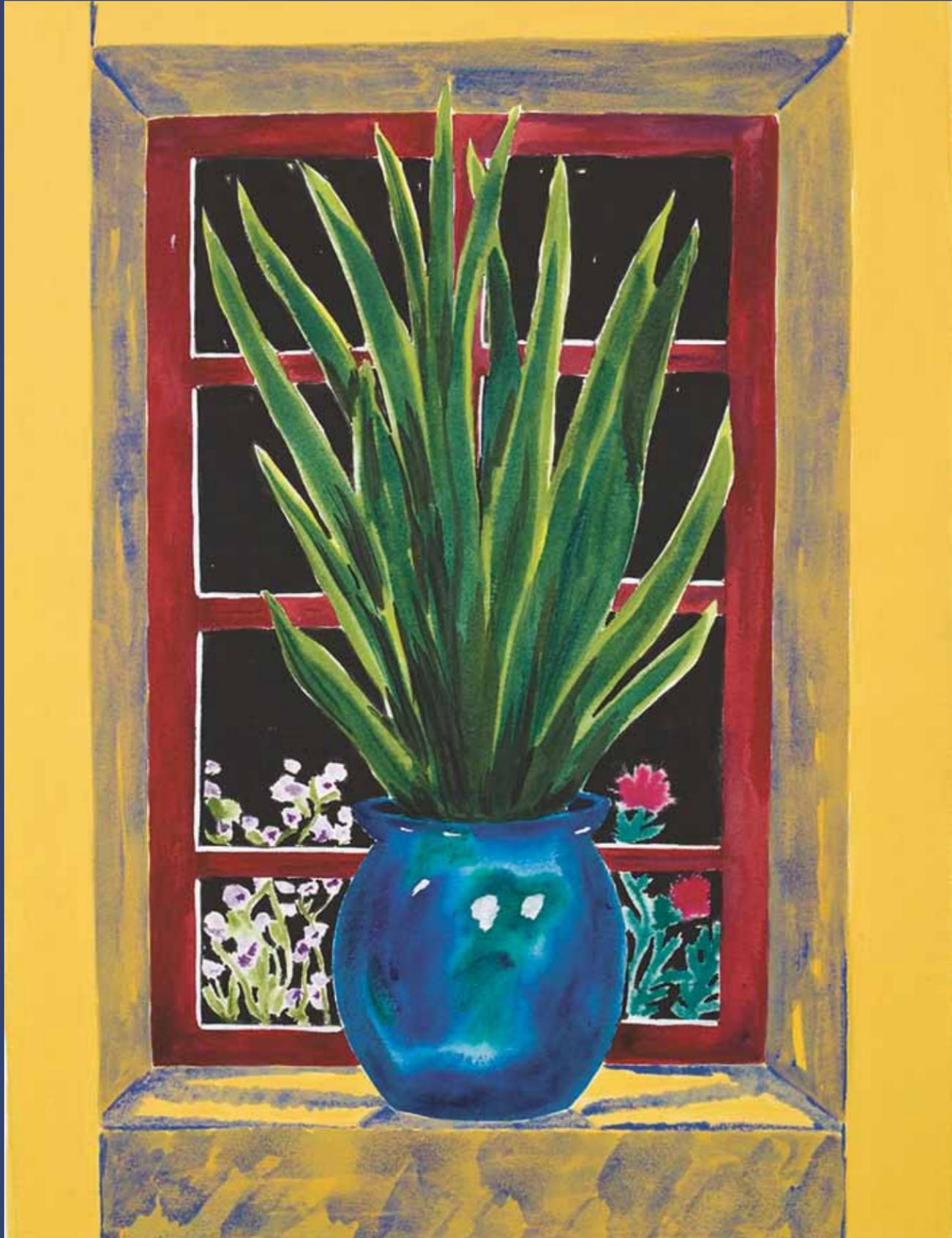


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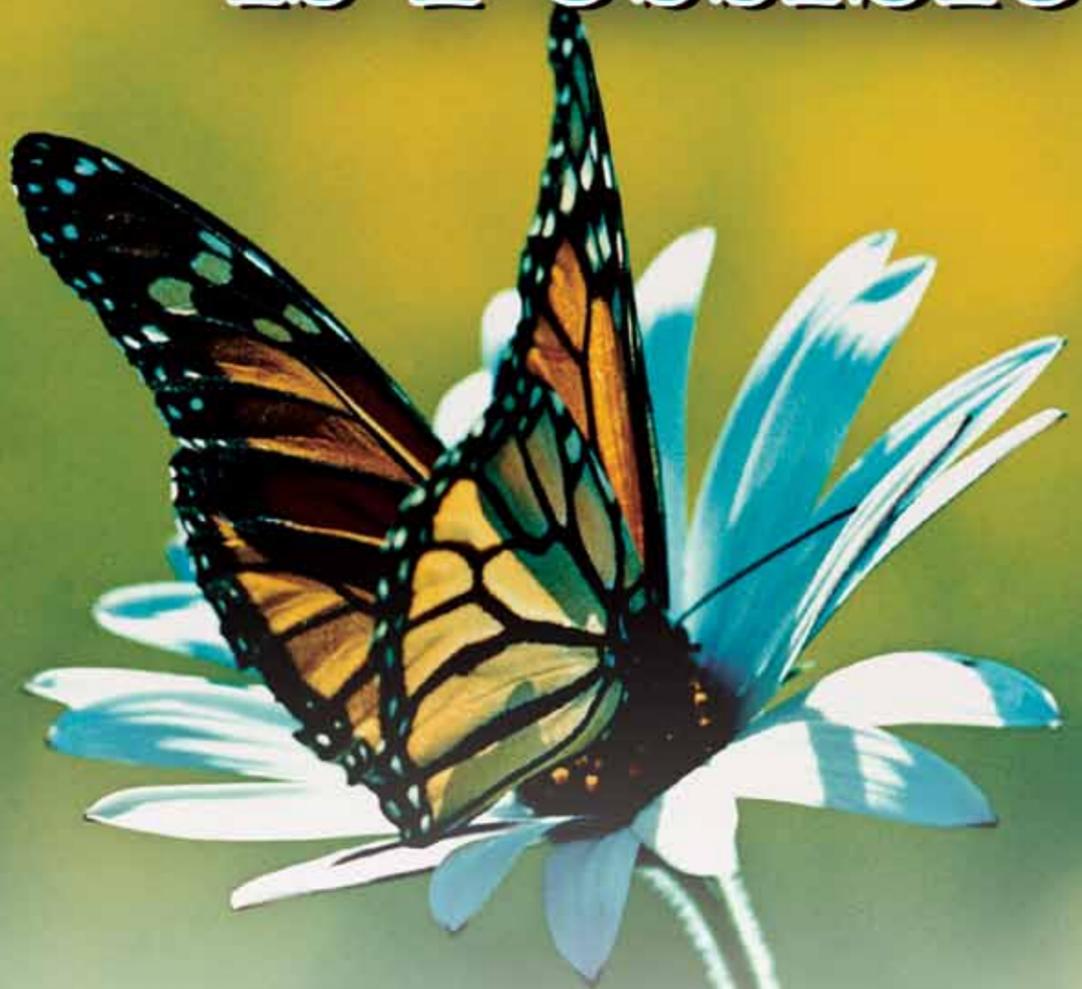
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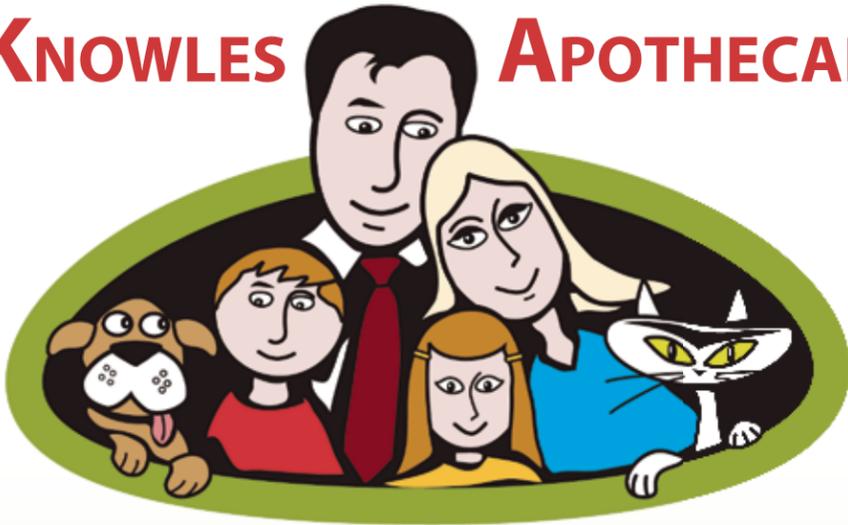
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The world public has become disenchanted with both the political and financial leadership, which it no longer trusts to solve the problems of historical crises. Further more, all the individuals of humanity are looking for the answer to what the little 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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Pathways presents useful information in several ways—through articles, advertisements, a directory and a calendar of local events. Many of the journal articles contain specific resource lists that enable you to delve deeper into the subject area.

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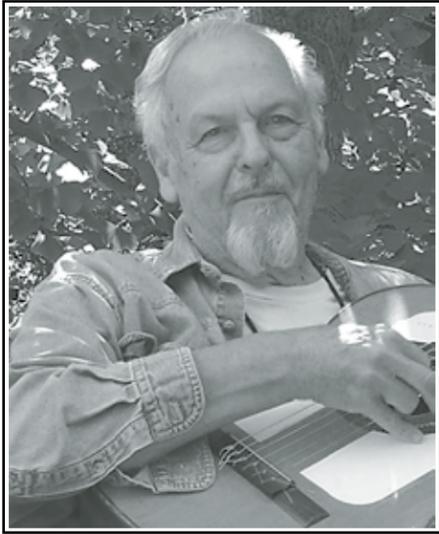
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The Healing Power of Plants

BY DANIEL REDWOOD

Jim Duke, America's elder statesman of herbs and spices, is a dedicated and strong-willed scientist whose advocacy of natural healing methods has never diminished. Born in Birmingham, Alabama, in 1929, Duke earned his doctorate in botany from the University of North Carolina in 1961. Following military service, he undertook postdoctoral activities at Washington University and the Missouri Botanical Garden in St. Louis.

Starting in the 1960s, Duke was an ecologist with the United States Department of Agriculture (USDA), joining Battelle Columbus Laboratories (1965-71) for ecological and ethnobotanical studies in Panama and Colombia. During this formative period, Duke lived with various ethnic groups, pursuing what became a lifelong passion for learning from peoples whose traditions are rich with knowledge of the healing properties of plants. Eventually, Duke became chief of the USDA Medicinal Plant Resources Laboratory.

Duke's book, *The Green Pharmacy* (St. Martin's, 1997), is the standard setter in its field, having sold over one million copies in English. It is now translated into eight languages. Duke has also authored or co-authored 40 other books on herbs, spices and foods, along with 400 articles (half in peer-reviewed journals). He remains a popular lecturer on the subjects of ethnobotany, herbs, medicinal plants, and new crops and their ecology.

In 1995, Duke retired after 30 years with the USDA. Before retiring, he brought his Father Nature's Pharmacy database online at USDA. It is now one of the most frequently consulted databases with the Plant Genome Project at USDA. Duke's database is especially useful for determining biological activities and healing potentials of foods and herbs.

For further information: www.green-pharmacy.com.

Please tell us how you first fell in love with plants.

There was an old man across the street from me in the Birmingham, Alabama, suburbs that had his rabbits to talk to, and every now and then he would walk me through the nearby woods in the foothills. He taught me about chestnuts when we had chestnuts, and watercress. That was when I was about age five, and I think he was about as old and gangly as I am now. We both profited from these mutual walks through the woods. And I have been in love with botany ever since.

All of us learned in grade school that many of the first European explorers set



James A. Duke, PhD

Jim Duke, America's elder statesman of herbs and spices, is a dedicated and strong-willed scientist whose advocacy of natural healing methods has never diminished.

sail across the ocean in search of spices. I personally love spices but I can't really see risking life and limb to procure them. What's your take on this?

I have a bad poem on that. It only takes four or five lines. I recited this in '92 when it was the 500th anniversary of Columbus setting sail.

The poem goes like this: "Columbus set sail/looking for black Indians and black pepper/and he took the wrong ocean/and he found red Indians and red pepper/and he changed the cuisine of the world." As of today, *capsicum* (red pepper) is one of my ten favorite medicinal spices, and one that

is recommended for certain maladies that I have.

What are some of your other favorite spices?

Two years ago, I would have said that garlic is the most important in my garden. Garlic is in more than 20 plots of the 80 plots in my garden. It's also good for some of my ailments. It's a constant battle in my mind over which is most important to me. But garlic is so good to eat and so easy to grow, that I can find it in one condition or another in my garden year-round.

Turmeric is another plant, which

I have in my garden but I'll need to move it into my greenhouse any day now. Ginger, and cinnamon (which is a shrub), I'll move them into the greenhouse, too. Those are good medicines. I have a database of 2500 plants, of which I would call 200 of them spices. I understand that my database is one of the most frequently visited at the USDA.

Considering the amount of data handled by the USDA, that's quite impressive. Prior to your developing these databases that the USDA now keeps, did such databases exist? Did they have other herb or spice databases that you built on? Or are you the one who started this project?

They had none at the USDA. This started in 1977 or 1978, when the USDA accepted my assignment to a major anticancer program of the National Cancer Institute. At that time, I was sent to lead a small group to look for plants that might have anticancer activity, funded by the National Cancer Institute. So that means that way back in 1978, I started this database. It was primitive but we've improved it.

When I'm long gone, that will still be there. [In my own personal database] I've got almost three times as much data on some of these same questions as you could ask the USDA database tonight. I can take it proprietary, but if I can't find a buyer for it, I will dump it all into the USDA database and improve it probably five- or six-fold.

Either way, that's a wonderful legacy to have created and to pass on to others. You mentioned that, starting in the late 1970s, you were part of a project looking for potentially anticancer herbs. Where did that take you in your travels?

My whole lab traveled a lot. I had at least three trips to China, one trip to Panama (my old stomping grounds), one to Ecuador and one to Syria. And though not all of these were necessarily due to the anticancer program, in my USDA career I've been to over 50 countries.

I've had a charmed career! My God, I feel sorry for those people who spend their 30 years studying wheat or corn. I've landed from helicopters in ganja fields in Jamaica, in opium fields in Laos, and driven into coca fields back in the 1970s, when it wasn't dangerous. I was involved with the USDA alternative crops program where we would try to convince farmers that if they would phase out the narcotics, we would give them some interesting alternatives that might be remuneratively competitive.

How did that work out?

You may have noticed I used the

continued on page 9

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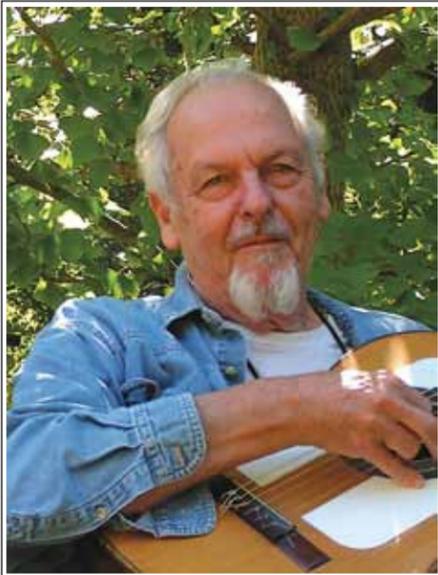
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James A. Duke: The Healing Power Of Plants

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words, "might be" ... Because if we came up with a product that was more competitive, the narcs would just pay more. It was a non-winnable situation. I don't think the USDA would say that, though. Frankly, I think ganja is a great medicinal plant, much better than the synthetic copycats, which cost much more.

You've authored or co-authored many books on herbs, spices and foods. Some are academic treatises and others, like the



four long rows that are sort of like sloped terraces, and in each we have about 20 plots. In each plot, we've gathered the best medicinal plants for different ailments. For example, we have a Prostate Plot. We have the best sources of lycopene there – the saw palmetto (which we have to bring in before frost arrives), the stinging nettle, and the African pygeum, proven to help the prostate. That's just one of the 80 plots in the garden. I can send to those who wish a map of the garden,

Synthetic pharmaceuticals, your genes have never known. And that's why these FDA-approved synthetic chemicals kill over 100,000 people a year.

classic bestseller, The Green Pharmacy, are for general audiences. Looking back on your publishing life, what work or works do you recall as the most satisfying, either because you loved writing them or because of the influence they had on readers?

Every time someone comes to a tour of the garden here, we show them a few of the books that I have on hand. And when they ask, "Which one would you buy if you were only going to buy one?" I always say *The Green Pharmacy*. It sold over a million copies in English and is now translated into eight languages. It was a turning point for me and I actually retired from the USDA a year early so I could work on that. I think it was one of the best decisions I ever made. That's why I have the Green Pharmacy Garden, with 300 species of plants, mostly built like the chapters of that book. We have a stone in the middle of a plot, say the Alzheimer's Plot. There, we'll see rosemary, sage, periwinkle and some of the plants that are still arguably better than the pharmaceuticals like Aricept.

Tell us more about the Green Pharmacy Garden.

It's a south-facing slope on my home property here. It will revert, upon my death and my wife's death, to the Tai Sophia Institute, which is an acupuncture and healing institute at the moment, but it's liable to become part of a laureate university system all over the world.

The garden on the south slope has

listing all the species in each plot. It's sort of like a catalog.

Science marches on and we keep learning new things that might be promising. And frankly, I'm really eager, as is my head gardener, Helen Metzman, to get the latest into them. She is being paid by Tai Sophia. She is hardworking, an artist. She builds beautiful structures out of bamboo and vines to keep the garden a place of beauty as well as a place of education.

What role do you have in the herbal masters program at Tai Sophia? Are you teaching there? Guest lecturing?

I'm glad you asked. My garden is where I teach. We like to call it "Tai South Campus." It's roughly one and a half miles, as the crow flies, from the Tai Sophia main campus. The students love to come down here for classes. Instead of my giving them a bunch of slides, we squeeze and tug and defoliate. We have one specimen plant, the jewelweed, which ejaculates its seed into the student's hand. It's a hands-on experience.

I recall going on an herb walk a long time ago in Iowa and being told that jewelweed was very helpful for poison ivy.

A long-deceased researcher friend of mine discovered that there is an antihistaminic compound in the jewelweed, which explains some of the folklore. But it turns out, wildly and surprisingly to almost anyone, that the active ingredient in jewelweed is law-

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Coming Home To The Self Through Creative Action

"...we long to experience our true nature which is our true home. For a time, our only guide is this feeling of homesickness."

—Philip Rubinov-Jacobson

BY CAROL KURTZ WALSH

I recently had the privilege of traveling to the mystical, undisturbed land of Alaska. While there it occurred to me that Alaska's raw, mostly untouched beauty is symbolic of our pure selves. Alaska, like all of us with our multiple physical and emotional layers, is rich in inner resources. And just as we all contain the mystical and the unknown, Alaska holds mystery behind its low-lying foggy clouds. I resonated with Alaska and felt "held" by this sparsely settled, undisturbed land, with its clean air and crystal clear water.

While in Alaska I experienced the same peace as one feels when coming home after being away and feeling homesick. I was able to "come home" to myself. When we come home to the Self, we experience that pure, raw territory within us that has been there all the time, but has been either forgotten about or neglected. (Just to note, when I talk about the authentic "Self," I am referring to the Self we were born with. It embodies the purity of who we were before we were influenced by our upbringing and circumstance.) Alaska became a mirror for my clear, crystalline self—the authentic inner place that is just waiting to be re-awakened, or discovered for the first time.

