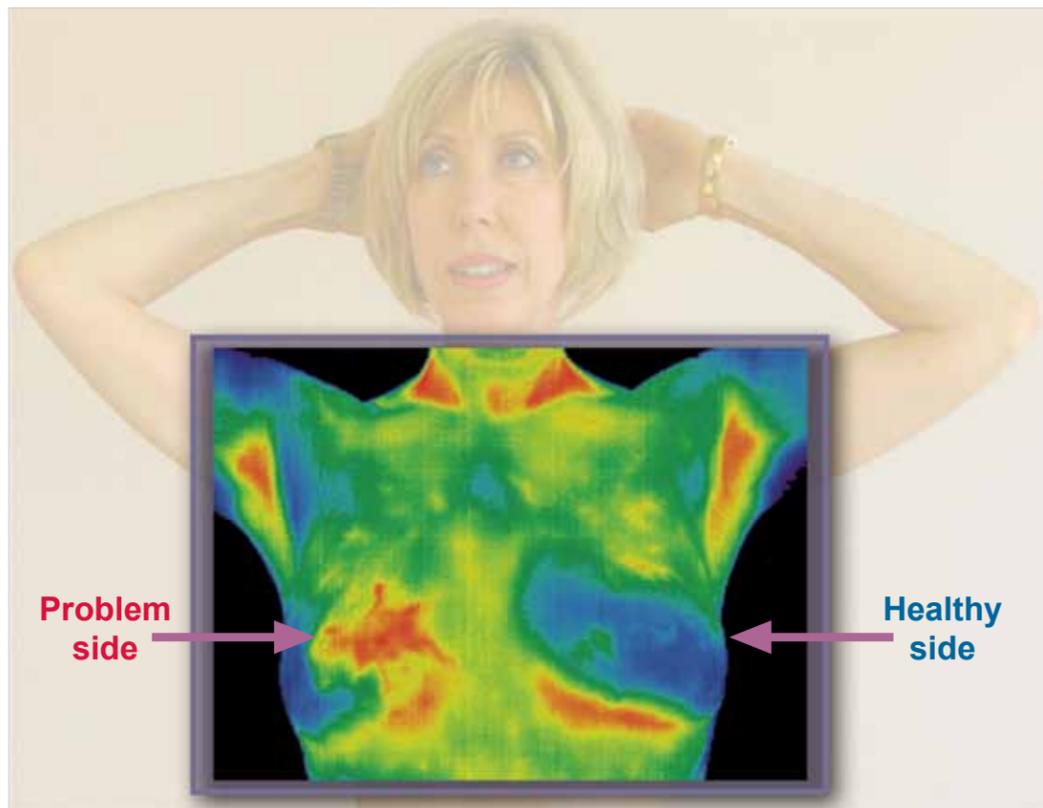
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**\*\*Referenced articles**

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

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

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

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## ACCESSING YOUR INTUITION

### The High Priestess Is Out Of The Closet!

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Both Friday and Saturday evenings consisted of smaller “break-out” classes that included such topics as Finding Fortune, Tarot Clusters, Social Media for Tarot Readers, Metaphysical Tarot, How to Read the Minor Arcana, How to Play Games with the Tarot and Majors Only Reading. The breadth and depth of the various workshops offered at the Readers Studio once again seems to underscore that the Tarot is becoming a mainstream phenomenon, and that it is also being applied and integrated into many areas of life: science, business, psychology, alchemy, spirituality and more. The course selection was really any Tarot enthusiast’s heaven (and agony to have to choose between the five or six classes offered at the same time). These evening workshop presenters included internationally known Tarot teachers and authors, such as Rachel Pollack, author of *78 Degrees of Wisdom*, *The Haindl Tarot* and creator of the *Shining Tribe Tarot*; and James Wanless, creator of the unique and popular *Voyager Deck*, and author of numerous books on the Tarot.

Saturday began with a breakfast roundtable with famed Tarot author Mary Greer (*Tarot for Yourself, 21 Ways to*

*Read a Tarot Card and The Tarot Court*), as well as a Tarot meditation class offered by Carolyn Cushing. Barbara Moore led the next “master” class. Moore has written books and booklets for several decks, including *Tarot for Beginners*, *A Guide to Mystic Faerie Tarot*, *The Gilded Tarot Companion*, *The Enchanted Oracle*, *The Mystic Dreamer Tarot*, *The Vampires of the Eternal Night Tarot*, *The Witchy Tarot*, *The Dream Enchantress Tarot*, *Tarot of the Sweet Twilight*, *Shadowscapes Tarot*, *Pagan Cats Tarot*, *The Pagan Magical Kit*, and *The Book of Shadows Tarot, Volumes 1 and 2*. Her topic was “Creating Your Own Tarot Spreads” and it was a well-organized presentation (with a Power Point production) packed with lots of great tips on how to make and use spreads according to you or your client’s needs. Barbara is a dynamic speaker and was able to get participants involved in the creation process by offering cupcakes to those who were willing to share their spreads and ideas. It was great fun.

After lunch, the final master class was held with Caitlin Matthews, creator of the *Celtic Wisdom Tarot* (perhaps one of the most beautiful Tarot decks I’ve ever encountered). (See The Guard-

ian Tarot card, which corresponds to the High Priestess, on the next page of this article, from the *Celtic Wisdom Tarot*). Matthews speaks with a lovely accent and sings beautifully. This was the first workshop I have ever attended that began with a song, sung by Ms. Matthews in her angelic voice. Caitlin Matthews is a writer and teacher and is considered to be an authority on Celtic Wisdom and the ancestral traditions of Britain and Europe. She is the author of over 60 books, including *Singing the Soul Back Home*, *Walkers Between Worlds* and, with John Matthews, the *Story-World* series of storytelling cards. Caitlin’s other books include *Mabon and the Guardians of Celtic Britain*, *The Psychic Shield*, and *Sophia, Goddess of Wisdom*. Her books have been translated into more than forty languages from Portuguese in Brazil to Japanese. She is the originator of three tarot decks: *The Arthurian Tarot*, *The Da Vinci Enigma Tarot* and *The Celtic Wisdom Tarot*, as well as many divination systems, including *The Celtic Book of the Dead*, *Celtic Wisdom Sticks: An Ogam Oracle*, and the forthcoming *Celtic Ancestor Oracle*. She has a shamanic practice in Oxford, England, that provides soul, vocational and spiritual guidance. Her topic at the Readers Studio was about the variety of ways we can use a “significator” in a Tarot spread. The significator is the card in the Tarot deck that represents

the person receiving the reading and is meant to help ground the reading by embodying this individual (called the “querent”).

Saturday evening offered a bountiful banquet during which participants, who chose to, dressed up as his or her favorite Tarot card. Seeing the Tarot images brought to life in such creative and imaginative ways was marvelous. My personal favorite costume was a man who dressed up as The Hermit. He had on a monk’s frock, a long beard, and carried a lantern around with him the entire evening. It was hard to tear ourselves away from the festivities of the banquet to attend the evening break-out sessions. On Sunday morning, we did the follow-up to the foundation spread from Friday morning with the goal being to see if and how our reading style had changed and evolved through the teachings offered over the weekend.

#### Personal Reflections

Personally, I greatly enjoyed attending the classes and being on the cutting edge, so to speak, of Tarot “technology,” new decks and new ideas. But the high point of the weekend for me was sharing in the camaraderie and community fostered by this meeting—just being among other Tarot enthusiasts

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## ACCESSING YOUR INTUITION

### The High Priestess Is Out Of The Closet!

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was both exhilarating and nurturing. I was also fortunate to be an instructor at the Readers Studio 2011 in one of the break-out sessions, and I was delighted by the enthusiasm, knowledge and understanding about the Tarot of those individuals who attended my class. The level of sophistication of the participants is a further indicator of the Tarot's increasingly widespread popularity.

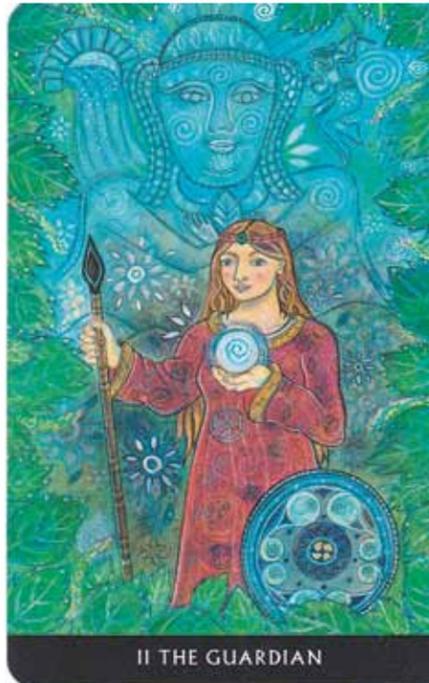
Certainly the Tarot is not the only vehicle that promotes the development of both the conscious and unconscious (other tools include the *I Ching*, Rune Stones, crystals and the like); but the Tarot is a tool that is accessible, inexpensive, easy to use and a virtual gateway to a vast bounty of knowledge. In addition, there are many, many books available on the subject that can enable you to teach yourself about the gifts of the Tarot and its ability to help you to tap into the potent resources within.

#### A Shift in Consciousness

Perhaps all the changes that have occurred in the last decade or so have fostered this renewed interest in mysticism, spiritualism and various intuitive tools. The fact that the Readers

Studio took place at all suggests to me that our culture's interest in exploring other dimensions of reality is growing, and esoteric tools like the Tarot are becoming accepted into the mainstream.

There are other indications in our society as well of a renewed interest in all things mystical, intuitive and psychic. For example, a recent article in the *Washingtonian Magazine* noted a significant increase in interest in such matters, with "52 percent of us believing in spiritualism, the idea that our spirits live on in a different form after we die. That's compared to 12 percent in 1976." And many spiritual leaders believe that a spiritual revolution and transformation are at hand. Carolyn Myss, an internationally-known speaker and author of *Anatomy of Illness*, *Sacred Contracts*, *Why People Don't Heal and How They Can*, and most recently, *Defy Gravity*, states that our spiritual journey is about "breaking our allegiance to human reason and entering into divine order." Marianne Williamson, author of *A Return to Love* and also an internationally-known speaker, says, "We are now experiencing an alteration of collective consciousness... a spiritual renaissance is



sweeping the world... it is a revolution in the way we think." It is a shift in our understanding of who we are and what our purpose is on earth, and includes an expanded view of ourselves as multi-dimensional beings. In that shift, tools like the Tarot offer both spiritual insight and practical guidance for carving out this transformation. It's a great time to be alive, to witness the expansion of higher potentials for humanity.

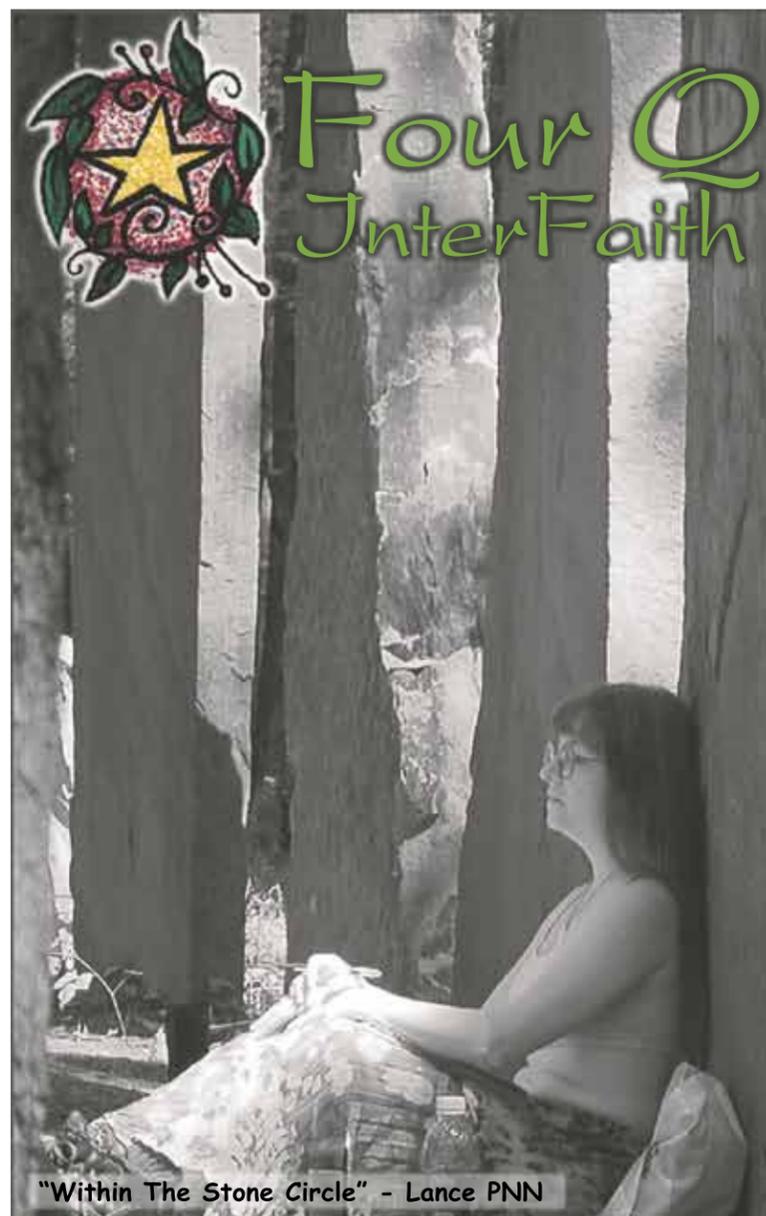
It's awesome to be within a societal milieu that is bubbling with ways to explore and honor the development of our intuition and our *inner* spirituality.

#### Invoke Your High Priestess

Now, if *you* want to explore the Tarot as a tool for invoking your intuition and your wise inner teacher, you can invite the High Priestess to come to your aid. Simply take the card, place it before you, light a candle, take some deep breaths and gaze at the image. You can use her image as a way to stimulate or trigger your own inner intuition and wisdom. You can focus on the High Priestess in a meditation or when you seek guidance about a decision or problem.

Besides meditation on the card's image, you can also place the card under your pillow at night, carry it around with you, tape it to your bathroom mirror, or display it in any strategic place in which the imagery will "impregnate" your conscious and unconscious mind. As you allow the imagery to connect with your unconscious, you will release a corresponding resource from within. As your consciousness becomes saturated with the potent image of the High Priestess, she may help you to "bypass" your ego and your logical, conscious mind. A quiet meditation on the High Priestess card can signal to

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## “Safe” Radiation Is A Lethal TMI Lie

BY HARVEY WASSERMAN

**There is no safe dose of radiation. We do not x-ray pregnant women. Any detectable fallout can kill.**

With erratic radiation spikes, major air and water emissions, and at least three reactors and waste pools in serious danger at Fukushima, we must prepare for the worst. When you hear the terms “safe” and “insignificant” in reference to radioactive fallout, ask yourself, “Safe for whom? Insignificant to which of us?”

Despite the corporate media, what has and will continue to come here from Fukushima is deadly to Americans. At the very least it threatens countless embryos and fetuses in utero, the infants, the elderly, and the unborn who will come to future mothers now being exposed. No matter how small the dose, the human egg in waiting, or embryo or fetus in utero, or newborn infant, or weakened elder, has no defense against even the tiniest radioactive assault. Science has never found such a “safe” threshold, and never will.

In the 1950s, Dr. Alice Stewart showed a definitive link between medical x-rays administered to pregnant women and the curse of childhood leukemia among their offspring. After a fierce 30-year debate, the medical profession agreed. Today, administering an x-ray to a pregnant woman is universally understood to be a serious health hazard.

Those who pioneered the health physics profession—towering greats like Dr. Karl Z. Morgan and Dr. John Gofman—set a definitive, impenetrable

standard. A safe dose of radiation does not exist. All doses, “insignificant” or otherwise, can harm the human organism. That has been repeatedly shown in major studies—done most notably by Dr. Ernest Sternglass, Jay Gould, Joe Mangano, Arnie Gundersen, Dr. Steven Wing and others—showing that among human populations near commercial reactors, infant death rates plummet once the reactors shut down.

In 1979, 32 years ago this March 28, the owners of Three Mile Island (TMI) said there was no meltdown, no serious radiation release and no need for evacuation. All were lies. To this day no one knows how much radiation was released, where it went, or whom it killed.

TMI’s owners ran ads dismissing the emissions as the equivalent of a single chest x-ray given to everyone within a ten-mile radius; but that included all the pregnant women. Soon infant death rates soared in nearby Harrisburg. Some 2400 central Pennsylvania families sued based on the health impacts.

In 1980 I interviewed dozens of these people. Cancer, leukemia, birth defects, stillbirths, sterility, malformations, open lesions, hair loss, a metallic taste and much more were among the symptoms. The death and mutation rate in farm and wild animals was also thoroughly documented by the Pennsylvania Department of Agriculture and a team of investigators from the *Baltimore News-American*.

Again we were told there were “no health dangers” from radiation that hit California from Chernobyl ten days

continued on page 39

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"My wife took me to see Dr. Mai because I was diagnosed with **BIPOLAR MANIAC MENTAL DISORDER** 15 years ago and my mental condition got worst severely. My wife told me I could not sleep at all and I ate very little . . . the worst thing is my recall, I forgot things. . . There was once I forgot to put my trouser back after I took to the bathroom in Dr. Mai's clinic and I walked out with only my underwear. . . Now after treatments with Dr. Mai I can sleep 8 hours a day, I can eat normal, . . . and now I can drive safely back home. . . I can remember things more clearly.

-Miguel Berrios

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

-Ruth Morison

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

-Mary De Villers

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

-Frank Morison.

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

-Neil Marchadie.

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

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

-Charles Charles.

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

-Susan Lehman, Alex Moran's mother.

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

-Marisa Machin

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

- Jacqueline Baxter

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

- Chris Spector

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

-Dr. Neelam Kapil, MD

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

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

-Anne Smith

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

-Ester Simons

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

-Thomas Dooley

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

-Safia Hussain, Pharmacist

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

-Mother of Lindsay, 6 months old baby.

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

-Gregory

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**“Safe” Radiation Is A Lethal TMI Lie**

...continued from page 37

after that 1986 explosion. But bird births at the Point Reyes National Seashore quickly dropped 60% from the levels that had been carefully monitored and recorded through the previous decade. The cloud then crossed the northern tier of the United States. Heightened radiation levels were found in milk in New England, as they were throughout Europe from clouds that had blown from Chernobyl in the other direction. The doses were neither “insignificant” nor “safe” to those far or near.

In Russia ten years later, I interviewed dozens of downwind victims, and many of the 800,000 “liquidators” who ran into Chernobyl’s seething corpse to help clean it up. After TMI, it was déjà vu all over again. The most recently published findings, from a compendium of more than 5,000 studies, indicate a global Chernobyl death toll in excess of 985,000, and still counting.

Today we are assaulted by yet another radioactive death cloud from yet another “perfectly safe” nuclear plant. Fukushima’s radiation is pouring into the air and water. The operators have reported radiation levels a million times the normal, and then retracted the estimate. Workers are be-

ing exposed to doses that are certain to be lethal. At least three of the reactors, and one or more of the spent fuel pools, hover at the brink of catastrophe.

Fukushima’s radiation has now been detected in Los Angeles and Sacramento, and has blown east across North America. It has also been detected in Sweden, which means it’s blowing across Europe as well. Radiation is not being released as a single puff. Rather it’s a steady stream that could yet turn into a tsunami.

Fukushima’s worst may be yet to come. Its collective emissions are virtually certain to exceed Chernobyl’s. And yet we continue to hear smug, misinformed “experts,” TV meteorologists and industry talking heads saying these are “safe” doses.

The response of the Obama Administration has been beyond derelict. As the accident began, the President went on national television to assure us there was nothing to worry about, and that he would continue to demand \$36 billion in loan guarantees to build new nuclear plants. Since then, even as the Fukushima crisis mounts, President Obama has remained silent.

Millions of Americans have heard about potassium iodide (KI), which can be used to block the uptake of ra-

dioactive iodine and perhaps protect the thyroid. But KI can have potential medical side effects for some individuals, and timing can be critical. To say the least, we need to know when the radioactive fallout is present. Yet the administration has not provided us with a national supply of KI, or guidance for using it. At the very least, we need reliable real-time mapping of the radioactive clouds as they cross the nation. Every American should be issued a mask, and sufficient KI pills with directions on how to use them, if necessary.

Above all, we need national leadership that puts the health of our people first and foremost. Americans who are of reproductive age and their unborn, our babies, the elderly, and those of us who may be especially sensitive are at the greatest risk; but we all deserve better.

As we have learned so tragically from Drs. Stewart, Morgan, Gofman, Sternglass, Gundersen, Mangano and so many other researchers, from TMI and Chernobyl, and from the on-going operation of nuclear plants where infant death rates continue to be affected, a “perfectly safe” dose of radiation does not exist. No truly informed or responsible scientist, medical doctor, health researcher, TV weatherman, bloviating “expert” or on-the scene reporter would ever tell you otherwise. Whenever you hear the term “insignificant” fallout, ask yourself, “Insignificant to

whom? ‘Acceptable’ to which expectant mother? To whose child? To how many mourning parents? For which dying elder?”

Nuclear reactors make global warming worse and prolong our addiction to fossil fuels. They stand in the way of our transition to a totally green-powered Earth. As we continue to learn at such a huge cost, there can never be a «perfectly safe» nuclear reactor, any more than there can be a «perfectly harmless» dose of radiation. «Impossible» accidents continue to happen, one after the other, each of them successively worse.

What we fear most about TMI, then Chernobyl, and now Fukushima, is not what has happened, but what is yet to come, both there, and at the next inevitable reactor disaster.

We are a pro-life movement. Please call the White House, the Congress and your state and local governments and DEMAND they protect the health and safety of our people in the face of this disaster.

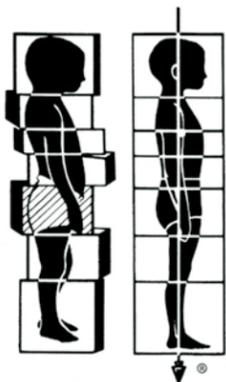
*Harvey Wasserman edits [www.nuke-free.org](http://www.nuke-free.org). He is author of Solartopia! Our Green-Powered Earth ([www.solartopia.org](http://www.solartopia.org)), and co-author, with Robert Alvarez, Norman Solomon and Eleanor Walters, of Killing Our Own: The Disaster Of America’s Experience With Atomic Radiation. Originally published by [www.freepress.org](http://www.freepress.org). See his ad on page 84.*

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*Are these your symptoms?*

**Fatigue**

**Itching**

**Hives**

**Memory Loss**

**Menstrual Problems**

**Psoriasis**

**Respiratory Problems**

**Sex Problems**

**Infertility**

**Muscle pains**

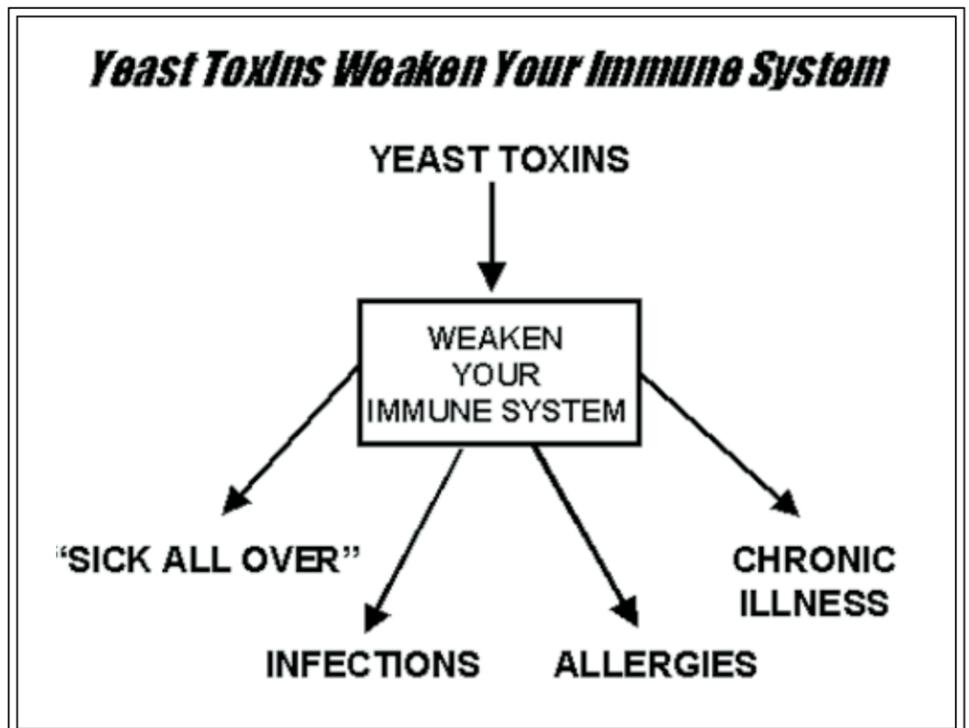
**Digestive Disorders**

**Depression**

**Headache**

**Joint Pains**

**Learning Problems**



\* 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.

**Pierre P. Gagnon, M.D.**

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Yeast Related Health Problems

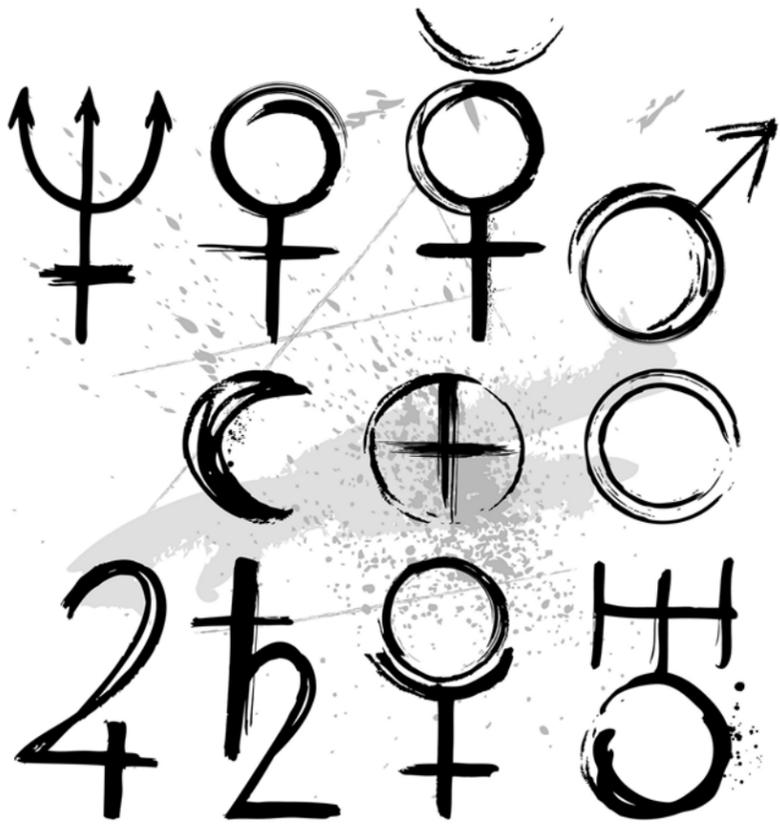
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## ASTROLOGICAL INSIGHTS



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# Clear Past Problems To Create A Brighter Future

BY MISTY KUCERIS

The Summer quarter of 2011 is going to be a busy one for you. Out of six eclipses occurring this year, three of them occur during this quarter. As the month of June begins, one planet changes direction and turns retrograde. This retrograde motion indicates that before you can move forward you need to make certain you've cleared up past problems. Meanwhile, another planet enters a new sign indicating you'll start feeling more hope about the future.

The most important occurrences during the summer months are the energy of the cardinal grand cross and the re-entry of Neptune into the sign of Aquarius. A cardinal grand cross is created when the signs of Aries, Cancer, Libra, and Capricorn are all brought together by various planets. In spiritual astrology, the cardinal grand cross represents initiation into a higher realm of spiritual consciousness. It represents the willingness to fight for what you believe in order to achieve a better sense of purpose not only for yourself but also for people in the world. This can create a rough time period for the world as more people fight for their rights. Yet, it can also lead to hope as more people understand that having freedom to make choices can lead to a better life. The re-entry of Neptune into the sign of Aquarius represents an increased need to clear up past problems.

As summer begins, a partial solar eclipse occurs on June 2<sup>nd</sup>. This occurs during a new Moon when both the Sun and Moon are in Gemini. Although you won't see it in this section of the

world, you'll feel the energy, especially if you're a Gemini or Sagittarian. "Obscured communication" is the operative phrase for this eclipse. People aren't necessarily being honest with you. It's more important to listen and reflect on any information you receive. You also need to conduct some research before making any decisions.

June 4<sup>th</sup> is an important day astrologically. Neptune in Pisces turns retrograde in the early morning hours and Jupiter enters Taurus by mid-morning east coast time. Neptune is the planet that goes retrograde and indicates you need to clear up past problems before moving forward. Jupiter is the planet entering a new sign, indicating a shift in your attitude that can bring increased hope for the future.

On April 4, 2011, Neptune entered the sign of Pisces and you felt the start of a new paradigm. This new cycle occurs every 165 years. However, when Neptune enters a new sign, it only occurs for a few months before Neptune returns to the old sign for a few months to give you a chance to clear up old problems. After you have this opportunity, Neptune starts moving back into the new sign and stays there for approximately 14 years. Neptune will re-enter the sign of Pisces on February 3, 2012, and stay there for 14 years.

Neptune represents several things on a global level: corporate and political situations that may use illusion as a means of gaining support from the public; social structures hoping to create more equity for the public; and institutions seeking to protect people, perhaps from themselves. What you've

continued on page 43

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### Clear Past Problems To Create A Brighter Future ...continued from page 41

seen so far globally is the understanding that economic structures need to be corrected or changed in order for the world to move back into prosperity. However, what you'll see while Neptune is retrograde is conflict and confusion over the best methodology to make these corrections. Even political and corporate leaders need to learn during this time period that any changes can't occur over night but rather need to be made in small increments.

Personally, Neptune represents several things: situations that occur in your life but are not based on factual evidence; hopes for a way to achieve specific ideals important to you; and truths surfacing when you find a way to connect your daily life to your spiritual beliefs.

With Neptune turning retrograde it's important that you are as realistic as possible. That doesn't mean giving up on your dreams. Rather it means finding a way to generate those dreams without causing major disruption in your life. It may not be easy while Neptune is retrograde because corrections need to be made. However, in the long run, you'll be able to move on with your life.

When Jupiter enters the sign of Taurus, a new 12-year cycle lasting approximately 13 months begins. Jupiter will be in the sign of Taurus until June

22, 2012. Normally, Jupiter is a planet of excess. You want to do things in a big way. You have a belief that anything is possible. But when found in the sign of Taurus, the energy of Jupiter changes. Suddenly accountability becomes important. This accountability will be seen in the corporate world in several ways. In the banking industry, stronger laws relating to cash reserves will be put into place. While it may not occur immediately, this will start leading to a stronger bank structure and less bank failures. Social accounting will increase in the corporate world. This is not a new concept. It's a concept where the impact of a corporation's action is assessed by the impact on people and the environment. This will be a benefit as more corporations realize that profits can be made from having a cleaner and safer environment.

How will some of the corporate and political changes benefit you? With increased concern over the environment, you'll find more products developed and sold that are safer for you to use. True, some corporations will label their old products "green," which means you'll need to read the labels to see if those products really have improved. But, many corporations will start using ingredients based on plant materials and essential oils.

Accountability will also become more important for you during this

time period. You'll find it easier to review your financial records and keep a better system. Spiritually you'll see how this accountability makes more people responsible for their own actions. With individuals you love, you'll find you can improve your relationships. Another area that could impact your life will be the focus on vitamins and natural healing techniques. More insurance companies will pay for proactive health programs rather than reactive health methods. Doctors will stress the importance of nutritional therapies rather than just supply medications.