There are many ways to connect to our authentic Self. We can become more self-aware by discovering the symbols that speak to us (as I was in Alaska), we can meditate, journal, do yoga, pay attention to our dreams, and so on. For me, engaging in the creative process works the best. (Please check out my new website www.ckwalsharts.com containing "Alaskan Impressions", and other artwork.) This article is about using our innate creative abilities as a way to "come home to the Self." It is not meant to set forth a single solution, but to share with you something that works for me in hopes that you might give it a try.



When we come home to ourselves, we feel inspired and infused with spirit.

—Carol Kurtz Walsh

Once in awhile a quote truly "hits home." Philip Rubinov-Jacobson, an artist and writer, says in *Drinking Lightning: Art, Creativity, and Transforma-*

tion, a book about his personal creative process that, "...we long to experience our true nature which is our true home. For a time our only guide is

this feeling of homesickness." At another point he says, "Homesickness is the impulse that brings us back to the center of our internal mansion,

our inner temple, our very essential nature in which the inner teacher resides..."

Rarely have I read quotes that so totally characterize my personal experience. Until I read Rubinov-Jacobson's book, I had never heard homesickness referred to in relationship to a connection with the Self and the creative process, nor had I been able to articulate this thought for myself. Yet, when I read it, I had an "aha"—the kind of "aha" that spontaneously arises when we grasp that others have had the same experiences as we have. I realized that when I am not expressing my creativity, I experience a deep longing and a feeling of homesickness. The best way for me to move past this feeling is to form an inner connection with myself via creative acts/actions.

When we feel this form of homesickness, it is as though our whole being is signaling, "time to find yourself!" We have become "dis-membered" and need to "re-member" who we are by reconnecting with the energy of our wise Self—our inner guide having the wisdom and power to help us explore, expand and enhance our creative visions. When we "touch" that inner core, our inner guide, we tap into a very spirited part of ourselves—the creative part. It also holds our essence, the part of us that has been present within us since we were born.

I can't imagine life without creativity, for it is as crucial to my survival as breathing, sleeping and eating. The creative process is as intriguing and full of possibilities as watching a newborn baby grow and develop. Certainly, with creativity, life is never boring.

For the last thirty-five years I have been adamant about having a "studio" within which to write and do my artwork—even if that studio was a corner of a room. My studio space is sacred; thus when I move into it I feel as though I am shifting into a space of

continued on page 71

HEALING AS NATURE INTENDED

Colon Hydrotherapy

What is colon hydrotherapy?

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

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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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- **Chronic low back pain:** including Piriformis Syndrome and the referred problems of Quadratus Lumborum – the two most overlooked, insidious perpetrators of low back pain
- **Whiplash injuries:** including Levator Scapular, Scalenes, and SCM, pain “between the shoulder blades”, and repetitive use problems involving Rhomboids, mid and upper traps
- **Sports injuries:** including Plantar Fasciitis, heel pain, shin splints, knee pain, Hamstring, Quad, and IT band problems, and Adductor and groin injuries
- **Fibromyalgia and Thoracic Outlet Syndrome** including myofascial pain syndrome and primary fibromyalgia

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

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Stretching the Boundaries of Volunteerism

BY ANA SEBESCEAN

Dr. Laura Bessem Arrey Asher found her deepest moments of hope in Haiti.

When the 7.3-magnitude earthquake struck the island nation of Haiti in January, with its epicenter near Port-au-Prince killing more than 200,000 people and displacing a million more, Dr. Laura Asher was among the first medical personnel to arrive, ready to provide relief.

Instead of an image of people's broken spirits, she encountered a communal song of Haitian women celebrating strength and perseverance in the face of the tragic natural disaster that shook an already struggling country to its very foundations.

"All day you'll hear the moaning and wailing of children and women," she said, recollecting a memory she carried from Haiti. "I slept outside on the roof and as the first star came out, you see one woman after another chanting a Haitian hymn. I'm just tingling as I remember that. It was the most profound moment of hope. Women, who have suffered and undergone the loss of everything, including their children, were yet able to sing a Haitian hymn each day at sunset. It was incredible."

Throughout history, Haiti has been marked as the country of strength, courage and perseverance, having endured centuries of colonization, slavery imports from Africa, and revolution. It was the first Caribbean country to proclaim independence in 1804, and is the oldest Western Hemisphere republic struggling to recover from its corrupted political system while fighting off poverty and natural disasters that threatened the country's infrastructure.

And for Dr. Asher, 44, it was a place of inspiration. "I just wanted to touch this place and be touched," she said. "It's a sacred place because of everything that happened there. And in many ways, I personally looked to Haiti for my own inspiration, my own African identity of feeling empowered."

Asher's African Roots

The ideas of activism, black empowerment and a passion for service evolved in Dr. Asher's teenage years in Lesotho, South Africa, an apartheid-based system of deep racial segregation, and the only country that offered asylum for her entire family when exiled from native Cameroon in the mid-70s.

"The issue was political corruption," she said, "and was also that whole co-



PHOTO FROM ACTS WORLD RELIEF • ACTSWR.ORG

Laura Asher, MD

lonial side effect of oppressing African intellectuals, like my father. African intellectuals were proponents for complete independence, setting their own educational and economic agendas. Many were assassinated and many attempts were made on my father's life, too."

After years of a nomadic lifestyle and the search for a permanent "new" home in multiple European and African countries, Dr. Asher's family was stationed at the University of Lesotho, where her father taught physics and mathematics. She was 13 when she "met" South Africa and the anti-apartheid activist philosophies of Nelson Mandela and Stephen Biko that transformed her outlook on life.

"Lesotho was the most transformational experience in my life," she said. "There was a coalescing of passion for serving, for engaging and for bringing about justice and my own realization that I was a healer. Those years resulted in a deep sense that we all are activists and all of us can bring forth positive change."

Dr. Asher's channel for such change came through medicine and healing.

The American Transition

At 18, Dr. Asher left South Africa to pursue education. On a vacation-intended trip to America visiting her cousins, she began taking classes at Howard University and fell in love with a Jamaican-born dentist. But with the transition of the Cameroon gov-

ernment's power in 1988, her family returned to their native home and she returned from America – unexpectedly. "I ended up on our farm, with no water and no electricity, growing my own food," she said.

Then she received a one-way plane ticket and a marriage proposal from her husband to whom she's been married for the past 25 years and with whom she has five children. "He said he could not afford a round trip," she said, laughing.

When she returned to America, she decided to dedicate her life to volunteerism and service and earn a medical degree. "Our growth as individuals is related to our ability to give and serve others, even when we have nothing," she said.

In 1995, she received her Bachelor's degree in Biology and Pre-Med from the University of Maryland, College Park; her medical training from Howard University in 1999; and did her residency in Primary Health and Family Medicine through a joint program from George Washington University and West Virginia University in 2002.

Today, she is running the Healing Tree Holistic Medicine primary health center, serves as one of the physicians at the Proyecto Salud health clinic in Wheaton, MD, and volunteers at various homeless shelters in the District. "Coming to America meant we had no money and very little source of income," she said. "But I was enriched by volunteering and serving others."

It was a volunteering ambition that stretched far beyond the local boundaries into New Orleans, Mali, Ghana, Kenya, Lesotho and Haiti.

Haitian Relief Efforts

Since that January 12 earthquake left an already poverty-stricken country in a state of shock, Dr. Asher has traveled there three times to offer relief. "When the earthquake hit, my whole spirit told me I had to be there," she said.

Just four days after the earthquake, she arrived the first time with the ACTS World Relief organization and saw images she said still keep her awake at night. One was of a 5-year-old boy who lost his limbs and his parents. "When we went to feed him in the clinic on our visit to patients, he was smiling from ear to ear," Dr. Asher recalled. "He had lost so much and yet in him, for reasons I'm trying to learn from, he had the ability to generate joy and give it."

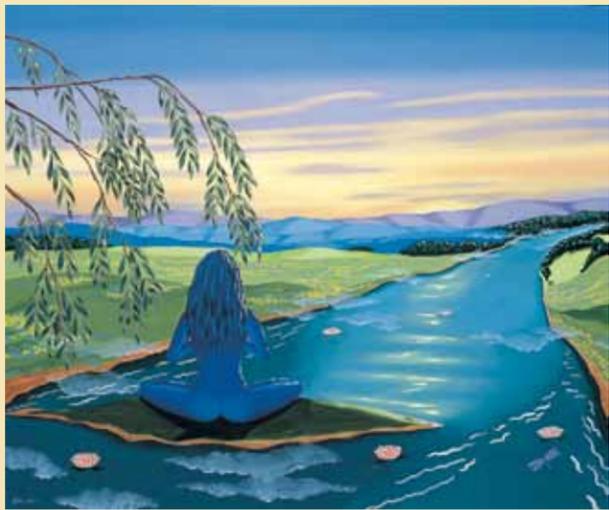
Then there was the image of a 19-year-old girl who was rushed into the health clinic with acute respiratory distress after a wall fell on her chest. "She died in my arms," she said. "Her mother, who spent 48 hours pulling her out of the wreckage, couldn't watch her daughter die. She was terrified of dying. I tried to help her find peace in that moment."

David Canther is president of the ACTS World Relief organization, which has been in Haiti for the past 11 months distributing over \$2 million in medical supplies and sending approximately 34,000 medical care providers. He emphasized Dr. Asher's spiritual dimension of care, particularly in large-scale tragedies where people turn to despair and anger after months of continued suffering. "She understands and teaches the spiritual dimension of care," he said. "You can help the patients by listening and by offering compassion, by praying with them. This brings total healing. There is a lot of rape and issues that are going on that you cannot heal with just a pill."

The Haiti earthquake left behind victims of rape, increased gang violence, poverty, diseases and orphaned children, throwing the poor country into deeper turmoil. "We saw it all," Dr. Asher said.

When Dr. Asher returned to volunteer her second time in March with her 19-year-old daughter, she saw a 12-year-old orphaned girl who had been raped after trying to flee an orphanage. "She begged to die because she couldn't understand this world anymore and wanted to be released

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ON THE PATH

Stretching the Boundaries of Volunteerism:

Laura Asher, MD

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from it," Dr. Asher said. "It reflected the worst of humanity."

Goodness with an Ego

The Haiti earthquake further amplified the country's unstable political, economic, health, education and infrastructure systems, creating a surge of volunteers who rushed to provide relief. Yet even during what Dr. Asher termed as the "moment of grace from humanity," she said she discovered goodness had ulterior motives. "Even goodness has an ego and I've seen it in Haiti more than any other places," she said, referring to the influx of volunteers and assistance driven by political or professional motives to offer aid. "It comes not from humanity and passion, but from vainglory. In times of crisis, when we go in to serve, we need to put who we serve first and preserve the dignity of the human suffering."

Restoring the Relationship with Haiti

Dr. Asher's volunteer journey to Haiti ended in June when she traveled a final time to bond with the images of Haitian beauty. "I didn't want to end

my relationship with Haiti with memories of hurt," she remarked. "I wanted to document Haiti in its restorative, beautiful state—its beaches, greenery, art. That's one of the images I wanted to bond with and retain—images that will help me build sustainable projects. I believe that my last mission was restored."

In 2011, Dr. Asher plans to open long-term community health centers in Lesotho and Haiti. One will involve the operation of a medical clinic at the ACTS World Relief Eden Garden Orphanage, an orphanage owned and directed by the organization located two hours north of Haiti's capital.

"These two countries have the poorest people, yet who have the most dignity, profound wisdom and fortitude," she said. "They show that poverty doesn't mean poverty of spirit, mind and emotion. They show that combination of dire poverty and wealthy spirit. And that inspires me."

Ana Sebescen is a freelance journalist and a graduate student at the University of Maryland.

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The Treatment Trap:

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

REVIEWS BY ALYCE ORTUZAR

**First Do No Harm:
Remembering Hippocrates**

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

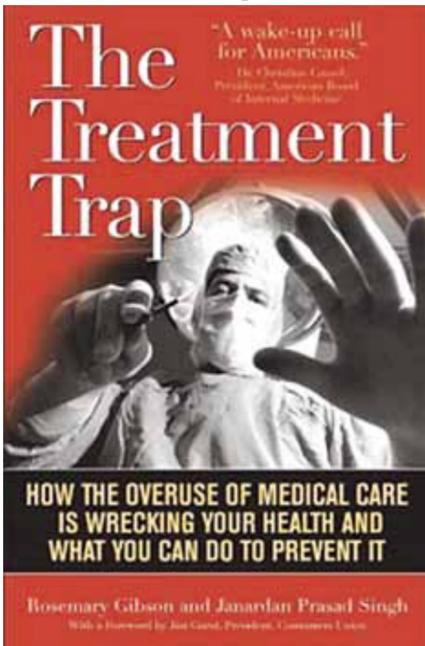
—Rosemary Gibson and Janardan Prasad Singh

This book dispels numerous myths about the quality of health care in this country. For example, contrary to the belief that we have the best health care in the world, “we really lag behind many developed countries.” We spend hundreds of million of dollars “for modest incremental improvements”

that too often lead to more medical care than was needed, with harmful outcomes and depleted economic resources. The authors document a combination of overtreatment schemes and medical errors.

The United States currently spends 16 percent of its GDP on health care, borrowing from China and other countries to pay these bills. If these expenditures do not change, the U.S. will be spending 25 percent of its GDP on health care by 2025. As to what we are purchasing, the authors expose serious deficiencies. “So much of medicine is guesswork.... too little scientific evidence exists to justify a great deal of today’s medical

practices.” In other words, despite advertisements and rhetoric to the contrary, more is not always better. Too many accepted and promoted medical practices can maim and kill patients.



Errors and uncertainty pervade many medical decisions that the public is told are based on definitive science, and the ensuing harm and exorbitant costs are morally unacceptable and economically unsustainable. People need to read this book to become better informed about practitioners, tests, treatments, and their own behaviors as consumers. Too many people adhere to an undeserved and unquestioning faith in this flawed system. According

to some health care insiders, “Medical care that does not make people better has become more prevalent.” An estimated 33 percent of medical care is overused and unnecessary.

Overuse is defined as “when the potential for harm of a health-care service exceeds the possible benefit...The revolving door of seemingly benign yet unnecessary tests and office visits that can stir an avalanche of still more tests and procedures....The rendering of treatment when no evidence exists that it will yield a benefit.”

There are untold numbers of unnecessary prescription drugs, lab and diagnostic tests, and surgeries that people accept because of a “uniquely American phenomenon...of...overwhelming pressure to do more.” Our consumption-oriented, market-driven economy “depends on selling anything and persuading people to consume more of everything,” including medical care. Deceptive advertisements target consumers, and hospitals send letters directly to local residents

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By Rosemary Gibson and Janardan Prasad Singh
2010, 238 pages, Ivan R. Dee: Chicago
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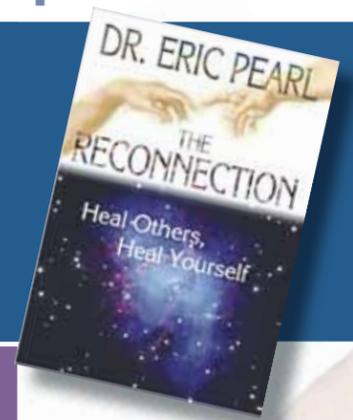
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As a doctor, Eric Pearl ran a highly successful chiropractic practice for 12 years until one day when patients began reporting that they felt his hands on them — even though he hadn’t physically touched them. Patients soon reported receiving miraculous 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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THE HERB CORNER



Seasonal Affective Disorder (SAD) or Seriously Ayurvedically Deficient?

“Approximately 15.7% of people reported being told by a health care provider that they had depression at some point in their lifetime. Persons with current depression and a lifetime diagnosis of depression were significantly more likely than persons without these conditions to have cardiovascular disease, diabetes, asthma, and obesity and to be a current smoker, to be physically inactive, and to drink heavily.”

— Centers for Disease Control (CDC)
Behavioral Risk Factor Surveillance System, 2006

“Analysis in itself may aid choice, but the choice will remain a barren and ineffective intellectual preference unless it is vitalized by zeal for some ideal appealing to the deepest and most significant strata of human personality. Modern psychology has done much to reveal the sources of conflict, but it has yet to discover methods of awakening inspiration or supplying the mind with something that makes life worth living.”

—Meher Baba, Discourses

“My get up and go has got up and went!”

—Pete Seeger

BY TOM WOLFE

The CDC defines depression as the following symptoms:

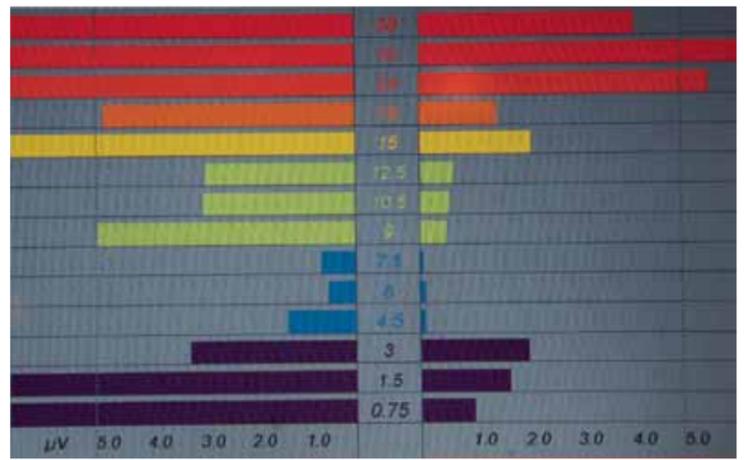
- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness, and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts

- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment

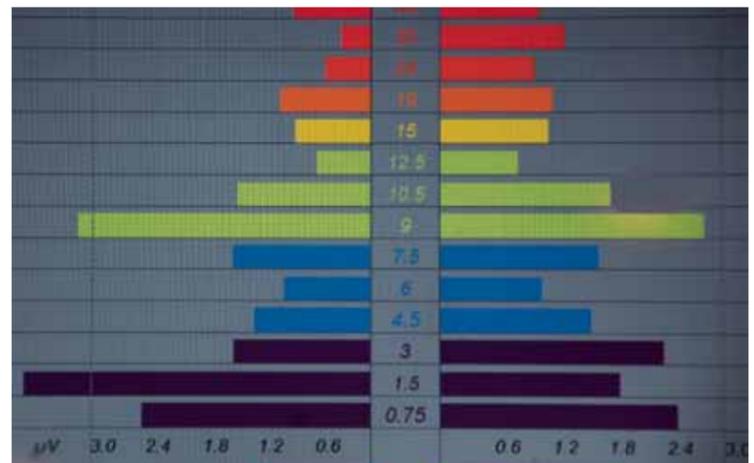
Seasonal Affective Disorder (SAD) is a cyclical form of (usually) mild to moderate depression that can affect folks anytime between early fall and late spring. Common symptoms include: low energy, difficulty concentrating, weight gain, craving for carbohydrates and sweets, sadness, crying, oversleeping, and lack of interest in social activities. The disorder is generally believed to be due to lack of bright light during the winter months and for some folks some extra time outdoors at midday and/or a light box can be very helpful.

But even those of us who don't have SAD may experience the Winter Blues. According to Ayurveda, this is an excess or disturbance of Kapha, the water and earth elements in the body, emotions, and mind. Winter is the season

continued on page 21



Brainwave Patterns Before Training Session
showing unbalanced hemisphere brainwave patterns with excess beta stress (red bars)



Brainwave Patterns During Training Session

showing more balanced hemispheres and a high performance “awakened mind” brainwave pattern

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This brainwave pattern (see above) allows a state of mind that is clearer, sharper, quicker leading to more flexible and fluid thinking; emotions are more available and understandable; this state increases information flow among the conscious, subconscious and unconscious levels of the mind; it raises intuition and empathy; it enhances visualization and expands imagination.

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THE HERB CORNER

Seasonal Affective Disorder (SAD) or Seriously Ayurvedically Deficient?

...continued from page 19

of water, so it's easy to find our tears this time of year. Fortunately, there are many simple things, herbal and non-herbal, that can help us feel better and appreciate this quiet period.