When Jupiter forms a sextile to Neptune retrograde on June 8<sup>th</sup>, more information regarding potential changes for the future surface. This is a good day spiritually because you'll be able to look at things that you've done in the past and determine what areas are good to maintain and what areas need to be changed. You may feel a little tired, but that's all right. Just let the information in your subconscious mind surface slowly. You'll know what to do with it once it surfaces.

On June 12<sup>th</sup>, Saturn turns direct. Saturn initially turned retrograde on January 25, 2011. Saturn always represents where you need to move slowly in your life. And, with Saturn in Libra, the need to move slowly focuses primarily on relationships. However, when Saturn was retrograde, the slowness of movement increased. Now you'll finally feel like you can resolve some problems that occurred in your personal rela-

tionships. You'll also see movement in those areas of your life where things just seemed to be placed on hold. In a sense, the world (not only you) will be breathing a cosmic relief.

The second eclipse of this quarter occurs on June 15<sup>th</sup>. This is the first lunar eclipse of the year. Lunar eclipses occur at the time of the full Moon. In this case, the Sun will be in Gemini and the Moon in Sagittarius. This is also going to be a long eclipse with the total phase of the eclipse lasting 100 minutes. The last time an eclipse was this long was in July 2000. Unfortunately, you won't see the eclipse in the United States; but the impact of this eclipse will be felt in the global marketplace as oil and gas prices continue to rise.

Spiritually, especially if you're a Gemini or Sagittarian, this eclipse is a time period when you re-evaluate your value system and determine if you are living your life in a manner that supports your spiritual goals. This is also an important time to pay attention to young people. Your children could be feeling stress from events that are occurring in the world but are unaware of how to express that stress. Other people who are approaching adulthood may need your help as a mentor.

Starting June 16<sup>th</sup>, the cardinal grand cross energy begins to manifest as Mercury enters the sign of Cancer. Between June 16<sup>th</sup> and June 21<sup>st</sup> while Mercury creates the cardinal grand cross, you'll feel the need to understand the world

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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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## ASTROLOGICAL INSIGHTS

### Clear Past Problems To Create A Brighter Future ...continued from page 43

around you. You'll want to have as much information as possible. You may have heard reports of various leaks before but now they just seem to be tumbling out. If you face any struggles, they will involve other people trying to tell you how to think or act. Do the best you can to maintain a clear mind and you won't find yourself getting sucked into other people's belief systems.

On June 21<sup>st</sup>, the cardinal energy is very evident as the Sun enters the sign of Cancer indicating the summer solstice has begun. This event indicates that the first quarter of the astrological year is ending as the second quarter begins. Like the chart that indicated the start of the astrological year on March 21, 2011, this chart is linked to the United States chart. Financial matters will still be a crisis during the next several months. Members of Congress will continue to fight rather than find a practical solution to the nation's problems. You and other members of the public will start getting tired of these arguments and wonder why people you elected can't seem to get along and work for the better good of the nation.

Weather conditions will be very erratic around this time period. Storms will continue to brew, which could lead to loss of electricity. So, if you rely on a computer for your work, make certain it has a battery back-up system. Also, make certain you have battery-operated radios and flashlights.

Since the cardinal energy does represent initiation, it's very important for you to set priorities in your life. You don't have to fight every battle, but you may need to stand up for some rights. Another aspect of the initiation focuses on your relationship with family members and friends. Part of being one with spirit is caring for those people you love and doing special things for them. Children especially need your help and guidance right now. Many of their sports and entertainment role models will fall to various scandals.

The fourth eclipse of the year, and the third one of this quarter, occurs on July 1<sup>st</sup>. This eclipse, a partial solar eclipse, occurs during the time of the new Moon when both the Sun and Moon are in Cancer. Budgetary problems continue not only for the United States but also for other countries. Family and friends are very important, especially if you're a Cancer or Capricorn. You may not be able to take a vacation right now, but if at all possible, spend some extra time with people you love.

Mercury will be in the sign of Leo from July 2<sup>nd</sup> until July 28<sup>th</sup>. Normally this is a "feel good" energy and not that important to mention. However, Mercury will go retrograde next month and return to the sign of Leo. This means that it's very important you complete things that you start now. If you don't have time to complete them, you'll have to address them a second time in August 2011.

On the fourth of July, Venus enters

the sign of Cancer and starts another cardinal grand cross energy. This energy will last until July 12, 2011. With Venus in this position, you'll find it very important to focus both on your financial matters as well as your love interests. Unresolved financial problems will lead to difficulties. Relationships that were on the verge of ending will come to a close. However, relationships where trust exists will actually grow stronger at this time as both of you find a deeper spiritual bond.

The cardinal energy is emphasized by the full Moon, with Sun in Cancer and Moon in Capricorn, which occurs on July 15<sup>th</sup>. During this full Moon, consider your present situation and see where you can increase security for both yourself and your family. Unemployment is still a concern, so you may not want to make any job changes right now.

As the month ends, a second new Moon, with Sun and Moon in Leo, occurs on July 30<sup>th</sup>. This new Moon might give you a sense of hope that perhaps something better is occurring in the world. Again, the need to spend time with your family and friends is very important. If you don't have much time for them, you need to look at the external commitments you've made in your life. You may be involved in too many outside activities.

Mercury turns retrograde on August 2<sup>nd</sup>. It will remain retrograde until August 27<sup>th</sup> when it turns direct. Many of you already understand that when Mercury is retrograde communications become more difficult. Also, equipment tends to break down, especially if it's old; computers seem to express their soul by doing strange things. While communications and equipment are a concern during this Mercury retrograde, the real focus will be on children, sports, and old love interests. If you were unable to complete projects between July 2, 2011, and July 28, 2011, now is your opportunity. If you had a problem with someone in July 2011, that person will come back into your life. If you purchased a luxury item in July 2011, you may wonder if that purchase was wise.

The cardinal energy continues on August 3<sup>rd</sup> when Mars enters the sign of Cancer until August 24, 2011. This time you'll feel tension if action isn't taken to correct the financial picture or if other people are trying to control or manipulate your actions. In some ways this tension could be good because you are getting a clearer picture of your personal needs. This tension can also help you resolve any conflicts with family members or other loved ones. Because Mars represents the physical body, this is a good time to make life changes that improve your health.

August 4<sup>th</sup> is a very important day because Neptune re-enters the sign of Aquarius. On June 4, 2011, Neptune was in Pisces and turned retrograde. At that time, it was important to start

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## ASTROLOGICAL INSIGHTS

### Clear Past Problems To Create A Brighter Future ...continued from page 45

clearing up past problems in order to move forward with your life. Now, with Neptune re-entering Aquarius, you have a better idea of what to focus on.

Neptune first entered Aquarius on January 29, 1998, and stayed there until August 23, 1998, when it re-entered Capricorn in retrograde motion. Neptune finally entered Aquarius on November 28, 1998, and stayed there until April 4, 2011, when it entered Pisces. Now Neptune is leaving the sign of Pisces and re-entering Aquarius until February 3, 2012.

The paradigm shift that occurred while Neptune was in Aquarius focused on both technology and the global market. People started making money during the "tech boom." You started reading about corporations outsourcing jobs to other countries. China and India became the countries to watch as economic growth spanned to other parts of the world. All of this seemed positive as media reports touted prosperity increasing throughout the world.

However, Neptune also represents illusions, and those illusions soon rose to the surface. The "tech boom" crashed as easy credit was extended to people, especially in the housing market, who couldn't afford the terms. Corporations found that outsourcing didn't just move to low paying, "back office" jobs but also extended to the medical and legal professions. Meanwhile, consumers created a backlash as customer service decreased. This caused corporations to re-evaluate the outsourcing and in some instances bring the jobs back to the United States.

The greatest cultural changes occurred when various social networking sites went live on the Internet and you suddenly found you could "friend" a number of people, many of whom were strangers to you. Through this social networking you found the ability to be connected with others throughout the world. But at the same time, this came with a price. In many instances you lost your privacy. Potential employers are now able to follow your life on Twitter or Facebook. Smart phones track and record your location to anyone who knows how to use specific computer software.

As Neptune returns to Aquarius, it's time to determine if you are living under any illusions, especially as it relates to social media. You really can't recapture the privacy you lost when you entered social media; but you may want to re-evaluate your use of technology to make certain it's not controlling your life.

Globally, the world is so interconnected now that any desire for political leaders to return to nationalism will be difficult. What occurs in one part of the world will have an impact on your own life. While you can't keep track of all the world's happenings, it is important for you to know as much information as possible.

In many ways, the full Moon that occurs on August 13<sup>th</sup> emphasizes the return of Neptune to the sign of Aquarius. This is because the Sun is in Leo and the Moon is in Aquarius. It's very important that you have your computer protections updated because there could be a massive cyberspace attack. Turmoil in the world could cause further disruptions related to oil and gas prices; but those are the negative aspects of this full Moon. The positive aspects of this full Moon focus on giving you a clearer picture of how past changes will now impact your life. You'll be able to make better decisions.

Making better decisions will become easier as Mercury turns direct on August 27<sup>th</sup>. Communications will improve. Equipment will operate better. And those old people who re-entered your life will finally move on. You'll be able to resolve problems that interfered in your life.

August 28<sup>th</sup>, the day of the new Moon when both Sun and Moon are in Virgo, is a day of healing. If you had difficulties with other people in your life, you may be able to resolve them. If you have to attend to legal matters, this is a good time to do so. You may even hear some optimistic news regarding the economy.

As the quarter ends, Jupiter in Taurus turns retrograde on August 31<sup>st</sup>. It will stay retrograde until December 26, 2011. This is very important for self-employed individuals and corporate leaders. You need to be careful with any marketing plans you're developing because there is a tendency for the plans to cost more than anticipated. You need to be cautious not to introduce new products or services at this time because not all the manufacturing or operational costs have been properly calculated. But, if you found recordkeeping, especially accounting, mistakes, those will be easier to correct at this time.

Jupiter retrograde doesn't make such an impression if you don't own a business or have a leadership position in a business. However, if the company or organization you are working for had some financial difficulties earlier, you'll learn about those difficulties now. So, you may want to protect yourself before Jupiter turns direct by looking for a new position.

As this quarter ends, you'll be able to clear up past problems and create a better foundation for your future. It's important to focus on both personal and family relationships. Perhaps the most important aspect during this quarter is that you will find many opportunities to increase your spiritual awareness.

*Misty Kuceris is a Certified Astrological Professional and a Reiki Master. She has contributed to Pathways for over 25 years. See her website for monthly astrological reflections: [www.enhanceoneself.com](http://www.enhanceoneself.com). Contact her at: [misty@enhanceoneself.com](mailto:misty@enhanceoneself.com). See her ad on page 71.*



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# Radioprotective Herbs And Spices

BY JIM DUKE

In view of what has happened in March 2011 in Japan, I would like to make another different footprint in *Pathways*. Remember, it could have been Three Mile Island or any other nuclear facility, like Calvert Cliffs. People nearby would be confronted with the fear and reality of facing the perils of radiation as they are now in Fukushima. And everyone says that sooner or later other facilities might blow.

Spices have been selected over the years (especially before we had refrigerators) for their antioxidant and anti-septic properties, such as for retarding the spoilage of meat. In a sense, these same spices can retard the spoiling of people, including slowing down the aging process. In the last issue of *Pathways*, for example, we hinted at how several healthy spices might slow down the fog of Alzheimer's disease by reducing plaque in the brain and preserving the mental messenger choline.

In this issue, I will discuss some herbs, spices and supplements that might lessen your odds against radiation damage, at least in minor irradiations, and possibly be life

*Herbs, spices and supplements that might lessen your odds against radiation damage, at least in minor irradiations, and possibly be life extenders if we have been irradiated, as we hope we will never experience at Calvert Cliffs or Three Mile Island.*

tions, and possibly be life extenders if we have been irradiated, as we hope we will never experience at Calvert Cliffs or Three Mile Island. My food pharmacy suggestions are things that could have helped minimize radiation damage had Three Mile Island gotten out of control in 1979. No food or drug will absolutely prevent the potential of cancers that may follow radiation exposure. But I believe if you increase your intake of herbs and spices containing proven radioprotective phytochemicals—chemicals that can somehow reduce the harm caused by radiation—you lessen your odds, trivially or perhaps significantly, for certain radiological insults.

In compiling my herbal databases, I found a lot of decent evidence for medicinal uses of some 3000 herbs and spices, some little known. Many of the better-evidenced herbs will be found in your spice rack and my Green Farmacy Garden, part of the nearby Tai Sophia Institutes. I think most of these

suggested foods, if ingested reasonably, might prolong life by preventing inflammation and oxidation.

### A Wealth of Herbal Protection

During my research, I gathered a great deal of evidence suggesting the relative safety and efficacy of nearly 250 herbs and spices. The big, bad buzzwords I reviewed that could help you in a radiation crisis were: anti-radiation, anti-proliferative, anti-proliferant, anti-mutagenic, anti-metastatic, anti-angiogenic, adaptogenic, DNA-protective, and radioprotective. Without defining them all, I can summarize them as all generally having the same properties that can be helpful if you have been irradiated, possibly targeting you for cancer resistance and inhibition. Several of my favorite spices have some evidence for radioprotective activities. They include angelica, annatto, black cumin, black pepper, caper, celery, chamomile, Chinese mint, flax seed, garlic, ginger, green

tea, holy basil, horseradish tree, hot pepper, licorice, long pepper, mango, nutmeg, peanuts, peppermint, pomegranate, pot-marigold, roselle, rosemary, rue, tamarind, tarragon, turmeric, and zedoary.

I have benefitted from the work of Dr. Donald Yance of the Mederi Institute, who has produced many well-conceived proprietary herbal formulae, some of which I am taking, with promising results, for the depression and insomnia that occurs with many aging seniors. Among the many things Dr. Yance suggests for radioprotection are adaptogens, aminothiols, cysteine, sulfur compounds, phenolic compounds, medicinal mushroom extracts rich in beta glucans, selenium, and 3-6 grams of sea vegetables—kelp is one of my richest sources—which provide iodine in combination with other synergistic substances within the food. My favorite Japanese soup, miso, and my favorite Japanese spice, wasabi, also come highly recommended as possibly preventing radiation cancer.

Dr. Yance also suggests herbs rich in glutathione, an antioxidant that can help prevent oxidative damage. Among the glutathionogenic plants that many of you will know—several, aster-



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## THE SPICE CHEST

isked here, are available from popular spice brands such as McCormick—are: \*basil, \*black pepper, \*cumin, \*garlic, gardenia, \*ginger, holy basil, lemon-grass, milk thistle, \*poppy, rocket, and, most importantly, \*turmeric. After reviewing the scientific evidence for some 250 spices, I believe turmeric is most promising, even more promising than pharmaceuticals, for pancreatic cancer for example. The more evidence accumulates, the more it improves the odds for turmeric helping. Both I and Dr. Yance would recommend black pepper with turmeric, and others, be added to any radioprotective combo one may be devising.



**TURMERIC**

—All drawings by Peggy Duke

### Adaptogenic Herbs:

Stress Relieving, Resistance Building

In their book *Adaptogens: Herbs for Strength, Stamina, and Stress Relief* (2007), authors David Winston and Steven Maimes discuss adaptogenic herbs—normalizing herbs that help the human body adapt to stress, support normal metabolic processes, and restore balance. Even I am still cautious, not fully understanding the concept of adaptogenic herbs; but according to Winston and Maimes, they increase the body's resistance to physical, biological, emotional, and environmental stressors, and promote normal physiological function. What could be more stressful, mentally and radiation-wise, than the Fukushima or Three-Mile Island incidents? Some of these adaptogens, all of which are grown in the Green Pharmacy Garden, include ginger, holy basil, licorice, and magnolia vine.

And then there are the American and oriental ginsengs. Half a dozen or so recent studies—much of my evidence is found in PubMed citations—show they can help various damages from radiation. For example, one study completed in 2010 (Verma, et al.) concluded that *P. ginseng* root extracts protect Swiss albino mice against radiation-induced hematological and biochemical alterations. Russian scientists, long interested in the ginsengs for anti-aging effects, suggest that ginseng reduces radiation-induced aging. Early on, Russians anecdotally recommended eleuthero, also known as Siberian ginseng, for radiation, even for their astronauts. And Lee, et al., at East Carolina University, note that the ginseng variety known as *Panax quinquefolius* holds radioprotective potential in human lymphocytes even when applied 90 minutes post irradiation.

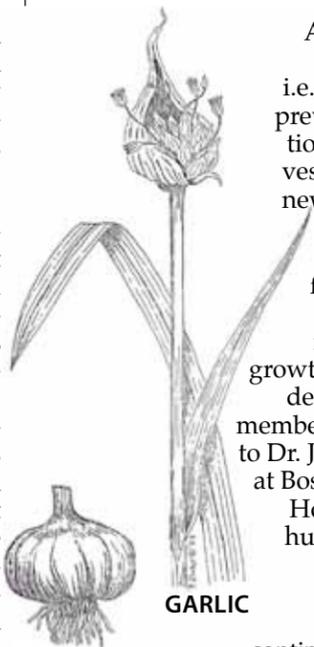
Overall, there is enough evidence that I would have been munching on my garden ginseng and eleuthero had I been irradiated by Three Mile Island. This may be the next frontier when it comes to reducing damage due to radiation. I cautiously hope so, and with enough certainty that I am taking a mix of about a dozen adaptogens made by Donald Yance, who also recommends adaptogens for Fukushima victims.

### Cancer-Fighting Foods

I am optimistic about the cancer preventive herbs and spices, of which there are many. Brand new science hints that some spices turn on certain genes that suppress cancer. Early studies suggest, for now, that the chemical cinnamaldehyde in cinnamon, and gingerols in ginger, are tumor suppressors, making cinnamon and ginger a spicy combo worth enjoying even more.

Some herbs can help protect your DNA from cancerous assault, e.g., almond, annatto, horseradish tree, rocket, soy, watercress, and again, turmeric. Turmeric works many different ways to prevent the cancers that may follow radiation. Black cumin is also believed to possess many curative properties. And it's nice to munch on cardioprotective almonds, also DNA- and radioprotective. We could mix up a DNA-protective salad of rocket and watercress, spiced with annatto, black cumin, black pepper and summer savory; it can accompany a miso soup, with DNA-protective guarana or maté.

Many of our culinary herbs can help prevent metastasis, the migration of cancer in one part of the body to affect another. I would certainly add organic flax seed to my radioprotective miso because flax has sounder evidence than others. All members of the onion/garlic alliance, including chives, leeks, ramps and even wild garlic and wild onions, are rich in anti-metastatic and other anti-cancer activities. You could cook up an "Antimetastisoup" with the onion, garlic, flax seed, celery, pot marigold, and watercress spiced with black cumin, black pepper, capers, caraway, ginger, sage, sesame, and turmeric. Chase it with citrus and pomegranate juice while munching on almonds on the side.



**GARLIC**

Anti-angiogenic herbs, i.e., herbs that can prevent the formation of new blood vessels to feed the newly developing cancer, could prove useful for retarding or even preventing new cancer growths. Nearly two decades ago, I remember well my visit to Dr. Judah Volkman at Boston Children's Hospital. He had hundreds of Petri dishes with

continued on page 50

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## THE SPICE CHEST

### Radioprotective Herbs And Spices

...continued from page 49

chicken yolks surrounded by radiating new blood vessels. Dr. Volkman told me that genistein, an isoflavone compound found in our edible beans like fava, soy and coffee, could inhibit angiogenesis, prostate cancer, and metastasis. For example, there is genistein in miso or black beans, which could possibly stop the development of new blood vessels to feed the new tumor. Other antiangiogenic foods include celery, cinnamon, fenugreek, garlic, ginger and turmeric.



SOYBEANS

#### Radioprotective Recipes

When I search for those foods and spices with radioprotective evidence, I see soups, salads, teas and snacks. The combinations are nearly endless, but I have provided a sampling below to get you started. Believe it or not, all herbs and spices listed here contain at least one, or often more, radioprotective phytochemicals that can improve your odds at fighting radiation damage. God willing, we'll never have to resort to these measures in all earnest, but in the immortal words of Benjamin Franklin, "An ounce of prevention is worth a pound of cure."

#### 1. MISO:

Spice up your regular miso with sparing dashes of citron, evodia, grapefruit peel, lemon peel, orange peel, prickly ash, and tangerine peel. Note these 7 rutaceae are the basis of my Radioprotective RutADE with which I have replaced my coffee for March, a Memorial Month for Radiation Incidents.

#### 2. ADOPTING ADAPTAGENS:

cordyceps, ginger, ginseng, holy basil, licorice, rhodiola, schisandra (five tastes) in decoction, steep, tincture, tisane.

#### 3. GLUT OF GLUTATHIONE:

A soup with glutathione-rich veggies, like asparagus, avocado, corn, okra, potato, purslane, and spinach... and why not spice with SEVEN SPICES?

#### 4. CRUCIFIX:

A sophisticated cabbage soup with any of the many edible cruciferae (alias Brassicaceae, or cabbage family), the hotter the better: broccoli, red cabbage, rocket, rutabaga, turnip, wasabi, watercress.

#### 5. COX-2-INHIBITEA:

cayenne, cinnamon; ginger, holy basil, oregano, rosemary, turmeric, steeped in hot water.

#### 6. SEVEN SPICES:

A mix of seven anti-cancer spices to flavor up any herb tea, salad or soups: black pepper, cayenne, cinnamon, garlic, ginger, turmeric, wasabi.

#### 7. GINSANITY:

Ginseng or Eleuthero Tincture (in red wine or resveratrol) with Seven Spice soup.

Each day as nibbles, munch a Brazil nut, a radish, some broccoli sprouts, some sushi with seaweed, and have a Chamomile Tea and/or Pomegranate Juice.

Chase with RadioprotectiveTEA: ale hoof, bugle, celery, lemon balm, peppermint, oregano, rosemary.

For phytochemicals and rationales, see: [www.ars-grin.gov/duke](http://www.ars-grin.gov/duke).

Considered an authority on herbs and spices, Jim Duke is a scientist, ecologist and advocate of natural healing methods. He worked for the USDA for thirty years where he brought his Father Nature's Pharmacy online, which is one of the most frequently consulted databases with the Plant Genome Project at USDA. Along with his standard setting book, *The Green Pharmacy*, Duke has authored or co-authored 40 other books on herbs, spices and food. A full interview with Jim Duke can be found in the Winter 2010 issue of Pathways.

Jim recorded a song about Three Mile Island. Recorded by the Howard County Dump on his HerbAlbum (circa 1979), with 14 herbal songs backed up by country musicians; available at *The Green Pharmacy Garden*. See Jim Duke and his friends perform it live via YouTube: [www.youtube.com/watch?v=bib3aAZiMd8](http://www.youtube.com/watch?v=bib3aAZiMd8).

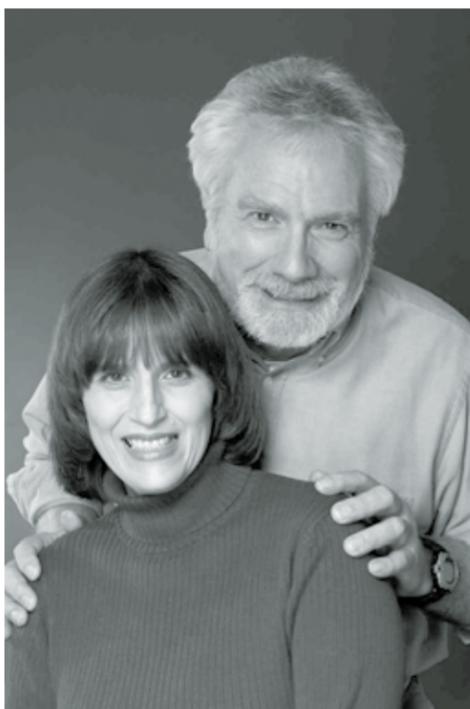
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# Yoga Breathing for Asthma Sufferers

BY CLAUDIA NEUMAN

Asthma is an autoimmune condition in which the airways become inflamed, restricting airflow from the lungs. Asthma sufferers experience tightness in the chest and the awareness of being unable to draw in or expel breath. Medical research tells us that the cause for this disease is unknown, and that it is incurable. Onset can be in childhood, or adulthood, and external triggers, such as pollutants, as well as internal factors (stress, emotional trauma) can spark asthma attacks.

The disease is persistent and difficult to treat. Many of the common treatment approaches, such as beta-agonist drugs (inhalers), have recently been proven unfavorable due to the complications that come with long-term use. Presently, strong anti-inflammatory

steroidal drugs, the most common of which is prednisone, are used instead of inhalers. The treatment model has the patient using consistent small daily doses in order to keep inflammation in check and prevent the possibility of a future attack. The adverse long-term effects of this medication, such as hormonal changes, weight-gain, glaucoma, and severe bone loss, prove to be even more debilitating than asthma itself.

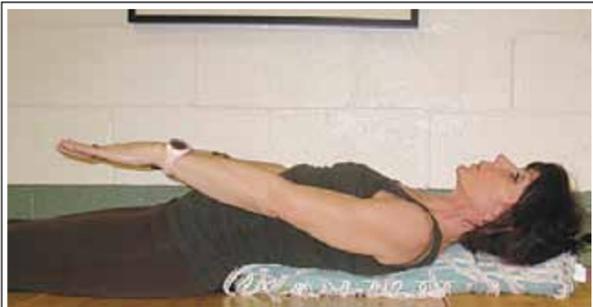
As an asthmatic who is also a Yoga practitioner and teacher, I have to agree with the experts about the adverse effects of the medication; however, I'm not so sure that asthma is incurable. The yoga breath techniques I present in this article, that helped me, are not meant to suggest there is a cure or that you should stop following your doctor's treatment plan. Like all chronic conditions from obesity to arthritis, each individual who suffers with the affliction also has a

complex myriad of physical and physiological underpinnings that are part of his/her disease pattern. After years of trying everything I could—diet, acupuncture, hypnosis, allergy shots, moving to another location, and of course, my daily yoga practice—I know, in retrospect, that all of those efforts were part of the package that helped me to rebuild internally and heal. I have been free from medication and the symptoms of asthma for the last 20 years. In fact, yogic breathing is like food to me. I love to breathe.

### Breathing for the Asthmatic

Breathing is one of the essential involuntary functions that our bodies come with. Without thinking, we take breath in and release it out. Uniquely, this au-

continued on page 52



As you lift the arms, inhale through your nose.



Bring your arms and the inhale as far as they can go.

Photos by Clare Dell'Olio



As you exhale, do the straw breath and move the arms down.



**P M T I**

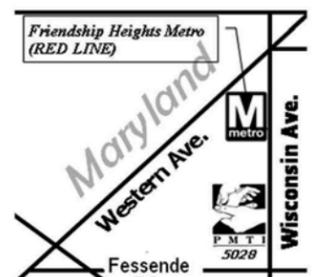
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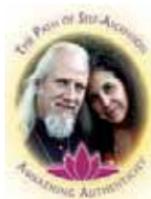


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## TO YOUR HEALTH

### Yoga Breathing for Asthma Sufferers ...continued from page 51

Automatic breathing function is also one of the things that we can voluntarily modify and change.

Asthmatics seeking alternatives to medication may find that some yogic practices can help them strengthen their lungs and overall health. Conversely, deep, yogic breathing can also be the very thing that will trigger an asthma attack if the practitioner pushes too quickly through the exercises.

The traumatized breathing patterns of asthmatics serve to weaken the body. When an asthma attack occurs, the survival instinct takes over. Getting air into the body is paramount to getting air out of the body. During an attack, asthmatics will work too hard to get air into the lungs and begin a strained panting type of breath, accompanied by an almost non-existent exhale. In addition, most of this breathing is done through the mouth. The filtration system in the nostrils designed to clean the air as it comes in is not used. Instead, the air coming into our systems is loaded with the debris we are probably allergic to, and again, the system is weakened. With the addition of steroidal drugs during an attack, the nervous system works even harder because of the speed-like effect of the drug. The adrenals become depleted.

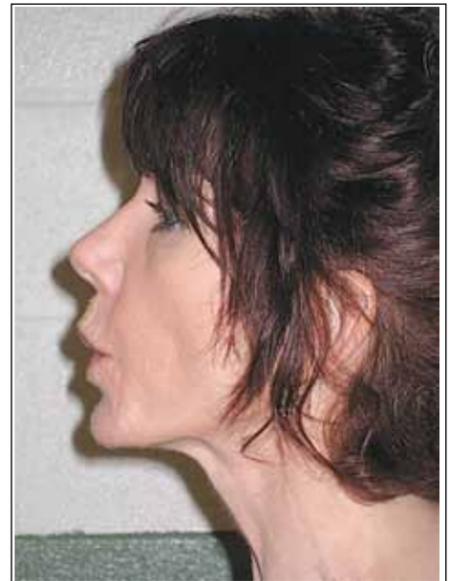
The psychological experience of an asthma attack is riveting. One is confronted with his/her mortality when unable to breathe on his/her own. A debilitating sense of hopelessness accompanied by strained nerves prevails when all efforts to take air in do not work. Louise Hay, the infamous metaphysical healer and author of many books about disease, calls asthma the "Smothering Love" syndrome—one has been suffocated to the point of not being able to breathe on his/her own.

These types of scenarios are frequent for most asthmatics, causing physical and emotional patterns based on survival that become ingrained as coping skills. In my experience, I realized over time that the lungs literally have to relearn how to breathe. The process is delicate; gentle movements linked with slow breathing may eventually retrain the lungs and help to rehydrate damaged lung tissue.

#### Yogic Breathing Exercises

The ancient yogis knew that the breath is a powerful tool for transformation. Pranayama, the yogic science of the breath, includes thousands of breathing techniques that, when done properly, can affect one's physical, mental, emotional and spiritual experience profoundly.

The goal for this asthmatic was to be able to breathe in and out, through the nose, without having an attack. Another goal for me was to be able to do my yoga practice without having an attack. Whatever your individual goals are, I recommend a few simple yogic breathing techniques to help your own retraining process. The key is to relax, and commit to ten minutes. Begin all



**Straw Breathing Practice.**  
Another practice that I have done to retrain my airways has been to practice exhaling as if I am blowing through a straw.

of your breath retraining sessions by relaxing. Set aside ten minutes a day for yourself, and commit to moving through these exercises in a progressive way from the easy to the more challenging. Please do not work on these more than ten minutes a day; but try to do them every day regardless.

#### Massaging the Sinuses

I found that massaging the acupressure points at the base of nostrils, as well as applying gentle pressure to the sides of my nose below the cheek bone, helped to unblock the nose.

#### Straw Breathing Practice

Another practice that I have done to retrain my airways has been to practice exhaling as if I am blowing through a straw.

This can be done at first sitting in a chair with a straight spine and both feet on the floor. Rest your hands easily on the thighs and begin to inhale through the nose; if it is blocked, do not force inhalation. Massage the sinuses and be patient, don't rush it. To exhale: purse your lips as if there is a straw in your mouth and exhale through the imaginary straw. When you are ready to inhale, practice relaxing into the inhalation by releasing the abdominal muscles. The belly will contract when you exhale through the straw, so relax it before inhaling.

Once you feel comfortable with this process, you can link movement to the breath. Seated in the chair, inhale through the nose while you lift your arms over your head. Exhale through the straw while you lower them back to your side. If this starts to get easy, you can do this on the floor laying on a rolled up yoga blanket that is lined up with your spine. This will prop the chest open gently and be relaxing. It will also help to bring some space to

## TO YOUR HEALTH

the rib cage, which is usually quite contracted from labored breathing.