Before we get to the herbs, there are some non-herbal ways to treat depression: yoga, physical exercise, massage, mental exercise, and diet. Let's begin with Yoga. I recommend a book called *Yoga for Your Type* by David Frawley (Pandit Vamadeva Shastri) and Sandra Summerfield Kozak. It takes into consideration the different types of people, and treats depression with an understanding that it is an excess of water and earth. Some of the Yoga positions that are especially effective for depression are Seated Forward Bend (Paschimottanasana), Mountain Pose (Tadasana), and Warrior Pose (Virabhadrasana). Seated Forward Bend specifically treats both the Kidney and Bladder meridians. The concept to be mindful of in bending forward is if you bend forward with your spine straight you're stretching the kidney meridian, and if you relax your spine forward as you bend, you're stretching the bladder meridian. The key thing to be mindful of in Mountain pose is the alignment of the three H's: Heels, Hips, and Head. Aligning these three H's gives you the strength and courage to rise up strong (and God willing, singing) from sadness. The key aspect of Warrior Pose is to extend Fire out into your fingertips.

If you're feeling sad, or unenthusiastic, one of the most helpful things is a bit of exercise, especially if that exercise is something you enjoy, something that gets you engaged with other people, and something that gets you outside in the sunshine and fresh air. Try a dance, yoga, or martial arts class; or just find someone you like to be with to accompany you on an afternoon walk. Anything mentally stimulating can also be helpful, like a class or a book club, live music or theatre, or a visit to a museum or art gallery. Although it feels like comfort and mental stimulation, television can actually aggravate a disturbance in the water element. It's probably best to avoid watching much if any television, especially after dark through the winter months.

Diet is also important. Of the six tastes, the ones that are stimulating are the Bitter taste, the Sour taste, and the Hot or Spicy taste. All three of these keep the Water moving so that it does not remain stagnant. Energetically speaking, it is the stagnant water that makes you feel so sad and blue. It can help to avoid heavy meals at night. Try eating your biggest meal of the day in the middle of the day rather than in the evening. That will help both with your energy and with weight gain!

Herbal Remedies for SAD

Of course, exercise and going out to be with people can seem particularly difficult for people dealing with SAD

or kapha disturbance. Here are some wondrous herbal allies who can help you start healing your depression with or without other people.

Rhodiola (*Rhodiola rosea*). This lovely little plant is perfect for the winter blues! It eases mental fatigue, increases metabolism, and strengthens the whole body. It's the first herb I'd reach for if I were having trouble finding the enthusiasm to start a new project or habit. A beginning dose would be one 200mg capsule for every 75 pounds of body weight.

Holy Basil, or Tulsi (*Ocimum sanctum*) is a grand ally for the mind, and is specifically for reducing cortisol, the stress hormone that can increase belly fat and encourage us to eat too many sweets. Holy Basil has been proven to stabilize blood sugar levels, which is an important action in the swings of high and low in depression. Holy Basil makes an incredible tea, especially if you add some rose petals to it. My favorite prepared product is the Supercritical Holy Basil capsules from New Chapter. The Supercritical extract has made the Holy Basil 100 times stronger than the plant itself so it is quite helpful in depression that needs a more active healthy stimulation. Holy Basil is also available in a 1 oz. tincture.

Gymnema (*Gymnema sylvestre*) is a specific for sugar cravings. It stabilizes blood sugar and keeps us from the highs and lows that can lead to too much snacking and feeling the blues.

Ginger (*Zingiber officinale*), **Cayenne** (*Capsicum annuum*), and **Black pepper** (*Piper nigrum*) all warm the system up and stimulate the digestion. These can give you the extra get up and go to get out there and get involved! Plus they help prevent sluggish digestion from contributing to weight gain. A product that combines the action of three peppers is Trikatu (tri means three and katu means pepper). Please remember light comes from fire and so these hot herbs are sometimes called "the light of the katus."

Cinnamon (*Cinnamomum zeylanicum*) is another dear friend if sugar and carbs are your issue. Taken before meals, cinnamon can keep the blood sugar balanced and help you control your snacking.

Rosemary (*Rosmarinus officinalis*) and **Sage** (*Salvia officinalis*) are both clarifying to the mind. Drunk as a simple tea, these common garden plants can help to clear the "brain fog" so common this time of year, and help you get enthusiastic about what you want to do!

St. John's Wort (*Hypericum perforatum*) is well known to be helpful for

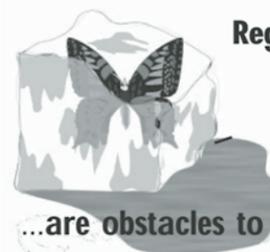
continued on page 92

Past life Regression Therapy with Darshan Khalsa

Details of every event, thought or emotion you've ever experienced--in your current lifetime, your past lifetimes, and even the time between lifetimes--are stored in your subconscious. Fearful or painful experiences trap stagnant energy on the emotional, mental and physical bodies. These frozen blocks of energy are like bad programming that keeps you tied to unproductive behavior patterns, even though you have a conscious wish to change them. Regression Therapy releases the frozen blocks of energy holding the negative patterns that prevent you from experiencing health, happiness, self-worth, loving relationships and abundance.



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

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

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

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

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

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

For further information call **(703) 742-YOGA (9642)**

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Spice Chest, Treasure Chest! Spices Best For Your Medicine Quest

BY JAMES A. DUKE

Spices are richly flavored plants used to add zest to humdrum dishes of veggies, root crops, meats, etc. Our ancestors selected most of the major spices back before they had refrigeration. These ancestors knowingly or unknowingly selected tasty species with antioxidant and antiseptic compounds—natural chemicals in the spices that helped preserve their meats and other dishes.

Antioxidants achieve a simple and desirable effect, namely, preventing or delaying a food from turning rancid. But many of the same antioxidants stop us from “spoiling” as well by preventing the oxidative damage that ages us, leading to chronic diseases. Antiseptic is just a big word for killing germs that might spoil our unrefrigerated foods. Coincidentally, these same chemicals, often hot or biting to the tongue, made our ancestors’ diets more interesting. We no longer think of spices merely as antioxidant and antiseptic, adding

their varied flavors to otherwise monotonous dishes.

Science, however, is quickly telling us that the spices that helped preserve our meat now help to preserve our bodies. I have spent the last decade compiling a technical database of the many ways in which certain spices have shown proven medicinal activities. Few have been clinically proven to the satisfaction of the FDA. Such an undertaking would cost close to two billion dollars these days. Meanwhile, many of the FDA-approved drugs are expensive, priced out of range for many Americans, and are later shown



TURMERIC

to be unsafe. As a matter of fact, FDA-approved drugs kill more than 100,000 Americans a year, according to JAMA, the *Journal of the American Medical Association*. I know of no recent fatalities caused by our spices, some of which will prove to be safer and more efficacious than some FDA-approved prescription drugs.

Focus on Super Spices

You may have seen a recent McCormick advertisement for one of its super spices, oregano. The ad showed a yummy-looking open-faced grilled cheese with

mozzarella, tomato and 1/4 tsp. oregano. The McCormick ad goes on to list—along with oregano—cinnamon, ginger, red pepper, thyme, rosemary and yellow curry (turmeric) as super spices. I also saw their ad for oregano on TV last October 2010. Thus, I think, began McCormick’s quiet campaign to feature their antioxidant super seven. These placements were followed shortly thereafter by a full page ad in the November 2010 issue of *Prevention* magazine (full page across from page 22) directing readers to their Spices For Health website (www.mccormick.com/SpicesForHealth).

I applaud McCormick on their selection of these very important herbs and spices. It is rather similar to my list below of my several favorite super spices—super for taste, but also, for me, super for medicine. Yes, spices, especially leafy spices and oregano in particular,

*article text continued on page 27
turn the page to page 25 for Dr. Duke’s
Forty Niner Table of Super Spices*

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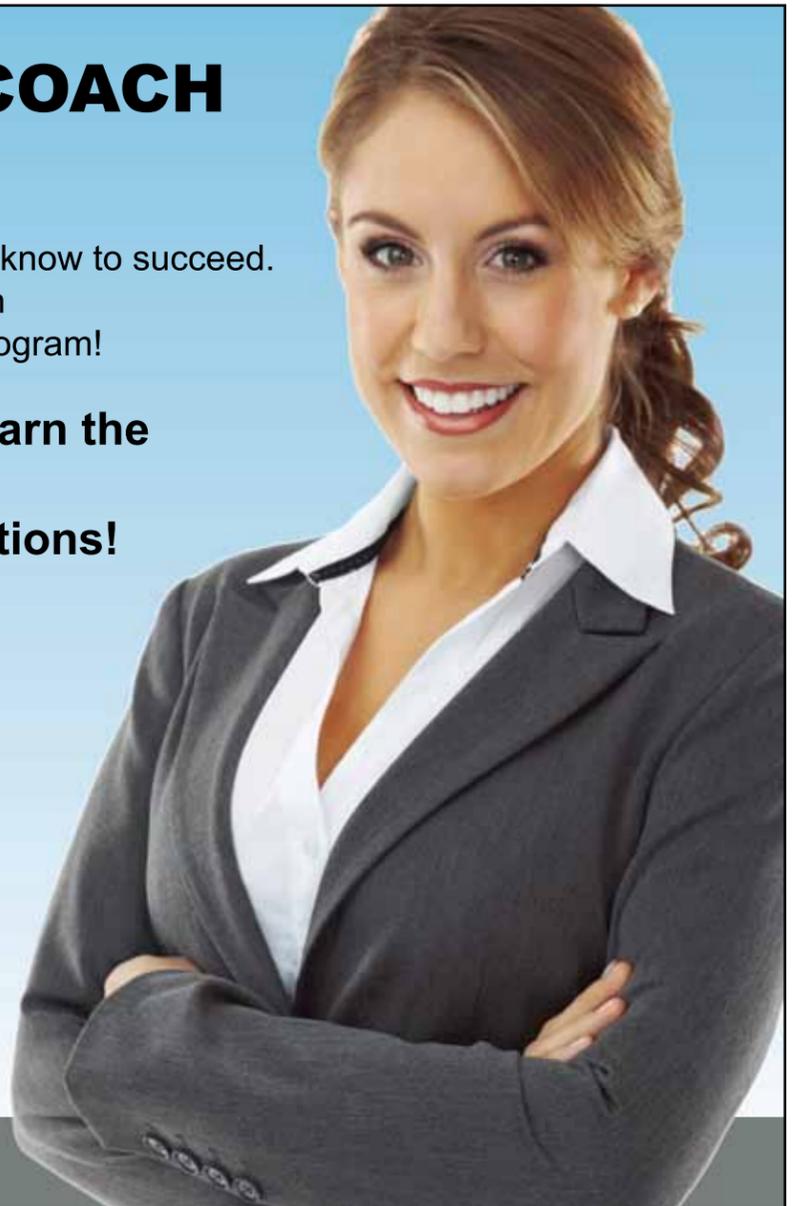
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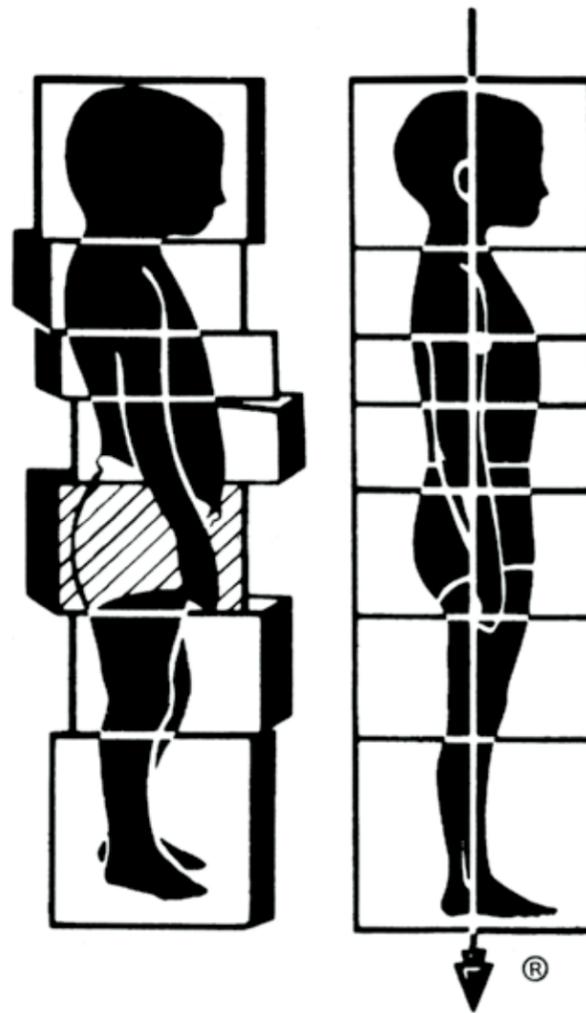
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The Forty Niner Table: 7 Real Reasons for 7 Super Spices

by James Duke • All Illustrations by Peggy Duke



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Saffron: Cancer, Dementia, Depression, HBP, Heart, Impotence, PMS, etc.



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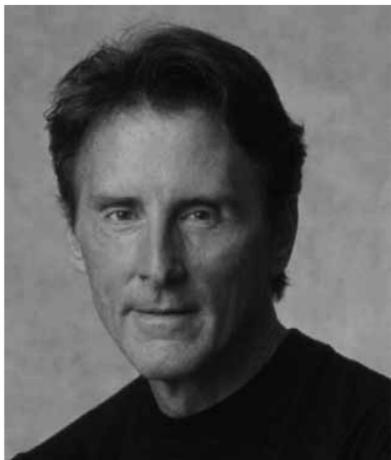
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**Spice Chest, Treasure Chest!
Spices Best For Your Medicine Quest**

...continued from page 23

contain a lot of antioxidants. But spices can be “supermedicines,” too, often competitive with more dangerous pharmaceuticals.

I suspect if a hundred housewives and a hundred scientists had to list their personal top seven spices out of the dozens of well-known spices, based on their importance to cooking and their importance to medicine, we would have several dozens of different lists (for different reasons). My own lists have varied from decade to decade. Two or three decades ago, celery seed topped my list. Why? Because celery seed extracts prevented my terrible gout pain. Celery seed, like many of my favorite medicinal spices, contain natural anti-inflammatory compounds (often called natural NSAIDs, or non-steroidal anti-inflammatory drugs), even a special type of anti-inflammatory called a COX-2-Inhibitor.

For a decade or so, special synthetic anti-inflammatories (COX-2-I's) were heavily advertised on television for arthritis and even prescribed (off-label) for preventing Alzheimer's disease and colon cancer. One synthetic COX-2-I, Vioxx, though originally approved

by the FDA, caused thousands of fatal heart attacks. It has now been taken off the market. It turns out that natural capsaicin, the hot ingredient in hot pepper, was more potent than Vioxx as a COX-2-I. Capsaicin was heart friendly, not a killer like Vioxx.

Today, we know there are many spices containing several natural and safe COX-2-Inhibitors. Ginger, oregano, rosemary and turmeric each contain several COX-2-I anti-inflammatories that seem to work as well, including for me, as gout preventatives. As long as I ingest enough natural COX-2-I's, I do not get gout. That's great! Capsaicin in hot pepper is also a great COX-2-I; but it is, perhaps more importantly, also a potent painkiller. In fact, there are some approved over-the-counter (OTC) patches of capsaicin, which can be applied externally (topically) to relieve pain. There is another popular pain killer, Tiger Balm, which combines several spice compounds, among them menthol from mint and eugenol from cloves. If I did not have hot pepper on hand and drying in the garden, I would certainly try the Tiger Balm. But since I am suffering serious

back problems, there are times when I seriously need pain relief, and my preference is that hot pepper comes to the rescue.

My Top 7 Medicinal Spices as of Nov. 1, 2010

As I've already mentioned, my list of spice favorites have varied decade to decade. Here is what I'm currently reaching for in my garden.

Hot Pepper. This spice works from the outside. I use cheap, conventional hot pepper sauce for my back pain and peripheral pains, being careful not to get it on my fingers. Mrs. Duke often applies the hot sauce (or fresh crushed peppers) topically with a disposable cotton-tipped Q-tip. Eating a hot pepper also works from the inside. When you eat hot pepper, your body releases some other internal painkillers (natural opiates). Even “cool” peppers contain salicylic acid, Mother Nature's aspirin. So hot pepper has at least three pain relieving strategies. It is most impressive.

Garlic. When the flu goes around, I increase my garlic intake significantly, having convinced a few friends and myself that it is as effective as, and a hell of a lot cheaper and safer than, Tamiflu. Garlic is not just for flu, but also for almost any respiratory or bronchial problem. It is also a broad spec-

trum antiseptic for many germs, even the dreaded MRSA (Multi-Resistant Staphylococcus aureus), sometimes a problem here in the Washington area. Recently visited by a holistic physician, I was reminded that my Lyme disease might still resurface, even though I had been treated with antibiotics. When I was suffering full-blown Lyme, garlic seemed to help me as well as antibiotics and other well-known anti-Lyme herbs and spices. Back then, garlic was my number one spice.

Turmeric. There is strong evidence that turmeric can prevent, even improve, certain tumors, competitive with and synergic with poisonous chemotherapies. Take more non-poisonous turmeric and you will need less chemo, making life and treatment cheaper and easier on the patient. If you do not believe me, read Dr. Bharat Aggarwal's new book, *The Healing Spices*, due out in early 2011. He is an oncologist who has published dozens of studies on turmeric. I, myself, am genetically targeted for cancer of the gut, which killed my dad and two uncles as they reached retirement years. Having smoked three packs a day for about thirty years, I am environmentally targeted for lung cancer. Any male, including me, who lives long enough, is liable to get prostate

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Jesus and Climate Change The Journey of Rich Cizik

BY PAUL ROGAT LOEB

When we become frustrated in working for change, we might remember how hope can come from unexpected places, and historically resistant constituencies. Rich Cizik's efforts to engage his fellow evangelicals on global warming exemplify this.

As vice president for governmental affairs of the National Association of Evangelicals (NAE), Rich Cizik represented 4,500 congregations serving 30 million members. Considering himself a "Reagan conservative" and a strong initial supporter of George W. Bush, Cizik had been with the organization since 1980, serving as its key advocate before Congress, the Office of the President, and the Supreme Court on issues like opposition to abortion and gay marriage.

During the Clinton era, he had begun to expand the organization's agenda by tackling such issues as human trafficking and global poverty, working with groups across the politi-

cal aisle. Later he'd convinced the organization to take a stand against torture.

But he thought little about climate change until 2002, when he attended a conference on the subject and heard a leading British climate scientist, Sir James Houghton, who was also a prominent evangelical. "You could only call the process

a conversion," Cizik said. "I reluctantly went to the conference, saying 'I'll go, but don't expect me to be signing on to any statements.' Then, for three days in Oxford, England, Houghton walked us through the science and our biblical responsibility. He talked about droughts, shrinking ice caps, increasing hurricane intensity, temperatures tracked for millennia through ice-core data. He



RICH CIZIK

made clear that you could believe in the science and remain a faithful biblical Christian. All I can say is that my heart was changed. For years I'd thought, 'Well, one side says this, the other side says that. There's no reason to get involved.'

But the science has become too compelling. I could no longer sit on the sidelines. I didn't

want to be like the evangelicals who avoided getting involved during the civil rights movement and in the process discredited the gospel and themselves."

One day during the conference, Houghton took Cizik on a walk in the gardens of Blenheim Palace, Winston Churchill's ancestral home. It was a lovely day, sunny and bright. Hough-

ton said, "Richard, if God has convinced you of the reality of the science and the Scriptures on the subject then you must speak out."

"Let me think about it," Cizik responded. He knew he'd meet resistance from his colleagues and board. But Houghton convinced him that the world couldn't solve the issue without serious American participation, and that the Republican Party was the major political force blocking action in the United States (in contrast to Europe, where conservative parties had helped take the lead on the issue). "As evangelicals, we're 40 percent of the Republican base, so if we could convince the evangelical community to speak out, it could make the key difference," Cizik said. American evangelicals, Houghton told him, might literally hold the fate of the planet in their hands.