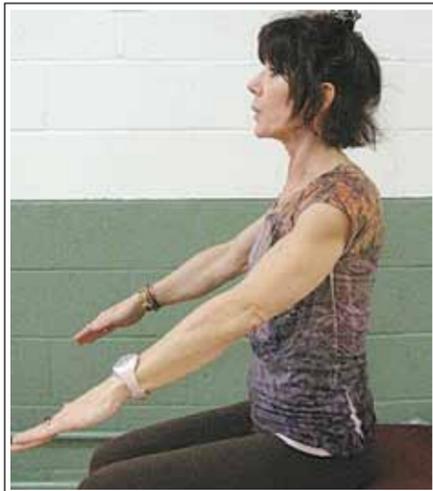
Keep in mind that if you go too fast with this, it could trigger an attack, which is why it's best to take it in stages. Work up to doing ten breaths first in the chair, then twenty. Then repeat the breath with the arm work; once you feel strong enough, try the same series on the floor with the blanket.

### Ujjayi Breath

Ujjayi in Sanskrit means "the victory breath" or "victoriously uprising breath." At the suggestion of Patanjali's Yoga Sutras, the breath should be both *dirga* (long) and *sukma* (smooth). Ujjayi breathing involves closing the back of the throat while drawing the breath in and out, which creates a mystical and beautiful oceanic sound. The sound alone is enough to calm your mind; however, this breath has so many benefits for building the respiratory system that it should be incorporated into any healing project.

The key to this breath is relaxation, and yet, there is effort involved in training the body to do it. Maintaining the length and smoothness of the sound of the breath, as well as the length of the inhalations to exhalations, is required for maximum body/mind revitalization.

This breath technique revolutionized my life. Maintaining the slight constriction at the back of the throat (the same



constriction the throat makes when saying the word "OH" or "Ah") while gently pulling the breath in and out of the nose directly soothes the mind and builds the capacity to breathe through the lungs. Something about both constricting and relaxing is very powerful. This breathing helped me to rebuild my lungs. I recommend adding five of these breaths in with the straw exercises, and working your way up to ten, and so on. In other words, once the body gets used to you breathing, begin to practice the Ujjayi breath.

I cannot emphasize how important it is to be consistent, move at your own pace, and be gentle. Healing happens over time with continued effort. Medications should not be stopped; however,

er, you may find after a while they can be decreased.

Each one of us has to explore whatever methods we feel comfortable with as alternatives to medication for treating asthma. For me it was ultimately a combination of many things, including making life changes, which evolved into being a medication free person.

FOR MORE INFORMATION FROM CLAUDIA:  
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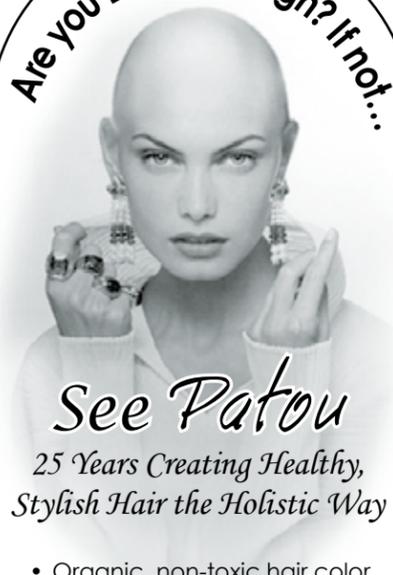
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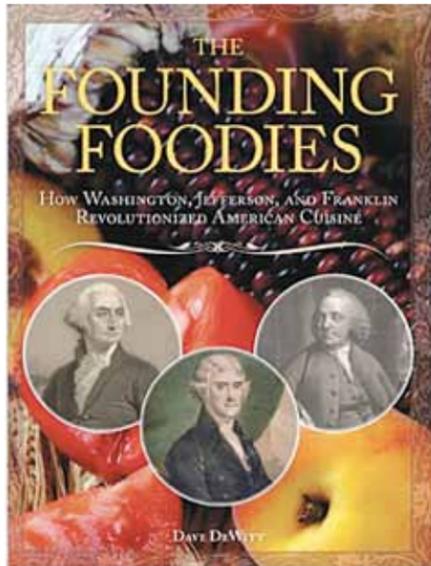
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## BOOK REVIEWS

REVIEWS BY ALYCE ORTUZAR



**The Founding Foodies: How Washington, Jefferson, and Franklin Revolutionized American Cuisine**

By Dave DeWitt  
Sourcebooks  
2010; 336 pages  
ISBN: 1402217862, \$16.99

Those of us who are particular about what we eat and drink and where our food comes from, and who enjoy pressing and fermenting apple cider, brewing home-grown organic hops, and making wine from freshly crushed

*The Founding Fathers were as superior to our present political leaders in the quality of their food, as they were in the quality of their prose and their intelligence.*

~Excerpted by Dave DeWitt from  
*The Taste of America*

grapes, will find in this book a treasure trove of the best brewing and farming practices, in addition to wonderful recipes calling for freshly made butter and cheeses, fresh eggs from free-range chickens, freshly smoked bacon and ham, and locally grown herbs.

Dave DeWitt defines a foodie as someone with “a devotion to food in its many contexts, including devoting their lives to agricultural experimentation to find better crops,” which is a broader definition than those who focus solely on the preparation of the food they eat. In addition to their political accomplishments and broad intellectual pursuits, George Washington, Thomas Jefferson, and Benjamin Franklin shared with their peers a strong interest in food, drink, agriculture, and horticulture. Amidst today’s surge in popularity of locally grown slow food preparation, these Founding Fathers “would be superstars of sustainable farming and ranching.”

The first colonists at Jamestown lived in unsanitary conditions that likely led to a typhoid epidemic. “They

did not know how to farm, fish, or hunt and knew next to nothing about cooking.” The New England colonists finally learned how to grow many crops, including hay for cows. After importing English clover and meadow grasses, dairying became possible throughout the year. Milk, cheese, and butter became abundant. Kitchen gardens were common by the 1730s and were critical to the survival of these colonies. Beets, carrots, and onions were stored in cellars throughout the winter.

The Chesapeake Bay settlers “lacked the religiously inspired drive to build farms and imitate English agriculture.” Motivated by profit, they eventually adopted a standard crop such as tobacco. George Washington found that growing tobacco was too labor intensive and not very profitable after paying the shipping fees, import and export duties, brokerage charges, and a commission to his London agent. Tobacco was hard to grow and depleted the soil. So in addition to his gardening crops, Washington was inspired to grow barley, corn, oats, buckwheat,

clover, flax, cotton, potatoes, and peas after reading *New Principles of Gardening* by Batty Langley (1728) and *A Compleat Book of Husbandry* by Thomas Hale (1758).

Washington influenced colonial whiskey making, farming, and ranching. He constructed a distillery and was one of the first licensees of Oliver Evans’ automated gristmill. “Washington was emphatic about using composted manure in his garden, and he is characterized as ‘America’s first composter.’” He experimented with a mixture of manure, mud, and fish heads. He understood the role of a good fertilizer in preventing plant diseases—a practice that Jefferson ultimately adopted with excellent results.

Washington was also an accomplished rancher. Similar to the practices of many ecological farmers today, he bred horses and mules to pull his plows and carts. His hogs roamed freely and foraged for acorns and other food in the forests that surrounded Mount Vernon. He converted the raw meat into salt pork, sausage, chitterlings, scrapple, and lard. He also had a smokehouse where he supervised the ham and bacon being smoked.

Washington raised heirloom chickens, turkeys, ducks, and geese for meat and eggs; Barbary sheep for the breed’s superior flavor; and Merino sheep for the excellent wool. His barn was con-

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## BOOK REVIEWS

sidered "a milestone of American architecture." He also planted year round in his geothermal greenhouse using the guidance in John Abercrombie's *The Hot-House Gardener* (1789). According to *Fishing with the Presidents* by Bill Mares, Washington was also considered "the founding fisherman," and he relied on fish for a significant portion of his profits.

Thomas Jefferson's vineyards failed, but he still influenced wine and wine making in the United States. "Jefferson's name appeared time and time again in the history of wine, horticulture, and food importation." With 330 varieties of vegetables and twenty varieties of herbs in his kitchen-garden, he is more renowned as a gardener than as a farmer. He once wrote that "No occupation was so delightful to me as the culture of the earth, and no culture was comparable to that of the garden."

Jefferson adopted Washington's composting and seven-year crop rotation practices (year one, wheat followed by winter vetch; year two, corn followed by winter vetch; fallow in year three; wheat in years five, six, and seven; three years of clover; and potatoes mixed with corn). Jefferson's "crowning achievement" in farm technology was his invention of a moldboard plow of least resistance." He found that "good plows were the key to good deep farming, for killing weeds and for

*The colonists were very cautious about what they permitted in their soil, on their crops, and in their food, and protected the purity and integrity of their seeds and food supply.*

almost every good thing in farming."

While living in France in 1784, Jefferson toured countries such as Italy and brought back foods, production and preparation practices, and technology. For example, he had plenty of ice at Monticello because of a huge ice-house he had built that was modeled after one he had visited in Italy. Cider and beer were mainstays of the colonial diet. This book describes in patient detail Jefferson's instructions for making hard cider from a combination of Golden Wilding and red Hughes apples. Another recipe used Taliofarros and the Hughes crab apple. In 1802, he also became an expert malter brewing his own wheat and hops.

The colonists were very cautious about what they permitted in their soil, on their crops, and in their food, and protected the purity and integrity of their seeds and food supply. Groups such as the South Carolina Society for the Promotion of Agriculture discouraged Jefferson when he wanted to send rice seeds from Italy he thought were

superior. The farmers had already tested those seeds and found them to be inferior to their excellent product. They were very fearful of any seeds that would contaminate what they knew was a better product. The farmers were very protective of the seeds and crops they valued.

"Philadelphia was the second largest city after London in the British Empire, and was by far the largest port in the colonies, dwarfing New York and Boston." Products from the West Indies, including spices and molasses, arrived three times a week. By the 1770s, colonists were distilling five million gallons of rum annually and importing another four million gallons. Consumption of hard cider (10 percent alcohol) averaged fifteen gallons per person annually. However, drunkenness was denounced and punished (Maryland imposed fines and Virginia imposed jail sentences).

Benjamin Franklin was also fond of beer and wine and wrote, Beer is living proof that God loves us and wants

us to be happy." Because local water sources were contaminated with sewage, alcoholic drinks were considered the safest beverages. Harvard had its own brewery, and whiskey was served at every occasion, including at quilting and sewing gatherings.

The colonists were successful traders, and recipes from the 1824 recipe book, *The Virginia Housewife*, call for cloves, pepper, garlic cloves, "common" vinegar, wine, butter, parsley, salt, molasses, sugar, and flour. Virginia farmers cured peanut-fattened pigs. Franklin unsuccessfully tried to promote the turkey instead of the eagle as the national emblem. He maintained that the turkey was unique to North America, whereas the eagle made its home on numerous continents. Franklin occasionally inserted recipes in his *Poor Richard's Almanac*, and his affection for corn maintained the popularity of that crop. In 1775, he printed a recipe for green-corn-stalk beer.

DeWitt chronicles many actions by the British that ultimately led to the American Revolution. When the cod trade established by the Puritans became so successful and profitable, England began to force the colonial ships to first pass through England to be taxed, which increased the costs to the colonies and the shipping time.

continued on page 56

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## BOOK REVIEWS

### **The Founding Foodies: How Washington, Jefferson, and Franklin Revolutionized American Cuisine**

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Colonies rejected this 1667 *Navigation Act*, which was followed by the 1733 *Molasses Act*; the 1760 and 1764 *Sugar Acts*; the 1765 *Stamp Act*; the 1767 *Townsend Act* that levied taxes on lead, paper, paint, glass, and tea; and the *Restraining Act of 1775* that restricted New England trade and fishermen.

The *Navigation Act of 1763* called for all European goods bound for British colonies (including America) to pass through England to be taxed. And commodities from the colonies (sugar, rice, tobacco) had to first pass through England to be taxed. When the American colonies ignored this act, more repressive British taxes followed.

Through the looking glass of the origins of early American cuisine and the contributions of Washington, Jefferson, and Franklin, Dave DeWitt has crafted an insightful and important analysis of our early history. Propelled by the ongoing tensions and conflicts between the colonies and the British crown, this book offers engrossing glimpses of the emergence of colonial independence that took Jefferson and Franklin to Europe and merged American cuisine and

history with the slaves from Africa and trade with the West Indies. The practices of these early, influential farmers and foodies incorporate many valuable lessons about real food and truly sustainable farming practices.

#### **RESOURCES**

- Apicius: Cooking and Dining in Imperial Rome*
- Michael Combrune's *Theory and Practice of Brewing*
- Krafft's American Distiller* (1804)
- The London and Country Brewer* (1736)
- Richardson's Philosophical Principles of Brewing* (1788)
- The Cultivated Life: Thomas Jefferson and Wine* (a PBS documentary)
- The Taste of America* (1977)
- The Practical Farmer* newsletter by John Spurrier
- George Washington, Pioneer Farmer* by Allan and Donna Jean Fusonie
- Gardener's Dictionary* by Phillip Miller (1771) (for growing fruit)



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Philip Dana Robinson, a Faculty Member of Michael Harner's Foundation for Shamanic Studies ([www.shamanism.org](http://www.shamanism.org)) for 25 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."

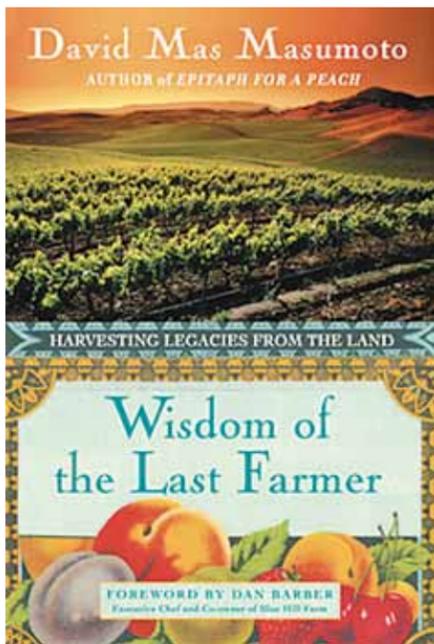
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## BOOK REVIEWS



### Wisdom of the Last Farmer: Harvesting Legacies from the Land

By David Mas Masumoto

Free Press

2009; 238 pages

ISBN: 9781416599302 (HB)

This book is about a quest for perfection in the context of moral imperatives, historical travesties, the importance of cultural traditions and family ties, government deceptions, what we eat and where our food comes from, and the role of consumers versus the influence of corporations in what constitutes food. This autobiography chronicles the struggles of ecological/organic family farms to survive amidst U.S. government policies that cater to corporate interests by promoting and subsidizing large industrial food and confined animal feeding operations. The underlying premise of these operations includes the widespread use of chemicals and the mass production of inferior products paraded as foods that Americans continue to be told are safe, and should also be cheap.

#### History Lessons Not Always in Our Textbooks

David Mas Masumoto hopes that his book “speaks to many about our fathers, our farms, our foods, and the passion of our work.” And he achieves this with eloquent prose and poignant descriptions of relationships among generations of one family of Japanese farmers, and their struggle to survive in a small Japanese farming community of disappearing family farms in the Central Valley of California.

Masumoto’s history lessons include a reminder that in 1905, California passed a law banning marriages between whites and “Mongolians.” And these immigrant workers could not bring their families with them. “Young, nonwhite immigrant men were supposed to work hard, and when used up, they were supposed to go home.” Until the 1950s, Orientals were also not permitted to buy land, and for those who farmed on rented land, the terms were intended to thwart success and independence. “Typical rental agreements split the profits fifty-fifty be-

tween owner and renter....Inequality wounds and scars, bringing death and depression from a thousand cuts.”

Readers also gain valuable insights into the devastating impacts on Japanese individuals and families from the hate-mongering hysteria after the bombing of Pearl Harbor. Families were broken up when noncitizens were abruptly deported. Japanese citizens who were born in the United States lost everything when they were interned in camps usually located in inhospitable climates, even as some of their family members were drafted into the U.S. armed forces and fought and died fighting in the war. No one received due process in what today seems to be an all-too-frequent and cavalier suspension of the Constitution in a politically motivated, media-manufactured, and irrational atmosphere of demonizing and stereotyping one culture at a time.

Masumoto’s prose is compelling as he describes the difficulties farmers confront from natural disasters and government-promoted low prices; and his labor-intensive efforts to overcome these obstacles and produce, preserve, and sell pesticide-free and flavorful heirloom peaches, nectarines, and raisins. Government policies in the 1970s began to promote intensively large-scale, chemical-based, mass industrial food production that emphasized a uniform shape and appearance (such as color) over flavor and nutritional value. His descriptions of the rigors and importance of environmentally sustainable food and farming practices inform consumers about the qualities in their food they should be demanding and supporting in their consumer and policy choices.

#### How Safe Is Our Food and What Are Our Choices?

Masumoto’s knowledge and lessons should also cause consumers to question how the same agencies (such as the U.S. Department of Agriculture [USDA] and the U.S. Food and Drug Administration [FDA]) that have the authority to dictate what we eat also ignore the importance of nutrients in food and subsidize and cater to genetically modified seeds and toxic chemicals, which threaten to contaminate our entire food supply and ecosystem. In addition to promoting the use of neurotoxic and endocrine-disrupting pesticides and hormones in our food, these same agencies have a track record of trying to prohibit food labels that identify these substances and practices.

For example, the so-called food safety legislation President Obama recently signed is silent about these substances in foods. The conventional low-fat and skim milk dairy products that are specifically permitted in public schools contain synthetic female hormones injected into cows to increase their supply of milk. This procedure overloads the udders that then drag on the ground and become infected, thus necessitating the increased use

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## BOOK REVIEWS

### Wisdom of the Last Farmer: Harvesting Legacies from the Land

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of antibiotics that also remain in the milk. These cows are conventionally raised in confined, unsanitary, and inhumane conditions; evidence indicates that products from these stressed and unhealthy animals are not fit for consumption.

Yet the legislation is silent about these potential harms, and also ignores the potential harm from the prohibition of whole milk dairy products in school lunches, which should all be free of synthetic chemicals. The legislation ignores documented evidence that should have been cited to ban products grown and raised with deleterious practices and chemicals, as well as the research documenting the importance of unadulterated animal fats to brain development, especially in infants and children; but these nutrients are really important for all ages and have many benefits.

Many nutritionists and consumers argue that when beef and dairy products were the mainstay of the American diet at a time when farms were small and animals ranged freely on pasture and in sunlight—and cows did not eat grains—today's epidemics

of obesity, diabetes, cancer, and learning and behavior/emotional problems did not exist. Obesity and diabetes are endocrine disorders, and endocrine-disruptive pesticides, such as atrazine, are linked to disfigured frogs and fish. Atrazine is now in most of our water supplies, including the Patuxent River.

And many health care practitioners and scientists link cancer to other permitted chemicals (including organophosphate pesticides). These professionals also link learning and behavior problems to the absence of beneficial fats and the increased presence and consumption of artificial additives and other synthetic chemicals, including food dyes, which are used to hide the inferior quality of these industrial non-food products that most Americans consume on a daily basis.

Masumoto laments that too many Americans born and raised in this country after 1975 are accustomed to these flavorless "homogenized, plastic fruits and vegetables" and may not know what unadulterated real food tastes like. And we should all question whether these nutrient-deficient chemicals paraded as food can explain why

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## BOOK REVIEWS

so many Americans are so sick today, at younger and younger ages.

The lessons in this book include understanding the importance of the quality of our food and what that entails. Masumoto contrasts practices using shovels and mules on the land versus synthetic, petroleum-based chemicals. He also talks about how small-scale, innovative farming practices "use commonplace items for everyday do-it-yourself simple and inexpensive repairs." He points out the importance of these practices to the development of creative, cognitive, and physical skills and abilities that we as a nation appear to be losing.

### School Gardens, School Kitchens, and the Quest for Fresh and Healthy Foods

It is in this context that Masumoto stresses the importance of and the need to support and return to school gardens and school kitchens, which most members of the current Montgomery County School Board and then-Superintendent Weast resisted and opposed. And in a deal secretly orchestrated by Montgomery County Executive Ike Leggett, the school board recently voted to kick a local organic farmer off of school property who has operated an organic farm on the property for thirty years, and replace the farm with a privately owned soccer facility. What's wrong with this picture?

Children who learn how to grow real food and what it should taste like are the future (healthy) consumers and supporters of small and local sustainable farms and practices. Educating children also educates families. The vision is that corporate control of an adulterated, highly subsidized industrial food supply will lose the support of consumers as they become better informed.

Children who learn how to grow real food and what it should taste like are the future (healthy) consumers and supporters of small and local sustainable farms and practices. Educating children also educates families. The vision is that corporate control of an adulterated, highly subsidized industrial food supply will lose the support of consumers as they become better informed. These industrial operations create health and environmental problems to residents and deprive communities of jobs, profits, and government revenues for services and infrastructure.

Masumoto hopes that through their

school gardens, children and their families will also relearn and incorporate practices to preserve freshly grown food, so they have the flavorful and nutritious choices he and other ecological farm families have throughout the year, long after the growing season has ended. He describes his mother's delicious frozen peach slices, his father's healthful and tasty gourmet breakfast raisins, and other techniques for freezing and canning fruits and vegetables that support local food and farms while expanding healthy food choices.

### Beneficial Farming Practices

Masumoto also questions the value

of "scientific" soil health tests that are usually accompanied by pressures to apply synthetic petrochemicals, which unwanted plants and pests ultimately become resistant to anyway. He has adopted his parents' patient and careful practices of using a shovel to remove weeds and relying on continuous observation to assess the health of his soil and plants, including looking for the beneficial predators that would have died with the weeds from the chemicals and are not even considered in soil tests.

"Tests imply that there are specific, narrow questions that can isolate a problem and a solution." Problems usually have multiple, more complex causes and "uncontrollable influences....Nature works too slowly for most people....We didn't need to test to verify what we already knew," and even a "well-conceived business plan cannot take into account the whims of nature." Not testing and not using synthetic chemicals also save money.

That the Masumoto family farm has survived and the next generation is preparing to take over, with the integrity of its environmentally sustainable practices and superior heirloom products intact, is an encouraging and heartening story worth reading and worth emulating.

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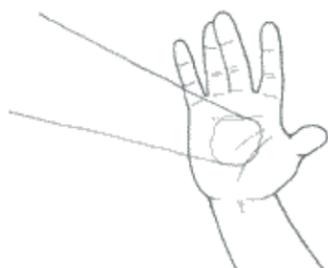
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Experience colon hydrotherapy at its finest featuring the world's most comfortable and modern colonic device. Enjoy the soothing music, candlelight, aromatherapy, and spa atmosphere in a peaceful, healing center setting.

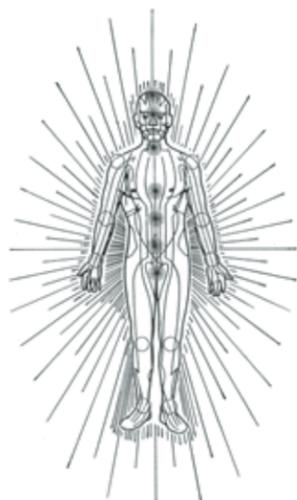
# Looking to enhance your healing arts practice?



INTERNATIONAL INSTITUTE OF MEDICAL QIGONG  
OVERSEAS COLLEGE OF MEDICAL QIGONG,  
HENAN UNIVERSITY OF TRADITIONAL CHINESE MEDICINE



- Certification Programs in Medical Qigong Therapy available in Gettysburg, PA
- Welcoming Massage Therapists, Acupuncturists, Nurses, Reiki Masters and all healing arts practitioners interested in energetic medicine
- Medical Qigong Therapy and Acupuncture treatments offered
- New Classes starting soon



## The International Institute of Medical Qigong

The International Institute of Medical Qigong (IIMQ) is known internationally for maintaining the highest standards in medical qigong instruction and clinical therapy. Because of these consistent standards, the Chinese Ministry of Health honored the IIMQ as meeting or exceeding the Chinese standards for academic and clinical instruction.

The Henan University of Traditional Chinese Medicine (HUTCM) authorized the IIMQ to be the Overseas College of Medical Qigong for HUTCM. The IIMQ will represent the University in all medical qigong matters within the United States.

Founded in 1985 by Doctor Jerry Alan Johnson, the IIMQ has been educating Westerners in Chinese energetic medicine for over 20 years. The IIMQ currently has clinical branches in 8 countries and 13 states and authorized instructors in 4 countries and 8 states. Now offering courses in Gettysburg, PA, one hour North of the DC Metro area.

For more about our trainings and treatments:  
[www.BethesdaAcupuncture.com](http://www.BethesdaAcupuncture.com)  
or (717) 586-7044

## BOOK REVIEWS

**Dishing Up Maryland: 150 Recipes from the Alleghenies to the Chesapeake Bay**  
By Lucie L. Snodgrass  
Storey Publishing: North Adams, MA.  
2010; 287 pages  
ISBN: 978-1-60342-527-8 (PB); \$19.95

*To the farmers and watermen of Maryland...and as a reminder to generations of Americans accustomed to consuming food that has traveled 1,500 miles that eating locally means eating what is in season where we live.*

~Lucie L. Snodgrass

In this uplifting and lovely book, Lucie Snodgrass highlights Maryland foods, farms, and families as well as the restaurants that purchase from and help to support them. It is a wonderful recipe book plus travel and restaurant guide for locally grown and raised fresh, healthy foods. The book is organized as a "seasonal culinary tour through the state," beginning with spring and ending with winter crops. Recipes are also organized by category and include Maple-Bison Meatloaf and Smith Island Cake.

The author laments the polluted and overfished Chesapeake Bay and the disappearing farmland. But she remains hopeful because there are new farmers whose practices are environmentally sustainable, and certified organic farms in the state now number 140.

Lucie Snodgrass writes and cooks on her farm in the northeastern part of Maryland. In the words of Chef John Shields, owner of Gertrude's restaurant located in the Baltimore Art Museum, "This book is a culinary love story...written from the perspective of someone who knows, lives, and breathes this land." And Storey Publishing takes pride in "encouraging personal independence in harmony with the environment." What a wonderful collaboration!

### Three-Beet Salad with Dill and Feta

In place of the feta, you can try organic, raw milk Cave Aged Cheddar from Hawk's Hill Creamery (Harford County)

- 3 small to medium organic Chioggia beets
- 3 small to medium organic golden beets (from Calvert's Gift Farm in Baltimore County)
- 2 teaspoons organic red wine vinegar
- ¼ teaspoon organic Dijon mustard
- ¼ teaspoon Celtic sea salt
- 4 teaspoons organic extra-virgin olive oil
- 2 ounces feta cheese crumbled
- 2 teaspoons organic chopped fresh dill
- 2 teaspoons chopped fresh organic parsley



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### Acupuncture and Chinese Herbal Medicine

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Often Insurance Reimbursable

### Ayurvedic Medicine

Ancient healing system of India, involves determining one's individual constitution to optimize and maintain health. It treats health imbalances through lifestyle, dietary herbal therapies, and cleansing therapies; individual instruction in meditation is available. Consultations include Ayurvedic pulse and tongue diagnosis.

### Center for Health and Wellness

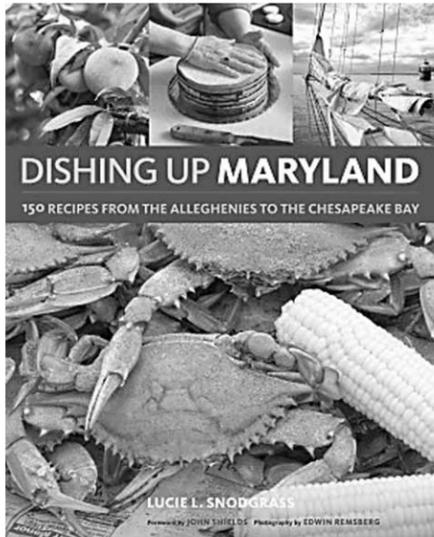
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## BOOK REVIEWS



into quarters and slices or remove and discard the skins after steaming them in a large saucepan for around 20 to 25 minutes. Drain and run under cold water or set aside until cooled. Quarter and slice them, dropping the pieces into a serving bowl.

Combine the vinegar, mustard, and salt in a small dish; whisk in the oil until blended and pour the dressing over the beets. Sprinkle the cheese, dill, and parsley over the beets. Toss and cover. Let stand for 2 hours, tossing occasionally, before serving.

*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.*

Scrub beets if necessary to remove any dirt. Cut off the tops. You can peel them with a potato peeler and cut them

### MIND BODY SPIRIT ENVIRONMENT

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

## Healing with Acupuncture Chinese Medicine & Nutrition

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### Specializing in Women's Health Concerns

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301-802-0500

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Nationally Board Certified in Acupuncture  
and Chinese Herbal Medicine  
Licensed Acupuncturist and Nutritionist



## The Mid-Atlantic Center for Healing

presents

### West African Grief Ritual

**Change your Story ... Change your life  
with Sobonfu Somé**

**Join Sobonfu Somé, gifted teacher and author  
for a powerful weekend of discovery.**

Sobonfu shares one of the most important rituals of her people. The Grief ritual is a soul-cleansing rite that can clear away lingering clouds and festering wounds — like abandonment, divorce, death, and the loss of dreams. This is a traditional Dagara ritual to help release your grief, lighten your soul, let your true spirit be heard, and see how your life becomes more balanced and fulfilled.

Destined from birth to teach the ancient wisdom, ritual and practices of her ancestors, Sobonfu Somé brings the transformative light from her native land so that we might connect with something bigger ... to connect with community and spirit and to more fully align with our deep, authentic selves.

**Learn more about  
Sobonfu's books and teaching  
at [www.sobonfu.com](http://www.sobonfu.com)**

**To register and for more information,  
contact Susan Hough:  
703-505-5152  
or email: [shoughlinks@aol.com](mailto:shoughlinks@aol.com)**

## The Mid-Atlantic Center for Healing

*offers a rich variety of spiritual, psychological and physical practitioners, healers and mentors who provide dynamic and powerful guidance & instruction. We offer events throughout the Mid-Atlantic region in workshops, retreats and on-going long-term training in a wide variety of disciplines.*

**[www.HealingIntuition.com](http://www.HealingIntuition.com)**



# B U D D H A F E S T

PRESENTS

## A Weekend of Peace, Compassion and Forgiveness

# 9.11 2011

### Create Sacred Space

On the 10th anniversary of  
September 11, 2001



**Lama Surya Das**  
**Sylvia Boorstein**  
**Tara Brach**

Join these leading teachers as they offer tools, guidance and perspective to help us connect with our own true nature. Learn to live fully, honoring your highest good, so that *no matter what happens*, you're able to respond with compassion and strength.

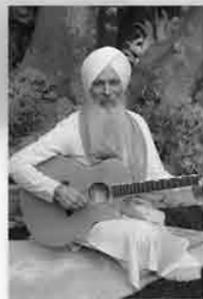
September 10 & 11

Woolly Mammoth Theater  
Washington, DC

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

### TALKS MEDITATION FILMS & MUSIC

Featuring an evening of sacred music with GuruGanesha, Tina Malia, Hans Christian and Craig Kohland



## SUMMER CALENDAR

### JUNE

-1-

6/1 -7/30 **6 Steps to Transforming Your Career.** Sign up for free Tele-Class with an Astrologer & 2nd Career Coach to help bring meaning and satisfaction to your career. It's never too late to connect with your inner passion and start loving what you do. Register at [www.secondsaturncareers.com](http://www.secondsaturncareers.com) and receive a complimentary Career Re-alignment Guide.

-4-

**Take the Yoga Chisel Challenge with Claudia Neuman.** The best of both worlds, serenity and strength! This is a great way to learn some good moves to get you through the summer! 1pm-2:30pm, Blue Heron Wellness, 301-754-3730, or visit [www.blueheronwellness.com](http://www.blueheronwellness.com).