After leaving the conference, Cizik began reading and learning. Flying over the Sahara, he got a sense of the "tens of thousands of acres that are

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Fast Food Restaurants Dish Up Unhealthy Marketing to Youth

Researchers Release Unprecedented Report on Fast Food Nutrition and Marketing

New Haven, Conn. — Children as young as age 2 are seeing more fast food ads than ever before, and restaurants rarely offer parents the healthy kids' meal choices, according to a new study from Yale's Rudd Center for Food Policy & Obesity. The new evaluation, the most comprehensive study of fast food nutrition and marketing ever conducted, shows that fast food marketers target children across a variety of media and in restaurants. In addition, the study finds that restaurants provide largely unhealthy defaults for the side dishes and drinks that come with kids' meals. The detailed findings of this study were presented in Denver on November 8, during the American Public Health Association's annual meeting.

The report's authors studied marketing efforts of 12 of the nation's largest fast food chains, and examined the calories, fat, sugar and sodium in more than 3,000 kids' meal combinations and 2,781 menu items. Their evaluation of marketing practices revealed that the fast food industry spent more than \$4.2 billion on marketing and advertising in 2009, focusing extensively on television, the Internet, social media sites and mobile applications.

"Despite pledges to improve their marketing practices, fast food companies seem to be stepping up their efforts to target kids," said lead researcher Jennifer L. Harris, Ph.D., M.B.A., director of marketing initiatives at the Rudd Center. "Today,

preschoolers see 21% more fast food ads on TV than they saw in 2003, and somewhat older children see 34% more."

Key study findings include:

Unhealthy foods and beverages still dominate restaurant menus:

- Out of 3,039 possible kids' meal combinations, only 12 meet the researchers' nutrition criteria for preschoolers. Only 15 meet nutrition criteria for older children.
- Teens ages 13-17 purchase 800-1,100 calories in an average fast food meal, roughly half of their recommended total daily calories.
- At least 30% of the calories in menu items purchased by children and teens are from sugar and saturated fat.
- At most fast food restaurants, a single meal contains at least half of young people's daily recommended sodium.

The restaurant environment does not help steer people toward the healthier selections:

- Most fast food restaurants have at least one healthy side dish and beverage option for a kids' meal, but the

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-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.

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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 hurt . . . 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

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-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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Fast Food Restaurants Dish Up Unhealthy Marketing to Youth

Researchers Release Unprecedented Report on Fast Food Nutrition and Marketing
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healthy options are rarely offered as the default.

- Even though McDonald's and Burger King show only healthy sides and beverages in child-targeted advertising, the restaurants automatically serve French fries with kids' meals at least 86% of the time, and soft drinks at least 55% of the time.

- Companies facing increasing pressure about portion sizes are renaming, rather than eliminating, their biggest sides and drinks. At Burger King, for example, a 42-ounce "King" drink is now the "large" option; the former "large" 32-ounce drink is now a "medium"; the former "medium" 21-ounce drink is now a "small"; and the former "small" 16-ounce drink is now the "value" option.

Marketing to youth is effective:

- Forty percent of children ages 2-11 ask their parents to go to McDonald's at least once a week, and 15% of pre-

schoolers ask to go every day. 84% of parents report taking their child ages 2-11 to a fast food restaurant at least once in the past week.

- The average preschooler sees almost three ads per day for fast food; children ages 6-11 see three-and-a-half ads; and teens ages 12-17 see almost five ads per day.

- Children's food choices are affected by secondhand exposure to ads for foods and beverages targeted to adults. More than 60% of fast food ads viewed by children were for foods other than kids' meals. Accordingly, older children (ages 6-11) are more likely to order an item from the dollar menu or a combo meal (27%) than to order a kids' meal (21%).

Youth exposure to fast food ads is dramatic, increasing:

- Compared with 2007, in 2009 preschoolers saw 21% more ads for McDonald's, 9% more for Burger King,

and 56% more for Subway. Children (ages 6-11) saw 26% more ads for McDonald's, 10% more for Burger King, and 59% more for Subway.

- Fast food advertising targeting preschoolers focuses on building brand loyalty rather than promoting specific food items.

- McDonalds' 13 websites get 365,000 unique child visitors ages 2-11 and 294,000 unique teen visitors ages 12-17 each month. Targeted marketing for fast food starts as young as age 2 through websites such as McDonalds' Ronald.com.

Companies target African American and Hispanic youth:

- Hispanic preschoolers see 290 Spanish-language fast food TV ads each year. McDonald's is responsible for one-quarter of young people's exposure to Spanish-language fast food advertising.

- African American children and teens see at least 50% more fast food ads than their white peers. McDonald's and KFC, in particular, specifically target African American youth with TV advertising, targeted websites, and banner ads.

- African American children see nearly twice as many calories as white children see in fast food TV ads every day.

"Our results show that the fast food industry's promises to market less unhealthy food to young people are not enough," added study co-author Kelly Brownell, Ph.D., director and co-founder of the Rudd Center. "If they truly wish to be considered partners in public health, fast food restaurants need to drastically reduce the total amount of marketing that children and teens see for fast food and the iconic brands that sell it."

Researchers measured youth exposure to marketing and advertising messages from all restaurants by using syndicated data from The Nielsen Company, comScore, Inc., and Arbitron Inc. When this information was unavailable, independent studies were implemented, along with content analyses and audits inside the restaurants.

The report was supported by grants from the Robert Wood Johnson Foundation and the Rudd Foundation.

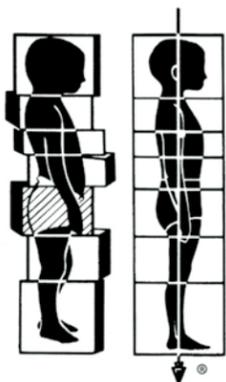
The full report and tools for consumers and researchers are available at www.fastfoodmarketing.org.

Follow the conversation on Twitter at the hashtag #fastfoodfacts.

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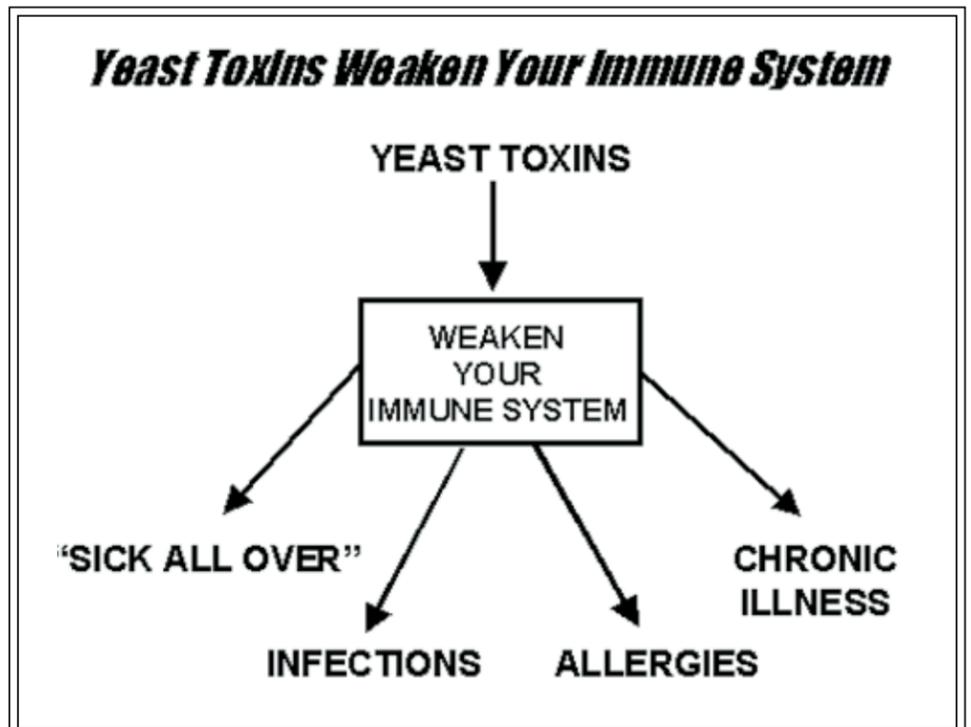
Digestive Disorders

Depression

Headache

Joint Pains

Learning Problems



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

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

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

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

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

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

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EDITED BY CAM MACQUEEN

The Egg Recall: Unscrambling the Truth & Cracking the Habit

BY ERICA MEIER

In the wake of the largest egg recall in our nation's history—more than 550 million eggs were recalled this summer due to a Salmonella risk, followed by an additional 300,000 eggs in November—consumers and government agencies alike are scrambling for answers: how did this happen, who is to blame, and how can we protect ourselves from falling ill? While the egg industry is scrambling the facts in a desperate attempt to keep its reputation from cracking, the hard-boiled truth is that all of the recalled eggs share a common denominator: they all came from hens confined inside an archaic and cruel battery cage system of production—a system that is putting consumers at risk while also causing tremendous animal suffering.

The Hard-Boiled Truth

When most people think about where eggs come from, they're likely to conjure up idyllic images of Old MacDonald's Farm with happy hens roaming freely outdoors on lush green pastures. The dismal reality, however, is that behind nearly every "incredible, edible egg" sold in grocery stores

today is a hen confined inside a barren wire battery cage so restrictive she can barely even move. She's denied the opportunity to engage in many important natural behaviors, including nesting, dust-bathing, and even walking. Instead, she is treated

like a mere egg-producing machine. After her exhausted body becomes too battered and weak to continue laying a profitable number of eggs, she'll finally be plucked from her cage—and her first breath of fresh air will be on her way to her death.

Such misery is the reality of life for over 250 million egg-laying hens in the U.S. each year, representing about 95% of the egg industry. A typical battery cage facility consists of multiple windowless sheds that run the length of a football field, each one warehousing tens of thousands of hens. Inside, row upon row of cages are often stacked four levels high with up to eight birds stuffed in a single cage. Each hen is generally afforded a meager 67 square



inches of living space—that's less space than the size of a sheet of notebook paper.

Undercover investigations inside egg factories—from Maryland to Ohio to Minnesota to Iowa to New York and California—confirm that animal cruelty

is standard business in this industry. Hidden cameras have repeatedly documented overcrowding, severe feather loss, untreated illness and injuries, birds immobilized in the wires of their cages, and dead birds left in cages with live hens (visit EggIndustry.com to see for yourself). What the images are unable to capture, however, is the stench of thousands of pounds of excrement collecting in the manure pits below the cages—a stench the birds cannot escape.

Egg-laying hens are subjected to some of the worst abuses imaginable. They are arguably the most intensively confined animals in agribusiness today. With virtually no laws protecting them, these birds can be—and rou-

tinely are—treated in ways that would result in criminal prosecution if those same abuses were inflicted upon cats or dogs.

Numerous experts agree that battery cage confinement contributes to a number of welfare problems for laying hens. Reports also show that eggs from battery-caged hens and their eggs have a higher risk of being infected with Salmonella. In fact, according to a recent article in *World Poultry*, an industry trade publication, "the majority of studies indicate that a cage housing system has an increased risk of being Salmonella-positive in comparison to non-cage housing systems."

Such concerns have already prompted several countries in Europe to ban the use of barren wire battery cages, and they'll be phased out of the entire European Union by 2012. In the U.S., however, there are no federal laws in the U.S. governing the care of animals raised for food while they are on the farm, though two states have responded to growing consumer concerns: California and Michigan are both phasing out cages for egg production.

While polls show that the overwhelming majority of Americans are

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CULTIVATING COMPASSION

The Egg Recall: Unscrambling the Truth & Cracking the Habit

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opposed to the use of battery cages, consumers are often unaware that most eggs in stores are actually from caged hens. The industry prefers it that way and takes advantage of the lack of federal regulations overseeing the use of animal-welfare claims on cartons, rendering the labeling landscape virtually meaningless. Without any federal oversight, claims on egg cartons can—

also deceiving consumers about that abuse.

The Sunny Side

As the painful reality of egg production increasingly gains the public's attention, a growing number of people are choosing to express their compassion for animals by removing their support from this cruel industry. Indeed, the most important step each of us can

Without any federal oversight, claims on egg cartons can—and commonly do—misrepresent to consumers how those eggs were produced.

and commonly do—misrepresent to consumers how those eggs were produced.

Walk into any grocery store today and you'll find cartons decorated with happy images of hens roaming around outside or marketing claims such as "naturally-raised" or "animal-friendly"—even when those eggs were laid by bird crammed inside tiny wire cages. In other words, not only is the egg industry cruelly confining hens in cages, it's

take to help end the suffering endured by laying hens is to simply leave their eggs out of our shopping carts.

With so many animal-friendly options available in grocery stores today, choosing delicious egg-free foods has never been easier. Prefer to cook at home? Here are some quick and egg-stremely easy recipes to get you started. For more egg-free recipes to help you crack the egg habit, visit VegRecipes.org.



Egg-Free Egg Nog

Serves 5

- 1 quart soymilk
- 6 ounces Mori-Nu silken tofu, extra firm
- 6 tablespoons maple syrup
- 1/4 cup Amaretto, Southern Comfort, brandy, or alcohol of choice (optional)
- 2 teaspoons vanilla extract
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves

In a blender, combine all of the ingredients and blend until creamy and smooth. Chill before serving.

Chewy Chocolate Chip Cookies

Makes 25 to 30 cookies

- 1 cup of softened soy margarine
- 1/2 cup brown sugar
- 1/2 cup sugar
- 1/4 cup soy milk
- 1 teaspoon vanilla

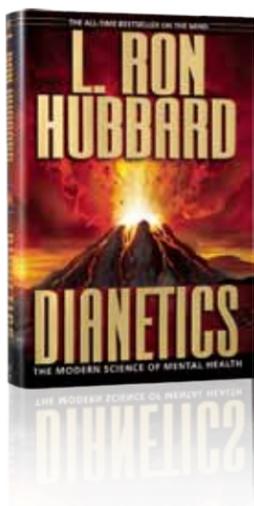


- 2 1/4 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 12 ounces dairy-free chocolate chips

Preheat the oven to 350°F. In a large bowl, mix the margarine, sugar, and brown sugar until it's light and fluffy. Slowly stir in the soymilk then add the vanilla to make a creamy mixture. In a separate bowl, combine the flour, salt, and baking soda. Add this dry mixture to the creamy mixture and stir well. Then fold in the chocolate chips. Drop small spoonfuls onto non-stick cookie sheets and bake for 8 to 10 minutes.

Erica Meier is the executive director of Compassion Over Killing (COK), a non-profit animal charity based in Washington, D.C. Working to end animal abuse since 1995, COK exposes cruelty to animals raised for food and promotes vegetarian eating as a way to build a kinder, cleaner, and healthier world. On the web at COK.net. Erica can be reached at emeier@cok.net.

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ACCESSING YOUR INTUITION



12. *The Unconscious*

What Language Does Your Unconscious Mind Speak?

The symbol is the middle way along which the opposites flow together in a new movement, like a watercourse bringing fertility after a long drought.

—C. G. Jung

BY GERALDINE AMARAL

What language does your unconscious mind speak? Psychological and metaphysical teachings maintain that information hidden in the unconscious mind is in *symbolic* form: images and pictures similar to what we see in the 78 cards of the Tarot deck.

Where can you find a tool that will communicate effectively with the unconscious mind? And if there is such a tool, can it foster spiritual and psychological growth? Is it simple to master in a short period of time, yet sophisticated enough to address all the complexities of life?

You need look no further than the 78-card Tarot deck, which encourages exploration of life's inner *and* outer dimensions, allowing each user to access information from deep within. The Tarot's symbolism penetrates this deep mind, where ideas originate and where the solutions to our problems reside. Through its rich, symbolic imagery, the Tarot fosters communication with the *unlimited and vast* resources of the subconscious and unconscious minds and allows us to summon the intuitive wisdom that resides there. It also pro-

vides the deeper mind and the inner voice the means with which to speak *back* to the conscious mind. This occurs via creative visualization with the Tarot images. It also facilitates the user to receive and act upon this inner guidance. When approached in this way, the Tarot is an empowering agent of transformation, allowing you to be directed by your *inner compass*.

The Narrative of the Soul

The cards' images portray our spiritual and earthly journeys—all the hopes, fears, joys, sorrows, inspirations, aspirations and cycles that comprise human experience. In fact, every experience, state, and emotion that humans express are portrayed in the cards, thereby providing a pictorial representation of the totality of human experience. The Tarot's images create a narrative of the soul's journey. The Tarot's precise origin is unknown, but its images represent the timeless responses, symbols, metaphors, myths, and allegories of the unconscious human mind throughout time. As such, the Tarot's symbolic portrayal of the human experience can be understood as

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ACCESSING YOUR INTUITION

What Language Does Your Unconscious Mind Speak?

...continued from page 37

a “language” of the unconscious mind. Therefore, the Tarot allows us to speak to the unconscious in its own tongue, in a language spoken in the collective mind of *all* mankind.

According to one view, the Tarot is a “book” of knowledge containing a pictorial “system” of ancient and mystical wisdom, an “instruction manual” that contains both esoteric or spiritual wisdom, as well as pragmatic wisdom. Each card is a *page* in that book that can be explored individually, or studied within the context of the entire book. When interpreted by an experienced practitioner, the wisdom of the Tarot’s symbolism can provide spiritual clarity; it can help to investigate *inner* realms and encourages new ideas, insights, solutions and feelings by helping to release buried memories and emotions. It may also aid in day-to-day decision-making. Further, by allowing entry into the deepest part of the mind, the Tarot serves as a tool for self-knowledge. The Tarot can help you realize your own potential, enabling you to see your strengths, weaknesses, self-deceptions, highest aspirations, most self-destructive beliefs and overall life patterns. The cards can encourage reliance on

your own *inner* resources for guidance in all areas of life: career, romance, health, finances, and spirituality. In a culture like ours that seems to promote the idea that the external world is the source of power (bigger houses, shiny cars, beautiful hair, big bank accounts and similar status symbols), the Tarot offers a unique counterbalance. It promotes the notion that happiness and personal power is an *inside job*—satisfaction and power come from the *inside out*, rather than the *outside in*.

The Shared Language

When used properly and with a sincere heart and an open mind, the Tarot’s inner power holds extraordinary potential for transformation by elucidating patterns operating in the user’s life. For example, certain cards may repeat themselves in your readings, may trouble or confuse you, may keep popping up, or you may see cards that show you a step you could take to interrupt a self-sabotaging pattern or negative way of thinking. The Tarot also demonstrates our connection to all of humanity by showing us the commonality of our life experiences. We all share the submerged wisdom

that comprises the language of the unconscious. It is available and accessible to everyone because the unconscious mind is already acquainted with each and every card in the pack!

Interpreting the Tarot involves understanding and becoming reacquainted with the various symbols on the cards. Many books have been written to decipher the components of the Tarot’s secret language; these books represent methods of decoding the symbols on the cards, often for the purpose of divination. Similar systems of decoding apply when using the Tarot as a language of the unconscious mind in pursuit of self-knowledge or inner transformation. Using the Tarot in this way promotes communication with the unconscious mind, in which the cards’ pictures trigger an exchange between the conscious and the unconscious.

Archetypes

Swiss psychoanalyst and founder of analytical psychology, Dr. Carl G. Jung, developed theories about the symbolic contents of the unconscious mind and how these contents can be contacted for healing and for accessing higher wisdom. Although Jung did not speak directly about Tarot, many of his ideas about the role of symbolism in our lives apply when interpreting and understanding the Tarot’s symbols. Dr. Jung believed the unconscious mind uses a language of symbols that transcends

all human language. The unconscious mind speaks, listens, understands and interprets information using this wordless language. Therefore, symbols, like those found in the Tarot, are accepted into the unconscious mind in a more potent way than verbal language.

Using Jung’s ideas, the Tarot can be viewed as a vessel that holds and expresses the wisdom and meaning of these universal symbols. The Tarot enables the inner voice to “speak” in this wordless language. Thus by learning, reviewing and understanding the system of the cards and the general meanings of the symbols, you will be able to decode the Tarot’s language for yourself. You can enter the archetypal wisdom that Jung spoke about that is encoded in the symbols.

Each card’s images, when properly meditated upon, can serve as an initiation into powerful, ancient wisdom and can allow the conscious mind to integrate whatever experience it represents. Sometimes, just looking at the cards is a kind of initiation into the wisdom of the archetypes (An archetype is a template for some inherited human behavior or predisposition). The unconscious mind can experience these energies and the higher wisdom associated with the imagery. Reading the Tarot, or even just meditating on a certain card, can be both a healing and empowering event as it initiates a specific

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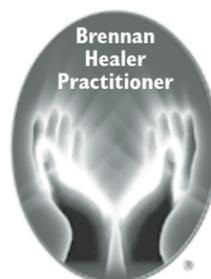
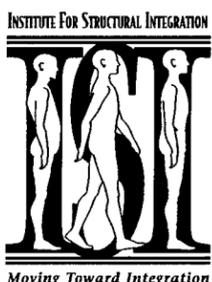
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Spiritual Initiation to Personal Empowerment

BY MISTY KUCERIS

The winter quarter for 2010 and 2011 could be called one of initiation into higher consciousness and oneness with spirit. It is also a period of reflection over events that occurred during the summer months of 2010 so that you can move forward feeling a greater sense of personal power.

The quarter begins with a new Moon on December 5, 2010. Normally this new Moon involves a lightness of heart as the Sagittarian energy directs you towards new ideas and concepts, especially in the spiritual realm. However, Mercury will form a conjunction to Pluto later that day and Uranus will turn direct. Any changes in your life will involve intense interactions with other people. They may try to tell you what to do. However, you won't put up with other people manipulating you. You will find an inner strength to take the right actions in your life.

On December 10th, Mercury turns retrograde until December 30th. As always, Mercury retrograde brings

about introspection. Since Mercury is now in Capricorn and forms another conjunction to Pluto on the 13th, this introspection centers on your career and family goals. It's important not to feel that you are sticking to a career because you don't have any choice. At the same time, if it's difficult to find that job you want, try to remember your family is there to support you.

With Mercury re-entering Sagittarius on December 18th it's easier for you to see new possibilities. You may want to review your spiritual goals and determine if they are realistic. You may need to talk to other people about your visions. There are a lot of changes that are going on in the world. Even if you don't have all the answer right now, you know the right questions to ask, which will eventually guide you to the right solutions.

The last eclipse of the year 2010 occurs on December 21st, about 15 hours before the Winter Solstice occurs on the same day. This eclipse will be a total lunar eclipse and visible in North America. The best place to see it will be in Southern California or Baja, Mexico.

A lunar eclipse occurs during a full Moon. Since this is a total lunar eclipse the Moon will be fully hidden. There are two schools of thought when it comes to eclipses. Some astrologers believe eclipses obscure events in your life. Therefore, you may find it difficult to voice your feelings to others. This could especially be true if you are a Gemini or Sagittarius. Other astrologers believe eclipses represent the twilight of a situation where you are able to use the wisdom you've gained over the years to create positive solutions. You'll be able to use your wisdom both to improve your life and help other people.

As the Sun enters Capricorn, it prepares to form a conjunction to the Moon's North Node and Pluto. In spiritual astrology, Capricorn is the sign of initiation into higher consciousness and oneness with spirit. The Moon's North Node represents not karma that needs to be resolved but rather new paths that need to be created. Pluto represents "mining" for the gems that are deep within you so you can bring them up to the surface. You stand on

a threshold where you can move into the realm of initiation, into the spirit of oneness, or into the mass consciousness of material success.

On a more mundane level, the Capricorn energy of this solstice represents earth-related matters dealing with corporations and global climate change. Corporations will gain more political clout this quarter. Yet, there is also a strong group of corporate leaders screaming for more social and environmental accountability. More corporations will start using environment accounting, a process in accounting where a product's impact on the social structure and environment is given a price tag. It'll be interesting to see if this initiation into social and environmental consciousness is limited to a few or if it spreads.

Mercury turns direct on December 30th, just before the year ends. You will gain a better understanding of the spiritual aspects in your life. This is a good time to be in contact with people who share your spiritual values. It will even

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ASTROLOGICAL INSIGHTS

Spiritual Initiation to Personal Empowerment

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be easier to talk to people who have different value systems than you do. Both of you may even come to a deeper understanding that can bridge any gaps.

A partial solar eclipse on January 4th ushers in the new year of 2011. This is the first eclipse of the year and will be seen in most of Europe, North Africa, and central Asia. The best vantage point will be in northern Sweden.

Solar eclipses occur at the time of the new Moon when both the Sun and Moon are in the same sign. In this case, the Sun and Moon are in Capricorn, the sign of initiation. As already written, eclipses can either obscure matters or increase ancient wisdom. With this eclipse you may feel that events in the world are making it difficult for you to

feel your connection to spiritual awareness. Or, you may understand that wisdom gained through initiation may take time to apply to your daily life.

About three hours after the eclipse peaks on January 4th, Jupiter forms a conjunction to Uranus. This is a 14-year cycle that occurs in a series of three. It first occurred during this cycle on June 8, 2010. At that time, Greece was in the center of economic concern and the Euro fell to a four-year low against the dollar. The second time

this aspect occurred was September 19, 2010. BP's Macondo oil well, whose rig exploded in April 2010, was officially declared dead. An international summit to discuss territorial claims of the oil-rich Arctic Ocean occurred.

To understand how this impacts you personally take time to think back to early June 2010 and mid-September 2010 because this is the last time this cycle will occur for 14 years. Change was the war cry politically. You wanted to move from situations that didn't work to solutions. There was an impatient feeling. If you listen to your inner being now, you'll actually have some "eureka" moments where you suddenly gain insight that can help propel you into the future. These eureka moments will continue until January 19th when the full Moon occurs. You may feel like you're not getting anything done, but solutions are occurring under the surface. Wait a few more days and you'll realize what they are.

On January 22, 2011, Jupiter enters Aries and stays in that sign until June

4, 2011. Jupiter was in Aries last year from June 6, 2010, to September 9, 2010. Aries is a fire sign and Jupiter a planet where you may take situations or causes to their extreme. The Tea Party movement gathered strength between June and September 2010. Floods ravaged Pakistan and fires raged in Russia with many meteorologists believing there may be an environmental connection.

The desire to take control of your life is very strong when Jupiter enters Aries. If you believe you've been wronged, you may not act rationally. When Jupiter enters Aries, many countries are concerned about energy shortages and historically start drilling or increase mining. The BP disaster will not stop

offshore drilling.

The fire nature of Jupiter in Aries also means that you will take action if you feel you were wronged. Whether that action is positive or negative depends on you. You might react without understanding the consequences. Or, you can determine how to solve problems by remembering the lessons from the past.

When the new Moon, with Sun and Moon in Aquarius, occurs on February 2nd, you need to be a careful. The Sun is in its detriment while the Moon, a water sign, is now in a dry, air sign. You may be out of touch with your feelings. Or, you may feel other people are out of touch with you. You may feel very frustrated about the direction not only of your own life, but the world. You aren't necessarily receiving the nurturing that you want.

Although Venus will enter Capricorn on February 4th, the energy has shifted from Capricorn to Aquarius. The period of initiation is moving from a personal understanding of oneness with spirit to a more global perspective of how to use this energy. Venus is not comfortable in Capricorn and this discomfort increases on February 8th, when Venus forms a conjunction to the Moon's North Node, and February 9th when Venus forms a conjunction to Pluto. Basically, you are more concerned with your job situation and security for your family than you are with any spiritual growth. Economically the picture isn't that pretty and that concerns you.

When the full Moon occurs on Feb-

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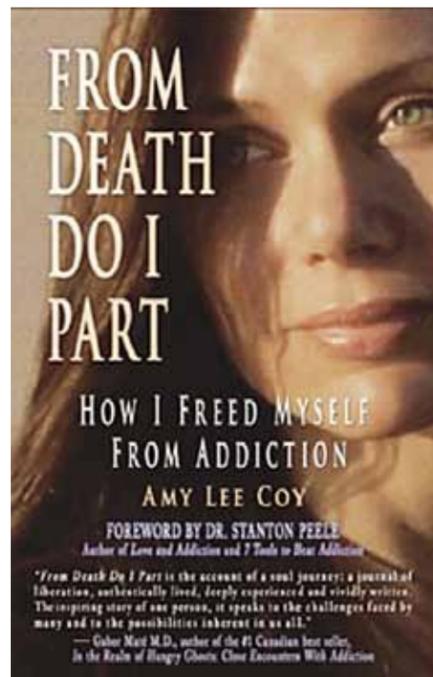
MIND•BODY•SPIRIT BOOKS

Mind, Body, Spirit Books with Muscle

BY ROSE ROSETREE

Bodybuilders create works of muscle, will, and beauty by sculpting their bodies. A different beauty is shaped when a person simply works hard, really hard, to accomplish a task. Indirectly, muscles are built up, maybe torn. Later those same muscles will repair themselves, even regenerate, producing more strength than ever.

Each title selected for review in this *Pathways* Winter 2010 issue is the product of someone who worked really hard, building spiritual muscle with great passion and skill. I feel honored to have met these courageous authors through their work. I'm excited to introduce their books to you.



From Death Do I Part: How I Freed Myself from Addiction

By Amy Lee Coy
Three in the Morning Press
2010; 286 pages
ISBN 978-0-692-00971-0, \$15.95
Author website: www.amyleecoy.com

Don't you love the bracing shock of splashing your face with cold water? That's how I felt every time I picked up *From Death Do I Part*. Each time I read a bit more, I'd go "Wow!"

This writer's voice is dynamic and fresh, so courageous-outrageous that her book would be important even if she wrote about something trivial. Yet trivial her topic is not. Amy Lee Coy has written a life-and-death story, based in real-life heroism, where she describes some of the most moving spiritual evolution you'll ever find between covers.

From the age of 14, Amy began to drink and take drugs. She received psychiatric medication and sat through hundreds of AA meetings that all failed her. And she survived horrendous

stints in rehab programs that ultimately didn't fail.

In this courageous book, the now better-than-rehabbed author describes how she found the strength to reclaim her life. What summoned the miracle? It was her desire to help others as well as an uncommonly analytical path of self-discovery.

Early chapters sketch the outlines of Amy's slow transition from addiction to sobriety. Coy tells just enough to provide a searing exposé of America's rehab industry. Yet she manages this without falling into self-pity—a muscular feat of balance right there! Here's the especially tricky part: especially in mind-body-spirit circles, it's expected that an author be universally agreeable, always positive, and never controversial. Otherwise, an author risks being reflexively judged as "unspiritual."

[Personal disclosure: I know Amy's mother, Susan Scolastico. I count her and Amy's stepdad, Ron Scolastico, among my personal friends, but I did my best to put that aside when considering this book. Furthermore, like Amy, I have just published a controversial book, by far the most controversial writing I have done in my life. To help my readers, I found it hard, but necessary, to do a fair amount of exposé. Unless I had gone through this experience myself, I wouldn't have dreamed how difficult it can be to state a counter-culture perspective. Sometimes helping people does require pointing out problems with the status quo.]

Personally, I consider it extremely spiritual, and important, to tell the truth about what doesn't work. Here's a sample of Amy's muscular way of helping readers. She recounts one of the many shocking anecdotes from her life as an addict:

I actually had two car accidents while loaded up on various antidepressants and other prescription mood stabilizers. None of the doctors had told me that I should not drive while taking the drugs. They did not even tell me to be careful. In fact, one doctor knew I was driving all over Los Angeles every day while I was taking the drugs he prescribed for me.

One accident that I had was on the busy 101 freeway on a day, believe it or not, when the traffic was actually moving pretty fast. The first person I called from the side of the road—a man I trusted to take care of me—expressed more concern about my psychiatrist than about my safety. The first thing he said to me was, "Don't say anything—the doctor could lose his license."

Later, Amy Lee Coy shifts into what she learned after reflecting on experiences like this one:

MIND•BODY•SPIRIT BOOKS

In the business of medicine, it is becoming increasingly important to pay attention to your true needs so that you are more likely to receive appropriate and adequate care. Because we are constantly bombarded with remedies—often from people who do not have our best interests at heart—it is more important now than ever that we understand what our true needs really are.

Even if you never have struggled with an addiction of any kind, you will surely find Amy's story inspiring. She adds just the right amount of biographical detail to back up her advice on how to overcome addictions. In one instance early on Coy pictures how her life once seemed on the outside, and then describes the nightmarish inner reality. She also impressively presents a solid perspective on what doesn't work only to follow up with what she does find helpful for the process of recovery. Topics explored include cravings, beliefs, and passion.

Amy's wisdom is not just for those in recovery. Chapter after chapter, I found my heart opening up. The wisdom of her words is magnificent, the communication soulful. For example, here is an excerpt from the chapter on "Dread":

What I can tell you about this is that, in my nearly 30 years of therapy, I have

discussed every detail of my childhood more times than I can count – again and again and again. Yet during all those years of therapy that focused on my past, I still suffered intensely. And for most of those 30 years, even as I was hashing and rehashing my past in therapy, I continued to drink daily, smoke constantly, throw up, starve myself, and ruthlessly behave in many other self-destructive ways. There comes a point at which discussion of past events becomes useless – when it is time to stop chasing our tails.

Later Coy suggests this alternative, both profound and practical in its implications:

Some of us have suffered greatly in childhood and we need to share those experiences in order to heal feelings of shame and unworthiness. However, I believe it is a misconception that those traumas are at the root of our suffering. I believe our suffering has more to do with our current feelings about those experiences than with the actual events of the past.

Way to go, Coy! Although not an experienced author, Amy's voice rings absolutely true. She manages to strike a credible balance between debunking what doesn't work while compassionately reaching out to those who suffer, and speaking hard won truths that can make a difference.

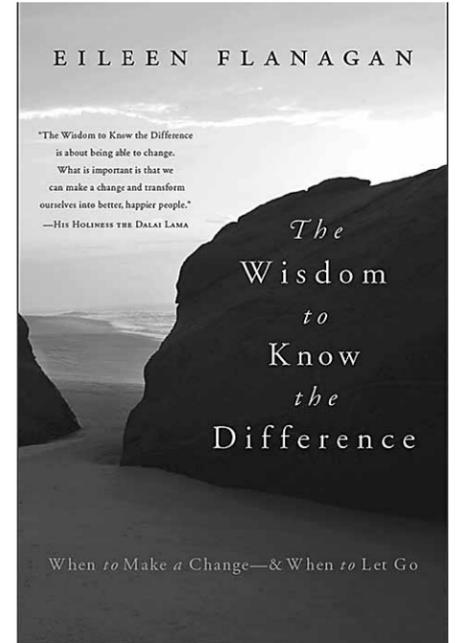
This book could be a Godsend gift to anyone you know in any 12-step program. It's a meaningful but easy read for anyone wishing to develop more compassion. Let's also include in the potential readership anyone struggling with intractable bad habits or shame over the past. In addressing the lonely path of recovery, Amy Lee Coy offers meaningful help to any of us in a more long-term rehab program – the one called *being human*.

The Wisdom To Know The Difference: When To Make A Change – And When To Let Go

By Eileen Flanagan
Tarcher/Penguin
2009; 274 pages
ISBN 978-1-58542-829-8, \$15.95
Author website:
www.eileenflanagan.com

By Page 5, the Quaker leader grabbed my attention. Well, she hooked me right from the first page with a fascinating story that I won't spoil for you by quoting it here. Starting off with an oomphy beginning is standard for a truly experienced writer like Flanagan, but Page 5 is where she *really* grabbed my attention.

It was just one sentence, where Flanagan summarized the profound spiritual purpose of her writing, "*The Wis-*



dom to Know the Difference is a different kind of spiritual book, one that argues that it is important to distinguish between letting go and giving up."

Immediately these words made me curious about this subtle, but vital, distinction. Indirectly, Eileen was announcing this was to be a deeply human book, with spirituality translated into everyday terms in ways

continued on page 45

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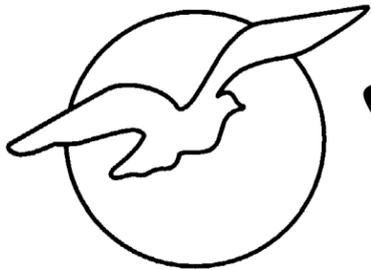
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- * **Course in Miracles**, Wednesdays, 12–1:30 p.m. & 7:30–9 p.m.
- * **The Bhagavad Gita Study Group**, Thursdays, 7:00 p.m.
- * **Energy Healing Meeting**, 4th Wednesday of the month, 7–9 p.m.
- * **Healing Service**, last Friday of the month, 7:30 p.m. (No service 12/31)
- * **Passage Meditation**, 2nd & 4th Saturdays, 9–10 a.m.

Calendar of Events

DECEMBER

- * Sunday, December 19, 11:00 a.m. (One service only) **Holiday Performing Arts Sunday**
- * Friday, December 24, 7:30 p.m. **Christmas Eve Candle Lighting Service**
- * Sunday, December 26, 9:00 & 11:00 a.m. **Burning Bowl & Letters to God Service**
- * Friday, December 31, 7:30 a.m. **World Healing Meditation**
- * Friday, December 31, 9:00 p.m.–midnight **Labyrinth Walk**

JANUARY

- * Sunday, January 2, 9:00 & 11:00 a.m. **White Stone Ceremony**
- * Saturday, January 8, 7:00–10:00 p.m. **Drumming in the New Year**



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MIND•BODY•SPIRIT BOOKS

The Wisdom To Know The Difference: When To Make A Change – And When To Let Go ...continued from page 43

that might be highly individual. It's a promise she keeps.

Deeply researched, filled with excerpts from interviews, and gorgeous even down to the huge bibliography, Eileen Flanagan has spared no effort to help readers like us. She offers a workshop between covers, taking readers through a process where we summon "the Courage to Question," go on to explore our biases, and question old habits of thought that limit us.

Later, Flanagan helps us to seek our own wisdom then expand it even further. She helps us open to shifts of perspective. Then, just as a tennis coach might lead us to follow through on a swing, Flanagan devotes final chapters to integrating acceptance into the rest of one's life. She helps us explore what it means to let go of outcomes. Wisely, she encourages us to seek support from community.

Meticulous research is brought together in a thoughtful, highly readable way. This is partly a consequence of Flanagan's being such an accomplished writer. Each topic is carefully introduced; quotes are seamlessly (and seemingly effortlessly) pulled into context; transitions are gorgeous; and hundreds of quotes, anecdotes, and references are expertly incorporated. Eileen Flanagan is, quite simply, a superb non-fiction writer.

Beyond that, she has also written an intensely personal book, opening up to share relevant struggles from her own history. This is done with the same kind of unsentimental intelligence given to stories from people she has interviewed especially for this book.

One story in particular impressed me with the author's personal muscle. Eileen recounts a medical intervention she gave her 82-year-old mother, who was refusing medical aid. The author-daughter summed up the situation this way, "But I couldn't stand watching what seemed like a slow and not very-informed suicide."

Eileen wound up buying her mother a last year of life. Equally important, for the purpose of this book, this faithful daughter and generous writer shared the process behind her intervention decision. Personally, I don't happen to agree, but that's a conversation you and I can have when we get together to discuss the many thought-provoking and useful ideas found in abundance here.

Here's one excerpt to give you the flavor of this book. Flanagan quotes the likely source of the famous Serenity Prayer. Did you know this was a sermon delivered by Protestant theologian Reinhold Niebuhr?

*God, give us grace
To accept with serenity the things that
cannot be changed,
Courage to change the things that
should be change,*

*And wisdom to distinguish the one from
the other.*

Flanagan continues:

While the "wisdom to know the difference" is catchier, I appreciate Niebuhr's version, which implies that figuring out what we can and cannot change is a process, not a simple formula. It sounds more like discernment.