**Therapeutic Yoga for Neck & Back,** with Edie Lazenby. 2pm-4pm at Olney Yoga, 301-774-1961 or visit [www.olneyyoga.com](http://www.olneyyoga.com).

6/4-5 **Redefining Health at Tai Sophia Institute.** Signature Weekend Program. Register today for the popular 2-day workshop led by co-founders Dianne Connelly and Bob Duggan. \$165. Space is limited! 410-888-9048 x6611, [www.tai.edu](http://www.tai.edu).

-5-

**Snatam Kaur and Guru Ganesha Singh - Sacred Chant Concert.** Join Snatam Kaur at 6pm for a beautiful summer evening concert and immerse yourself in the enchanting yoga of sound. Where: Historic Synagogue at Sixth and I, 600 I Street NW, Washington, DC 20001. Tickets: [www.Spirit-Voyage.com](http://www.Spirit-Voyage.com).

-7-

6/7-13 **Blue Heron Wellness' 2011 Summer Community Week.** Three yoga and movement series classes for only \$5! Visit [www.blueheronwellness.com](http://www.blueheronwellness.com) for more information.

-11-

**Psychic Development: Spiritual Sensing Workshop.** Experience this one-day intensive workshop to jump-start or deepen your psychic development. Learn to see auras, practice psychometry, clairvoyance, clairaudience, clairsentience, more. 9:30am-5:30pm. [www.silverspringoflight.com](http://www.silverspringoflight.com).

**Yoga Chisel with Claudia Neuman,** 1pm-2:30pm at Olney Yoga. The best of both worlds, serenity of yoga combined with her own core strengthening methods. 301-774-1961, or visit [www.olneyyoga.com](http://www.olneyyoga.com).

6/11-12 **Enneagram and Self-Transformation: A Journey of Self-Discovery.** This two-day workshop provides an overview of the nine personality types of the Enneagram and explores how each type can transform its habitual ways of operating and its shadow tendencies to achieve higher states of Presence and conscious living. Designed for newcomers as well as those more familiar with the Enneagram. \$160 by 6/6; \$180 after. IAS ([www.iasonline.org](http://www.iasonline.org)).

-12-

**True Inner Peace with Donovan and Susan Thesenga.** Sevenoaks Retreat Center, \$85. 540-948-6544, [www.sevenoaksretreat.org/schedule.html](http://www.sevenoaksretreat.org/schedule.html).

-15-

6/15-7/13 **Book Study Group: The Fifth Agreement by don Miguel Ruiz,** Wednesdays, 7:30pm-9pm. In this five-week study series, we will discuss each of the five agreements with the goal of learning to live our own personal dream of heaven. [www.unityofgaithersburg.com](http://www.unityofgaithersburg.com) for more information.

-16-

6/16-19 **BuddhaFest 2011 at Artisphere in Rosslyn, Arlington, VA.** The DC area's only Buddhist film festival is back for a second year presenting a unique mix of films, talks and meditation that offers a fresh take on the principles of Buddhism. Join Tara Brach, Sharon Salzberg, Ruth King and other teachers for a simple, practical, and bold look at the profound ways in which meditation and the cultivation of mindfulness can transform lives. Email: [buddhafestdc@gmail.com](mailto:buddhafestdc@gmail.com), [www.buddhafest.org](http://www.buddhafest.org).

-18-

**Tai Sophia Institute Graduate School Open House.** Learn about our academic programs in Nutrition and Integrative Health, Acupuncture, Transformative Leadership, Herbal Medicine, and Health/Wellness Coaching. 9:30am-12:30pm. 410-888-9048 x6647, [www.tai.edu](http://www.tai.edu).

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2 locations on the metro line:  
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downtown silver spring

## SUMMER CALENDAR

—19—



**Holistic Moms Network Meeting "Massage for Health,"** 7pm-9pm, Arlington United Methodist Church, 716 S. Glebe Rd., Arlington, VA 22204. Web: <http://arlalexva.holisticmoms.org>

**Learn About Metal-Free Dental Implants at our Free Seminars!** At the Silver Spring Civic Center in downtown Silver Spring in the Fenton or Colesville Room, 6pm-8pm. For more information, go to: [www.milesoffsmilesdental.net](http://www.milesoffsmilesdental.net), or call 301-588-0768.

**Meditation and Chanting Practice:** 4pm-5:30 pm. IAS ([www.ias-online.org](http://www.ias-online.org)) \$10/session.

**Washington Revels 2nd Annual SunFest.** A vibrant, multi-cultural celebration and performing arts festival. Sunday, 1pm-5pm, Silver Plaza, downtown Silver Spring. [revelsdc.org/sunfest](http://revelsdc.org/sunfest).

**6/19-8/27 Yoga Chisel Pro Mini-Series with Claudia Neuman.** The best of both worlds, serenity of yoga combined with her own core strengthening methods. Learn the moves that will get you through the summer! 9am-10:15am Sundays thru 8/27 at Blue Heron Wellness, 301-754-3730, or visit [www.blueheronwellness.com](http://www.blueheronwellness.com) for more information.

—20—

**6/20-8/8 Yoga Chisel Mini-Series with Claudia Neuman.** The best of both worlds, serenity of yoga combined with her own core strengthening methods. 7:30pm-8:30pm Mondays thru 8/8 at Blue Heron Wellness, 301-754-3730, or visit [www.blueheronwellness.com](http://www.blueheronwellness.com) for more information.

**6/23-26 The Spirit of Space: Feng Shui Consultant's Training in Baltimore.** 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. Find out your personalized, unique energetic fingerprint! Asian approaches for optimum colors, seating orientations and timing for success, happiness, good health and prosperity. Hope Karan Gerech, author of *Healing Design; Practical Feng Shui for Healthy and Gracious Living*, and a Feng Shui consultant for 30 years. 410-486-6086, [lifeworks@earthlink.net](mailto:lifeworks@earthlink.net).

—23—

**Introduction to Reiki.** Learn about and experience the gentle hands on healing art of Reiki. [RestonReikiandSelfHealingArts.com](http://RestonReikiandSelfHealingArts.com), 703-472-3481.

**Transpersonal (Past-Life) Regression Workshop.** Join the fun of self-exploration and insight. Includes two group regressions and several visualization exercises. Warrenton, VA, at the Warrenton Inner Healing Center, 9am to 5pm. Cost \$120. Contact Richard Stammer, PhD, at [rstammer@gmail.com](mailto:rstammer@gmail.com), or 540-272-1563 to reserve your place. See [www.quantumregression-therapy.com/WarrentonFlyer2.pdf](http://www.quantumregression-therapy.com/WarrentonFlyer2.pdf) for more details.

continued on the next page



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Levels 1 & 2, July 15 - 18, 2011

UPCOMING SEMINARS

### Boston, MA

Levels 1 & 2, August 12 - 15, 2011

### Newark, NJ

Level 3, September 17 - 18, 2011

### Fort Lauderdale, FL

Level 4, November 5 - 7, 2011

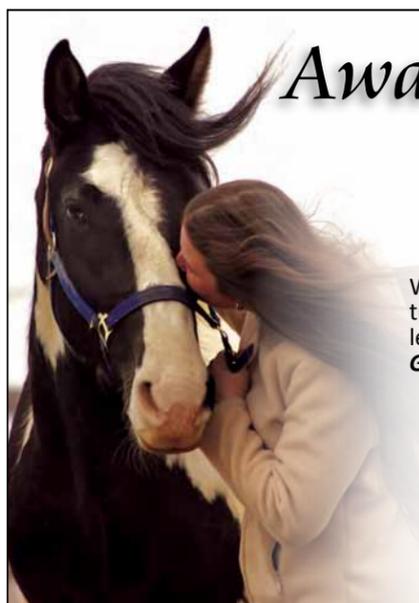
Check our website for our seminar schedule, early registration discounts, study groups, and information about Dr. Bartlett's books.

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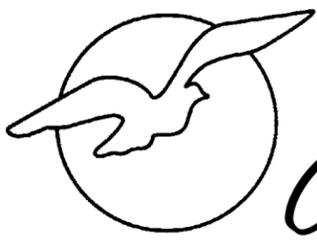
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## Sunday Services

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9:00 a.m. Contemplative Service, Adult Education Program  
11:00 a.m. Celebration Service, Summer Youth Program

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We invite you to visit our inclusive and open-minded community. Unity offers powerful, practical spiritual teachings based in love, prayer and meditation.

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Visit our website for additional information:

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

**Book Study Group: The Fifth Agreement**  
**by don Miguel Ruiz**

**Wednesdays, June 15–July 13, 7:30–9:00 p.m.**

In *The Four Agreements*, a New York Times bestseller for over seven years, don Miguel Ruiz showed us that we are all taught to accept erroneous and self-limiting beliefs about ourselves. These beliefs result in needless suffering and rob us of our joy. By adopting a few very simple words to live by, we can transform our lives and experience freedom, happiness and love. *The Fifth Agreement* takes us to a deeper level of awareness by helping us to see ourselves and our relationships with the eyes of truth. In this five-week study series, we will discuss each of the five agreements with the goal of learning to live our own personal dream of heaven.

**illumination**  
**Books & Gifts**

Hours: Monday – Friday 1–5 p.m.  
Sunday 9 a.m. – 1 p.m.

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Saturday, June 25, 1–5 p.m.  
Come explore our beautiful bookstore and share some tea and cookies.

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## SUMMER CALENDAR

### JUNE 25, continued

**Illumination Books and Gifts Open House**, 1pm-5pm, Unity of Gaithersburg. Come explore our beautiful bookstore and share some tea and cookies. [www.unityofgaithersburg.com](http://www.unityofgaithersburg.com) for more information.

–27–

**Learn About Metal-Free Dental Implants at our Free Seminars!** At the Silver Spring Civic Center in downtown Silver Spring in the Fenton or Colesville Room, 6pm-8pm. For more information, go to: [www.milesofs-milesdental.net](http://www.milesofs-milesdental.net), or call 301-588-0768.

### JULY

–2–

7/2-3 **Finding True Abundance By Going Through Your Fear**, with Cindy Haney and John Bayerl at Sevenoaks Retreat Center, \$245. 540-948-6544, [www.sevenoaksretreat.org/schedule.html](http://www.sevenoaksretreat.org/schedule.html).

–5–

7/5-29 **Summer Camp is here! Applied Scholastics Academy of Maryland**. Full day 8:30am-4:30pm, or Half days 8:30am-noon. Morning academics. Keep their skills sharp over the summer, or get some needed help. Afternoon fun! Afternoon activities include outings to the state park, arts and crafts, outdoor play and science experiments. Call to register today. 301-384-3003.

–6–

7/6-7 **Amma In DC**. "Everyone in the world should be able to sleep without fear, at least for one night. Everyone should be able to eat to his fill, at least for one day. There should be at least one day when hospitals see no one admitted due to violence. By doing selfless service for at least one day, everyone should help the poor and needy. It is Amma's prayer that at least this small dream be realized." Hyatt Regency Reston Town Center, Reston, VA. For more information, please visit: [www.ammadc.org](http://www.ammadc.org).

7/6-8/14 **Become a certified yoga teacher or deepen your knowledge of yoga with a master!** Neva Ingalls presents 200/500-Hour "5 Element" Teacher Trainings at The Yoga Fusion Studio. Starting July 6 with 200-Hour taking place over 6 weeks with one week off. 200-Hour Teacher Training includes: Module One - Earth/Foundations; Module Two - Water/Healing; Module Three - Fire/Transformation; Module Four - Air/ Forgiveness; Module Five - Ether/ Truth & Light/ Freedom. Wednesday evenings, Fridays, Saturdays, and Sundays. Sign up by June 30 to save \$125. Modules can be taken separate as immersions and are eligible for CE credits with YogaAlliance. 4609 Willow Lane, Chevy Chase MD 20815; 301-656-8937 or [www.theyogafusionstudio.com](http://www.theyogafusionstudio.com) for more information.

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*Washington Gardener*  
826 Philadelphia Ave.  
Silver Spring, MD 20910

## SUMMER CALENDAR



**7/6-16 Kalachakra For World Peace: His Holiness The Dalai Lama in Washington DC.** What happens in Washington, DC, affects the rest of the world. Participating in this sacred ritual will generate the momentum for peace in a location of power; this will create an enormous opportunity to radiate harmony and goodwill throughout our world. Sponsorship registration is open. Please contact us if you have questions about becoming a Sponsor. Tickets are now on sale. A number of ticket packages are available to meet your needs. Visit <http://kalachakra2011.com/> for ticket information and the latest additions to the program.

-9-

**Free Introduction to Yoga Workshop,** 10am-12 noon at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. Register at [www.DreamYogaStudio.com](http://www.DreamYogaStudio.com), or call 703/448-YOGA (9642).

**Yoga on the Beach.** Happy Hour Yoga - Holistic Wellness Center. 301-449-8664. [www.happyhouryoga-reiki.vpweb.com](http://www.happyhouryoga-reiki.vpweb.com).

**7/9-10 The Inner Critic: Diamond Approach Introductory Weekend,** a spiritual path developed by A. H. Almaas. 10am-5:30pm in Takoma Park. \$150 by June 24, \$175 thereafter. Learn the practice of inquiry using heart, body and mind. See our logo listing for more information. Contact Barbara at [bearwise@verizon.net](mailto:bearwise@verizon.net), 202-746-9473. [www.ridhwan.org](http://www.ridhwan.org).

-15-

**7/15-17 Free Yoga, Pilates and Meditation classes!** Takoma Park & downtown Silver Spring locations, Willow Street Yoga Center. Details at [www.willowstreetyoga.com](http://www.willowstreetyoga.com) or 301-270-8038.

**7/15-18 Taking Action for Animals - The Nation's Largest Animal Advocacy Conference.** Learn how to truly impact animals' lives. Workshops, events, exhibit hall and more! [www.takingactionforanimals.org](http://www.takingactionforanimals.org).

-16-

**"Healing: An Awakening to the Divinity Within,"** Channeling, Leah Stansell plus Q&A. Practical Strategies for Finding Inner Peace, Elaine Kemp-ski. [www.enotaglace.com](http://www.enotaglace.com).

**7/16-17 The Way of the Shaman, Mt. Airy, MD area.** The Basic Workshop, taught by Philip Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies ([www.shamanism.org](http://www.shamanism.org)) for 25 years. Experiential training introducing the basic methods of shamanism, an ancient spiritual strategy for remarkable personal learning. The focus is on the shamanic journey, the voyage of the shaman into non-ordinary reality (the spirit worlds), aided by drumming. Shamanic divination and shamanic healing techniques will be covered. For information, contact Dana at [danacougar@goeaston.net](mailto:danacougar@goeaston.net). See his own web site at [www.shaman-tracks.com](http://www.shaman-tracks.com).

-17-

**Meditation and Chanting Practice:** 4pm-5:30pm. IAS ([www.ias-online.org](http://www.ias-online.org)) \$10/session.

**Willow Street Yoga's Book Club Meets** from 5m-7pm at Takoma Park location. This month's book: *My Body Is A Temple* by Christina Sell. All welcome. [www.willowstreetyoga.com](http://www.willowstreetyoga.com) or 301-270-8038 for details.

-21-

**Holistic Moms Network Meeting "Vegetarian, Vegan and Macrobiotics Diets,"** 7pm-9pm, Arlington United Methodist Church, 716 S. Glebe Rd., Arlington, VA 22204. Web: <http://arlingtonva.holisticmoms.org>.

-23-

**7/23-24 Women, Writing, and Soul Making: A Women's Retreat.** Author Peggy Tabor Millin explores the feminine as the way to explore the relationship between soul-making and writing. Using a simple writing practice in a safe supportive circle, she guides women in learning how to free their creativity, receive support for their inner journey, and transform their outer life. \$165 by 7/18; \$180 thereafter. IAS ([www.ias.org](http://www.ias.org)).

-24-

**Intro to Sound Healing.** Learn about and experience the beautiful healing power of Vibrational Medicine or Sound Healing. Reston Community Center at Lake Anne. Call 703-476-1668 to register. [RestonReikiandSelfHealingArts.com](http://RestonReikiandSelfHealingArts.com), 703-472-3481.

**7/24-8/2 Ayahuasca Shamanic Healing in the Peruvian Amazon.** Journey Towards True Self and Life Purpose through Earth Wisdom Medicine. Deaf-Friendly; [www.infinitelightperu.com](http://www.infinitelightperu.com).

continued on the next page

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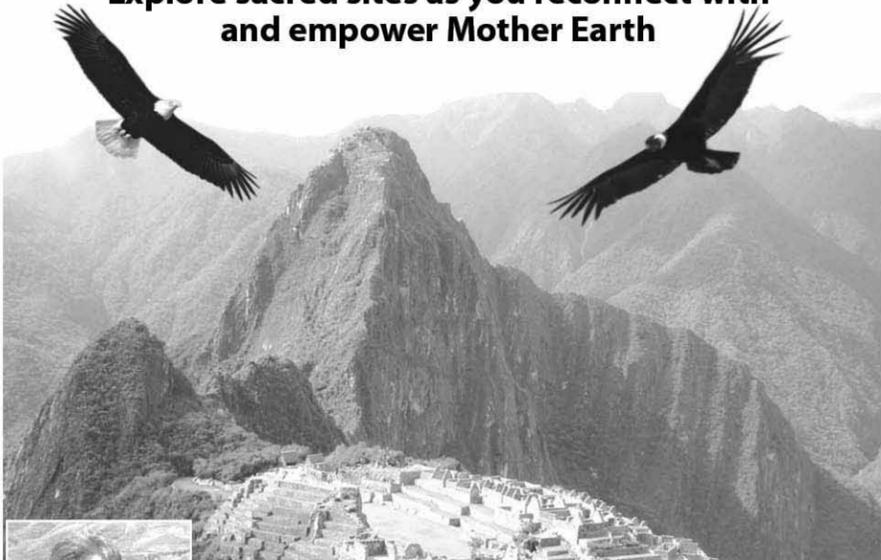
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**eMail: [info@inkawisdom.org](mailto:info@inkawisdom.org) - 703-785-5984**

## SUMMER CALENDAR

### JULY, continued

–28–

**New Science for "Living" AS a Soul.** You Are Psychic! Author and MIT Honors Graduate, Pete Sanders, teaches advanced Soul Awareness and NEW energies for vitality, wisdom, and happiness. Celebration Center for Spiritual Living, 2840 Graham Rd., Falls Church, VA 22042. See ad this issue, or contact David Pierce, 800-707-2785.

–30–

**Tai Sophia Institute Graduate School Open House.** Learn about our academic programs in Nutrition and Integrative Health, Acupuncture, Transformative Leadership, Herbal Medicine, and Health/Wellness Coaching. 9:30am-12:30pm. 410-888-9048 x6647, [www.tai.edu](http://www.tai.edu).

**Transpersonal Regression Workshop with the Dutch regressionist Marion Boon.** Marion, an internationally recognized expert, will lead the group to eliminate negative family energy from your ancestors, and from you to your children. 9am–5pm in Emmaus, PA. Cost: \$120. Contact Annelie Shultz, MA, at: [as\\_choice@yahoo.com](mailto:as_choice@yahoo.com), or 610-433-3260. For more details see [www.quantumregressiontherapy.com/events.htm](http://www.quantumregressiontherapy.com/events.htm).

–31–

**Basic or Intermediate Integrated Energy Therapy.** Learn how to clear all

levels of energy blockages effectively and powerfully. For information: [RestonReikiandSelfHealingArts.com](http://RestonReikiandSelfHealingArts.com), 703-472-3481.

### AUGUST

–6–

**An Advanced Past-Life Regression Workshop with the Dutch regressionist Marion Boon.** Marion, an internationally recognized expert, will lead the group to facilitate cellular and spiritual healing. 9am-5pm at the Warrenton Inner Healing Center, Warrenton, VA. Cost: \$120. Contact Richard Stammmer, PhD, at [rstammmer@gmail.com](mailto:rstammmer@gmail.com) or 540-272-1563. For more details see [www.quantumregressiontherapy.com/events.htm](http://www.quantumregressiontherapy.com/events.htm).

**Breathwork and Pranayama Experienced Level Workshop.** 1pm-3:30pm at Olney Yoga. 301-774-1961 or visit [www.olneyyoga.com](http://www.olneyyoga.com).

**Couples Workshop in DC.** Relate to your partner more consciously by working with projection and shadow. 9am-4pm. \$150/couple. <http://expandingcenter.net/services.html>, 303-263-1336.

–7–

**8/7-16 Ayahuasca Shamanic Healing in the Peruvian Amazon.** Journey Towards True Self and Life Purpose through Earth Wisdom Medicine. Deaf-Friendly; [www.infinitelightperu.com](http://www.infinitelightperu.com).

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## SUMMER CALENDAR



**Horse Wisdom: Managing Your Critical Self and Exploring Your Potential.** Join the intuitive horses and experienced staff at Great Strides for a wonderful day of self-discovery. Let us be your guides as you learn how to manage your critical self and tap into your joy and creativity! Lunch is included and no horse experience is necessary. This workshop does not involve riding. For more information, contact Terry Lewis, LCSW-C at 301-253-1166 or visit [www.GreatStrides.org](http://www.GreatStrides.org). Event location: 26771 Howard Chapel Drive, Damascus MD 20872.

–18–

**Holistic Moms Network Chapter Meeting Potluck Social.** Children are welcome. 7pm-9pm, Arlington United Methodist Church, 716 S. Glebe Rd., Arlington, VA 22204. Web: <http://arlalexva.holisticmoms.org>.

–19–

8/19-21 **National Qigong Association's Conference "Qigong: Gateway**

**to Balance & Creativity."** Workshops, lectures, vendors, silent auction. Dolce Valley Forge Conference Center, King of Prussia, PA. More info: [www.nqa.org](http://www.nqa.org) or 888-815-1893.

–20–

**Fifty to Infinity Breath Countdown Meditation:** A Simple Method to Relieve Stress. 1pm-2:30pm at Olney Yoga. 301-774-1961 or visit [www.olneyyoga.com](http://www.olneyyoga.com).

–21–

8/21-30 **Ayahuasca Shamanic Healing in the Peruvian Amazon.** Journey Towards True Self and Life Purpose through Earth Wisdom Medicine. [www.infinitelightperu.com](http://www.infinitelightperu.com).

8/21-28 **Modern Spirituality Retreat: Synchronicity Foundation for Modern Spirituality.** This comprehensive, week-long introduction to the experience of modern spirituality, created by the originator of the Synchronicity Experience, Master Charles Cannon, will be held at Synchronicity Sanctuary near Nellysford, Virginia. For information, contact [retreats@synchronicity.org](mailto:retreats@synchronicity.org) or call 757-644-3400, ext 3378.

–26–

8/26-28 **"The Mystical Music of Israel & the Middle East,"** with Yuval Ron, internationally acclaimed world music artist and peace activist. Sanctuary Retreat Center, [sanctuaryretreatcenter.com](http://sanctuaryretreatcenter.com) or 301-349-2799.

continued on the next page



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## SUMMER CALENDAR

### AUGUST, continued

–27–

**Foundation of Mediumship: Meditation & Prayer for Spiritual Unfoldment Workshop.** Establish or deepen your connection with Spirit through meditation and prayer. Overcome difficulties in your prayer and meditation practice. Experience spiritual upliftment that touches your soul. 9:30am-5:30pm with Certified Medium Rev. Konstanza Greer. Silver Spring, MD. [www.silverspringoflight.com](http://www.silverspringoflight.com).

Cannon, as he leads the audience in a dialogue and session of High-Tech Meditation. Synchronicity Sanctuary near Nellysford, Virginia. Accommodations available. For information contact [retreats@synchronicity.org](mailto:retreats@synchronicity.org) or call 757-644-3400, ext 3378.

**Qigong and Meditation Introduction and Training.** Learn more at [www.tccii.com](http://www.tccii.com).

**Therapeutic Yoga for Neck & Back,** with Edie Lazenby. 2pm-4pm at Olney Yoga, 301-774-1961 or visit [www.olneyyoga.com](http://www.olneyyoga.com).

9/10-11 **A Weekend of Peace, Compassion and Forgiveness.** The producers of BuddhaFest felt that creating sacred space on the 10th anniversary of September 11 was a good way to honor the tremendous suffering that has occurred. The best offering of remembrance is for people to come together to learn how to be better human beings. So they've put together a weekend of music, films, meditation and talks. The weekend will be guided by leading teachers who will offer tools to help us sustain joy and build strength even in difficult or uncertain circumstances. Join Lama Surya Das, Tara Brach and Sylvia Boorstein, and experience the sacred music of Guru Ganesha and Tina Malia. Learn to live

### SEPTEMBER

–2–

9/2-5 **America's Rebirth in Freedom: The Truth Shall Make You Free.** With Saint Germain and El Morya, anchor your fire in Washington for the Victory of this land and for leadership that must emerge and move America into the light. Visit our upcoming events page at [www.HeartsCenter.org](http://www.HeartsCenter.org).

–10–

**Open House Evening and Shoebox Dialogue: Synchronicity Foundation for Modern Spirituality.** Spend an evening in the presence of an authentic spiritual master, Master Charles

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**Rockville, MD 20850**

## SUMMER CALENDAR



fully and honor your highest good. Woolly Mammoth Theater in Washington, DC. [www.buddhafest.org](http://www.buddhafest.org).

–12–

9/12-10/2 **Kick Start Your Health 21 Day Program.** Get rid of extra pounds and toxins accumulated from summer barbecues! This program is designed to assist you in getting off of processed and fast foods and get back to eating whole foods that will improve your health, shed weight and give you energy you never thought possible. Included: weekly meal options with recipes, weekly nutritional coaching support calls and unlimited email support. \$129 per person. Vitality Cleansing, 703-953-3323 or [info@vitalitycleansing.com](mailto:info@vitalitycleansing.com), [www.vitalitycleansing.com](http://www.vitalitycleansing.com).

–14–

**Intro to Reconnective Healing and the Reconnection.** Learn about and experience Reconnective Healing. RestonReikiandSelfHealingArts.com, 703-472-3481.

–17–

9/17-18 **Natural Food & Health Conference.** Change your food, change your life. Join leading health experts from around across the country and around the world for 2 days of workshops to show you how to have a healthier, happier, more whole lifestyle. At The Rockwood Manor House, Potomac, MD. For more information: [www.NFHconference.com](http://www.NFHconference.com).

9/17-18 **Spirit Communication & Mediumship Development Workshop.** Open your natural ability to communicate with spirit loved ones and guides with NSAC Certified Medium Rev. Konstanza Greer. 2-day intensive. Silver Spring, MD. See [www.silver-springofflight.com](http://www.silver-springofflight.com).

–21–

**Development Circle 8-week Session.** NSAC Certified Medium Rev. Konstanza Greer offers this unique practice opportunity for those who want to develop their mediumship & psychic gifts. Silver Spring, MD. See [www.silver-springofflight.com](http://www.silver-springofflight.com).

–24–

**DC VegFest.** A free festival celebrating the best of everything vegetarian – a wonderful opportunity to explore meatless cuisine. 11am-6pm at George Washington University on the University Yard, just 4 blocks from the Foggy Bottom/GWU Metro station. For more information: <http://dcvegfest.com>.

### ONGOING

**30% off all sites on Wednesdays at The Treehouse Camp/Maple Tree Campground** in Rohrersville, MD, just 90 minutes from the DC/Baltimore metro area. For more information, and to reserve your space this summer, visit [www.thetreehousecamp.com](http://www.thetreehousecamp.com).

**An on-going and long-term Dream Circle is learning from Rev. LaKotahsie Frazier** ([www.BlueBuffalo.org](http://www.BlueBuffalo.org)) how to affect healing in ourselves and others by working in dream-space. Our Circle meets monthly in Greenbelt, MD. Please contact Robert Fireovid ([eveningfire@verizon.net](mailto:eveningfire@verizon.net); 301-982-0257) for more information. Mitakuye Oaysin (All Are Related).

**Family Constellation Evening** led by Randy Goldberg. Every month at 614 E Lynfield Dr., Rockville, MD 20852. More info at [www.healrockville.com](http://www.healrockville.com), 202-380-6850.

**Gain greater insight into the issues that concern you.** Every Thursday you have the opportunity to. Make an appointment with Marie-Claire. Visit [www.Marie-Claire.tv](http://www.Marie-Claire.tv).

**Happy Hour Yoga-Holistic Wellness Center Meditation,** Tuesdays, 7pm-8pm. 301-449-8664. [www.happy-houryoga-reiki.vpweb.com](http://www.happy-houryoga-reiki.vpweb.com).

**Holistic Wellness Expo and Yard Sale,** Sundays 9am-2pm outdoors. Holistic Wellness Center, 301-449-8664. [www.happyhouryoga-reiki.vpweb.com](http://www.happyhouryoga-reiki.vpweb.com).

**Introduce your employees/organization members to the stress-relieving and energizing power of yoga!** Contact [Luann@DreamYogaStudio.com](mailto:Luann@DreamYogaStudio.com) for a FREE 30-minute "Lunch & Learn Yoga" session at your place.

**Jesus, Watch With Me Healing Service,** Wednesdays, 7:30pm to 9:30pm. This service focuses on healing of personal and world conditions. It is a meditative service, which consists of offering of devotional songs, prayers, decrees, and rosary to Mother Mary. Visit [www.washingtondcteachingcenter.org](http://www.washingtondcteachingcenter.org) for more information.

**Marketing Over Tea,** held 1pm-3pm the 2<sup>nd</sup> Thursday of each month, is a fun, interactive event to relax, connect, share information and learn actionable marketing tips over tea and treats. At Soul Source, 18015 Muncaster Rd., Derwood, MD; 410-371-7950, [www.thesoulsource.net](http://www.thesoulsource.net).

continued on the next page



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## SUMMER CALENDAR

### ONGOING, continued

**Meditation and Chanting Practice:** 4pm-5:30pm. Monthly at IAS ([www.ias-online.org](http://www.ias-online.org)) \$10/session.

**Meditation classes available Sunday evenings,** Manassas, Va. [www.kamiyoga.com](http://www.kamiyoga.com).

**Online Study Programs for The Soul and Service Trilogy.** Online registration is available for *Born to Serve: The Evolution of the Soul Through Service*. This study program explores the practice of soul-inspired service so urgently needed in this transformational time. IAS ([www.theclarionway.org](http://www.theclarionway.org)).

**Seminars, trainings and individual sessions by Duane Bowers,** Licensed Professional Counselor, Certified Clinical Hypnotherapist. Free, Tuesday evenings. For the latest information, visit [www.duanetbowers.com](http://www.duanetbowers.com), or call 202-236-5454 for more information.

**Summer Special: Authentic Feng Shui "Paying it forward."** I have decided to do an "Eight Mansions" reading throughout June, July and August for Free. For more information, contact me: [Bettina@intuitive-space-design.com](mailto:Bettina@intuitive-space-design.com) or call 240-464-5898.

**Sunday Healings at 12:30pm and services at 1pm,** Washington Meta-

physical Church, located in the main sanctuary of Northminster Presbyterian Church, 7720 Alaska Ave., NW, Washington, DC 20012. <http://washingtonmetaphysical.org/>.

**Sunday Morning Meditation with Master Charles.** Meditate with an authentic spiritual master each Sunday morning, 11am at Synchronicity Sanctuary near Nellysford, VA. For more information contact, [www.synchronicity.org](http://www.synchronicity.org) or 757-644-3400.

**Sunday Services, 11am to 1pm.** This service consists of sacred rituals, audio and visual teachings and lectures given by the Messengers Mark and Elizabeth Clare Prophet, recorded dictations of the Ascended Masters, devotional songs and Holy Communion. Families are welcome. Visit [www.washingtondcteachingcenter.org](http://www.washingtondcteachingcenter.org) for more information.

**Superet Atom Aura Science Classes (Free) held every Thursday** from 7:30pm to 8:30pm in Wash., DC. For more information, see [www.superet-lightchurch.com](http://www.superet-lightchurch.com) or call 202-291-8658.