It is also significant that Niebuhr's version doesn't ask for courage to change what can be changed, but for courage to change what should be changed. If you think about that for a minute, you'll realize that they are not necessarily the same. There are many things we know should be changed that we simply put up with because change seems so impossible. For Niebuhr, racism, anti-Semitism, and other forms of injustice were clearly on that list.

Although Niebuhr was not optimistic about human nature, his prayer asks first for God's grace, inviting us to imagine miracles. Furthermore, it was written in the plural: "God grant us." Obviously there are problems that people can tackle together that they could not solve alone. The individual wording more common on coffee mugs and tea towels is pithier than the original, but it relieves the prayer of its bigger challenge, to seek the wisdom to know the difference, not just in personal matters like birth and death, but in social issues, like poverty, injustice, and war.

Eileen Flanagan brings muscle, as well as surprising nuance, to that famous phrase "The wisdom to know the difference." She can help you awaken your own wisdom to notice, know, and implement important ways to exercise your free will. In one power-packed book she will call you to use all the spiritual consciousness you have developed so far. And, maybe, through your active discernment, you will gain even more.

Lost in Learning: The Art of Discovery

By Eva Koleva Timothy
Athenaeum, New York
2010; 72 pages
ISBN 978-0-615-34394-5, \$39.95
Author website: www.illumea.com

When was the last time you bought a coffee table book? Or gave one for Christmas? Stop, look, listen, and lick your lips, dear Readers, because this is one sumptuous book.

Eva and her gifted visual collaborators, Adam Timothy and Ralph Windle, have put together a stunningly gorgeous book-length poem about exploration, creativity, and the human soul.

A casual browser might just notice the glorious black-and-white photographs, with illustrations from the likes of Leonard DaVinci, Galileo, Christopher Columbus and Isabella D'Este. (If you've never heard of Isabella, you'll be so glad to make her acquaintance!) A closer, more critical examination reveals inspiring facts and stories have been chosen very selectively, and each

continued on page 47

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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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Lost in Learning: The Art of Discovery

...continued from page 45

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Times when men first took a lens and pointed it across the sea in search of new worlds. Or turned it Heavenward exploring worlds beyond the stars. Or even focusing on something as simple as a blade of

grass, discovering worlds within worlds.

Turning my own lens on the relics of centuries past I have sought to recapture that spirit of the explorers and the wanderers, the creators, the seekers and the scientists who have left us with so lasting a legacy.

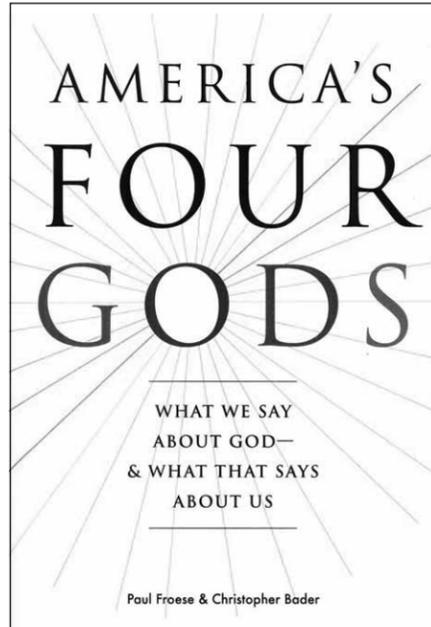
Let her inspiration urge you to find and pursue your own special excellence. Here's a sample, to get you started:

We are all born creators. Creative brilliance is not a matter of cosmic happenstance. It is a universally shared truth. The same genius, which both guided and compelled these great minds in their journeys, lies within each of us if we will but accept and nurture it. While the heroes of history each had their own unique gifts and passions, consider for a moment, those traits which they held in common.

Don't you want to read more? Pick up a copy of *Lost in Learning* and you can.

America's Four Gods: What We Say About God — & What That Says About Us

By Paul Froese and Christopher Bader
Oxford University Press, USA
2010; 258 pages
ISBN 9780195341478, \$24.95



I thought I knew a bit about God. Then sociology professors Paul Froese and Christopher Bader revealed their findings about religion and views of God in America and I realized how very little I knew. And I loved it.

Granted this book has not given me an open-and-shut, complete understanding of my fellow Americans and how they worship. When I finally closed that cover, it wasn't like "One more book finished, so now I know it

all." Instead, I was deliciously dazed.

As you might have guessed from the title, rigorous research and interviewing conducted in a survey by Froese and Bader revealed patterns about you and your fellow citizens; and these patterns have nothing at all to do with religious denominations, but rather with personal interpretations of an official credo.

Here is a very brief summary of the patterns and beliefs these authors found, including the belief that God has a gender. (As the authors point out, belief that "God is male" correlates strongly with whether God is pictured in human terms. According to the research in this book, an estimated 53 percent of Americans consider God a "cosmic force" rather than someone in a male or female body.)

Authoritative God: Most believers in an Authoritative God see Him as male, wrathful, and very actively engaged in worldly affairs, having definite opinions. This version of God may bring blessings, but He also causes bad things to happen. "God's punishments arise from a desire to correct human behavior."

Benevolent God: About half the believers in this version of God feel that

continued on page 48

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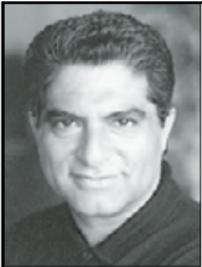
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MS, BC-DMT, RDT, LCAT, NCC
Reiki Master Teacher

MIND•BODY•SPIRIT BOOKS

America's Four Gods: What We Say About God — & What That Says About Us

...continued from page 47

"God is a He"—a forgiving He who is very actively engaged in life, responsive to prayer, almost always positive, and available for such blessings as comforting the sick. This God "rarely acts to frighten or punish."

Critical God: Believers in this relatively abstract version of God are mostly undecided about gender. Little interaction is expected between the Critical God, with no expectation of intervention in daily life or political choices. Having said that, this God is watching you, watching everything done by everyone. This God assesses who does evil. Sinners can expect harsh judgment and punishment in the afterlife. Under constant observation and evaluation by this Critical God, life is a test where "sinners go free for the time being."

derstood much like parents who, out of love for their child, might be permissive or strict. To validate the point, the authors include their fascinating research on the relationship between parenting styles and the religious beliefs a child develops.

The other constant for all Americans is the premise that our belief about God impacts how we vote on hot-button political issues. Do believers in different versions of God vote differently? Definitely. Authoritative God followers have the strongest opinions that certain choices are "Always wrong." Believers in Benevolent God are slightly less extreme, followed by believers in Critical God, and then Distant God. Atheists show the least certainty that any human choice is "Always wrong." For atheists, some hot-button choices are "Not wrong at all."

Nevertheless among the top five hot-button issues, the order is constant. Here is the quite universal trend among all five categories of believer, starting with what is most strongly disapproved of/least approved of:

If you care about politics, wish to understand your neighbors, or if you have always wondered what on earth made your mother-in-law tick, this book can help. Well-selected anecdotes help bring all the scholarly research to life, while the writing style is admirably clear and direct. It delivers one intriguing set of ideas after another, including trends to watch as we move into our future.

Distant God: Another relatively abstract version of God. For this version of divinity, the believers are least likely to believe that "God is a He." Rather than seeming like a parent, the Distant God has set the universe in motion. Now life runs by itself. This version of God doesn't "concern itself with the judgment of mankind or direct involvement in the world."

How about atheists? To me, the topic of the book is more precisely *America's Four/Five Gods*, since atheists do have a version of God. They represent about 5% of Americans and, as reported by Froese and Bader, atheists can have mystical experiences (just like believers in any of the other characterizations of God). Also, just like believers in the four Gods, an atheist's core beliefs have several implications for morals, politics, behavior, etc. Atheists are included in many of the book's tables and discussions.

According to the extensive research and in-depth interviews by Paul and Christopher, two universal ideas emerged among all the views of God. First, believers in all versions of God consider Him/Her/It to be basically a loving God. In this way, God is un-

1. Adultery
2. Gay marriage
3. Abortion
4. Premarital Sex
5. Stem-cell research

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Regarding our present, here my favorite sample from *America's Four Gods*. If I had to choose the single most fascinating passage, it would be in the context where the authors have been discussing "Our Moral Enemies," how people who believe strongly in fighting evil wind up invariably creating it:

In many ways, seventeenth-century Massachusetts was as close as one could get to a society of saints where almost everyone followed strict codes of conduct and there was little fear of violence or crime from within the community. But according

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to [Kai] Erikson, this bucolic life fostered the birth of a wholly fictional moral enemy – the dreaded witch. Consumed with the possibility that witches were in their midst, Salem residents famously accused their neighbors and friends of witchcraft – even killing some of them. But far from tearing the community apart, Erikson argues, these acts of betrayal and murder strengthened the unity and resolve of the “good” colonists.

If there’s one clear moral to this passage, and to all the complexities of *America’s Four Gods*, it could be this paraphrase of a famous saying: *Be careful what you believe in. You will surely get it.*

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Rose Rosetree is a pioneer in the mind-body-spirit field. Her controversial new

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This local teacher and author has also given over 900 media interviews. Her work has been praised in *The Washington Post*, *The Washington Times*, *The Los Angeles Times*, and *The Catholic Standard*.

Read this book review column at Rose Rosetree’s blog, www.rose-rosetree.com/blog. Interact with your comments and questions.

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Local authors and self-publishers are especially invited, but all mind-body-spirit writers, nonfiction or fiction, are welcome to submit a new work.

Send a short email with no attachments to rights@rose-rosetree.com. (If you want to be sure I’ve received it, add a READ receipt but do not telephone, as calling will disqualify anyone from being considered for review.)

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What's My Zone? Some Like It Hot; Some Not

BY KATHY JENTZ

Before you select one plant for your garden, the first question you should ask yourself is, "What planting zone am I in?" Without that knowledge, you are essentially flying blind in your garden landscape and dooming your plants to certain failure.

Most gardeners are familiar with the U.S. Department of Agriculture's Plant Hardiness Zones. It was first published in 1960 and then updated in 1990. A searchable copy is available free online at www.usna.usda.gov. The 11 cold hardiness zones indicate the average minimum winter temperatures for any given area.

In the metro DC region, we are in Zones 6 and 7. Most of the suburbs are zone 7, while the outer suburbs and foothills are zone 6. There are even portions of the city and northern Virginia that verge on zone 8, and with global warming trends we may all soon join them.

Most catalogs, web sites, and garden centers now provide a Hardiness Zone rating for almost every plant they sell

as well as a map for reference to look up your exact location. Any plant that is rated in our zone or lower (1-7) will be able to survive our usual winters.

How Can I Get Marginal Plants to Survive?

While you are inside your home cozily wrapped up against the bitter cold and winds, your plants must brave the elements outdoor without any protection...unless you provide it to them.

If you have a plant that is zone 8 and you are in zone 7, it should not survive during a normal winter here and with no assistance from you. In a mild winter, it may do fine on its own; but if you do not want to take the chance of losing this marginal plant, there are a few steps you can take.



First, give your plant a good start by situating it in a sheltered area preferably facing south— either near a brick wall or other structure. Next, provide a wind-break of some kind. This could be a fence, berm (raised earthen wall), or a grouping of evergreen plants. You can then give the plant insulation by applying a

thick layer of mulch around the base of it. Note that this layer will need to be pulled back as soon as the weather breaks in early spring.

Some gardeners construct a cage of chicken wire to surround the plant, and then fill it full of leaves.

Others purchase plant blankets, burlap, plastic, or use old bed sheets to throw over their marginal plants on the coldest nights of the year, but re-

move them on the warmer days.

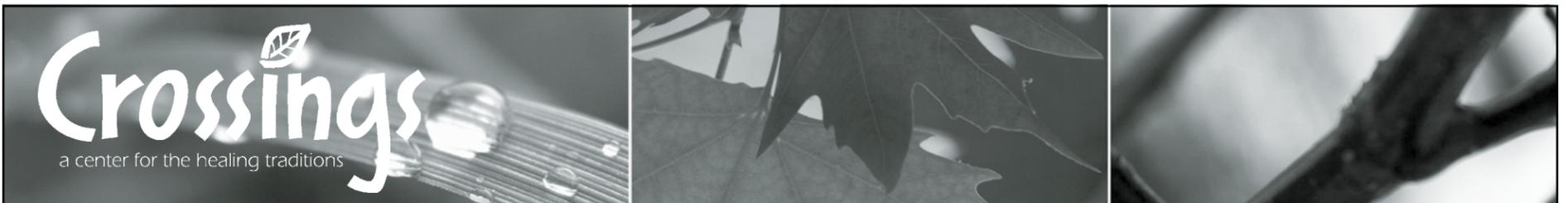
Finally, if a plant is outside your zone range is truly precious to you and you do not want to take any chances, you may wish to pot it up and bring it indoors to over-winter in a sunny window or greenhouse.

You can go to heroic efforts to save a plant, such as building a cold frame (glass box) around it, but we suggest you save yourself the grief and face the fact that certain plants are just not meant to thrive in our Mid-Atlantic climate. We do have an enormous amount of plant material to choose from and are lucky to have lilacs and bulbs that our southern neighbors envy, as well as magnolias and azaleas that turn our northern neighbors positively green.

Can Plants Get a Sun Burn?

Cold hardiness is not the only factor that determines whether a plant will thrive in your garden or not. Too much heat can be just as damaging to a plant as too much cold.

The late H. Marc Cathey, American Horticultural Society President Emeritus
continued on page 53



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WASHINGTON GARDENER



PHOTOS BY KATHY JENTZ

What's My Zone? ...continued from page 51

tus, notes, "The effects of heat damage are more subtle than those of extreme cold, which will kill a plant instantly. Heat damage can first appear in many different parts of the plant: Flower buds may wither, leaves may droop or become more attractive to insects, chlorophyll may disappear so that leaves appear white or brown, or roots may cease growing. Plant death from heat is slow and lingering. The plant may survive in a stunted or chlorotic state for several years. When desiccation reaches a high enough level, the enzymes that control growth are deactivated and the plant dies."

Here in the DC Metro area, we straddle the line between primarily two different heat zones, i.e., zones 6 and 7. Zone 6 is characterized as having between 45 and 60 days per year on average when the daily temperature is

above 85° F; the zone 7 designation has anywhere from 60 to 90 days. You can see how living in a region with these possible differences can make gardening tricky, and often a gamble. Knowing the heat zone, as well as the cold zone, ratings of your plants can at least improve your odds of success.

Thousands of garden plants have now been coded for heat tolerance, with more to come in the near future. These categorizations will be increasingly important to gardeners everywhere as they do battle with the effects of climate change, especially the planet's warming trends. As such, you will see the heat zone designations joining hardiness zone designations in garden centers, references books, and catalogs.

You can download a copy of the map from www.ahs.org or order a full-color poster by calling 800-777-7931 ext. 137.

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

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

The magazine is published six times per year with a cover price of \$4.99. A year's subscription is \$20.00—that's a savings of almost 40% off the per issue price.

Subscription info at www.WashingtonGardener.com.

Washington Gardener magazine also makes a great gift for the gardeners and new homeowners in your life.

Quick Tips to Winterize House Plants

Once you get your outside garden ready for the elements, take some time to prepare your indoor greenery for the winter months ahead:

- Clean dust off indoor plants with a clean, soft cloth and lukewarm water, or a clean, dry paintbrush for "hairy" plant types.
- Turn your plants occasionally so all sides get enough light.
- Avoid 'leaf shine' products, which clog pores and attract dust.
- Mist plants periodically (except African violets) to prevent dust from settling.
- Re-pot plants with fresh potting soil every two or three years.
- Conduct a clean sweep for pests – check stems and soil as well as leaf tops and bottoms.
- Remove shriveled leaves and trim browned leaf edges.
- 'Tickle' the soil monthly with a fork or spoon to loosen crust-overs.

Source: Master gardener Marion Owen, University of Alaska

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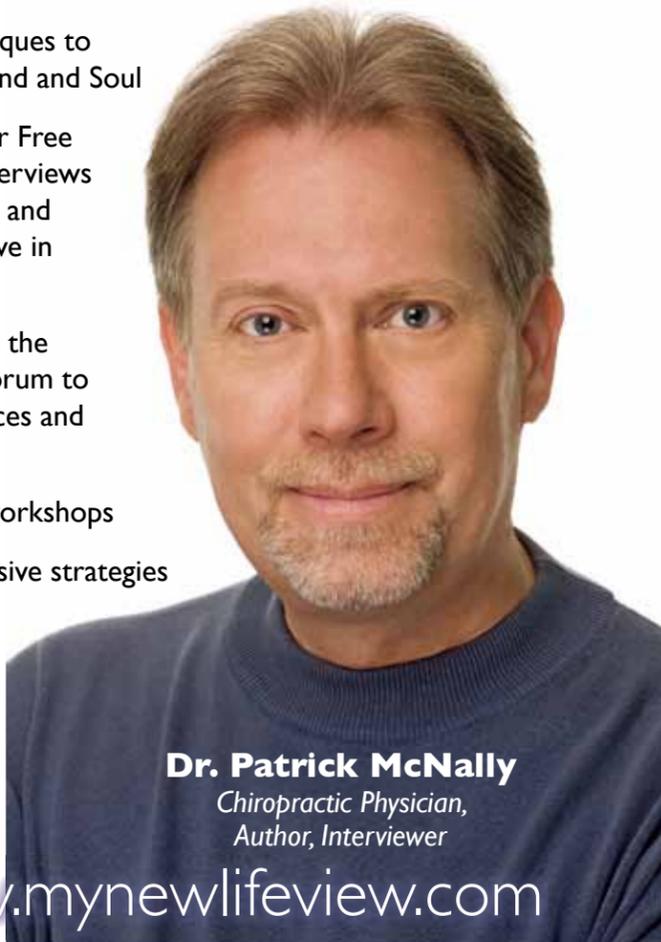
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TO YOUR HEALTH

Ancient Medicine for Modern Times: Qigong & Food Healing

BY JEFF PRIMACK

Qigong is a 5000 year old "energy strengthening art" that combines powerful breath techniques and slow body movement. Oprah Winfrey's Dr. Oz Mehmet recently praised Qigong in 2007 when he said, "If you want to live to be 100, do Qigong!" It was also rated as one of the top natural healing exercises for reversing cancer. There are literally thousands of forms of Qigong, and well known practices like Tai Chi, Acupuncture and Feng Shui were born from Qigong's concepts. Qi (or Chi) means "energy" or "life force," and Gong means "skill," making Qigong the practice of working with one's life force.

Qigong is practiced with increasing popularity, with an estimated 200 million practitioners worldwide, and its health benefits have been studied for many years. Among its powerful health-promoting effects are: improved blood circulation and microcirculation in the forehead; stimulated appetite, sexual function and digestion; accelerated metabolism; increased mental

acuity and focus; and increased energy. Many published studies are reporting the healing power of Qigong in diseases like arthritis, cancer, diabetes and heart disease, to name a few.

What is behind the healing power of Qigong? What sets it apart from other exercises?

A person can circulate as much blood as jogging for 2 miles while standing perfectly still in Qigong. Ordinary exercises, like jogging, cause the release of Cortisol (also known as the "stress hormone"), which contracts blood vessels. In Qigong the body is totally relaxed, yet the blood is mobilized to flow powerfully. People feel increased pulsation of blood in their hands while making the slow movements. Because there is no stress response, the blood can enter areas that may have been blocked off for years. This is why Qigong is so good at reducing body pain. Microcirculation to the forehead is increased and digestion is greatly improved. No other exercise offers this level of circulation to organs and glands.

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Breath is also a vital aspect of Qigong and of our health. The best Qigong forms utilize the breath, specifically timing it with the movements.