**Teachings/Soul Communication with Sharon Pieroni Day** based on angelic guidance and wisdom from *The Book: The Creator's Template for Eternal Life*; 434-277-5843, [www.yoursoteria.com](http://www.yoursoteria.com).

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## SUMMER CALENDAR



**Yoga philosophy to make you breathe deep, stretch wide, and live a better life.** Kirtan chants and vegetarian supper included. Sundays at 5pm. ISKCON Center for Education and Culture, 10310 Oaklyn Drive, Potomac, MD 20854. 301-299-2100 or visit us at iskcondc.net.

### UPCOMING

**10/9 35th Annual Natural Living Expo.** 10am -7pm, University of Maryland University College Inn & Conference Center by Marriott. 3501 University Blvd. East, Adelphi, MD. Enjoy 110 Exhibitors. Choose from 56 dynamic, creative Mind, Body and Spirit Workshops. All included in the \$10.00 price of admission (with coupon). Go to: [www.naturallivingexpo.com](http://www.naturallivingexpo.com) or [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com) for more details.

**10/12 Why is My Child Doing Poorly at School?** Tips to help improve what your child gets out of his or her

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## WASHINGTON GARDENER

# Lawn Alternatives: Low Maintenance Yards

BY KATHY JENTZ

Maintaining a lawn of turf grass is one of the most expensive and time-consuming uses for your land. Constant mowing, fertilizing, weeding, watering, re-seeding, edging, and aerating not only eat up your resources, but it can be harsh on the environment. Lawns do not absorb water run-off as well as planting beds, and many of the chemicals you use to maintain it are toxic to the nearby streambeds and Chesapeake Bay.

Our DC area lawns are not necessarily the green dream we envision. For a better part of the summer and again in the winter, your yard is a brown mess. In addition, with encroaching weeds and attacking insects (such as grubs), the dream of a solid green field of glossy grass is next to impossible to achieve.

Why put yourself through the stress and heartache? Before you go to all that trouble, take a few minutes to consider replacing all that turf with some easier, more attractive, and Earth-friendly al-

ternatives. Here are a few ideas to get you started in reclaiming that lawn for better use.

- **Expand your planting beds and establish new ones.** Fill them with a mix of perennials, annuals, bulbs, ornamental trees, and shrubs. Once established, the maintenance is minimal. Just cut back the perennials in late winter and replant the annuals in late spring.

- **Cover slopes with shrubs that grow to form solid plantings.** You'll be relieved not to have to push a mower up and down that hill ever again. For full sun look at groundcover roses; and for slopes in shade, try out cotoneaster. Both will give you year-round interest and will flower nicely each spring.

- **Replace wide-swaths of lawn with green ground covers.** Ajuga, vinca, ivy, and pachysandra do well here under many growing conditions. Bishop's Weed, hardy Geranium, and Lamium are also all nice lawn alternatives, especially under shade trees. Others to try include different varieties of sedums,



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Green ground covers like creeping jenny work well at replacing wide swaths of lawn.

lily of the valley, lirioppe, daylilies, creeping phlox, and creeping jenny.

- **Get trendy.** One of the newest ground cover fads is moss. From a distance, you'll achieve the same solid green look without anywhere near the maintenance. Moss is an ideal lawn alternative for areas in deep shade that stay moist such as near your gutter drains. You can also lay it out in interesting color patterns and styles. For a touch of whimsy, try a checkerboard or plaid.

- **Go to back to basics.** Growing your own edibles at home is a vast improvement on constant lawn grooming. Start a vegetable patch, plant a fruit tree, or an herb garden. Get the

kids involved and make it a family project.

- **Dig in and build a water feature.** A pond, waterfall, or streambed is one of the most charming and desirable elements you can add to your home landscape. You'll soon find that your water feature is a gathering place for friends, family, and many types of wildlife as well.

- **Map out hardscaping.** Is there a space where the lawn is being worn into a natural path from foot traffic? Stop fighting it and go with the flow. Put in pavers, stepping-stones, or formal brick walkways. Line it with interesting plants. Add a bench or hammock at convenient resting points.

- **Let it go wild.** Establish a wildlife habitat by re-seeding part of your property with native wildflowers. Joe-Pye weed, black-eyed susans, and goldenrods are just a few of the flower seeds you can buy by the pound and grow to attract birds, bees, and butterflies to your yard.

- **Consider other uses for your lawn.** Look at places where your turf grass or other ground covers never get established. If nothing will grow in an area, maybe that is the place for your deck/patio, children's playhouse,



Hardy geranium also works well at replacing wide swaths of lawn.

—Photos by Kathy Jentz

compost pile, storage shed, or woodpile.

Go ahead and try one of these lawn alternatives out this weekend. Once you get started reclaiming that sod for better uses, you won't want to stop!

*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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## Feng Shui and Real Estate



By Dr. Macy Lu

Over the past ten years, the practice of Feng Shui has gained increasing recognition in the Western World. As we have entered into the new millennium, the community at large is beginning to take a closer look at how this ancient practice can be applied to the purchase or sale of commercial and residential properties. Our environment affects us all and it impacts every aspect of our lives, therefore, every environment has a need for Feng Shui. The longer we spend in any given location, the more it impacts our lives. Feng Shui can be used to our advantage and help us experience balance and harmony in the places we live and work.

Selling or purchasing a home is a very personal experience and so is Feng Shui because it helps one know more about the home they are investing in. It can be applied in all stages of the process.

Let Feng Shui promote the sale of your home. By creating a harmonious atmosphere, Feng Shui will help the homebuyer feel more comfortable in their purchase.

Let Feng Shui ease your home-purchase. Use Feng Shui prior to buying a home by selecting the most optimal space to live or work in.

And last but not least, let Feng Shui help you settle into your new home. As those who understand Feng Shui know, we don't live in a perfect world and no space is perfect. However, by using Feng Shui we can remedy any problematic areas to best suit our needs and create a better living space.

I am a Feng Shui master. The advice I give is tailored to the specific needs of my client, it is a comprehensive evaluation of the aims and goals of those who occupy a particular space so the environment can best reflect those aspirations. If you are interested in my services, I can be reached at 301-897-8008 or by logging on to my websites at [www.fengshui-macylu.com](http://www.fengshui-macylu.com)

## The Soul Thinks in Images.

— Aristotle



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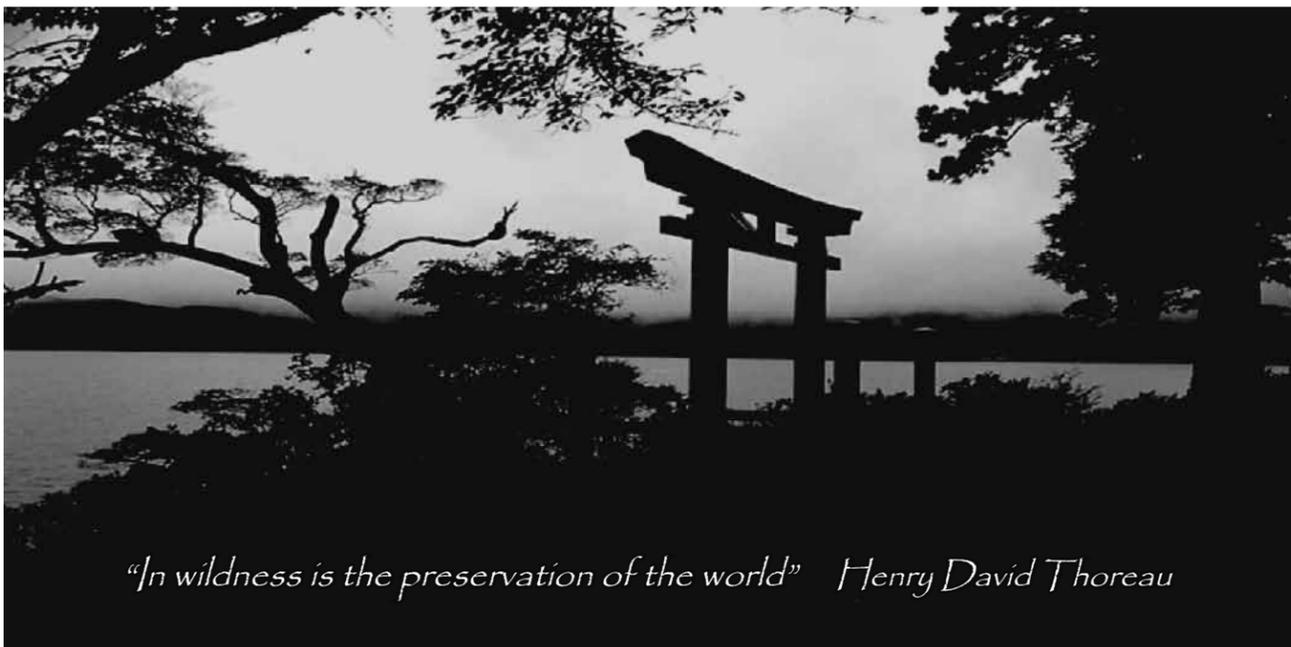
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## Secrets of Energetic Literacy

BY ROSE ROSETREE

A special kind of joy is yours for the asking. It isn't even right around the corner. It's right in the room, should you choose to order it up. You wouldn't be reading *Pathways* if you didn't have a hankering for this particular treat, because it can wake up the results, and the wonders, from everything else you've already been doing with mind-body-spirit. Only there's a good chance you haven't been doing this particular fun thing yet. The purpose of this new column is to help you change that.

What's the big deal, the big joy, the way to light up your interests in mind-body-spirit? Only plain old literacy... of a particular kind.

Already you're used to depending on a different kind of literacy. When you're reading these words, one of the last people you think about may be somebody who has helped you enormously. Indirectly, of course. Johannes Gutenberg set off a kind of revolution in consciousness when he printed those famous bibles halfway through the last millennium. Once printing became established, ordinary people learned how to read. And like any information

*Energetic literacy is just as important in this third millennium as Gutenberg's literacy became in the second millennium. The energetic version is just as possible for anybody to learn, not requiring special talents but merely requiring patience to develop skills.*

technology that becomes widespread, regular old Gutenberg literacy has had an impact on you.

Whether you're reading street signs, emails, social networking websites, or fortune cookies, the truth is, regular old reading helps you share the inner experiences of others. It could be called "thought transmission via paper" or "screens full o' feelings." Even though you don't think about that literacy skill set now, none of your mind-body-spirit interests would be quite the same without it.

Energetic literacy is just as important in this third millennium as Gutenberg's literacy became in the second millennium. The energetic version is just as possible for anybody to learn, not requiring special talents but merely requiring patience to develop skills.

For decades now I have taught aura reading to people like you. Often, just

bringing up the subject, I witness how usually confident people can often have a strong, even squirmy, reaction. So why the creepy feeling? Do people you know act all weird about normal literacy? I think I know what the problem is: Many people have been told things about auras that, while true, are woefully incomplete. Although some people achieve some degree of energetic literacy with that incomplete version, many do not. Therefore, just about everybody misses out.

The funny thing is, no matter to what degree you have achieved energetic literacy, it is useful. But why settle for less than the full thing? In this column, bit by bit, I can help your skills grow and become increasingly practical. But before we start, let's do some consciousness-raising about energetic literacy. Developing energetic literacy has three stages. Sometimes a teacher

will help the student get all the way to Stage Three. Sometimes the student will get there through self-study. But without knowing about all three stages, it's rare for anybody to get to that full kind of literacy where all the benefits start pouring in.

### Energetic Literacy Stage One: Think Renoir

"Auras are colors. Talented people see them." How often have you heard that?

According to that very incomplete definition, energetic literacy would amount to a kind of a test. There you are at the art museum, standing in front of a superb painting by Renoir, and the big test is, can you see the woman fully? Can you tell she's a woman and not a horse? Are you clever enough to tell that she is wearing a hat, rather than having a very unusual form to her head? (All the experts can see the hat, so what's wrong with you if you don't?)

Actually, a painting is only a painting, even a painting by the great Auguste Renoir. A painting never has an

continued on page 76

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## ENERGETIC LITERACY

### Secrets of Energetic Literacy

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aura for one thing, so maybe this analogy isn't perfect. The point is an aura is not just some kind of bunch of colors that add up to a nice painting; the main point is to see it.

Auras are energy bodies that fit inside each other, much like one of those colorful stack-em baby toys, where one small cup nests inside a larger one with many other larger ones outside them. That smallest cup, in this example, is your physical body. The rest of the bodies around it are made of energy. This complete set is your aura.

What's important about that energy is it isn't just puddles of random thingie-energy-colors. Those energy bodies belong to a particular person—you, in this case. That set of bodies made of very definite layers of electro-magnetic energy is full of information about you, all encoded as bits and bytes of energy. *Energetic literacy means being able to read that information and to do it at will. To search for the particular bit of information you seek, find it, and have it help you.*

What do colors have to do with all this? Seeing colors is one way of *perceiving* the information in auras. A person might get that information in different ways, such as hearing, having a quiet

kind of knowing, emotionally feeling, smelling and tasting, etc. Whatever the perception, that does not constitute a full aura reading, not even at basic Stage One Energetic Literacy. For even the simplest, beginner level aura reading, perception is only half the ingredients. The second half is finding your own personal interpretation, like seeing that Renoir painting and having your own experience of it. So if you are used to getting "good vibrations," or an "overall reading of a person's energy," or "getting hits of somebody's energy," that amounts to a very fine start. If you like the results from any of those initial sensations, just wait until you have full energetic literacy.

#### **Energetic Literacy Stage Two: Think "Seuss"**

Strange but true, many a *Pathways* reader is used to thinking about aura reading as having "The Gift." Supposedly, either a person has The Gift and can read everything about auras instantly, or a person didn't luck out. That's ridiculous.

Think back to the development of early literacy. Did you maybe need quite a few teachers, all the way

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For more detailed information about the study, see "[www.bpru.org/spiritual-practice](http://www.bpru.org/spiritual-practice)". If you would like to discuss the possibility of volunteering for the study, please call 410-550-5990 or email [spiritual-practice@bpru.org](mailto:spiritual-practice@bpru.org) and ask for Mary, the study's research coordinator. Confidentiality will be maintained for all applicants and participants.

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**ENERGETIC LITERACY**

**Secrets of Energetic Literacy**

...continued from page 77

than squeezing your brain, whipping your emotions into submission, etc.)

Step 9. Congratulate yourself. Thank God if you want. Consider this technique complete.

Step 10. Open your eyes. Technique over. Yes, you are now officially an Aura Explorer.

What made that Stage Three Energetic Literacy? You were extracting information from Baby Joe's auric field. Technically you were reading chakra databanks. The question in Step 5 informed you about one of Baby Joe's Root Chakra databanks. Here are some alternate questions you might use instead, along with the chakra databank that you'll be learning about. Substitute only one of these questions at a time for Step 5. To research additional chakra databanks, start all the way back at Step 1 and do the complete sequence.

"What is going on with his creativity right now?" (Belly Chakra Databank: Creativity)

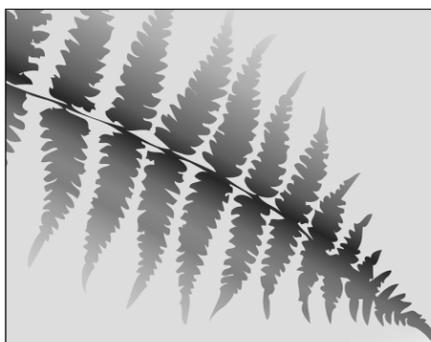
"How does he experience self-confidence right now?" (Solar Plexus Chakra Databank: Self-Confidence)

"What is a gift of his soul for emotional connection to other people?" (Heart Chakra Databank: Emotional Awareness of Others)

Energetic literacy is like so much else in life. If you don't ask, you won't get. So don't be shy about gaining the full skill of energetic literacy.

*Rose Rosetree is a pioneer in the mind-body-spirit field. Her controversial new book is Magnetize Money with Energetic Literacy: 10 Secrets for Success and Prosperity in the Third Millennium. Rosetree offers phone sessions of aura healing, coaching for Empath Empowerment®, and healing of frozen blocks with Energy Release Regression Therapy. She has so many distinctive, empowering skill sets to teach that her nine different weekend workshops are offered only once locally, annually. Sample all these resources, and consider what appeals to you, by visiting [www.rose-rosetree.com](http://www.rose-rosetree.com).*

*Read a copy of this Pathways column at Rose Rosetree's blog, [www.rose-rosetree.com/blog](http://www.rose-rosetree.com/blog) and then interact with your comments and questions. Most popular posts at "Deeper Perception Made Practical" include the Enlightenment Life List and Cords of Attachment – Got Questions?*



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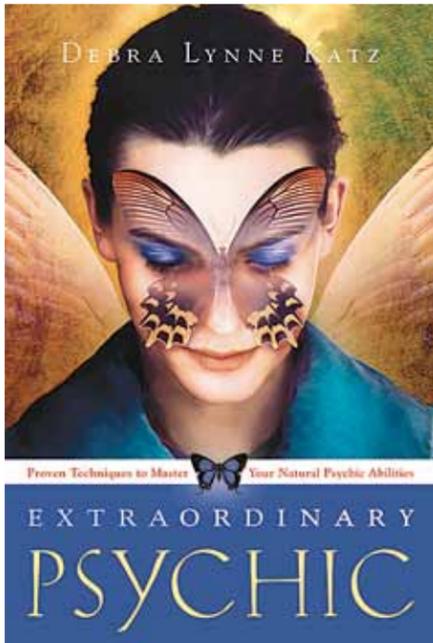
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## METAPHYSICAL BOOK REVIEWS

REVIEWS BY LISA WECHTENHISER



**Extraordinary Psychic: Proven Techniques to Master Your Natural Psychic Abilities**

By Debra Lynne Katz  
 Llewellyn Publications  
 2009; 298 pages  
 ISBN: 978-0-7387-1333-5  
 Author website: [www.debrakatz.com](http://www.debrakatz.com)

If I knew nothing about what it means to be a psychic and got all my information from movies and television shows, I would imagine that it's a non-stop, uncontrollable carnival of images, thoughts and random dead people showing up anytime they felt like it.

And it is. Well, except for the dead people showing up randomly. They make appointments.

Let me share a secret: all of your natural psychic abilities are under your control. All of them. If you have clairvoyant gifts, you get to decide what you see and what you don't.

In her earlier book, *You Are Psychic: The Art of Clairvoyant Reading and Healing*, Debra Lynne Katz lays the groundwork for how to work with this wonderful skill. Her latest release, *Extraordinary Psychic: Proven Techniques to Master Your Natural Psychic Abilities* takes this work to the next level. She goes into greater depth about what clairvoyance is and what practical application it can have in your life. Katz also gives some guidance about other natural intuitive skills such as clairaudience (hearing with the "mind's ear") and telepathy.

My own skill is clairaudience, and I wouldn't have said I was clairvoyant until I started working with clients. I find if they tend to be visual, the information shows up for me in a more visual way. Katz's book was helpful in giving me specific ways to open up and work more with clairvoyance as a tool for my own professional work.

Broken down into four parts with emphasis on techniques to ground the information, *Extraordinary Psychic* covers quite a bit of material but at a very easy and understandable pace. If you're drawn to know more about remote viewing, for example, there's a nice overview of what it is and how you can learn to do it or better your own skills. Each section stands on its own so you can dive in to any one of them and come away with information and action steps.

Most interesting to me was the

continued on page 80



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## METAPHYSICAL BOOK REVIEWS

### Extraordinary Psychic: Proven Techniques to Master Your Natural Psychic Abilities

...continued from page 79

section on "Healing and Working with Non-Physical Entities" as I run into them now and again in my own work. When things don't resonate with me, I hear a loud CLANG! in my ear as if someone were banging pots and pans together. (A fun way to go through life, I assure you.) I heard clanging all the way through this chapter. It's not that her information is wrong, necessarily. It's more that there's an odd "fear" vibration that I don't carry doing this work and it tends to ping me when I see it in others. I cannot speak for all clairvoyants and psychics, but I can say that in my own experience and that of others I've spoken with, fear has no place when working with non-physical entities. The vibrations are too high for that to even enter.

That led me to wonder why she chose to include it in this book, which otherwise holds a high, peaceful energy. Yes, I have come into contact with much lower vibrations in my work with clients, but there was no need for fear. I used my skills (and

help from Archangel Michael) to move them to a different plane. That's it. I didn't analyze it, didn't engage with it, nothing. So, why give it thirty or more pages in a work that holds a higher vibration? It took me out of the experience and I put the book down for quite a while.

I did pick it back up, though, because Katz offers a lot of good advice and guidance around using these skills to improve your life. Not everyone wants to be a professional psychic. (Really? Why not? It's fun!) Yet most who are naturally intuitive (not just clairvoyant) can use these techniques to improve their every-day life in many ways.

Information alone isn't enough to create true soul growth. Growth is found by trying on different ways to bring through the information and learning what works for you, reliably. *Extraordinary Psychic: Proven Techniques to Master Your Natural Psychic Abilities* gives both information and grounded well-thought-out action steps to help you live a life based on your intuition.

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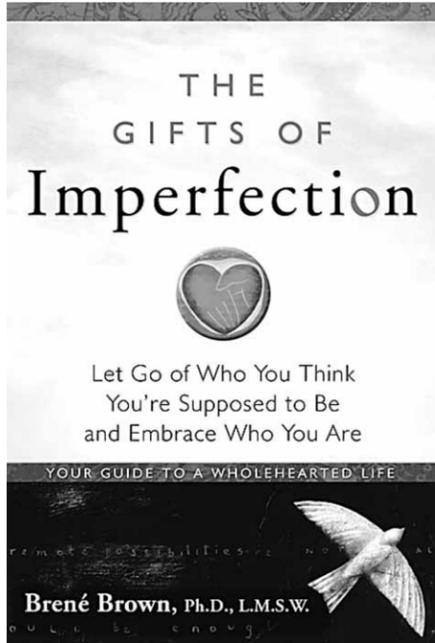
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## METAPHYSICAL BOOK REVIEWS



**The Gifts of Imperfection:  
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Are**

By Brene Brown, PhD, LMSW  
Hazleden  
2010; 135 pages  
ISBN: 978-1-59285-849-1  
Author website:  
[www.ordinarycourage.com](http://www.ordinarycourage.com)

I first saw Brene Brown speak about "The Power of Vulnerability" via a video at Ted.com, a website focusing on "ideas worth spreading," and was immediately taken by her authenticity when speaking about her work and how she sort of fell into it.

Brown, a researcher by nature, studied human nature and some of the emotional patterns we all share: shame, fear and vulnerability. Her first book, *I Thought It Was Just Me*, focused exclusively on that research, and then it morphed into a curriculum for professionals in the mental health and addictions arena. As she continued deeper into that research, however, something jumped out at her, and no matter how hard she tried, she couldn't escape it: "How much we know and understand ourselves is critically important, but there is something that is even more essential to living a Wholehearted life: loving ourselves."

Realizing that she wasn't quite in the "I truly embrace and love myself" fan club, Brene had to face a spiritual truth about herself—doing all the "right" things didn't really equate to living what she calls "a wholehearted life." What follows is a lovely blend of memoir, how-to and a gentle hand holding yours as you follow along one woman's journey to being fully authentic. The result, she says, is that she "... learned how to worry more about how I felt and less about 'what other people might think.'"

Brene's warm personality infuses her words with gentleness and kindness even as she takes on some ideas that made me profoundly uncomfortable as I looked at my own life. She says, "Courage sounds great, but we need to talk about how to let go of what

other people think, and for most of us, that's scary. Compassion is something we all want, but are we willing to look at why boundary-setting and saying *no* is a critical component of compassion? Are we willing to say *no*, even if we're disappointing someone?" Tough concepts for many of us, I'd say.

Each chapter ends with three sections—Get Deliberate, Get Inspired, Get Going. Her research showed that "men and women who live Wholeheartedly do indeed DIG deep. They just do it in a different way. When they're exhausted and overwhelmed, they get: *Deliberate* in their thoughts and behaviors through prayer, meditation or simply setting their intentions; *Inspired* to make new and different choices; and *Going*. They take action."

In the intuitive work I do with clients, the focus is on how to bring change through guidance and put it into practice in every day life to shift things around. Brown's book has this last, most important piece: action steps you can take to integrate the information she presents. This, in my opinion, is key to making big changes. Move the ideas out of your head and into action and that's when things change.

I'd encourage you to check out the video on Ted.com: [www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html). See if her gentle and authentic manner invites more exploration into wholeheartedness. It definitely moved me to buy both her books and use them as guides on my own path to living a wholehearted life.

*Lisa Wechtenhiser is a teacher, empath and intuitive who specializes in helping you take the next step on your soul path. If you're stuck and need some illumination and direction, please check out [www.practicallyintuitive.com](http://www.practicallyintuitive.com) for more information.*

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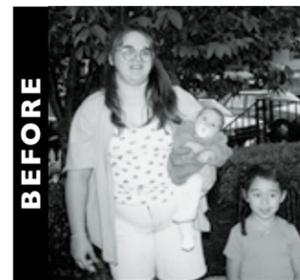
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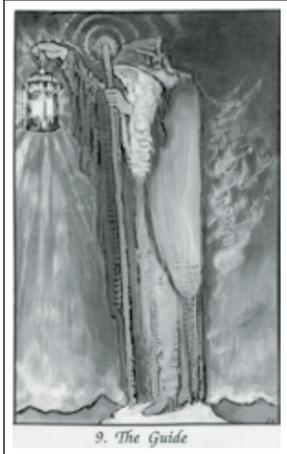
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# ACCESSING YOUR INTUITION

## The High Priestess Is Out Of The Closet!

...continued from page 35

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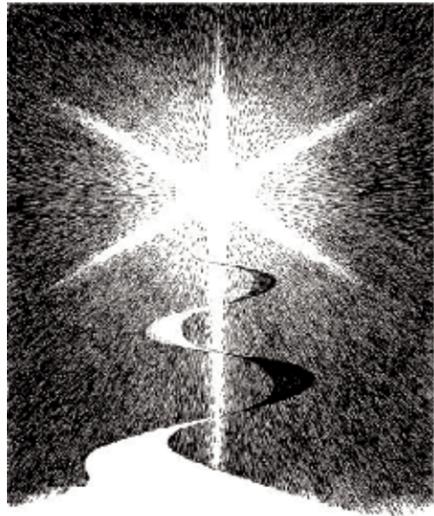
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*Geraldine Amaral is the co-author of Tarot Celebrations: Honoring the Inner Voice and creator of "Tarot 1-2-3," an instructional video. She fell in love with the Tarot about 30 years ago when she had her first reading and has been using, studying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

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## Top 10 Massage Techniques

There are many different kinds of massage, each with a different goal ranging from relaxation to the healing of injuries. The following are some of the ten most popular massage techniques. While each is beneficial in its own way, they are all very unique. Use these informative descriptions to find the massage technique that is right for you!

### Swedish Massage

Swedish massage is the most common type of massage therapy. Its purpose is pure relaxation. It soothes the nervous system and relieves stress effectively using long, firm, "effleurage" strokes. Effleurage is a type of basic massage stroke that focuses on moving blood and lymph through the system, but doesn't use deep pressure or kneading of muscles. Instead, it consists of smooth, even strokes that soothe and relax, gently easing tension and knots out of the body. Swedish massage focuses on the whole body, and doesn't usually specialize in one specific part of the body. You will feel refreshed, well rested, and pampered with this most basic type of massage. The goal of Swedish massage is to leave you with a full-body sensation of warmth and comfort.

### Deep Tissue Massage

The goal of deep tissue massage is ultimately to correct structural deviations. All of us have patterns of holding our muscles and bodies, which are created when we perform repetitive actions or form habits of sitting or standing in an awkward position. Over time, pain can result in this unnatural holding of muscle, tendons, and bones. Deep tissue massage greatly relieves chronic pain by bringing the body back into proper alignment. It is especially useful when used in combination with chiropractic work or balancing exercises such as yoga. When done properly, deep tissue massage concentrates on one area of the body at a time, with as deep a stroke as possible.

### Sports Massage

Sports massage is a vigorous type of massage used after physical activity. It is typically done within four hours of an intense workout. When you are physically active, your body creates cellular byproducts like lactic acid, which build up in your tissue. Sports massage flushes all these toxins out of the muscles and into the bloodstream to prevent soreness, injury, and inflammation, which can result from muscles cooling incorrectly. Sports massage has a compartmentalized view of the body in order to properly move cellular waste through the system in a natural way. For example, a therapist will move blood from the forearm to the upper arm, then the upper arm toward the shoulder, and finally shoulder toward the heart so the muscles will flush properly. Often this type of massage includes stretching to improve range of motion and facilitate recovery. This massage is a relatively quick massage, tending to stimulate you and give you some much needed energy.

### Indian Head Massage

Indian head massage is an Eastern type of massage, which focuses on clearing blocked or negative energy from the system. Certain energy channels, particularly those that relate to the chakras, are worked to help clear and ease ailments that can occur when energy is weak. Indian head massage is a very relaxing massage, dealing specifically with uniting the physical health of muscles with your spiritual energy. The goal of Indian head massage is to clear the mind and strengthen the spirit. It can also be used to ease the kinds of disorders that can occur when your energy is blocked, such as anxiety or hypertension. You will feel refreshed and energetic after this type of massage.

### Reflexology

Reflexology is an energy-based type

continued on page 84



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## TO YOUR HEALTH

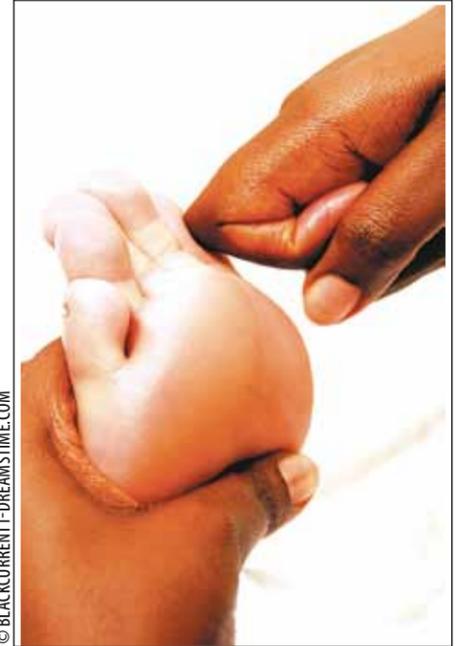
### Top 10 Massage Techniques

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of massage that originates in Eastern tradition. It specifically incorporates traditional Chinese medicine into massage. It is only used on hands and feet, but focuses more on feet. In reflexology the foot is seen as a kind of road map or guide to the rest of the physical body, which is in turn closely tied to your spiritual and mental energies. Every part of the body including internal organs are represented by an area of the foot. This type of massage is generally performed without lotion and can be worked either on skin or over socks. Reflexology can either be light or deep in pressure, but is most commonly a very deep style of massage. Viewed more as a medical treatment than a relaxing massage, reflexology can address every ailment from gall bladder problems to diabetes.

#### Hot Stone Massage

Hot stone massage incorporates the use of heat and cold to facilitate Swedish massage. Stones are usually heated



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#### Reflexology

to a very warm temperature and then placed on certain tension points in the body to bring blood to the surface, loosen soft tissue, and allow for a more detailed type of Swedish massage. The stones make the muscles very soft and relaxed, so that the therapist can easily soothe away the knots. Cold stones can

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## TO YOUR HEALTH

also be used to relieve stress, placed over the eyes to soothe them, or on the hands. Lotion or oil is applied during this type of massage. The goal of hot stone massage is to leave you with a feeling of having taken a slow, relaxing, and luxurious hot bath that has relaxed all your muscles and left you comforted and soothed.



**Hot Stone Massage**

### Shiatsu Massage

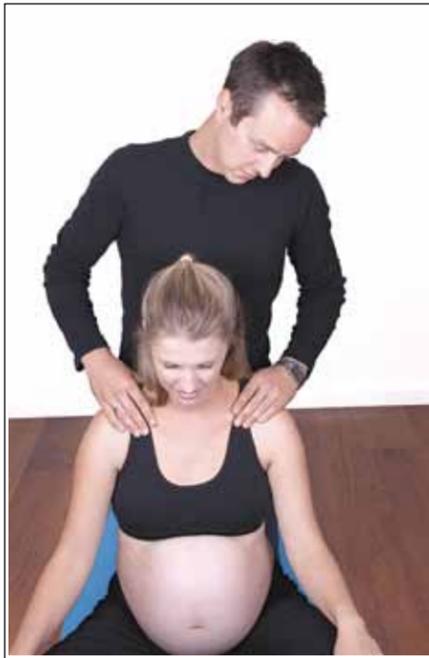
Shiatsu is a Japanese type of massage, which literally means "finger pressure." It is performed while you lie on the ground with clothes on, making it a good alternative for people who are more shy. Shiatsu massage therapists will use fingers, feet, elbows, and so forth to follow energy meridians that run down pathways on the body. This creates a better flow of energy with the goal of healing the chi, or ki, the body's life force. This type of massage brings the body back to a center, or a better-balanced place for healing and wellness. Shiatsu is most well known for being able to cure insomnia and other sleep disorders. Rather than a smooth gliding motion, a therapist uses a more staccato rhythm of taps or pushes to move your energy along your body.

### Neuromuscular Massage

Neuromuscular massage focuses on specific problematic areas in the body. This can be a very deep, and sometimes uncomfortable, type of massage, but provides great relief to those who have "trigger points," or areas of deep tension and damage. The goal is to find which muscle group or organ is the source of your tension and muscle pain, and then work out that area so the pain is permanently dealt with. When the therapist finds a problematic knot, he or she will push very hard for up to 30 seconds before releasing quickly to let blood flow back into that area and rejuvenate it. This is an excellent type of massage for those who suffer from injuries or chronic pain.

### Pregnancy Massage

Pregnancy massage can incorporate any other type of massage, but uses body placement to make sure that you and your baby are safe while typical issues of pregnancy are addressed. You lie on your side so that you are comfortable without endangering the baby, and the therapist works with very careful draping and strokes to relax and calm you. Sometimes special tables or chairs will be used so that you can relax completely. Areas such as the feet, neck, upper shoulders, and lower back are specifically worked to ease the pain and tension of carrying a child. The goal of pregnancy massage is to relieve



**Pregnancy Massage**

stress in the most comfortable and safest way possible.

### Aromatherapy Massage

Aromatherapy massage incorporates scents to help you address specific concerns such as stress, insomnia, or appetite. Different kinds of scents will have a different effect on the body and mind. For example, someone who suffers from headaches or migraines might respond very well to the scent of green apple, which has been known to ease head pain. Often the scent is put into the lotion itself, and the massage



**Aromatherapy Oils**

follows a basic Swedish massage. The scent should not be overpowering, but should still affect the emotions and nervous system. Aromatherapy massage therapists are experts on which scents can help you with certain problems, although of course your personal preference is also important.

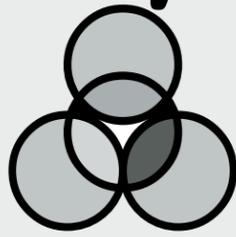
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**Carol Burbank, Ph.D.** : I created the storyweaving process based on my research on personal and cultural transformation, and my experience as a mentor, activist and energy worker. My goal is to support individuals moving through changes, completing 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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## TO YOUR HEALTH

### Tea Tree Oil – Nature’s Wonder Medicine

The tea tree is a small shrub or tree native to Australia with leaves similar to that of the cypress. Aboriginal people have known of the healing properties of tea tree oil, obtained through steam distillation, for centuries. According to a single blind study conducted by the Department of Dermatology at the Royal Prince Alfred Hospital in Australia, tea tree oil has fewer side-effects than medications, creams, and cleansers for skin problems and is just as effective. Other scientific studies have shown tea tree oil to have powerful antiseptic, antifungal, antimicrobial, and antiviral properties. This is attributed to the terpenoids found in the oil, and terpinen-4-ol is thought to be the responsible factor for the majority of the antimicrobial action.

Tea tree oil can be found in many skin products today, but this essential oil is also beneficial for a number of other ailments and is an important part of any basic alternative medicine first aid kit. In addition to skin problems, tea tree oil is also effective against warts, Athlete’s foot, insect bites, dandruff, cold sores, cystitis, thrush and shingles

Because of its antiviral properties, tea tree oil can also be used to help fight colds and flu, lower fever, and can even kill fleas. People with sensitive skin are advised to dilute tea tree

oil with a base oil such as jojoba oil and to introduce the tea tree oil gradually, as undiluted it can cause irritation, redness, blistering, overdrying, and itching. These side-effects are rare, and typically clear up immediately upon cessation of the treatment.

Tea tree oil can be used in a variety of ways. In a vaporizer, a few drops of tea tree oil can help ease breathing due to respiratory infection. The following recipe can help with minor skin rashes and acne:

- 4 drops tea tree oil
- 3 drops bergamot essential oil
- 3 drops lavender essential oil
- 2 tsps. Jojoba oil

Wash the area with a gentle cleaner and pat dry. Mix oils in a glass bowl and dab on to affected areas with a clean cotton ball twice a day and let it dry. An oil-free moisturizer can be applied after application of the oil solution.

Tea tree oil is a potent and effective natural topical pharmaceutical alternative for minor ailments. However, a professional health care professional should be consulted if the condition treated does not clear up within a few days, or if accompanied by other symptoms such as fever, swelling, or excessive redness and tenderness of skin problems. It should never be taken internally, and should be kept out of the reach of children and pets.

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## TO YOUR HEALTH



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### Acupressure Shows Promise in Relieving Fatigue in Cancer Survivors

As thousands of breast cancer survivors battle persistent fatigue, a Michigan State University nursing researcher is studying whether acupressure—a technique where physical pressure is applied to acupuncture points by the hand, elbow or various devices—can help alleviate symptoms.

Gwen Wyatt will study 300 breast cancer survivors to examine the effects of two acupressure treatments on persistent cancer-related fatigue, a state of being tired or weary that affects up to 82 percent of survivors within the first five years of diagnosis.

"There are more than two million breast cancer survivors today, and persistent cancer-related fatigue is one of the most common and distressing symptoms," said Wyatt, a professor with the College of Nursing. "It is associated with decreased quality of life, poor sleep quality and depression."

With acupressure—derived from acupuncture, a component of traditional Chinese medicine—pressure is applied to acupuncture points on the body to treat disease. Wyatt said pilot research has shown self-administered acupressure can significantly decrease fatigue by as much as 70 percent in cancer survivors, as well as improve sleep quality.

As part of the study, the breast cancer survivors (all at least 12 months after completion of cancer treatments and suffering from persistent fatigue) will be randomly divided into three groups receiving relaxation acupressure, stimulating acupressure or routine standard care for six weeks.

In addition to measuring the impacts of the treatments on cancer-related fatigue, Wyatt and her team will examine the effects on sleep quality.

"There are few treatment options for persistent cancer-related fatigue, and these costly treatments often require a trained practitioner or have unacceptable side effects," Wyatt said. "On the other hand, self-administered acupressure is nontoxic, inexpensive and re-

quires minimal instruction. It appears to be a promising treatment for persistent fatigue."

The study, part of a subcontract via the University of Michigan, is being funded by the National Cancer Institute. Wyatt is working with Suzanna Zick and Richard Harris from U-M's departments of Anesthesiology and Family Medicine on the overall project.

Wyatt has researched multiple complementary and alternative medicines for women recovering from breast cancer in hopes of creating a viable treatment intervention. Recent research published by Wyatt in the journal *Nursing Research* found 57 percent of women are using such therapies, and the sicker a woman is the more likely she is to use multiple therapies.

"Improving quality of life is a research priority at the College of Nursing," she said. "If a patient has to live with breast cancer, then the health care community needs to ensure that patient has the highest quality of life possible during treatment and aftercare."

**FOR MORE INFORMATION:**  
[www.nursing.msu.edu/](http://www.nursing.msu.edu/)

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## MUSIC REVIEWS

### Head Over Heels is a Gateway to the Heavens

#### Head Over Heels

Mahbood Len Seligman  
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*Head over Heels* by Mahbood Len Seligman is a refreshing and inspiring collection of the songwriter's intimate praises to the Divine. Produced by both Seligman and Chris Murphy, each track sparkles with heart-felt sounds. Seligman has created modern interfaith chants with sophisticated yet simply crafted musical phrases, highlighting a myriad of performances by some of Washington's best musicians: Carey Creed, Wendy Lanxner, Jon Seligman, Jeff Reed, Seth Kibel, Cheryl Hurwitz, Matt Jones, Stream Ohrstrom, and Bill Jenkins.

Seligman's guitar work, repetitive Kirtan chant lyrics, and soulful singing by all radiate serious but lighthearted devotional joy. Each song is a mystic nursery rhyme of celebration for all walks of life and faith. In addition, the fine mastering of the recording as a whole is polished and crystal clear, making *Head Over Heels* both a technically and spiritually exciting listen.

As student of Sufism and a computer science researcher, Seligman's enthusiasm for his creative calling has been rich. In addition

to being recently nominated for a WAMMIE (Washington Area Music Award) for Best Inspirational/Gospel individual artist, he was also a finalist in 2006 Mid-Atlantic Song Competition in the New Age/Celtic category. He plays guitar, mandolin, harmonium, and electric bass. He has been performing his work around the DC metro area since 1987 with many, and he also trained as a music improvisation facilitator with Grammy-winning cellist David Darling.

His name, Mahbood, means "Lover and Beloved," which is very fitting for a songwriter of these call and response-like songs. The traditional style of chanting in this collection of songs allows the listener to remain fixated on the positive; each piece is like a singing prayer that can be put in your pocket and drawn upon in order to remember what is true and all that really matters.

There is no question that inspirational music should help us all to transcend the challenges of daily life. *Head Over Heels* by Mahbood is a gateway to the heavens for all who seek. For an uplifting and delightful experience, *Head Over Heels* delivers.

—Claudia Neuman

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

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

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

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

Principal Investigator: Roland R. Griffiths, Ph.D., Protocol: NA\_00001390

Approved 11/03/2008



## Starting Small: The 25 Easiest Ways To Be Green

BY JEAN CURRIE

Environmentally conscious living is great for two reasons—it helps the planet, and it helps the wallet. Yet, with so much buzz, the “go green” movement can seem a bit overwhelming, since it appears to involve so many drastic lifestyle changes.

While it’s true that your impact will be equivalent to your effort, and the environment’s dire straits have no miracle solution, a few small steps can go a significant way. Here are 25 small changes you can choose from to make your everyday lifestyle a little bit greener.

**1. Kick fast food.** Fast food restaurants are notorious for being practically anti-green. They manufacture, transport, prepare, and serve their food with heaps of packaging that would not otherwise be necessary. Covering a continent with the exact same menu with the exact same taste comes at quite an environmental cost.

**2. Quit littering.** Once in a while, usually accidentally, we litter. Full drinks are forgotten on the tops of cars, tissues and candy wrappers blow from jacket pockets on blustery days, and balloons are whisked away in the breeze. The more attention we pay to our surroundings, as well as putting trash where it belongs (not just hoarded in our pockets), the cleaner our streets will be.

**3. Start Composting.** You don’t have to create a huge heap in order to compost. Just dig a one-foot-square hole in the back corner of your yard, trim it with large stones or blocks of wood, and fill the hole with eggshells, vegetable trimmings, and other biodegradable garden-friendly items. Every week or so, turn the heap over with

a shovel, and to avoid nasty smells, don’t add meat to small compost piles.

**4. Replace old light bulbs with the newer, coiled CFLs,** which use less electricity to create light. It would be wasteful and expensive to replace all your working light bulbs with the newer, efficient, coiled CFL bulbs at once, but your current bulbs will burn out. When you replace them, just purchase CFLs instead.

**5. Reject excess packaging.** Foods are packaged unnecessarily not just in fast food restaurants, but also in grocery stores, toy stores, and most areas of retail. If the item you want to purchase has lots of packaging, like extra plastic wrap, look around and see if anything similar is available with less packaging.

**6. Dispose of hazardous garbage carefully.** Batteries, light bulbs, packaging from harsh cleaners, aerosol containers, and poisons are some of the things you’ll be throwing out from time to time. Instead of throwing hazardous items in the trash with everything else, research local disposal guidelines and follow them closely.

**7. Dry laundry outside.** Dryers use a lot of energy, and laundry lines are making a comeback. Not only is drying the laundry outside good for the environment, it will help you save on your electricity bill. If you can’t stand to dry all your laundry in the slightly harsher conditions of the outdoors, do what you can. Stiff, hardy fabrics, that take the most energy to tumble dry, will be more likely to survive the outside.

**8. Use rechargeable batteries.** As already mentioned, batteries contain hazardous, environmentally unfriendly chemicals. Since it would be quite a

continued on page 90

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**The 25 Easiest Ways To Be Green**  
...continued from page 89

stretch simply to give batteries up altogether, invest in a battery recharger and rechargeable batteries.

**9. Wrap gifts in newspaper.** Like many other green choices, this will save you money. Since newspaper is often dull and boring, spice it up with some watercolor paint, or use the comics section. Recycle the paper after unwrapping. Another option is to hide gifts in decorative, reusable cloth bags.

**10. Turn lights off.** It can be hard to remember, especially for children, but once ingrained, turning the lights off when leaving a room becomes second nature. Over a course of years, the monetary and environmental savings can really add up!

**11. Close doors.** The refrigerator door leaks cold air when left open even a crack, which wastes energy and causes food to spoil more quickly. The door to the house will allow heat out in the winter, and cooled air out in the summer, wasting unnecessary energy. The same goes for the car door—close it when at the gas station if you're climate-controlling the vehicle.



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**Avoid harsh cleaning chemicals.**

**12. Recycle.** This one is basic, but not everyone does it. Recycle newspaper, cans, glass, and plastic. Also, recycle your computer parts and monitors, and bring your printer's old ink cartridges in to recycling centers at local computer stores.

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## GREEN NEWS & VIEWS

**13. Reuse grocery bags.** If you have something to use your plastic grocery bags for, that's better than nothing, but remember that plastic is something to keep out of the landfill. Use canvas bags with any old bags you have around the house for your groceries. A good idea is to keep them in your car's trunk, so you don't forget them when shopping.

**14. Turn off the faucet when not directly using the water.** We often brush our teeth, wash our faces, and do our dishes with the water running unnecessarily. If you want to be really dedicated, turn off the shower while you soap up, too—or, just take baths!

**15. Go on a garbage hunt.** This can be a fun few hours hunting with some friends and family, or just a general change of attitude. Carrying a gardening glove and a paper bag with you in your pocket when you leave the house could help you do wonders to rid your path of litter.

**16. Keep your car far within emissions guidelines.** Different locations have different rules about how much pollution your car is allowed to emit when running. Follow those rules not just to the letter, but beyond—as far beyond as you can afford. Most cars could run more efficiently than they do. Use your visits to your mechanic to

find out what you can do to lower your car's environmental impact.

**17. Use cloth towels, rags, napkins, and if you're up for it, diapers and sanitary napkins.** The less paper you use for cleaning, the better. A great way to save on this kind of waste is to turn old clothing and old towels into cleaning rags. Just rip them into squares. Also, never dry your hands with paper towels after washing them. It's ridiculously wasteful.

**18. Green your computer.** Change your computer's power settings (using the "powercfg.cpl" run command, in the case of Windows PCs), so that the computer goes to sleep and turns off the monitor when inactive. Turn off your screensaver, as well. This can significantly lower your computer's power consumption without negatively affecting its usefulness.

**19. Thaw food in a sink full of water, not under running water.** Running water is wasteful, and sitting a frozen hunk of meat in cold water to thaw is just as effective.

**20. Reuse small everyday items** like envelopes, scrap paper, elastic bands, plastic bags, and coffee tins. If it was sold as a container for a product, it's

continued on page 92



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## GREEN NEWS & VIEWS

### The 25 Easiest Ways To Be Green

...continued from page 91

likely still useful once the original product is used up.

**21. Microwave the sponge.** Dish sponges can get caked with old food and begin to smell awful after a very short time, but they don't need to be thrown away and replaced. Just throw your sponge in the microwave and heat it for two minutes on "high." This will kill 99% of the germs on it, so that you can use it for a very long time.

**22. Leave a green home behind while vacationing.** Turn off all climate control, lights, and fans, and unplug every appliance you won't need, like the microwave, the alarm clock, and the stereo. Many appliances, even when "off," still use power for their clocks and displays. Temporarily cancel newspaper delivery, as well.

**23. Avoid harsh cleaning chemicals.** A great deal of a home's cleaning can be done just as efficiently with vinegar, lemon, and salt, as with store bought cleaners. Especially when just freshening up your home, use these natural cleaners instead. For a wipe-down of the kitchen, for example, use a half-

and-half mixture of white vinegar and water.

**24. Buy your dry foods in bulk.** This reduces both cost and packaging. Just make sure you have room to store it.

**25. Talk about it.** Without forcing the issue, mention your green habits to the people around you. Celebrate your concern for being green and caring for the environment openly and publicly, simply by not hiding it. Friends and coworkers will likely take some of your ideas home with them—and they might even have a few of their own to share, too!

Every environmentally friendly lifestyle has to start somewhere. Integrating the above tips into what you do day-to-day is a great way to heighten your environmental consciousness. Once you have the hang of a few, it will be even easier to add a few more.

#### MORE RESOURCES:

For an extensive list of local resources, go to the environment/justice section at [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com).

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## TO YOUR HEALTH



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The study results indicated that the amount of pesticide a mother was exposed to directly correlated with the degree of developmental difficulty the child would eventually experience.

## Pesticide Exposure In Pregnancy Linked To Child Development Problems

...continued from page 25

with cognitive difficulty, continuing into early childhood. This isn't really a new finding, rather, these studies only help to back up what medical professionals have been saying for years: exposure to poison is bad for you. It's really not surprising at all when you put it that way.

In 1997, a similar study found that prenatal exposure to pollutants could effect neurocognitive development once the children, born between 1998 and 2002, underwent testing. This study, drawing data from maternal interviews and focusing on inner city, minority women and children, found that of 254 children having reached their third birthday, there was a direct correlation between the degree of prenatal chlorpyrifos exposure and lower scores on mental and motor tests, as well as more problems associated with attention deficit, pervasive mental disorders and hyperactivity. The most significant difficulties affected motor development. In other words, the amount of pesticide a mother was exposed to directly correlated with the degree of developmental difficulty the child would eventually experience.

Now, correlation can often be used to point to any "fact" we please. This "Where there's smoke there's fire" argument is the equivalent of "This is a zombie-repellant t-shirt. You don't see any zombies around, do you? Then it must be working." Even so, all of these studies show that, isolated from any other factors, using any number of combinations of test subjects, environments and testing methods, across the board, the children with the lowest scores were almost always the children who had been exposed to the most poison pre-birth.

Scientific researchers are known for their own skepticism. In fact, skepticism is the root of science: poke holes in every hypothesis, and whatever can withstand the abuse and still make sense becomes theory. While another round of tests may be conducted, EHP Editor-in-Chief, Hugh A. Tilson, had this to say regarding the most recent findings, "It is well known that find-

ings... may be influenced by chance... As a group, these papers add substantial weight to the evidence linking OP pesticides with adverse effects on cognitive development..."

There are a lot of reasons to go organic, from ethics to health and personal lifestyle choices. Humanely gathered eggs and milk leave us with a full kitchen without any guilt, while organic coffee just plain tastes a lot better than the stale, pre-canned stuff you get at most stores. But this is one area of organic food where pragmatism obviously comes into play, which is why even shoppers who get everything else at the supermarket may take the time to buy their vegetables from a co-op, a small health food store or the local farmers' market. It's not a matter of lifestyle or of politics, but of what you want to put in your body.

The most recent studies follow a long series of animal studies, which led to the eventual ban of chlorpyrifos for domestic use. Sadly, the results showed that the effects of these poisons on animals were irreversible. As of yet, there is no evidence to suggest this is any different for children who underwent exposure pre-birth.

So, what can shoppers do to avoid pesticide-laden produce?

Well, if you can, buy organic. Even if you're not a big organic shopper, even if you buy everything else from the supermarket, we can at least all agree that pesticides, now that they've been scientifically proven to be harmful, are, well, harmful. Buying from local farmers' markets, co-ops and health food stores rather than the supermarket will seriously help to reduce the amount of pesticides you're consuming.

You should also bear in mind that canned and prepackaged foods are made with the same vegetables you're getting at the supermarket. You may buy your strawberries organic, but the people canning your fruit salad are not. Any fruit and veggies that come in a box or a can or a bag are probably from a crop that uses pesticides.

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## NETWORK OF LIGHT NEWS

EDITED BY HONORA FINKELSTEIN

### NOL Satsangs Continue in Summer 2011

Lakshmi Barbara Carpenter will continue her "Satsangs with the Beloved—Thy Self" throughout the summer months.

As Carpenter describes the purpose of her satsangs, "We come together to sit in the Truth that we are. The deep truth is simply that there is no individual doer because we are all One. When we realize who we are, we experience the peace that passes understanding. We drop guilt and shame, and life becomes much more delightful no matter what role we are playing in the relative world and no matter what is happening!"

All of Carpenter's satsangs will be held at 6304 30<sup>th</sup> St. NW in Washington, D.C. (Attendees are asked to please park outside the cul-de-sac on Tennyson or 30<sup>th</sup> streets.) For times and dates of Carpenter's satsangs, please call the Network of Light office at 202-363-9343, or contact the organization at networklight@hotmail.com and ask to be put on their email list for all announcements.

### NOL to Host Vedic Medical Doctor on June 1<sup>st</sup>

Vastu Shastra is a Vedic science in which energies are balanced so as to

have coherent influence through the home or workplace in order to contribute to health and peace. An ancestor of Feng-Shui, Vastu Shastra has a broad effect on human health and is a supportive science of Ayurveda, Yoga, and holistic medicine. And Dr. Manjul Kant Dwivedi, a world-renowned practitioner of Vastu Shastra, will present a lecture at the Network of Light from 6-8 p.m. on June 1, 2011 on this vibrational medicine.

In his lecture, Dr. Dwivedi will offer practical suggestions on the benefits of placing certain objects in the right direction for peace and happiness. It is believed that the healing capacity of medicines and health practices can achieve instant success through following Vastu principles.

Dr. Dwivedi has developed a system of meditation that creates a flow of pure Pranic energy within people, who can then use this force to propagate positive vibrations within their homes or places of work. Dr. Dwivedi is the only specialist in Northern India who uses cosmic energy while advising on Vastu, finding it a reflection of his inner voice in the Vedic Mantra, which says, "Let all be happy; let all be free from diseases."

Dr. Dwivedi's lecture on vibrational medicine will be useful to Yoga therapists, Ayurvedic practitioners, massage therapists, social workers, astrologers,

holistic healers, and members of the general public who want to improve their knowledge of the benefits of meditation and their physical fitness.

The cost for the lecture is \$25.00 per person. It will be held at 6304 30<sup>th</sup> St. NW in Washington, D.C. (Attendees are asked to please park outside the cul-de-sac on Tennyson or 30<sup>th</sup> streets.)

For more information on this event or on Dr. Dwivedi's other presentations during his visit to the Washington, D.C. area, please contact Dr. Manoj Dhawadkar and 301-785-5982. For more information on Vastu Shastra, please visit <http://www.vastushastri.org/>.

### Sedona's Pete Sanders to Visit NOL and D.C. in July

Pete Sanders, author of the three books *You Are Psychic!*, *Access Your Brain's Joy Center*, and *Scientific Vortex Information*, will speak at the Network of Light on Wednesday evening, July 27, and will offer a special workshop for greater Washington, D.C. attendees on Thursday, July 28 on the New Science subject of "Living AS a Soul."

Sanders, who is an M.I.T. honors graduate and the founder of Free Soul Mind/Body Education, a 501(c)(3) non-profit based in Sedona, Arizona, offers a program that emphasizes personal energy expansion and soul development.

According to Sanders, "Superstrings

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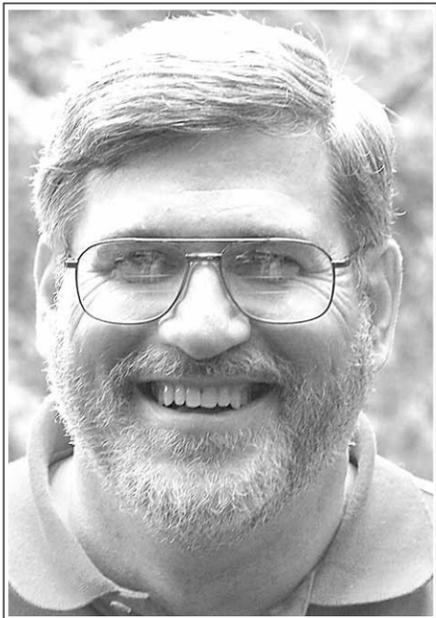
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## NETWORK OF LIGHT NEWS



Pete Sanders

questions in the "Living AS a Soul" program where attendees will also learn techniques for tapping higher dimensions and feeling expansive energy during all of life's peaks and valleys. In a course that will go beyond just "believing" or "wishing" for higher possibilities, Sanders will teach participants a comprehensive system for being happy and fully a soul aware, independently of whatever may be going on in the external environment.

In "Living AS a Soul," participants will learn about and understand the new science that can bring about these internal changes as well as how to apply it spiritually and how to tap into it at all times.

"Faith and science are no longer contradictory," says Sanders, "just two sides of the same coin." He says his key focus is to help people to become their own best teachers through tapping new sources for greater vitality and wisdom.

Sanders also maintains that brain science has discovered how to manifest a rapid natural mood elevation without alcohol, nicotine, drugs, or over-eating. As preparation for the workshop, he recommends that participants read the first chapter of *Accessing Your Brain's Joy Center* and Chapter 8 of *You Are Psychic!*

In his work in Sedona, Sanders provides a scientific explanation for the

famous Sedona Vortexes and the various kinds of energy they emit, as well as for how people can find similar areas of energy closer to where they live. However, in his "Living AS a Soul" workshop, Sanders will provide new material that will give people a way to actually become a vortex, i.e., to benefit from the energies from a vortex without actually having to be in it.

In his talk at the Network of Light on Wednesday, July 27, Sanders will discuss the mechanics of accessing the brain's joy center and the work he will do the following day with veterans and Veteran's Administration health care providers using the joy center accessing technique in easing or preventing post-traumatic stress disorder (PTSD). The Network of Light presentation will be held at 7 p.m. 6304 30<sup>th</sup> St. NW in Washington, D.C. (Attendees are asked to please park outside the cul-de-sac on Tennyson or 30<sup>th</sup> streets.)

Sanders' workshop on Thursday, July 28 will be held 7-9:30 p.m. at Celebration Center for Spiritual Living, 2840 Graham Rd., Falls Church, Virginia. The cost for the workshop is \$50.00 per adult, \$40.00 for seniors (62+), and \$75.00 per couple. To register in advance, please make checks payable to David Pierce and mail your registration to him at 1335 Evergreen Way,

continued on the next page

physics says you exist in 10 or more dimensions. . . . A newly discovered expansive energy is flowing through every scintilla of space and makes up close to 75 percent of all the energy in the Universe (compared to the less than 5 percent that is all the stars, planets, heat, light, etc. combined.) Why haven't you been tapping that energy for mind expansion, vitality enhancement, and soul growth?"

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## NETWORK OF LIGHT NEWS

### Sedona's Pete Sanders to Visit NOL and D.C. in July, continued from page 95

Orrtanna, Pennsylvania 17353. To contact Pierce directly with any questions about the workshop, please call 1-800-707-2785.

For more information on Sanders work, please visit <http://freesoul.net>.

### The Passing of Sai Baba

Sri Sathya Sai Baba, one of the most prominent Indian avatars of the 20<sup>th</sup> century, transitioned from his physical body on Easter morning, April 24, 2011, at his ashram at Puttiparthi, India.

Sai Baba, who was a prophet, guru, and humanitarian, dedicated his life to others from the age of 14 to 86. Many who visited him at his ashram had the experience of seeing him manifest *vibuti* (holy ash) and *amrit* (holy oil) from the palms of his hands, but his principal work was in counseling those in need, as well as helping to educate millions through establishing schools, colleges, and programs of higher technical and medical training; bringing water to waterless villages; feeding the poor; and building hospitals.

His devotees believe he will reincarnate as pure love in the future, and prayers are requested for his soul's transition to that state.

### Amma, the "Hugging Saint," Returns to D.C. in July

Sri Mata Amritanandamayi Devi, the Indian saint known to her followers as Amma, the "hugging saint," will offer public programs in the Washington, D.C. area on July 6, 2011 at 10 am and 7:30 pm, and July 7, 2011, at 10 a.m. and 7:00 p.m., at the Hyatt Reston, 1800 Presidents Street, Reston, VA 20190.

Amma's programs include spiritual talks, devotional singing, and the opportunity to receive Amma's darshan, which includes a spiritual blessing in the form of a physical hug.

All public programs are free, and all proceeds of items available at her programs, including books, artwork, clothing, food, etc., go directly to support her charitable and humanitarian activities, which include the building of houses for the homeless, scholarships for poor children, the building of hospitals, and disaster relief. One recent charitable activity was the building of an orphanage in Haiti for victims of the earthquake.

Amma says, "In today's world, people experience two types of poverty: the poverty caused by lack of food, clothing, and shelter, and the poverty caused by lack of love and compassion." She believes the second should be addressed first because those with love in their hearts will wholeheartedly serve those who suffer from lack. Hence, her work is intended to awak-

en love and compassion in humanity, which she says is needed for world peace and harmony.

For more information on Amma's work and for details of her presentations in the D.C. area, please visit [www.amma.org](http://www.amma.org).

### The Dalai Lama's Kalachakra for World Peace in July

His Holiness, the Dalai Lama, will lead a Kalachakra for World Peace in the Washington, D.C. area July 6-16, 2011, and the public is invited to take part in this unprecedented event. The Kalachakra was first given by Shakyamuni Buddha, the historical Buddha, and it is believed by many that its presentation is made especially auspicious because it will begin on the 76<sup>th</sup> anniversary of the Dalai Lama's birth.

His Holiness says that during the Kalachakra, "A large number of people will come together for a few days to concentrate. Because of this, I think some positive vibrations, perhaps at an invisible level, can happen . . . the participants, for some short moments, can experience some tranquility, some peace, and satisfaction."

During July 6-12, the first seven days, the Dalai Lama and monks from the Namgyal Monastery and senior lamas will conduct rituals to prepare and consecrate the space. These will include the chanting of prayers and the creation of a sand mandala.

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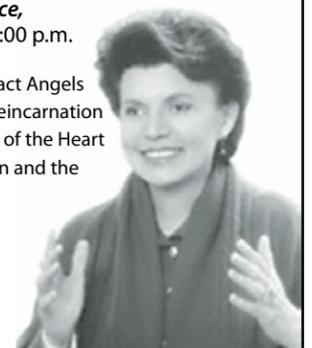
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## NETWORK OF LIGHT NEWS

On July 9-11, the Dalai Lama will offer preliminary teachings that present the foundations of Buddhist thought. He says he considers these teachings an essential preparation for the actual Kalachakra Empowerment ceremony. In this case, His Holiness will give preliminary teachings on Gyalsey Thokme Sangpo's 37 Practices of A Bodhisattva and Kamalashila's The Middling States of Meditation.

The Kalachakra Ritual Dance will be performed on July 12, opening the next phase of the event, which will be the actual Empowerment initiation ceremony, to be performed July 13-15.