Breath is also a vital aspect of Qigong and of our health. The best Qigong forms utilize the breath, specifically timing it with the movements. The deep, abdominal breath of Qigong absorbs more oxygen while relaxing the mind and lowering Cortisol levels. Advanced breathing exercises, such as the 9-Breath Method, which employs techniques from Tibet, increase oxygenation of the blood, and are scientifically proven to improve blood quality as shown by live blood cell analysis under a microscope. Most say it feels like a full-body vibration or a soft humming inside the abdomen. Many counselors and psychologists have had success helping drug addicted patients replace their addiction with the “natural high” that comes from such breathing techniques.

True Qigong also includes intelligent use of food and herbs

Using specific foods to reverse specific diseases is a time-tested practice. For example, foods like kiwi can often help people suffering from asthma. Something about the phytochemicals in kiwi has shown to improve breathing dramatically for hundreds of people, and in some cases, to reverse their asthma. This is a huge part of Qigong

– not only breathing and moving exercises, but also what you put in your mouth to eat.

Today’s environment is more toxic than ever before. Astounding levels of heavy metals and other toxins are dumped into the atmosphere, ultimately tainting our air, water and soil. Alarming amounts are also found in our daily-use household products and even our food. Diseases like attention deficit disorder, autism, cancer and Alzheimer’s are increasing at an alarming rate.

Fruits, vegetables, tonic herbs and medicinal mushrooms also contain phytochemicals that unlock our body’s endocrine system and act as spark-plugs to the immune system. Unfortunately, many people do not get enough of them. Phytochemicals are most concentrated in the parts of the food that we often throw away, namely the seeds, stems, skins and rinds of the fruits and vegetables we eat. Many eat the right foods, but throw away the parts with all the “medicine.” For instance, we should blend the avocado “with the big seed” in a high-powered blender along with other good tasting fruits and veggies. The avocado seed is

continued on page 56

Seeking Couples Therapy?

By David Caldwell LICSW

As a couple you may face many challenges including:

- power struggles
- poor communication
- addictive behaviors
- emotional distance
- contempt
- criticism
- defensiveness
- boredom
- lack of appreciation
- sexual frustration
- financial stress



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

These struggles may leave you feeling angry, hurt and hopeless.

Every couple begins their relationship with high and joyous expectations. When things go wrong and their repair attempts fail, they often seek out a psychotherapist. I find working with couples is difficult and rewarding because so much is at stake, for the individuals involved are eager to find balance, cooperation, respect—and to rekindle love.

We begin our sessions together by defining the problem as clearly and thoroughly as possible, listening very carefully to each partner’s perceptions and experience. Couples are

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

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

David Caldwell, LICSW

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

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

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

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TO YOUR HEALTH

Ancient Medicine for Modern Times: Qigong & Food Healing

...continued from page 55

tasteless, but has the life force potential to create a huge tree and more soluble fiber for scrubbing plaque out of the arteries than any food.

In order to access these phytochemicals, they must be broken out of the cellulose fibers of the fruits and vegetables, hence "juicing" veggies is not nearly as effective as blending the whole food. This is why smoothies from a high-powered blender have been so successful in increasing overall health and helping many people reverse diseases such as cancer.

Having shared this information with thousands of people, I can personally testify that most diseases are reversible with food. However, just eating healthy is not enough. In fact, it is the knowledge of using "specific foods for specific diseases" that most people are missing. For example, vegetables like the bitter melon contain a phytochemical *structurally similar to insulin* and can assist in reversing diabetes by helping the body naturally balance its blood sugar. Of course, the protocols are more involved, but the idea is that we

are not using all the medicine that our creator has given us. The grapefruit is excellent to help reverse cancer, but it's the white pith that has the abundance of D-Glucarate, not the juice and not eating it like most people do. It is using the right parts of the food that brings out the real medicinal value. Believe it or not, this wisdom is also Qigong.

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The author, Jeff Primack, is the founder of Supreme Science Qigong Center and has shared his 4-Day \$99 QI REVOLUTION seminar with over 20,000 people. For more information see his ad on the outside back cover or visit his website: www.Qigong.com.



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

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#2 Soul Restoration - May 14- 15, 2011
#3 Depossession - September 24-25, 2011

For information call Dana at 410-820-9977
or email danacougar@goeaston.net
Visit his website at www.shamantracks.com

EDITED BY HONORA FINKELSTEIN

Join NOL for a Winter Holiday Celebration

The Network of Light will hold its annual Winter Holiday Celebration on Saturday, December 11, 2010, starting at 6:30 p.m., and the public is invited. The event will begin with a meditation and heart-to-heart sharing of gratitude for life's blessings, followed by a shared-food dinner and entertainment.

Attendees are requested to bring their favorite dishes to share with the group. In addition, all are asked to please wrap a gift that will be given to needy people both at homeless shelters and in other groups around the city, and to mark on the top of the package as to whether the gift is for a girl or boy, man or woman.

After the dinner, Stream Ohrstrom and the Blue Dragon Band will entertain and play music for dancing. NOL will pass a hat during the performance, and attendees will be asked to donate generously to these wonderful performers who have given so many delightful and energetic performances to benefit all who have come to NOL events.

The NOL Winter Celebration will be held at 6304 30th St. NW in Washington, D.C. Attendees are asked to park outside the cul-de-sac on Tennyson St. For more information, please call 202-363-9343.

Winter Satsangs with the Beloved

Lakshmi Barbara Carpenter, founder and director of the Network of Light, will continue her weekly "Satsangs with the Beloved—Yourself" during the winter months. For those who may not be aware of what constitutes a "satsang," it is a concept from Indian philosophy that involves a facilitator who brings an awareness of the highest truth together with an assembly of persons who listen to, talk about, and assimilate that truth.

Regarding her satsangs, Carpenter said, "I learned long ago that everything that is, was, or ever will be is God, and all that is, was, or ever will be is love. So God and love are all that is—and that means we are all God, and we are all love. Right now, which is the eternal moment, is a doorway into experiencing the truth and love that we are. So may blessings and love flow through us as we realize the depth of

Being in everything and everybody. You are the Beloved that you seek!"

All satsangs will be held at 6304 30th St. NW in Washington, D.C. Participants are asked to park around the corner on Tennyson St. or on 30th St. out of the cul-de-sac. Satsang dates for December will be on Monday the 6th, Tuesday the 14th, and Monday the 20th. All events will begin at 7:15 and will last an hour and a half. For specific times and dates of satsangs in January and February, please call the Network of Light at 202-363-9343, or contact networklight@hotmail.com to get on the Network of Light events email list.

NOL's Ongoing Service to the Needy

The Network of Light held a day of service to the needy on Sunday, October 24, and took food to various homeless shelters, including the Community Ministries of Rockville; the Bethesda Soup Kitchen for the Homeless; the Stepping Stones Shelter; the Silver Spring Shelter; the Christ House Shelter; the Firehouse Volunteers; and the Montgomery Coalition for the Homeless. All who participated in the project

found it a sweet and deeply moving experience.

Said NOL founder Lakshmi Barbara Carpenter, "We all experienced many miracles that day. For example, for two weeks before the project, Marvelous Market at P St in Georgetown had no food at all for us and didn't expect to have anything that day, but then on the morning of the event, they called and said they had two bags of food we could use. It was a miracle. And we'd also like to honor Fire Hook Bakery on Connecticut Ave. in Washington, who gave a huge number of wonderful pastries, and Starbucks on Connecticut Ave. in Chevy Chase, that came through with all kinds of baked goods. It was an amazing abundance of food!"

"But the biggest miracle," continued Carpenter, "was just connecting one on one with the people in the shelters. It was so exhilarating to look into people's eyes as they received these gifts and to experience the figure eight of love between those who were giving and those who were receiving. We all found ourselves joined in a oneness space that was really profound."

A bus for the project was provided by Shanti and Madhu Sudan, of Capital City Tours, who offer tailor-made tours around the D.C. area. The Sudans, who are also associated with the

continued on page 58

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NETWORK OF LIGHT NEWS

NOL's Ongoing Service to the Needy

...continued from page 57

Ananda Seva Mission, have agreed to offer their bus for another Network of Light service day for the homeless in the coming year.

The Network of Light is continuing to seek volunteers to assist with food pickup and distribution around the city on an on-going basis, as there are currently more benefactors signing up to make donations. This is an extremely important service, and any assistance will be greatly appreciated.

For more information on Network of Light projects or to volunteer on an on-going basis, please call 202-363-9343 and leave your name and telephone number.

Steps toward the Transformation of Humanity

The Network of Light hosted an evening discussion with Mayan priest and spiritual activist Alfredo Sfeir-Younis

on October 30, 2010. Sfeir-Younis is the founder of the Zambuling Institute for Human Transformation. His theme for the evening was that the future of humanity depends on our collective enlightenment.

According to Sfeir-Younis, "Humanity has evolved to a point in which collective destiny is what really matters. The spirituality of this millennium must rise toward a meaningful path to collective enlightenment. New vision, intent, language, and action must be brought to bear. The paradigm of 'the inner' must prevail over the paradigm of 'the outer'."

A native of Chile, Sfeir-Younis was an environmental economist in high-level executive positions for the World Bank for more than 29 years. Upon retiring in 2005 he founded the Zambuling Institute for Human Transformation, the objective of which is to mainstream spirituality in the arenas of business, economics, and public policy.

The Institute pursues the charitable, educational, and artistic objectives of advancing human transformation and spirituality in order to bring about peace, justice, equal rights, education, employment, and adequate food, water, and natural and environmental resources for all, thereby healing the world from illnesses of the body, mind, and soul.

Sfeir-Younis, who as a Mayan priest

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is recognized as a world healer by many great masters from spiritual traditions around the world, believes human values must be included in national and global decision-making in order to promote planetary healing. In addition to his financial knowledge and business experience, he is a messenger of peace who fully embraces the world of spirit and love.

Sfeir-Younis has also authored two books, *Another Meaning of Enlightenment* and *Ten Spiritual Laws to Heal the World*. In all his endeavors, he encour-

ages humanity to become responsible for healing and transforming their personal lives through peace, balance, and harmony in a chaotic and turbulent world.

The Network of Light will endeavor to bring Sfeir-Younis back for other evenings of enlightened discussion in the coming year. For more information on his work with the Zambuling Institute for Human Transformation, please visit <http://silentpeacemeditation.com/ziht/>.

nents believe the more CSAs there are, the better the world will be.

Spiritual Food CSA was formed twelve years ago to support small farms and especially biodynamic farmers who were in a process of extinction as a result of the corporate takeover of farmland, mechanization, genetic manipulation, chemically-based agriculture, and marketing techniques which do away with the human fraternal scale of food production.

The biodynamic form of agriculture originally formulated by Dr. Rudolf Steiner in 1924 predated organic agriculture as it is known today. At the request of farmers who were seeing their land destroyed, Steiner explained how chemicals were killing the soil, and as a result the food grown in it will be the cause of a whole array of terminal illnesses afflicting humanity.

Steiner gave formulas for homeopathic remedies to heal the soil. He also laid down rules for farmers to respect and work in agreement with nature and Cosmic Forces. The preparations could then work to bring down the spiritual forces necessary for human beings to manifest their true spiritual nature.

The CSA model eliminates many hardships for the farmer, such as being dependent on banks for loans that may not be repaid if crops fail; submitting to the "free market" that sets the price

of crops; being concerned about sales, lack of payment for crops, or waste; or needing to transport crops to market.

Cooperating CSA members pay in advance for the whole year and share the risk of loss. All food grown will be used in satisfying the needs of members, and in many cases the members themselves or organized consumer groups pick up the produce at the farm, so farmers are free to focus entirely on growing the best quality food while protecting the environment and making sure their families are provided for.

At the same time, CSA members have the security of knowing their food is grown according to specifications that will ensure it is nutritionally rich and spiritually enhanced. Further, they are part of a program that strengthens solidarity within the community, helps protect the environment, and supports the health of the soil. They learn to eat what is seasonal and locally grown, thus reducing their own and the group's carbon footprint. And by practicing frugality, they can have the satisfaction of knowing they live in alignment with the natural laws that govern life on earth.

For more information on community gardens, please visit www.spiritualfoodcsa.net and <http://www.scholoflife.org/sfnm/farmers.html>.

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Spiritual Food: Community Supported Agriculture (CSA)

Spiritual Food CSA in Bethesda, Maryland aspires to be a model for societal and individual spiritual transformation. Based on the Raja Yoga concept of *aparigraha*, or non-possessiveness, community supported agriculture strives to prove there are real economic alternatives to bring peace and prosperity to the world.

Serving 160 families in the D.C. Metropolitan area, Spiritual Food CSA operates year round with food that has both health-giving attributes and

spiritual energies. Its founders believe these two things result when a right-intentioned community of like-minded people joins together through the common ideals of solidarity, love, and total trust in themselves, Mother Nature, and the Divine.

The concept of CSA started in Europe and is currently spreading around the world. Its principal thrust is to create an alternative to the conventional way of doing business in order to foster a more humane society—its propo-

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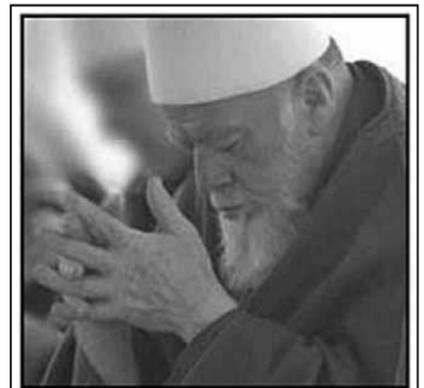
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Sufi Center East welcomes all who are seeking Divine Love, peace, and healing. Everyone is welcome to come and learn about the Sufi path at the following events (and more—check our web site), offered on an ongoing basis in D.C., Maryland, Virginia and Pennsylvania—

- ◆ **Sufi Dhikr Circles in Frederick, MD** every Thursday at 6:00 pm. Receive peace and healing for body, mind, heart and spirit. Join us for prayer, chanting, healing, and teachings about the Sufi way. **Free.**
- ◆ **Sufi Dhikr Circles in Baltimore and D.C. areas** on Sundays. Consult web site calendar for specific dates and locations. **Free.**
- ◆ **Community Healing Day;** monthly. Experience Sufi spiritual healing & receive teachings about the Sufi way. **Free.**
 - Silver Spring, MD: Consult web site calendar for specific dates.
 - Farm of Peace, Warfordsburg, PA (near Hancock, MD). Second Saturday of the month, 2-4 p.m.

Healing & Spiritual Retreats. At the Farm of Peace, we offer five-day, in-residence, heart-centered healing intensive retreats at various times during the year, as well as ongoing spiritual retreats. Find out more about the Healing Intensive Retreat and other programs at www.suficentereast.org.

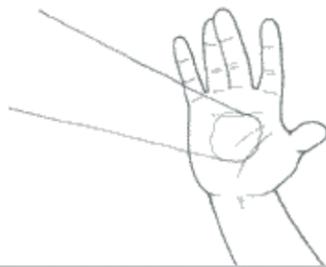


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Sidi al-Jamal

For more information about programs and workshops offered by Sufi Center East:
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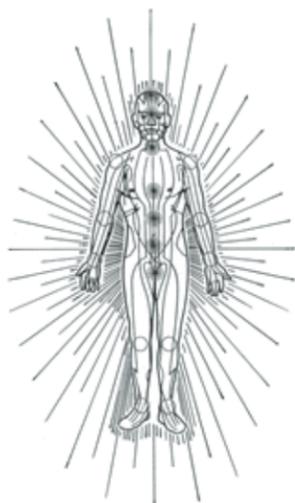
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The Henan University of Traditional Chinese Medicine (HUTCM) authorized the IIMQ to be the Overseas College of Medical Qigong for HUTCM. The IIMQ will represent the University in all medical qigong matters within the United States.

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.

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NETWORK OF LIGHT NEWS

Russian Fires versus Russian Prayers

The Network of Light recently had an opportunity to talk about the miracles associated with last summer's fires in Russia with Marina Koval, Ph.D., a former Russian psychologist/sociologist who currently lives in D.C. and is a life coach in private practice. Koval said she had learned about the fires from her mother, who lives alone in a Moscow apartment after having been widowed in March.

According to Koval, hundreds of wildfires had broken out in July 2010 after nearly a month of a record-breaking heat wave that withered crops, pushed farmers to the brink of bankruptcy, and even melted the Moscow asphalt.

"In August I called my Mom from D.C. every day because the fires that had engulfed thousands of acres of Russian land were moving closer to her. My Mom said, 'In all my life, I've never experienced such heat and fires. I can see nothing from my windows!'"

Koval said that in August, approximately 7,000 fires had been registered in the area over 500,000 hectares and was also burning in 14 federal districts.

Thousands of people in the regions were left homeless, and millions in Moscow suffered health damage from the debilitating smog that covered the city. Finally, Russian President Dmitry Medvedev declared a state of emergency in seven regions for the fires, which ultimately cost the country about \$15 billion USD in damages.

"At the height of the crisis," said Koval, "240,000 people were battling the flames: firefighters, army units, elite paratroopers, and ordinary volunteers were taking part in the fight. The volunteers were the ones who cleared the burnt forest and extinguished small fires. They also helped those affected by the fires, bought equipment and food for the firemen, and saved several villages by using just basic shovels and buckets of water."

Koval noted that in 1917 during the Bolshevik Revolution, religion was declared to be "the opium of the masses," so for 70 years the government had forced the people of Russia and then of the USSR into an agnostic and even atheistic way of thinking. This changed when Mikhail Gorbachev opened the gates for these people to enter freely into the spiritual and religious levels of consciousness. And that change made a space for what occurred next in the drama of the Russian fires.

As the blazes continued, Prime Minister Vladimir Putin finally ordered

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

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NETWORK OF LIGHT NEWS

the government to allocate five billion rubles (\$165 million USD) to help the fire victims. And that was the point when journalists began reporting that the government was calling for the churches to mobilize the people to start praying to stop the fires.

"Russian Orthodox Patriarch Kirill, in a visit to the Nizhny Novgorod region, asked people to pray for rain," Koval said, "telling us that grief had come to our nation, that human lives had been lost, that hundreds had lost shelter, and that thousands, including many children, were without sustenance. So he called upon everyone to unite in a prayer to bring rain down on our earth."

After that, Koval said the Christians, Muslims, Jews, and Buddhists of Russia united in prayer both for the victims of the fires and in a request to a higher power that rain would fall and quench the fires. The Archbishop of the Roman Catholic Archdiocese of Mother of God at Moscow, Msgr. Paolo Pezzi, sent a letter to all parishes asking for prayers, and thousands of people joined processions, carrying icons of the Blessed Virgin and the Christ and asking for rain. At the same time, collections for all kinds of aid were taking place in the parishes, and people were bringing clothes and food to be sent to affected areas.

"Many of my Moscow friends, including psychologists, educators, artists, writers, physicists, mathematicians, and musicians, were sending me emails crying for prayers," Koval said. "They asked me to mobilize Americans to pray for the arrival of rain for Russia. Al Soloviev, a professor from Ryazan University, said, 'We cannot breathe....Please ask all your friends to hold us in the Light'."

Russian weather experts said the heat wave would continue until the beginning of September. But on 10 August, change began happening. The cloud of smoke that had invaded Moscow somewhat dissipated, and the temperature dropped. Then a heavy thunderstorm moved over the city, and it began raining so hard and for so long that the polluted air began to clear.

The weather experts insisted the polluted air would take over the city again in a few days. So the Russian people continued to pray, and the skies over Moscow stayed clear, giving the city relief from the smog. Muscovites told reporters they were overjoyed with the improved air, and many of them stopped wearing their masks since the air was now safe to breathe.

"Again," said Koval, "forecasters indicated a shift in the winds was likely to occur in the coming days, bringing the smog back to Moscow. But again they were wrong because heavy downpours once more soaked Moscow and nearby areas, bringing final relief to exhausted Russians."

The government added to the relief by promising to build new homes for the victims of the fire by November 2010.

"Who helped?" asked Koval. "Who knows? Was it sheer luck? Almighty God? United Forces of a Cosmic Net-

work of Light? The energy of united intention? I don't know. But one thing is clear: after 73 years of government-forced agnosticism and atheism, Russians have become very religious!"