The Kalachakra for World Peace 2011 will close on July 16 with a ceremony of prayers for the long life of His Holiness the Dalai Lama, a long-life blessing for all persons attending, and the dissolution of the sand mandala.

For more information on the Kalachakra for World Peace and the Dalai Lama's July visit to the Washington, D.C. area, please visit <http://www.dalailama.com/teachings/kalachakra-initiations> and [www.kalachakra2011.com](http://www.kalachakra2011.com).

### Matrix Energetics Comes to Baltimore in July

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 "100<sup>th</sup> 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. And training in Matrix Energetics will be offered in Baltimore, Maryland July 15-18, 2011.

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 apply-

ing 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 semi-

continued on the next page



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## The Pathways Event of The Year

## NETWORK OF LIGHT NEWS

**Matrix Energetics, cont. from page 97**

nars in Matrix Energetics since 1992. For a schedule of his classes around the country and for more specifics concerning the Baltimore workshop in July, or just to learn the technique for free through online videos, please visit [www.matrixenergetics.com](http://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](http://www.amazon.com).

### Barbara Marx Hubbard and Conscious Evolution

In April 2011, futurist Barbara Marx Hubbard began presenting a 12-week on-line course in conscious evolution, in preparation for what many believe will be the end of the world as we know it, but which Hubbard is calling “the planetary Birth Day Celebration on December 22, 2012.” Hubbard is seeking Agents for Conscious Evolution (ACE), who will help cocreate a new world.

Says Hubbard, “It is a call to the deepest level of cocreation. The results of our work together will be unpredictable and emergent. No one has guided a culture from an over-populating, polluting, warring phase to a sustainable and ever-evolving phase. That’s our

job—to help midwife this transition by offering a new world view, breakthrough innovations, and new patterns of social synergy. That’s us!”

Hubbard believes that all of those who are attracted to this vision are evolutionary signals of planetary change and says that, “We have within us extraordinary creative potentials that have yet to be unleashed on a large scale, leading to wide-scale cooperation, innovation, sustainability, and peace.”

In the series, Hubbard offers a road map of how to get from a world that is breaking down and devolving to one in which breakthroughs will bring about a future that will equal our full potential—which can manifest through our conscious evolution as a species.

Hubbard has been called by Deepak Chopra, “the voice for conscious evolution in our times,” and by Buckminster Fuller, “the best informed human now alive regarding futurism and the foresights it has produced.” It is to be hoped that her webinar will soon be made available on DVD for those who may have missed it on its first presentation.

Meanwhile, Hubbard’s book *Conscious Evolution: Awakening Our Social Potential* is available at [Amazon.com](http://Amazon.com). For more information on Hubbard and the Foundation for Conscious Evolution, please visit [www.barbaramarx-hubbard.com](http://www.barbaramarx-hubbard.com).

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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. Email: info@cloudhandstaiichi.net www.CloudHandsTaiChi.net



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A new Diamond Approach group is forming in Washington, DC, led by ordained teacher Victoria Young, PhD. An introduction will

be held July 9–10 in Takoma Park on "The Inner Critic." Cost: \$175 (\$150 paid by June 24). Hours: 10 a.m.–5:30 p.m. We also meet October 15–16, future dates TBA. Meetings include teachings, meditation practices, experiential exercises and inquiry.

For more information/registration: Barbara Burst: bearwise@verizon.net, 202-746-9473.

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New Beginners classes will be of-

fered again in September. Corrections & Intermediates Classes are held Sundays at 9 a.m. & 10 a.m. and drop-in students are welcome who are familiar with the Cheng Man-Ch'ing form.

For information, email emeaskenn@aol.com, or [www.glenechopark.org](http://www.glenechopark.org).



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# Classes & Learning Centers



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Monday evenings. New Future Society is located in Rockville, MD.

For more information and to register please call: **301-460-1417**, email: [savitri@newfuturesocietycenter.com](mailto:savitri@newfuturesocietycenter.com). For more information please visit our website: [www.newfuturesocietycenter.com](http://www.newfuturesocietycenter.com).



Quiet the mind  
Strengthen the body  
Open the heart

Olney Yoga is a warm, welcoming community of certified yoga teachers who are dedicated to creating and holding a sacred space for our students. We offer classes in Flow, Hatha, Kripalu, and other traditions from beginning to advanced levels, as well as a variety of Saturday afternoon workshops. We also offer private yoga and wellness sessions including Thai Yoga, Massage, Acupuncture, Reflexology, Reiki and Breath-Work. Free meditation class is held on Thurs-

day evenings.

Some of our Saturday workshops this summer are:

7/9 – Surya Namaskar, (Sun Salutations) with Joe Roberson, 1–3:30 p.m.; and Yoga For the Not So Slender Bender with Edie Lazenby, 4–5:15 p.m.

7/23 – Acupuncture Happy Hour with Chicchio Hand, 1–2:30 p.m.

7/30 – Osho Active Meditations (NadaBrahma, Dynamic and Kundalini) with Joe Roberson, 1–2:30 p.m.

8/13 – Hand and Foot Reflexology

with Ann Marie O'Loone, 1–3:30 p.m.

8/20 – Fifty to Infinity Breath Countdown Meditation (a simple method to relieve stress), 1–3:30 p.m.

Full workshop schedule can be found by visiting: [www.olneyyoga.com](http://www.olneyyoga.com).

Located in Olney Antique Village near Roots Market.

16650 Georgia Ave, Olney, MD  
**301-774-1961**

## 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 instructor of YMAA Qigong. Classes held weekdays, evenings, and weekends. Private instruction is available.

**703-435-4400**

Email to: [qielements@verizon.net](mailto:qielements@verizon.net)  
[www.qielements.com](http://www.qielements.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. 8/13–8/14

Gendai Reiki Classes – Classes covering the newest Japanese version of the Reiki system that unites Western and Eastern styles. 7/16–7/18

Healing Sessions - Offered by appointment from 10 a.m.–7 p.m. at our Rockville, Maryland, center or your location within 30 miles or telephoni-

cally worldwide.

Integrated Energy Therapy® Classes: Basic: 7/2, 9/2; Intermediate: 7/3, 9/3; Advanced, 7/25, 9/4.

Karuna Reiki®: Classes for Reiki Masters to augment their skills: 8/20-8/22

Lightarian Reiki™, Rays™ or Angel-Links™ Sessions and attunements: By appointment at our center or via telephone.

Reiki Shares and Practice Groups – Allow newcomers OR practitioners to receive and experience sessions with one another. Held monthly. Call before attending.

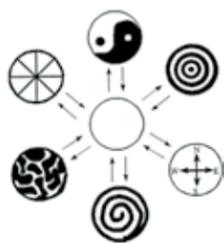
Reiki Student Clinics – Allow the public to receive sessions from RCGW Reiki Students. Held one weekend day and one evening per month. Call

before attending.

Sekhem-Seichim-Reiki (SSR) Classes – Workshops that combine Reiki with the healing energies of the Great Pyramid in Egypt. Levels I–II: 6/11–6/12; Master Facets I–VII: 11/12–11/15 in Sedona, AZ.

Usui Reiki Classes – Intensive courses in the original system of Reiki offered at the center or various locations throughout the United States: Level I: 6/4–6/5, 7/30–7/31; Level II: 7/9–7/10, 8/6–8/7; Level III: 6/18–6/21.

For more information, please email [dgleekel@reikicenter.info](mailto:dgleekel@reikicenter.info) or visit [www.reikicenter.info](http://www.reikicenter.info) or call **1-866-59-REIKI** or **301-963-0787**.



## AnAlternativeWay.info

Looking to live with heart filled passion and an inner satisfaction that never runs dry?

There is such a way. Its key is our own creativity and ability to freely enter creative play—play much like that of a very young, spontaneous and innocent child before mind steps in with its judgments.

When our creative spirit (creative-spirit.info) is not free to explore its desires, we can experience disappointment, dissatisfaction and/or discouragement with life if not outright pain, depression, and illness. The root of many addictions is a result of trying to numb the pain, discomfort or other feelings we experience when our cre-

ative spirit remains bound. Releasing our creativity ([ryuc.info](http://ryuc.info)) from the cage of our making is the starting point to create that life worth living.

For further program information contact Ken at Engine House Hobbies, Gaithersburg, MD. **301-590-0816**.

Call us to advertise in Pathways. **240-247-0393** or go to [www.pathwaysmagazine.com](http://www.pathwaysmagazine.com)

# Classes & Learning Centers



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, Violet Flame, Mariel, Karuna, White Dove, Sacred Flame, Lightarian Energy System, IET, Theta Healing, All Love (Skhm), Shamballa Mdh, Reconnective™ Healing and the Reconnection, Hypnotherapy, Sound Healing, Yuen Full Spectrum Wellness, Crystal Journeying, EFT, TAT and other various self healing arts can be arranged on site, at your location or long distance. Schedule is flexible!

Upcoming Sessions:

6/25 Intro to Reiki – Learn about

and experience the gentle hands on healing art of Reiki.

7/24 Intro to Sound Healing – Learn about and experience the beauty and healing power of Vibrational Medicine or Sound Healing. Reston Community Center at Lake Anne. Call 703-476-1668 to register.

7/31 Basic or Intermediate Integrated Energy Therapy – Learn how to powerfully and effectively clear all levels of energy blockages

9/4 Intro to Reconnective Healing and the Reconnection – Learn about and experience Reconnective Healing....a form of healing that is here on the planet for the very 1<sup>st</sup> time. It reconnects us to the fullness of the universe as it reconnects us to the fullness of our being and of who we are.

10/15 Intro to Reiki – Call the

Reston Community Center at 703-476-4500 to register.

10/16 Reiki Level 1 – Learn how to heal with the gentle universal energy of Reiki.

11/20 Basic Integrated Energy Therapy

11/27 Healing with Sound or Vibrational Healing – Learn how Sound Healing works, how to use it, and experience it.

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  
Email: somoselmar@yahoo.com



"Spirituality is the recognition that our true self is soul, and when we identify with our soul, we will realize our oneness with God." ~ H.H. Sant Rajinder Singh Ji Maharaj

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.

Sant Rajinder Singh, head of 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 seekers, free of charge, how to experience the inner Light and Sound of God reverberating within themselves. Jyoti meditation, meditation on the inner Light, is a simple technique anyone can learn.

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Science of Spirituality meets in Washington, D.C., 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 D.C. area)

Twitter: @SOS\_WashDC,

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The Shamanic Way invites the individual, family, group or organization to journey within and experience personal and/or professional transformation. Two modern shamans with experience in Soul Retrieval and leading rituals, Marsheen and Nina uniquely co-create sacred ceremonies to honor special occasions, mark solstice and equinox celebrations, and provide trainings in shamanic healing arts such as Journeying, Mask Making and the Medicine Wheel.

Let Native American and Celtic traditions open up pathways for inner guidance, awaken your true identity and power, and grace you with

healing. Both Marsheen and Nina are experienced in the use of these tools, and both are dedicated to helping people discover the beautiful gifts that are sleeping within each of us.

Marsheen Helgeson, R.P.P., has served the Washington DC area as a polarity practitioner, intuitive counselor and teacher of the natural healing arts for 21 years. Her love, and application of the Earth Way, has awakened in her the ability to create and lead ceremonial circles and workshops. Marsheen's private practice includes polarity therapy and craniosacral therapy, and the art of Soul Retrieval, extractions and journeying

as a counseling and healing tool. 703-379-8633.

Nina Gibson is a scientist, musician and modern shamanic practitioner. She uses her biochemistry/engineering expertise and training in shamanic arts to bridge scientific and spiritual truths with the Earth Way, bringing ancient ways into everyday life. She leads workshops, circles, group singing as well as individual sessions for Journeying, Soul Retrieval, Intuition and Soul Voice. 8-Part Shamanic Series forming now! Experience the Sacred Circle of Earth Spirituality in ritual, journeying and self-healing. 703-437-5504.



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TCCII offers educational programs in traditional Chinese culture, Qigong, Tai Chi, and Kung Fu. Join our annual

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# Classes & Learning Centers



Willow Street Yoga Center  
 "Best Yoga Studio in DC Area" by  
*Washington Post Express*

Free Classes: July 15-17

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 15-17 (both locations), and every Friday at 5-6 p.m. (Silver Spring location)

SUMMER SESSION CLASSES: (13-week session): July 18 – Sept. 4

REGISTER ONLINE:

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



Yoga is not just progress on the mat, it is conscious action. Our motto: "be at-one-ment" means bringing the body and spirit back into a permanent state of oneness. It is our devoted intention that every student leave with a deeper understanding of themselves and with the tools and knowledge

necessary for self-healing.

Mother/daughter team, we offer classes in yoga/meditation Monday – Saturday (see schedule on website), along with private sessions in yoga, meditation, astrology, metaphysical consulting, and energy clearing utilizing tuning forks and sound. Half-day

and full-day workshops/seminars are also available. Located in Fairfax.

Stevie is an RYT-200 Yoga Instructor in Vinyasa Flow, and Debbie holds a B.Msc in Metaphysical Science with 33 years experience in meditation.

[www.zionyogastudio.com](http://www.zionyogastudio.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 suc-

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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.

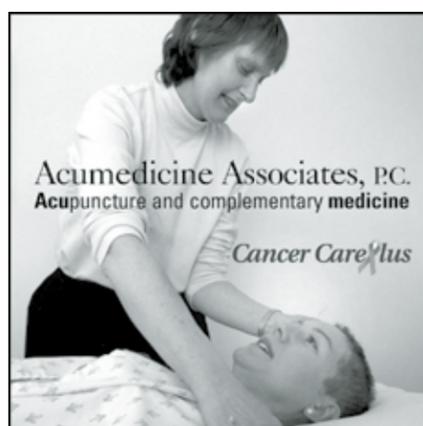
Call for a consultation and appointment: **540-722-2751**

Fax: 540-722-2752

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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

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"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

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Acumedicine Associates, P.C.  
8700 Georgia Avenue, Suite 404  
Silver Spring, MD 20910  
**301-562-0305**  
[www.acumedicine.com](http://www.acumedicine.com)



As certified Nurse-Midwives, we provide personalized prenatal and gynecologic care. We attend your birth at your home or at our center. We work with women experiencing their first pregnancy, and families that have given birth before.

At BirthCare, we share responsibilities with you to promote health. We provide you with information and encourage you to read and ask questions. All aspects of yourself—mind, body 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.  
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**703-549-5070**

# Health Services



**Yoga  
Pilates  
Massage  
Acupuncture  
Herbal Medicine**

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www.BlueHeronWellness.com  
Blue Heron Wellness offers high-quality wellness services—yoga, traditional acupuncture, therapeutic

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Blue Heron Wellness is convenient

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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-

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*Suddenly Slim* was developed by nutritional experts, scientists and medical doctors. “A safe and natural way to reshape the body and ignite the

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Serving Dale City, Quantico and Occoquan in Woodbridge

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Our interactive website offers a variety of services. We also offer: meditation; aromatherapy; essential

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# Health Services



Centrally located in the Bethesda Row area of downtown Bethesda, MD, The Mindfulness Center is dedicated to bringing mindfulness to all dimensions of life. Mindfulness includes meditative awareness, mindfulness in health, lifestyle and community, and mindfulness in living sustainably on the earth. Through education, practice and research, we strive to promote

optimal well-being and a sustainable lifestyle. In this mission, we know true joy in life.

- Meditation Classes for Adults
- Meditation Classes for Children and Teens
- Meditation and other Mind-body programs for Students with Special Needs
- Mind-body Wellness Programs for

Cancer, Heart Disease, Diabetes, Arthritis & other "Chronic" Conditions

• Sustainable Living Programs  
Rolling Registration! To register for classes, please visit our website [www.TheMindfulnessCenter.com](http://www.TheMindfulnessCenter.com), call us at 301-986-1090, or stop by our studio at 4963 Elm Street, Suite # 100, Bethesda, MD 20814.



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I have renewed confidence in myself.

Brainfog, sugar cravings, brittle fingernails, water retention, sinus congestion?

All Gone!



Who am I? I am you!

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# Metaphysics



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sional Training

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

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- Free Medical Forum Consultations

Lynn Koiner is a Professional Member of the American Federation of Astrologers and a 2-time recipient of the Sims Pound Jr. Award as Best Conference Speaker.

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# Metaphysics

## ARLINGTON METAPHYSICAL CHAPEL

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Since 1981 All Welcome

Sunday Services  
Meditation Service 8:30 a.m.  
Worship Service 11:00 a.m.  
Lecture and Messages 7:30 p.m.  
Adult Study 9:45 a.m.  
Spiritual Healing 10:30 a.m. & 7:00 p.m.  
Tuesdays  
Healing Circle 7:00 p.m.  
Wednesdays  
Spiritual Healing 7:00 p.m.  
All Message Service 7:30 p.m.  
Spiritual Counselors available by

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The Arlington Metaphysical Chapel is a Metaphysical church with Spiritualist roots. We offer classes, workshops, special programs and speakers throughout the year. Many of our courses in Mediumship, Spiritual Healing and others can qualify the individual student for certification and ordination with our national association, The United Metaphysical Churches.  
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cal books in the area.  
For more information about services, special programs and workshops offered by AMC, please contact: Arlington Metaphysical Chapel 5618 Wilson Boulevard Arlington, VA 22205  
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Office Hours:  
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## Center for Spiritual Enlightenment

The Center for Spiritual Enlightenment, NSAC, is a Spiritualist church and educational center that offers opportunities for healing, meditation, and spiritual development. CSE also hosts a variety of guest speakers and workshops designed to address every level of spiritual development from beginner or advanced students of Spiritualism.

Sunday healing service begins at 10:00 a.m. and our devotional service starts at 10:30 a.m. every week. During the school year, we also offer additional services conducted by our ministerial candidates, lyceum for children from 3–18, and numerous classes for adults. One major feature of our Sunday service is the opportunity to receive spirit messages delivered by

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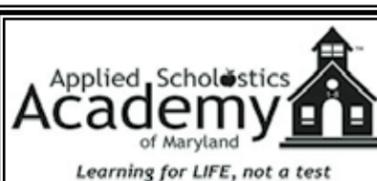
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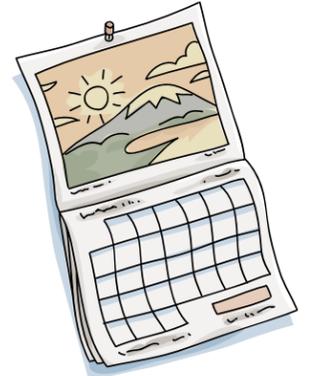
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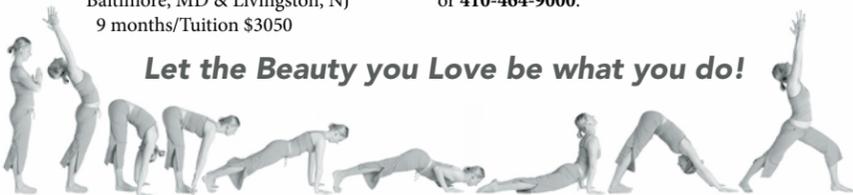
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# PATHWAYS GUIDE TO NATURAL FOOD STORES

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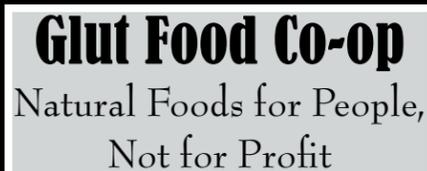
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www.smileherb.com

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## OLNEY, MD

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## GAITHERSBURG, MD



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301-258-9500.

www.wholefoodsmarket.com/stores/kentlands

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## ROCKVILLE, MD



### MOM's of Rockville

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www.momsorganicmarket.com

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# PATHWAYS GUIDE TO NATURAL FOOD STORES

## ROCKVILLE, MD, cont.



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## DC NATURAL FOODS



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

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### Whole Foods Market, Rockville

11355 Woodglenn Dr, 20852  
301-984-4880.

[www.wholefoodsmarket.com/stores/rockville/](http://www.wholefoodsmarket.com/stores/rockville/)  
8am-10pm, Monday - Saturday  
8am-9pm Sunday

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### Whole Foods Market, Silver Spring

833 Wayne Ave 20910  
301-608-9373.

[www.wholefoodsmarket.com/stores/silverspring](http://www.wholefoodsmarket.com/stores/silverspring)  
8am-10pm, 7 days a week

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

With Over 35 years of experience, our health food store has a lot to offer. We have herbs, vitamins, teas as well as raw and natural foods. We also have quite an extensive library of information for you to educate yourself and family on the growing concerns of nutrition, your health and wellness.



### YES! Organic Market, Adams Morgan

1821 Columbia Rd., Washington 20009  
202-462-5150.

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

Mon-Fri: 9am-8pm; Sat: 9-7;  
Sun: 11am-6pm.

"Your one-stop health food store" Conveniently located in Adams Morgan area, near Woodley Park Metro station. Monthly sales. Case discounts. Offers vitamins, herbs, produce, bulk foods, essential/fragrance oils, Ginseng products, diet foods, books, cosmetics, sports supplements, sandwiches, soups, salads-to-go.

## SEVERNA PARK, MD



## ORGANIC MARKET

### Goodlife Organic Market

485 Richie Hwy North  
Severna Park, 21146  
410-544-9515

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

Mon - Sat, 9am-8:30pm; Sun 10am-6:30pm  
The finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun comfortable clean, safe environment. Also offering bulk herbs, natural bakery, seafood, powerhouse sandwiches and hot food bar.

## TAKOMA PARK, MD



### Takoma Park Food Co-Op

201 Ethan Allen Ave 20912  
301-891-2667.

<http://tpps.coop>

Open 9am-9pm Daily.

We are the area's best choice for healthy, natural groceries. We have the best selection of organic produce around, huge bulk section including herbs and coffee, expanded personal care area with a great selection of body care products as well as vitamins, herbs, homeopathic remedies, and other supplements; ecological household products, deli items, pet care and more.

## Senbeb Natural Food Coop & Senbeb Cafe

### Senbeb Natural Foods Co-Op

6224 3rd St. NW  
Washington, DC 20011

Mon. - Sat.: 11am-8pm  
202-723-5566.

In business for 20 years promoting whole foods, nutritional supplements. One-third of a 3-business complex, with Senbeb Café and "The Sistrum," dedicated to healthy living. Café has an all vegan menu & offers totally raw "live plates." The Sistrum is a boutique specializing in African clothing, cards, gifts.



### YES! Organic Market, Brookland

3807 12<sup>th</sup> St. NE, Washington 20017  
202-832-7715.

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

Mon-Sat: 8 am - 9 pm; Sun: 9am - 8pm.

"Your one-stop health food store" Conveniently located in Brookland. Monthly sales. Case discounts. Offers vitamins, herbs, produce, bulk foods, essential/fragrance oils, Ginseng products, diet foods, books, cosmetics, sports supplements, sandwiches, soups, salads-to-go.

## SILVER SPRING, MD

## ECOLOGY HEALTH FOOD

### Ecology Health Food, Silver Spring

904 Bonifant Street 20910  
301-589-2188.

Lots of vitamins, minerals, herbs and personal care products. We carry many hard to find items—call to see if we have what you are looking for. We also feature a deli that serves delicious, healthy dishes at low prices. We have been serving the Silver Spring community for many years and we invite you to sample our products.

## DC NATURAL FOODS

## Blue Nile

### Blue Nile Botanicals

2826 Georgia Ave. NW,  
Washington 20001  
202-232-3535.

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

Offers over 300 bulk herbs/spices, also herbal preparations, vitamins/supplements organic/natural cosmetics, essential/fragrance oils, candles, incense. Serving the DC area since 1974.



### YES! Organic Market, Capitol Hill

658 Pennsylvania Ave. SE, Washington 20003  
202-546-9850.

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

Mon-Sat: 8 am - 9 pm; Sun: 8am - 7pm.

"Your one-stop health food store" 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](http://www.yesorganicmarket.com)

Mon-Sat: 8 am - 10 pm; Sun: 8am - 9pm.

"Your one-stop health food store" Conveniently located in Union Row, Monthly sales. Offers vitamins, herbs, produce, bulk foods, essential/fragrance oils, Ginseng products, diet foods, books, cosmetics, sports supplements, sandwiches, soups.

# PATHWAYS GUIDE TO NATURAL FOOD STORES

## ALEXANDRIA, VA



**Healthway, Alexandria**  
1610 Belle View Blvd 22307  
703-660-8603.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## FAIRFAX, VA



**Healthway, Fairfax**  
9424 Main St. 22031  
703-591-1121.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## MANASSAS, VA



**Healthway - Manassas**  
10778 Sudley Manor Dr., 20109  
703-361-1883.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## STERLING, VA



**Healthway, Sterling**  
46900 Cedar Lakes Plaza (Rt. 7), 20164  
703-430-4430.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## FALLS CHURCH, VA



**MOM's of Alexandria**  
3831 Mt.Vernon Ave., 22305  
703-535-5980.

www.momsorganicmarket.com  
Mon - Sat: 9am-9pm, Sun: 10am-8pm

MOM's offers 100% high quality organic produce, a large variety of unique organic and natural products, and an extensive nutrition and body care department. We guarantee the lowest prices in the D.C. area!

## KENNEDY'S Natural FOODS

**Kennedy's Natural Foods, Falls Church**  
1053 W. Broad St., 22046  
703-533-8484.

www.localdc.com/kennedys  
Original Health Food retailer of Northern Virginia. Specializing in top quality supplements, gluten-free products, hard to find grocery items, and located in the back, *Kasha's Kitchen*, serving organic, free-range, farm -fresh foods.

**The Staff at Pathways Magazine Thanks These Natural Food Stores For Providing Their Communities With Healthy, Natural Products.**

**We Also Give Them Thanks For Acting As Important Distribution Outlets For Pathways Magazine, Now In Our 35th Year Of Serving The DC Metropolitan Area.**

## HERNDON, VA

**Surf To The Pathways Website For Hundreds More Resources For Healthy, Creative Living.**

**You will also find a list of Pathways distribution outlets in your area.**

**www.pathwaysmagazine.com**

## SPRINGFIELD, VA



**Healthway, Springfield**  
6402-4 Springfield Place, 22150  
703-569-3533.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## WARRENTON, VA



**The Natural Marketplace**  
5 Diagonal Street, 20186  
540-349-4111

Naturalmarket@aol.com  
Organic Deli Hours: Mon - Fri, 9am - 6pm  
Sat, 9am - 6pm  
Sun, 11am - 4pm

We specialize in Organics offering a wide variety of Organic Groceries, Meats, Dairy, Fresh Produce, Vitamins, Herbs, Homeopathy, Cosmetics and have a large selection of Allergy-Free Foods as well. We offer a unique experience in customer service, atmosphere, education and selection of products. You can shop in person, on-line or by phone.

## ANNANDALE, VA



**Healthway, Annandale**  
4113 John Marr Drive 22003  
703-354-7782.

www.HealthwayNaturalFoods.com  
Find only 100% certified organic produce. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free (not tested on animals) and our vitamins and herbs are all backed by independent laboratory assays. At Healthways you will receive the finest quality products at the best value, everyday.

## LEESBURG, VA

## For Goodness Sake Natural Foods

**For Goodness Sake, Leesburg**  
205 Harrison St SE 20175  
703-771-7146.

Mon.-Wed.: 9am-7pm,  
Thurs.-Fri.: 9am-7:30pm,  
Sat.: 9:30am-6pm, Sun: 11am-5pm  
With the best cross section of good quality health foods, supplements, vitamins, cosmetics, and organic products. Wheat and Gluten-Free products.



**Whole Foods Market, Springfield**  
8402 Old Keene Mill Rd, 22152  
703-644-2500.

www.wholefoodsmarket.com/stores/springfield  
8am-9pm, 7 days a week  
We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

## WOODBRIIDGE, VA

## Natural Grocer Health Food

**Essential for Good Living**  
• Friendly, Personalized Service  
• Celebrating 19 Years!

14453 Potomac Mills Road  
Woodbridge, 22192  
(near Staples)  
703-494-7287.  
Mon-Fri: 10am-8pm  
Sat: 10am-6pm

# ONLINE CONNECTIONS

**ACUPUNCTURE**  
AcuHerb Clinic of Maryland ..... [www.acupunturewangjing.com](http://www.acupunturewangjing.com)  
Acumedicine Associates ..... [www.acumedicine.com](http://www.acumedicine.com)  
Acupuncture - Dr. Lu ..... [www.fengshui-macylu.com](http://www.fengshui-macylu.com)  
Tao-Traditional & Effective Treatment ..... [acupuncturetao.com](http://acupuncturetao.com)

**ADDICTIONS**  
Bridging the Gaps ..... [www.bridgingthegaps.com](http://www.bridgingthegaps.com)  
Yama Studio Training ..... [www.yamastudio.com](http://www.yamastudio.com)

**ALLERGIES**  
National Integrated Health Associates - Dr. Solomon ..... [www.NIHAdc.com](http://www.NIHAdc.com)

**ANIMALS**  
Big Bad Woof ..... [www.BBWofinc.com](http://www.BBWofinc.com)  
Humane Society Taking Action for Animals ..... [www.takingactionforanimals.org](http://www.takingactionforanimals.org)  
Pawlitics ..... [www.pawliticsonline.com](http://www.pawliticsonline.com)

**AROMATHERAPY**  
Aromatherapy Center ..... [www.aromatherapy-center.com](http://www.aromatherapy-center.com)  
Institute of Spiritual Healing & Aromatherapy ..... [www.ishahealing.com](http://www.ishahealing.com)  
Spiritual Scents Aromatherapy ..... [www.aromatherapyRN.com](http://www.aromatherapyRN.com)

**ART**  
Studio Bliss ..... [www.studiobliss.com](http://www.studiobliss.com)

**ASTROLOGY**  
Amethyst Astrology Services ..... [www.lynnkoiner.com](http://www.lynnkoiner.com)  
Kucenis, Misty ..... [www.enhanceoneself.com](http://www.enhanceoneself.com)  
Second Saturn Consulting ..... [www.secondsaturncareers.com](http://www.secondsaturncareers.com)  
Spirit in Matters Astrology ..... [www.SpiritinMatters.com](http://www.SpiritinMatters.com)  
Transformation Works ..... [www.randygoldberg.org](http://www.randygoldberg.org)

**AYURVEDA**  
Ctr for Health & Wellness ..... [www.marylandhealthandwellness.com](http://www.marylandhealthandwellness.com)

**BOOKS**  
Solartopia ..... [www.solartopia.org](http://www.solartopia.org), [www.harveywasserman.com](http://www.harveywasserman.com)  
Your Soteria ..... [www.yoursoteria.com](http://www.yoursoteria.com)

**BOOKS / GIFTS / JEWELRY / MUSIC**  
Esoterica ..... [www.esotericanova.com](http://www.esotericanova.com)  
Mountain Mystic Trading Co ..... [www.MountainMystic.com](http://www.MountainMystic.com)  
Sacred Circle Books Inc. .... [www.sacredcirclebooks.com](http://www.sacredcirclebooks.com)  
Sticks and Stones ..... [www.sticksandstones.com](http://www.sticksandstones.com)  
Terra Christa ..... [www.terrachrista.com](http://www.terrachrista.com)

**BUSINESS SERVICES**  
Certified Coaches Federation ..... [www.certifiedcoachesfederation.com](http://www.certifiedcoachesfederation.com)  
Foxfire Consulting ..... [www.foxfireconsulting.com](http://www.foxfireconsulting.com)  
OverHall Consulting ..... [www.overhall.com](http://www.overhall.com)

**CHIROPRACTIC**  
Gardner Chiropractic ..... [www.easyspine.com](http://www.easyspine.com)  
Washington Chiropractic ..... [www.washingtonchiropractic.com](http://www.washingtonchiropractic.com)

**CHURCHES / SPIRITUAL CENTERS**  
Arlington Metaphysical Chapel ..... [www.arlingtonmeta.com](http://www.arlingtonmeta.com)  
Bethesda Unity ..... [www.bethesdaunitycenter.org](http://www.bethesdaunitycenter.org)  
Center for Spiritual Enlightenment (NSAC) ..... [www.TheCSE.org](http://www.TheCSE.org)  
Circle of Worship ..... [www.onecircle.net](http://www.onecircle.net)  
CommUnity on the Hill ..... <http://http://unitychurchdc.org>  
Enota Glace, LLC ..... [www.enotaglace.com](http://www.enotaglace.com)  
Farm of Peace Sufi School, The ..... [www.suficentereast.org](http://www.suficentereast.org)  
Four Quarters Interfaith ..... [www.4QF.org](http://www.4QF.org)  
Institute for Spiritual Development ..... [www.isd-dc.org](http://www.isd-dc.org)  
ISKCON of Washington, DC ..... [www.iskcondc.org](http://www.iskcondc.org)  
National Spiritual Science Center ..... <http://http://nsscdc.org>  
Science of Spirituality ..... [www.sos.org](http://www.sos.org)  
Superet Light Center ..... [www.spopmashdc.com](http://www.spopmashdc.com)  
Takoma Park Chapel ..... [www.TakomaChapel.org](http://www.TakomaChapel.org)  
Telespectral Living Light Center ..... [www.angeltalktv.com](http://www.angeltalktv.com)  
Unity of Gaithersburg ..... [www.UnityofGaithersburg.org](http://www.UnityofGaithersburg.org)  
Unity of Washington, DC ..... [www.unitywdc.org](http://www.unitywdc.org)  
Washington DC Teaching Ctr ..... [www.washingtondc-teachingcenter.org](http://www.washingtondc-teachingcenter.org)  
Washington Metaphysical Church ..... [www.washingtonmetaphysical.org](http://www.washingtonmetaphysical.org)

**CLASSES & LEARNING CENTERS**  
Applied Scholastics Academy of Maryland ..... [www.asamd.org](http://www.asamd.org)  
Avesa Quantum Healing Training ..... [www.AvesaQuantumHealing.com](http://www.AvesaQuantumHealing.com)  
Diamond Approach ..... [www.ridhwan.org](http://www.ridhwan.org)  
Howard Community College ..... [www.howardcc.edu](http://www.howardcc.edu)  
Institute for the Advancement of Service (IAS) ..... [www.ias-online.org](http://www.ias-online.org)  
Mid Atlantic Center For Healing ..... [www.healingintuition.com](http://www.healingintuition.com)  
Potomac Crescent Waldorf School ..... [www.potomaccrescentschool.org](http://www.potomaccrescentschool.org)  
Soul Source Spiritual Center ..... [www.theSoulSource.net](http://www.theSoulSource.net)  
Storyweaving - Carol Burbank ..... [www.storyweaving.com](http://www.storyweaving.com)  
Tai Sophia ..... [www.tai.edu](http://www.tai.edu)  
Washington Waldorf School ..... [www.washingtonwaldorf.org](http://www.washingtonwaldorf.org)

**CLEANING SERVICES**  
Maid Brigade ..... [www.maidbrigade.com](http://www.maidbrigade.com)

**COACHING & COUNSELING**  
Bowers, LPC, Duane T. .... [www.duanetbowers.com](http://www.duanetbowers.com)  
Counseling & Guidance Center ..... [www.psychsight.com](http://www.psychsight.com)  
Culp, LCPC, LPC, Courtenay J ..... [www.counselingandcoaching.com](http://www.counselingandcoaching.com)  
Divine Design Transformational Coaching ..... [www.transformationalcoaching.org](http://www.transformationalcoaching.org)  
Healing Light Center, LLC ..... [www.healinglc.com](http://www.healinglc.com)  
Manifested Harmony, LLC ..... [www.manifestedharmony.com](http://www.manifestedharmony.com)  
Profound Impact ..... [www.Profound-Impact.com](http://www.Profound-Impact.com)  
Storyweaving - Carol Burbank ..... [www.storyweaving.com](http://www.storyweaving.com)  
Releasing Your Unlimited Creativity ..... [www.ryuc.info](http://www.ryuc.info)  
Weems Life Coaching ..... [www.expandingcenter.net](http://www.expandingcenter.net)

**COLONICS / COLON HYDROTHERAPY**  
Aqua, LLC ..... [www.bluemarblewebs.com](http://www.bluemarblewebs.com)  
Inspired Thru Nature ..... [www.inspriedthruature.com](http://www.inspriedthruature.com)  
Vitality Cleansing ..... [www.vitalitycleansing.com](http://www.vitalitycleansing.com)

**COOKING**  
Healthy Living Inc. - Classes ..... [www.healthylivinginc.org](http://www.healthylivinginc.org)  
Spice and Tea Exchange, The ..... [www.SpiceandTea.com](http://www.SpiceandTea.com)

**CRYSTALS & STONES**  
Crystalis Treasures ..... [www.crystalis.com](http://www.crystalis.com)  
Olde Towne Gemstones ..... [www.oldtownegemstones.com](http://www.oldtownegemstones.com)  
Stones That Heal ..... [www.knowledscareapothecary.com](http://www.knowledscareapothecary.com)

**DENTISTRY**  
Bethesda Dental Spa ..... [www.bethesdadentalspa.com](http://www.bethesdadentalspa.com)

Fischer, DDS, Richard ..... [www.evergreen8.com](http://www.evergreen8.com)  
Goldman Dentistry ..... [www.mgoldmandds.com](http://www.mgoldmandds.com)  
Life-Enhancing Dentistry ..... [www.LifeEnhancingDentistry.com](http://www.LifeEnhancingDentistry.com)  
Miles of Smiles Implant Dentistry ..... [www.milesofsmilesdental.net](http://www.milesofsmilesdental.net)  
NIHA - Dentistry ..... [www.nihadc.com](http://www.nihadc.com)

**ECKANKAR**  
Eckankar ..... [www.eck-virginia.org](http://www.eck-virginia.org)

**EVENTS**  
BuddhaFest Movie Night ..... [www.buddhafest.org](http://www.buddhafest.org)  
DC VegFest ..... [www.vsd.org](http://www.vsd.org)  
Hierophant Inc. - Byron Katie ..... [insighteventsusa.com](http://insighteventsusa.com)  
Inner World Travel - Grace Light ..... [bit.ly/mapDCgracelight](http://bit.ly/mapDCgracelight)  
KalachakraDC.org / Dalai Lama Event 2011 ..... [www.kalachakraDC.org](http://www.kalachakraDC.org)  
Mind Body Spirit Expo ..... [www.mindbodyspiritexpo.com](http://www.mindbodyspiritexpo.com)  
Natural Food & Health Conference / Spirit First ..... [www.NFHconference.com](http://www.NFHconference.com)  
TCCII - Traditional Chinese Culture Institute Intl., LLC ..... [www.tccii.com](http://www.tccii.com)

**FENG SHUI**  
Blissful Space ..... [www.blissfulspace.com](http://www.blissfulspace.com)  
Feng Shui Consultant - Jeannie Tower ..... [www.fengshuimagic.com](http://www.fengshuimagic.com)  
Feng Shui Designs - Gerech ..... [www.fengshuinterior.com](http://www.fengshuinterior.com)  
Fox and Peacock Designs ..... [www.foxandpeacockfengshui.com](http://www.foxandpeacockfengshui.com)  
Space Harmony - Charleton ..... [www.intuitive-space-design.com](http://www.intuitive-space-design.com)  
Traditional Feng Shui ..... [www.fengshui-macylu.com](http://www.fengshui-macylu.com)

**FINANCE**  
Bach, Eric ..... [www.ericbachcpa.com](http://www.ericbachcpa.com)

**GARDENERS**  
Washington Gardener ..... [www.WashingtonGardener.com](http://www.WashingtonGardener.com)  
Yard By Yard Makeovers ..... [www.yardbyyardmakeovers.com](http://www.yardbyyardmakeovers.com)

**GREEN BUSINESSES**  
American Home Services ..... [www.americanhomeservices.com](http://www.americanhomeservices.com)  
Clean Currents ..... [www.CleanCurrents.com](http://www.CleanCurrents.com)  
Dragonfly Farms ..... [www.dffarms.com](http://www.dffarms.com)  
Mike's Hauling Service ..... [www.mikeshaulingservice.com](http://www.mikeshaulingservice.com)

**HEALING / HEALING CENTERS**  
A Healing Place ..... [www.barbarafrank.homestead.com](http://www.barbarafrank.homestead.com)  
Awaken Your Inner Healer ..... [www.awakenhealer.net](http://www.awakenhealer.net)  
Blueberry Gardens ..... [www.blueberrygardens.com](http://www.blueberrygardens.com)  
Cardinal Center For Healing, The ..... [www.cardinalcenterforhealing.com](http://www.cardinalcenterforhealing.com)  
Healing Gateway ..... [www.healinggateway.com](http://www.healinggateway.com)  
Heather's House ..... [www.kamiyoga.com](http://www.kamiyoga.com)  
Hollow Reed Healing ..... [www.hollowreedhealing.com](http://www.hollowreedhealing.com)  
Matrix Energetics ..... [www.matrixenergetics.com](http://www.matrixenergetics.com)  
Reconnective Healing Coop ..... <http://reconnectivecoop.com>  
Zenquility ..... [www.Zenquility.com](http://www.Zenquility.com)

**HEALTH & WELLNESS CENTERS**  
Above and Beyond Health Services ..... [www.aboveandbeyond-energy.com](http://www.aboveandbeyond-energy.com)  
Blue Heron Wellness ..... [www.BlueHeronWellness.com](http://www.BlueHeronWellness.com)  
I Bar Wellness Center ..... [www.ibarwellness.com](http://www.ibarwellness.com)  
Integrated Laser And Wellness Ctr ..... [www.laserwellnessbeyond.com](http://www.laserwellnessbeyond.com)  
Integrative Medical Center ..... [www.vipimc.com](http://www.vipimc.com)  
Long Van Mai, Dr. .... [www.IntegrativeMedicineClinics.com](http://www.IntegrativeMedicineClinics.com)  
Montgomery County Stroke Association ..... [www.mcstroke.org](http://www.mcstroke.org)  
National Integrated Health Associates (NIHA) ..... [www.NIHAdc.com](http://www.NIHAdc.com)  
Neck Back and Beyond ..... [www.neckbackandbeyond.com](http://www.neckbackandbeyond.com)  
QiRei LLC Integrative Healthcare ..... [www.QiReiTherapy.com](http://www.QiReiTherapy.com)  
Relaxing Alternatives ..... [www.relaxingalternatives.com](http://www.relaxingalternatives.com)  
Rifkin Chiropractic and Wellness Center ..... [www.heal-naturally.com](http://www.heal-naturally.com)  
White Oak Wellness ..... [www.second-chance.net](http://www.second-chance.net)

**HEALTH PRODUCTS**  
NIHA - Wellness Store ..... [www.NIHAdc.com](http://www.NIHAdc.com)  
Savvy Rest ..... [www.SavvyRest.com](http://www.SavvyRest.com)  
Tizane Beverages ..... [www.tizane.com](http://www.tizane.com)

**HEALTH FOOD / NATURAL FOOD STORES**  
Glut Food Co-op ..... [www.glut.org](http://www.glut.org)  
Healthy Bites ..... [www.HealthyBitesFood.com](http://www.HealthyBitesFood.com)  
MOM's - My Organic Market ..... [www.momsorganicmarket.com](http://www.momsorganicmarket.com)  
Smile Herb Shop ..... [www.smileherb.com](http://www.smileherb.com)

**HOLISTIC HEALTH PHYSICIANS**  
Gennaro, MD, Margaret ..... [www.neckbackandbeyond.com](http://www.neckbackandbeyond.com)  
Healing Tree Holistic ..... [healingtreeholisticmedicine.synthasite.com/](http://healingtreeholisticmedicine.synthasite.com/)  
National Integrated Health Associates (NIHA) ..... [www.nihadc.com](http://www.nihadc.com)

**HOMEOPATHY**  
Liss, ND, Michael ..... [www.drliSSHhomeopath.com](http://www.drliSSHhomeopath.com)

**HYPNOTHERAPY**  
Hypnosis Silver Spring ..... [www.hypnosissilverspring.com](http://www.hypnosissilverspring.com)  
Institute for Ethical & Clinical Hypnosis ..... [www.hypnomas.org](http://www.hypnomas.org)  
Life Transforming Hypnotherapy ..... [www.lifetransforminghypnotherapy.com](http://www.lifetransforminghypnotherapy.com)  
New Creations - Forbes ..... [www.forbesrobbinblair.com](http://www.forbesrobbinblair.com)

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## PATHWAYS INTERVIEW

### Martin Rossmann, MD: Imagery And Healing ...continued from page 9

to get people to explore these guided imagery approaches.

*You're describing some very powerful effects of the mind-body connection. How important is it for health practitioners who deal with people in pain on a regular basis, to bear in mind that "physical" pain may have a nonphysical cause, at least in part?*

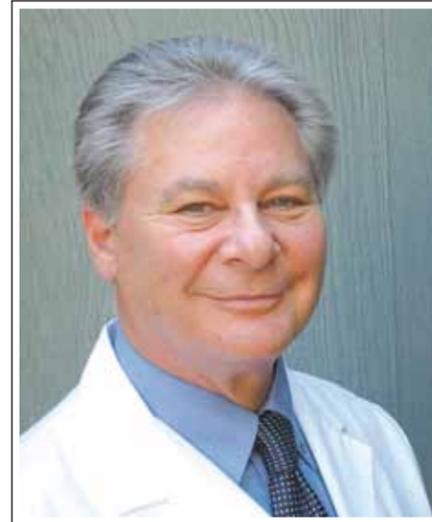
It's interesting and very important. It's a difficult terminology, though, isn't it?

Yes.

I assume it has a physical cause. Thoughts are physical things. The brain emits different patterns of energy with different kinds of thinking. It's a subtle level of physical reality that we haven't quite been able to get to yet. We're at a place where we can watch the brain with functional MRI, and see what areas of the brain are lighting up when people are in pain. We've noticed that in people with chronic pain syndromes that no longer relate to physical areas that were the original source of the pain, the brain activity actually takes up residence in a different area,

an area of the brain that processes information.

If somebody's got an acute back injury, for instance, on a functional MRI you'll see increased activity in the somatosensory cortex that relates to an area of the back, where the injury happened. But let's say that the person has had plenty of time for the injury to heal up, or they've had medical or chiropractic or acupuncture treatment, but years later they're still having pain, and we can't find a cause for it. If you take a functional MRI of those people, that pain locus is in the prefrontal cortex, where narratives and stories and elaborations on our experience take place. So it's kind of taken up residence as a kind of story. So it's real and there is a physical cause, but the physical cause is no longer in the back. *It's in the brain.* And finding ways to help people give expression to, or unravel and come to terms with that, is a whole different ballgame and I think we all need to be aware of it. I'm still not terribly happy with the way we talk about it because people are often very sensitive about it. Every practicing clinician has had the experience where people get



*Thoughts are physical things. The brain emits different patterns of energy with different kinds of thinking. It's a subtle level of physical reality that we haven't quite been able to get to yet.*

offended if you start to say that maybe it's stress.

*They don't want to think that you are saying that it's all in their head.*

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## PATHWAYS INTERVIEW

Yes, people are very sensitive about that.

*Understandably.*

Yes, and so we have to find ways of talking about it. Since the advent of this new brain science that lets us look at it, I have in my office a couple of these functional MRI pictures, where people have a relatively recent injury and the [brain] activity is in one place, while in people who have longstanding pain, it's in another place. What I've found is that if I show them these pictures, it takes that self-blame out of it, and I can say that the pain has created a circuit in your brain over here. That it's not your mind; it's your brain. Somehow, there's less shame and blame associated with that. It doesn't imply that people are crazy or that they're making it up or that they're weak. It's that this pattern has created a circuit in their brain. And we have special ways to help them unwind those circuits, which might involve relaxation, or guided imagery, neurofeedback, or other mind-body methods.

*The idea of neuroplasticity, that what we*

*think and feel literally changes structures in our nervous system (chiefly the spine and brain), is really a different understanding of the nervous system than I learned in school a generation ago. I don't have the sense that the new paradigm, based on scanning methods like functional MRI, has really percolated down to the level of the general population. Is that your sense?*

I don't think so, though there is a tremendous amount of interest. Many best-selling books in the last five to ten years have dealt with this, starting with Norman Deutsch's *The Brain That Changes Itself*, which kicked off the rage about neuroplasticity. There is a lot of popular interest and a lot of press about it, television shows. I think it is percolating down faster than some of the other concepts we've seen come into the culture in the last 30 or 40 years. There's certainly lots of information that we can draw from now online. Some of this is in the form of relatively simple articles—ones that are written for lay people, some of the pictures in particular.

About 10 years ago, when I was still

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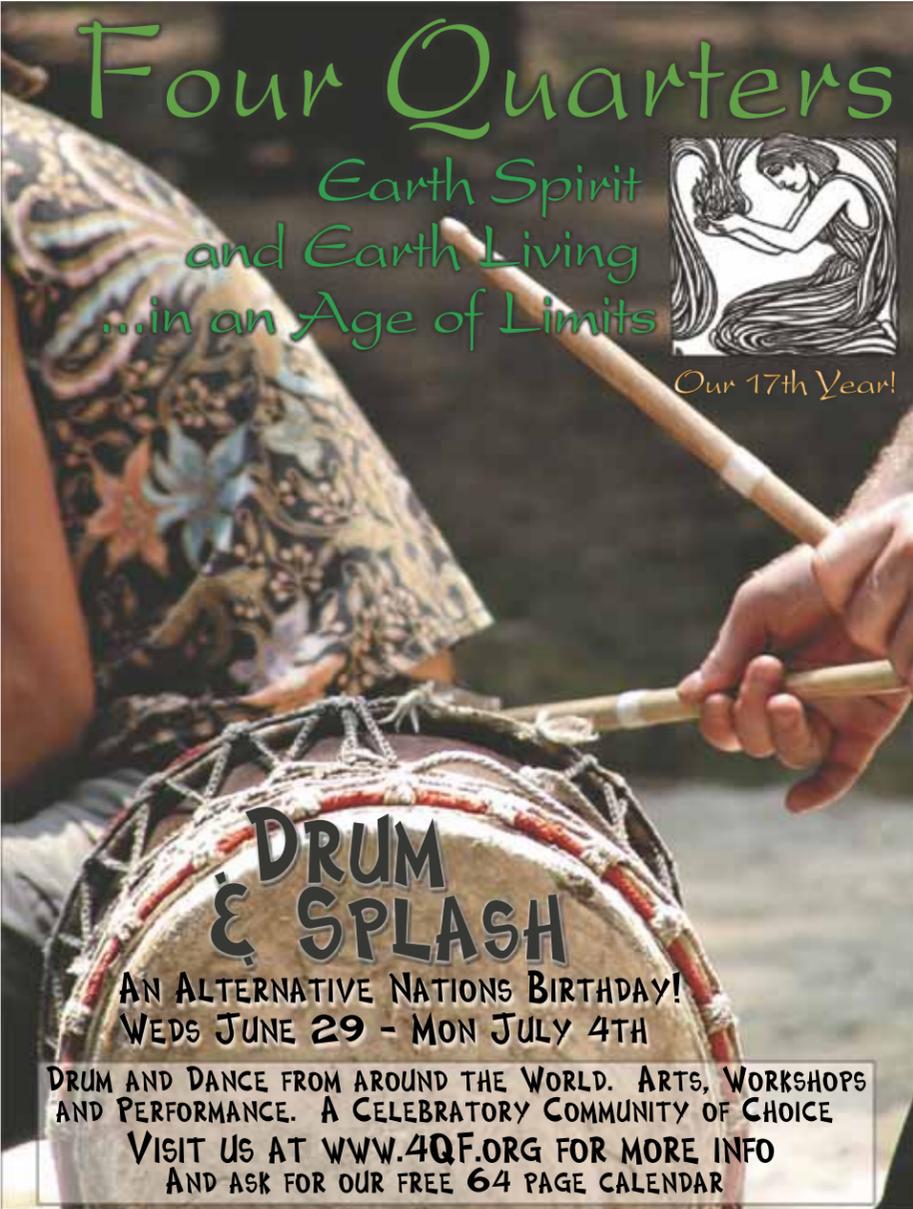
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## PATHWAYS INTERVIEW

### Martin Rossmann, MD: Imagery And Healing ...continued from page 125

teaching at our Academy for Guided Imagery, I was predicting that our thoughts about the "mind-body" equation would transform to "brain-body." Which on the one hand seems like a step back, because it's so materialistic, but on the other hand makes it much more easily acceptable to the general populace. I'm starting to see that; I certainly am in my practice. When I show them these [functional MRI] pictures and I ask if they'd like to learn a way to start to shift that pattern, and create some new pathways in the brain that can take the place of those, people are much more open to it than to something that's more psychotherapeutic. Even though this turns out to be psychotherapeutic.

*In your new book, The Worry Solution, you speak of "bad worry" and "good worry." I think everyone would agree that worry has a relatively bad reputation, so we can more readily understand and perhaps identify personally with the bad type of worry. Please tell us how it differs from good worry.*

Basically, good worry solves problems and bad worry creates problems. My own belief is that whether you think in terms of God or evolution, it's hard to believe that we would have a capacity like worry which is entirely negative. Worry is really a function of the imagination. It's a function of our abil-

ity to project potential scenarios, what the future might be like if we acted in different ways. So we think, "What if I did it this way? What if I did it that way?" And we can foresee and imagine barriers and obstacles and threats in advance, without actually having to subject our bodies to those dangers.

*So there's a survival function to worry.*

It's a tremendous advantage. I think it's the imagination that lifted our ancestors above the animal kingdom in terms of our ability to change the environment around us. David Bresler, my partner at the Academy for Guided Imagery, used to say that primitive man, living on the African savannas, was a prey animal. Naked, medium sized, not very fast, no fangs, no claws, couldn't fly, couldn't swim very well. So we are literally prey animals. And the thing that has allowed us to become the dominant creature on earth—notwithstanding the opposable thumb, which is certainly very important—is really our imagination, our ability to think, "Well, what if we sneak up on that mastodon from the back, rather than the front?" I'm talking about people's ability to think about doing things in a new way. So that's good worry, very related to planning and problem solving and imagining how things could be. Everything that mankind has created, everything on Earth that wasn't

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## PATHWAYS INTERVIEW



*But because it's a powerful tool, if you don't use it properly, or you're not aware of how you're using it, it can very easily turn into a bad habit, where you're letting your imagination run wild, and you're just going over and over all the things that you dread, without it leading to action or potential ways of dealing with it.*

created by God or Nature, came from someone's imagination. That's where it started. So it's a hugely powerful faculty to have.

But because it's a powerful tool, if you don't use it properly, or you're not aware of how you're using it, it can very easily turn into a bad habit, where you're letting your imagination run wild, and you're just going over and over all the things that you dread, without it leading to action or potential ways of dealing with it. You're basically hypnotizing yourself on an ongoing basis, with all of the images of what you fear and dread. And that

can cause anxiety, an ongoing stress response in the body, and make you more vulnerable to breakdown and to all kinds of illness.

*In the book, you described a process where people divide their worries into categories based on things they can do something about and things they can't do something about. Could you talk about that?*

The first thing I do is to encourage people to write down everything that they're worrying about, whether it's big, medium or small.

*Do these lists get fairly extensive?*

Sometimes they can get long. You know, it's interesting. I taught this in classes for several years before I wrote the book, to test out different things. And this writing down process is really interesting. Some people found that there were just a couple of things on it, and they were surprised at that. Other people had a whole long list and couldn't even finish it because when they finished they'd come up with something else. Some people would find that almost all their worries were in the column where they couldn't do anything about it. They would start with methods for dealing with that, which range from grieving, to letting go of it, to accepting it, to turning it into a process that I call "Positive Worry," which is basically taking the thing you're worrying about, that you can't do anything about, and flipping it around so you begin thinking about how it would come out if you were God, basically. How it would come out if you were in charge.

*How does this help?*

You're still focusing on the thing that's worrying you, but now it's more like a prayer, a positive intention. So instead

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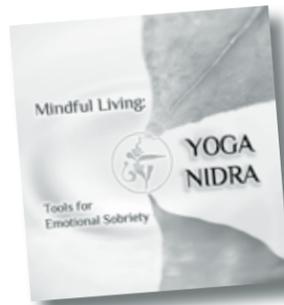
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## PATHWAYS INTERVIEW

### Martin Rossmann, MD: Imagery And Healing ...continued from page 127

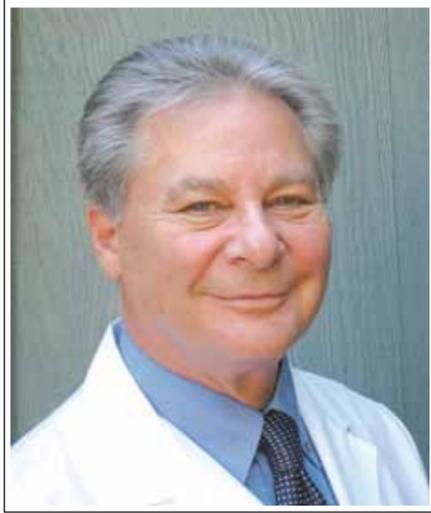
of worrying about how your Aunt Mildred is going to do in the hospital, and whether she's going to get sicker or die—which is a natural worry—how about taking a few minutes and focusing on Aunt Mildred and sending her love and positive energy, or praying in whatever way you pray, imagining that she is being delivered strength and healing energy and that, if it's up to you, she will get better. You're focusing on the same issue, but instead of going around and around thinking about bad things that might happen, you're thinking about what you would like to have happen. It may or may not affect what happens to Aunt Mildred, but it will affect how you feel in the moment. So those are processes for dealing with worries you can't do anything about. Then in the column that has things you *can* potentially do things about, you take time with those things and also learn to use certain guided imagery processes to boost your creativity and enhance your ability to take effective action to address or to solve those problems.

There's a third column, of things you're not sure you can do something about. You may recognize all of this as

being close to the serenity prayer, "Let me have serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." So I teach an Inner Wisdom meditation, which is a very potent guided imagery process, where you get very deeply relaxed, you invite an image into your mind that represents the wisdom that you have inside you (because we all have a lot more wisdom than we commonly use), and you have a conversation in your own mind about this from the perspective of your wisest self. And that very often can help you clarify issues and decide where they go.

*In your book, you quote Mark Twain as saying, "I have known a great many troubles, but most of them never happened." I know that's true for me. Would you say it's true for everyone?*

There's actually been research on this, where they had people write down all the things they worry about, and they followed them out over months or sometimes even a year. They find that 85% of the things people worry about never come true.



*Our biggest successes have come from our imagination, but our biggest challenges have also come from the imagination. And it's the human imagination that's going to be able to solve them.*

*Does that mean that the worry is dysfunctional?*

I think that this is one of the major reasons that it's easy to develop a bad worry habit, because the brain may get rewarded when these things don't come true, and conclude that the reason it didn't come true is because it worried about them enough. It's a kind of magical thinking, which I think happens on a deeply unconscious level. It's superstition.

There's an apocryphal story of a crone who walks around and around her

house carrying a bundle of twigs, all day long, every day, and wears a rut in the ground around her house. Finally, after some years one of the neighbors talks to her and says, "We've noticed that you walk around your house all day carrying this bundle of twigs, and we're wondering what you're doing." She answers, "I'm keeping the house safe from tigers." And the neighbor says, "Well, we're in Indiana and there are no tigers here." She goes, "See, it's working!" So that's how a bad worry habit happens. It's kind of an inverted or distorted form of prayer.

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## PATHWAYS INTERVIEW

What I have done is to get people used to recognizing that bad worry, and we get there by writing things down and sorting them out, and then taking the time to learn this very simple process that I call positive worry, which is to take that same thing and imagine that there's a red circle with a slash through the image of the worst outcome, and instead creating an image of the best outcome for that particular thing. Then you put your energy into your intention that the best outcome will come true, or your prayer that the best outcome comes true. Like I said, it may or may not affect what happens in the outside world, but it will affect your mood. It won't create nearly as much anxiety. It gives people a positive feeling.

*Is there anything else you'd like to add that we haven't touched upon?*

I wrote *The Worry Solution* because worry is the part of the worry-anxiety-stress continuum that we have the chance of becoming conscious about and intervening with. There's a lot to worry about in our world. There are real problems, and a lot of our biggest problems are ones that we invented through our imaginations, like nuclear power, like the problems with pollution and global warming and so on. Even cultural wars and religious hatred come from our images of who we are and who we should be and what other people should be like. Our biggest successes have come from our imagination,

but our biggest challenges have also come from the imagination. And it's the human imagination that's going to be able to solve them. I think it's really critical, both on a personal level and on a global level, for people to claim the power of their imaginations and learn how to use the power of this tool skillfully, and not let it run away with them and create anxiety and stress where it doesn't really have to be.

*Daniel Redwood, DC, the interviewer, is a Professor at Cleveland Chiropractic College—Kansas City, and Editor-in-Chief of Health Insights Today and The Daily HIT.*



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**Pesticide Exposure In Pregnancy Linked To Child Development Problems**

...continued from page 93

Of course, realistically, sometimes, you don't have a choice. If you have to shop at the supermarket for this or that, then you can still reduce the amount of pesticides you're getting. Washing your vegetables is a good start, and not just rinsing with a little cold water before cutting it up. Washing means actually scrubbing the produce. You can get some fruit and vegetable cleaners at just about any supermarket, or you can just use a little vinegar and water to clean the produce before rinsing it off with cold water. (Don't worry—once you've rinsed your produce off, you won't be able to taste the vinegar.)

When dealing with fruit or vegetables that have skin, discard the skin before you do any cutting. Naturally, you want to slice an orange or an onion in half and just peel the skin off of each piece. However, when you do this, your knife is pushing pesticides (among other pollutants) from the outer layer into the part you're actually going to eat. So peel your produce, throw the skin away, and then take a knife to it.

If you have to prioritize and buy some foods organically and some

from the supermarket, celery, peaches, strawberries, apples, blueberries, bell peppers and potatoes are some of the foods with the highest amounts of pesticides. So, if possible, these are the foods you'll want to prioritize on your trip to the farmers' market.

The findings of these tests may prove frightening to many, but the good news is these results may well lead to legislation against these poisons on our crops, or at the very least, a greater push towards organic, safe, poison-free foods in both the average American home and at the supermarket. Whether or not the government chooses to do anything about these findings, the market does seem to be leaning more and more towards organic groceries, and ultimately, it will be harder and harder for produce manufacturers to keep poisoning their crops when nobody's buying non-organic fruit and vegetables anymore.

This may sound like wishful thinking, but in 2009, about 63% of shoppers were shopping organic; in 2010, that number was up to 75%. We're seeing more organic offerings on the market and a strong shift away from traditional, dangerous methods of producing

food. Whether this is a real movement towards healthier living or merely a momentary trend remains to be seen. To some extent, it is quite clear that organic foods are no longer a niche, but a major staple in the American marketplace. Studies like those published by the EHP are a major factor in this shift.

See the *Natural Food Store* guide beginning on page 119 in this issue of Pathways Magazine for an extensive list of Natural Food Stores in the DC area. You can also surf to our website for additional resources and articles about healthy living: [www.PathwaysMagazine.com](http://www.PathwaysMagazine.com).



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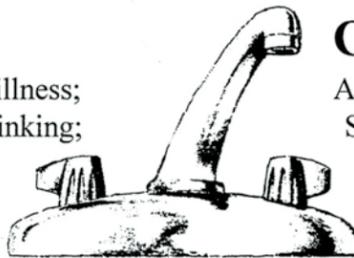
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