Jon Stewart's Interview with Jesus

Visionary author/artist/speaker Jan Phillips, who writes a regular inspirational email newsletter called *Museletter*, was recently inspired by her own muse to create an interview of Jesus by Jon Stewart, the iconic host of TV's *Daily Show*.

Phillips' piece begins with her saying she'd fallen asleep with her TV still on and had awakened to the interview just as Stewart made a joke that he and Jesus were both Jews, and with Jesus responding, "Yeah, that's one of the weirdest things, isn't it? How could they forget that?"

Stewart was eager for Jesus' opinion about items and conflicts in the daily news—what, for example, did he think about the building of a mosque at Ground Zero? Jesus replies that creating a center for prayer, education, and community gathering would be a good thing, though perhaps an interfaith building where Christians, Muslims, Jews, and members of other faiths could all come together in a multi-tasking community might have been a better idea because, "It's these distinctions between religions that's causing all the problems in the first place."

After Stewart and Jesus have explored all the ramifications of an interfaith building at Ground Zero, Jesus tackles border issues, conflicts in politics and journalism, and care for the environment, all with wit, wisdom, and the creativity one might expect of a truly omniscient prophet. Then he discusses the nature of God, of man as a co-creative entity with God, and of how we could solve all our problems if we'd all just learn to love everybody unconditionally—no exceptions, nobody in the back of the bus.

Phillips' piece brilliantly satirizes the fear-mongering of various factions in our modern society, putting to shame all arguments for taking sides on any issue by countering them with the voice of one who was arguably the greatest peacemaker ever to walk the planet. It's a charming, funny, and rational approach to waking people up and putting all their concerns into perspective.

For a great treat this holiday season, you can find Phillips' Jon Stewart interview with Jesus on her website, <http://janphillips.com>, in her *Museletter* archives for September 2010. And you can subscribe to her free monthly *Museletter* at the same site.

Phillips is the award-winning author of *The Art of Original Thinking: The Making of a Thought Leader; Divining the*

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NETWORK OF LIGHT NEWS

Jon Stewart's Interview with Jesus

...continued from page 61

Body; Marry Your Muse; God Is at Eye Level; Making Peace: One Woman's Journey Around the World; and A Waist Is a Terrible Thing to Mind, all of which are available at amazon.com.

Have a Green Christmas

Green America, formerly known as Co-op America, is a nonprofit membership organization dedicated to promoting social justice and environmental sustainability through bringing together responsible consumers and green businesses in the marketplace. It offers a screening process for those businesses that desire to display its seal of approval, which is given to applicants whose operations support workers and communities and protect the environment.

Recently its executive director, Alisa Gravitz, offered a list of 10 reasons why we in America can remain hopeful

about the future of our nation and the planet, since Green America's membership is working on the following fronts that will not require governmental action:

1. Closing the filthiest coal-fired power plants to meet climate goals without the necessity for any new legislation.

2. Creating clean energy victory bonds to finance more solar and wind initiatives without the need for taxpayer dollars.

3. Helping American families focus on energy efficiency to save hundreds or thousands of dollars a year, which is better than a tax break because once a family is involved, the savings will continue to occur year after year.

4. Supporting the transition to clean energy to ensure a new wave of good jobs.

5. Encouraging families to go local and organic with their food and rebuilding local food systems to make sure there is healthy, affordable food for everyone.

6. Making the choice for fair trade to help families around the world raise themselves from poverty.



LUMINOUS WARRIOR

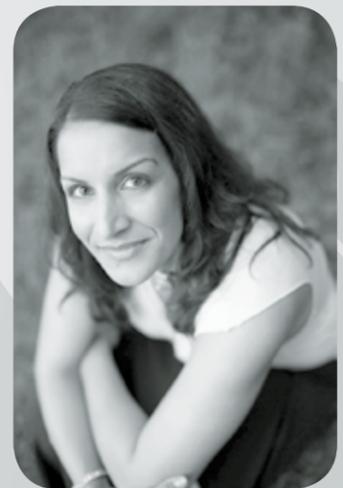
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Sara Salam is a certified Master Practitioner in Energy Medicine and Luminous Healing from the Four Winds Society, a crisis counselor, and an expert level self-defense instructor in the Art of Krav Maga. With an M.B.A. from Georgetown University and a Bachelor in psychology from the University of Maryland, Sara has over 10 years of experience helping Fortune 500 companies navigate through large-scale changes. Integration of spirit, body and mind being a major proponent of how Sara created Luminous Warrior, her focus is to heal, transform and empower the lives of others.

NETWORK OF LIGHT NEWS

7. Switching to community banks and credit unions, both to invest in local communities and to take support away from the mega-banks that were at the center of the global economic problems from which we are still recovering.

8. Supporting green businesses to create new jobs because studies show that all net new jobs in the United States have been created by small, local, and independent businesses that are less than five years old.

9. Encouraging people to choose green products and services, in order to be healthier, live better, and save money.

10. Encouraging consumers to use their purchasing and investing power to make lasting change through dealing only with green businesses.

If all these ideas do offer you hope, consider doing some of your holiday shopping by going to Green America's list of eco-friendly businesses and products at www.greenamerica.org.

You'll find green, organic, eco-friendly, free-trade items of all kinds, from gourmet foods to apparel to jewelry to clever decorations. You can even buy gift memberships for friends, family, and yourself. What better way to wish our planet a happy holiday and a healthy, hopeful New Year!

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Susan Luff APRN, CSYT, RYT, brings a focus on health, strength and healing to her practice of thirty-eight years in psychotherapy, biofeedback, and leadership coaching. She is a certified Svaroopa Yoga teacher. Susan believes that living into the spaciousness of the Self opens one to the fullness of life.

ASTROLOGICAL INSIGHTS

Spiritual Initiation to Personal Empowerment ...continued from page 41

ruary 18th, things are very confusing. The Sun is in Aquarius, which is not always its most comfortable place. The Sun is all about you. Aquarius is all about us. Basically, you're trying to understand how you fit in the world at large. Also, you are wondering how your spiritual aspects of life fit into your material and daily needs. Often the full Moon is a time to let go of the past, but not this time. You're still going through a transition stage, so it's better to wait before making any major decisions.

With the Sun entering Pisces on February 18th, there is a shift in the energies. Now is the time to focus on your health, especially your diet. This trend continues over the next few days as Mercury enters Pisces on February 21st and Mars enters Pisces on February 22nd.

As the winter quarter draws to a close, Jupiter forms a square to Pluto on February 25th. While Jupiter represents the expansion principle, Pluto represents the need to delve deeply into situations for a better understanding. Pluto can also represent the dark side of society, which lives beneath the

surface of the law and circumvents conventional standards. This cycle tends to occur every 12 to 13 years. Sometimes the aspect occurs three times in a cycle; at other times, it only occurs once in a cycle. This is actually the end of the cycle. Jupiter first formed a square to Pluto on July 24, 2010, and a second square to Pluto on August 3, 2010.

As already written, events around July and August 2010 were very heated. The BP oil rig explosion and its ensuing problems were in the news constantly. Floods devastated Pakistan and Russia suffered horrendous fires. When Jupiter forms a square to Pluto weather does act erratically. Perhaps it's the world's way of letting you know that all life is interconnected and therefore needs to be cared for. Don't be surprised if there's not a major storm at around this time period.

Since this cycle is near an end, it's important for you to look back to what happened in your life during the months of July and August 2010. You may have felt that you had no control over the circumstances of your life. If that was the case, now is the time to review those areas of your life and see

how you can bring personal empowerment back into your life.

Jupiter forming a square to Pluto also represents various aspects of spiritual understanding. The early part of this quarter focused on initiation: Finding your spiritual oneness. The latter part of this quarter focuses on an inner understanding that is gained by reflecting on events that occurred in your life during the summer of 2010. Through this reflection you will see

how spiritual initiation really operates in your daily life and relationships with other people.

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

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ACCESSING YOUR INTUITION

What Language Does Your Unconscious Mind Speak?

...continued from page 38

state of consciousness contained in the wisdom of the image. As you study an image, you infuse your unconscious mind with the transformative wisdom associated with that card's symbolism and allow the parallel aspects of the mind to be acknowledged. This allows the images to not only nourish your inner being but also lead you on your life journey.

Many Paths, Many Tools

Let's review for a moment. As a symbolic language of the unconscious mind, the Tarot provides a wordless means of communicating with the knowledge of the deep mind. It provides both a path for personal empowerment and transformation as well as serving as a spiritual and intuitive tool. But there are so many ways to access and develop your intuition, to pursue spiritual growth and to seek inner transformation – and the Tarot is only one of the ways.

How do you choose the one that is right for you? Each path has its own tools to assist you in invoking your inner powers, and each is worthwhile and valid. Meditation, prayer, Zen,

Taoism, crystals, the Kabbalah, alchemy, ritual, Rune Stones, hypnosis, chanting, psychotherapy and the *I Ching* are all viable means for achieving higher realms of consciousness. It's essential to find a tool that is a good "fit"—one that resonates with your being and your mode of perception; one that enables you to get the most benefit, to feel empowered; and one that will stretch your capacity for compassion and self-understanding.

The spiritual path you choose and the tools you use along the way should reflect who you are and your life experiences. No one can tell you what path you should take or what tool is the best for you. Sometimes part of the process of finding your true spiritual path involves trial and error, experimenting with different methods and tools until one clicks. Perhaps you are drawn or will be drawn to the Tarot as a tool for your own inner growth and spiritual path.

I have described to you the general theory of *how* the Tarot works. So now let's explore the specific *components* and *structure* of the Tarot system in more detail.

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ACCESSING YOUR INTUITION



2. The High Priestess

The Structure of the Tarot Card System

The cards' images can be widely interpreted, but they primarily serve as a means for embodying wisdom. The symbols and images have universal application; they relate to *all* people in *all* cultures. Consequently, the particular system described here *generally* applies to all Tarot decks.

The wisdom of the Tarot is organized into a very specific system. The 78 cards in the Tarot deck include 22 Major Arcana cards and 56 Minor Arcana cards. "Arcana" is the Latin word for "secret;" thus, we have a division of "great secrets" and "little secrets." The Major Arcana represent the various stages in our journey through this life, which is actually just a *segment*



16. The Tower

of the soul's journey through eternity. The Major Arcana reveal information about the soul and its earthly purpose; it represents the mysteries, or secrets, of the universe that are complex and often difficult to either understand or accept. Examples include confronting unexpected changes, such as depicted in the Tower card (see illustration) or understanding one's inner spirituality, such as depicted in the Hermit card (see illustration) or the High Priestess (see illustration).

The Major Arcana cards show us the cosmic as well as the spiritual and psychological forces that influence us.

The Major Arcana cards represent the purest meaning of the archetypes *before* they become earthly events or experiences. Consequently, the 22 cards of the Major Arcana represent the purest energy, the untainted essence that may later be transformed as an event or experience on the physical level. For example, the Empress might represent the quintessential form of creative energy. The Moon might represent the purest example of the influence of hidden agendas or misunderstandings. The Major Arcana cards also indicate the major forces, and the more intense energies, that operate in your life. For example, the Tower might suggest some major transitions and dramatic changes to certain forms or structures in your life, and that the progress you are making toward a goal might be painful. Conversely, the Magician may proclaim a period of great focus or concentration that will likely ensure success toward a particular goal.

The Major Arcana's energies are more intense than those of the Minor



9. The Guide

Arcana, and these energies offer a way to access a higher spiritual level without being overwhelmed by the power of the Source-of-All. This is because the 22 Major Arcana cards may also be perceived as various aspects of God or Goddess (or the Infinite Power of your choice), and meditation on those cards enables you to experience that higher spirituality. Furthermore, the appearance of a Major Arcana card in a reading encourages exploration of the central themes in your spiritual journey. In pragmatic terms, a Major Arcana card suggests a more lasting state of affairs, whereas the Minor Arcana suggests a more temporary state. In other words, your earthly existence (as depicted by the Minor Arcana) is fleeting when compared with the wisdom of the soul (as depicted by the Major Arcana). The soul is eternal; the body is temporal. Encountering the 22 allegorical images of the Major Arcana initiates the user into their esoteric wisdom.

Conversely, the Minor Arcana cards depict the simpler, more available aspects of existence. These are the events and experiences of day-to-day

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ACCESSING YOUR INTUITION

What Language Does Your Unconscious Mind Speak?

...continued from page 67

living, the daily “soap opera,” or the transient rhythms of our lives. The Minor Arcana explores how the energies of the Major Arcana are expressed through physical, emotional, psychological and spiritual events (that is, the specific lessons, challenges and opportunities that you face each day). For example, the Ace of Pentacles (see illustration) might represent how the pure creative energy of the Empress (see illustration) manifests on Earth, through the birth of a new and lucrative project, a raise in pay or a bonus. In other words, the Minor Arcana offers us a view of the *specific manner* in which the Major Arcana archetypes express themselves in the physical plane: a snapshot of how you specifically experience the Major Arcana’s crystal-clear energy. The Minor Arcana also portrays the human body and depicts its various earthly experiences. Thus, the Five of Pentacles might represent a short illness or a period of challenge to either the body or the finances. The Nine of Pentacles (see illustration) might indicate a vacation at a health spa, a period of especially good cash flow, a brief indulgence in



DISKS

luxury, or a period of ease and comfort with reduced stress.

Each suit in the Minor Arcana represents a different domain in our lives. **Pentacles** represent the physical realm, such as money, cash, merchandise,

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ACCESSING YOUR INTUITION



3. The Empress



9

real estate or the physical body. **Cups** represent relationships and emotional matters, such as love, compassion, friendship, kindness and receptivity (feminine energy). **Swords** represent the mental realm, including thoughts, ideas, concepts, boldness, and aggression (masculine energy); Swords also could portray challenges or strife. **Wands** represent enterprise, creative growth and business; they pertain to career, energy, hobbies and talents. Furthermore, Jung described four ba-

sic ways of experiencing or interacting with the world: through sensing, through feeling, through thinking, or through intuition. These four categories developed by Jung relate to the suits as follows: Pentacles for personalities whose primary perception of reality is through sensation; Cups for those whose primary perception is through the emotions; Swords for those who perceive through the cerebral or mental realm; and Wands for

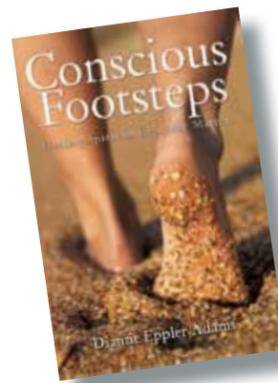
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ACCESSING YOUR INTUITION

What Language Does Your Unconscious Mind Speak?

...continued from page 69

JUNGIAN CONCEPTS OF THE FOUR SUITS

PENTACLES	CUPS	SWORDS	WANDS
Sensation	Feeling	Thinking	Intuition

ELEMENTAL CORRESPONDENCE TO THE FOUR SUITS

PENTACLES	CUPS	SWORDS	WANDS
Earth	Water	Air	Fire

OTHER DEFINITIONS OF THE FOUR SUITS

PENTACLES	CUPS	SWORDS	WANDS
Physical Realm	Emotional Realm	Cerebral Realm	Energy Realm
Money/Cash	Love/Friendship	Thoughts	Enterprises
Real Estate	Kindness	Boldness	Career/Business
Property	Compassion	Aggression	Hobbies/Talents
Merchandise	Receptivity	Challenges	Creative Growth
The Physical Body	Feminine Energy	Masculine Energy	Intuition

those whose primary perception is through intuition (see chart above).

The Model for Growth

We have seen that the Tarot pro-

vides a developmental model for inner growth and expansion. It portrays the relationship between the conscious mind and the unconscious mind, the Macrocosm and the Microcosm, The

Big Self and the Little Self, the Divine and the mundane. Its images offer a system of gentle guidance through the process of inner development, spiritual growth, and self-knowledge as well

as show the earthly experiences chosen by each soul. The images provide a narrative, a story of the soul's growth in which each chapter in the story can be moved around.

The Tarot's structure and sequence of cards creates a model or pattern for exploring the inner self and the outer journey without demanding a rigid order. The cards also inform us of the cyclical nature of existence (birth, death, renewal and all the stages in between) and help us understand these rhythms as part of our lives. The Tarot can guide us through these cycles and help us make sense of life's challenges and mysteries.

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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 is currently a seminary student in the United Metaphysical Churches. She utilizes Jungian/archetypal psychology and Divine Metaphysics in her work and is a respected/gifted teacher and intuitive counselor. She teaches people how to apply the Tarot's esoteric principles in pragmatic ways as well as for insights and personal transformation. You can contact her at 703-671-7421, at geraldine@thespiritualtarot.com, or visit her website at www.thespiritualtarot.com. See her ad on page 78.



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Coming Home To The Self Through Creative Action

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quiet meditation. No music, no talk, no Internet. When I am successful, (which is certainly not always) my focus is entirely on being present with my art or writing. In this spacious place of awareness, time collapses. Interruptions are often greeted with dismay. After several hours I feel emotionally/physically spent, yet content.

This spent/content feeling reminds me of how I felt after trekking with heavy, spiked shoes on the rugged Mendenhall Glacier in Alaska. It required some courage to go in the first place. Then, once there, I had to dig in and anchor myself while focusing on my center point of balance. To do this, I had to be very present in the moment (no mind wanderings to issues left at home). Just as when I leave my studio, and because of the intensity of focus required, trekking on the Mendenhall Glacier was simultaneously draining and exhilarating.

There are times when, if I am too focused on external issues, my creativity does not flow. Then I become impatient with myself, for I know I have not been able to maintain a state of inner awareness. When trekking on the glacier, I

had to be in the moment, and present within myself, or else I would slip and cascade down a deep, icy cold slope.

Being able to move into that creative inner space is something that has been with me since I was a child. Going to a "safe place" and turning inward to

Misconceptions about creativity are huge. Creativity is not often discussed as a valued human trait. It is being increasingly disregarded in our educational system, and is often not included in the human recovery/growth process. Instead, creativity is usually associated with an artistic endeavor...

my creativity "saved me." When my mother would be on one of her tirades, I would hide out in my artwork. It was a great way to not be disrupted by her fear and anger. I could close her off and go deeply within myself, and thus retreat from her controlling temper. Fortunately my mother liked my artwork, so she even set up an easel in the family sunroom.

However, the downside was that as a child my creativity was *reactive*. The

difference is that now my creative pursuits are *proactive*. Activating our proactive creative natures helps us become healthy, mature, spiritual adults. Yes spiritual, for I believe that the creative aspects of our nature are inspiring and a direct link to our spiritual side. Alex Grey, in the *Mission of Art*, says that the word "inspire" comes from a Latin word referring to the breath. It also means we are "in-spirit," or connected to our inner spirit. Hence, our creativity opens up our breath of life and spirit.

Misconceptions about creativity are huge. Creativity is not often discussed as a valued human trait. It is being increasingly disregarded in our educational system, and is often not included in the human recovery/growth process. Instead, creativity is usually associated with an artistic endeavor, i.e., dance, drama, theater, art. When I ask people how they express their creativity, they naively respond, "I can't draw a straight line," or "I failed art class."

Although creating art and writing are my forms of being creative, they are by no means the only way.

So what is creativity? **Creativity is the ability to bring something new into being—an idea, an object, or an action.** To think creatively means "seeing" in our mind's eye images of things before they are realized. Creative acts/actions can be huge undertakings like designing a building or creating a new business. Or, they can be as small as making up a tune we sing while driving to work, or arranging wild flowers we have picked in the woods, or creating a new rack in the garage to hold bikes.

Each of us is inherently creative and able to use our imaginations. When we imagine who we could be and what we could manifest in our lives, not only are these expressions of who we are as unique individuals, but they also help us define our life's meaning and purpose. Spontaneous acts of creation help us connect to our authentic selves, and thus bring beauty and a sense of fulfillment into our lives. If we could live our lives creatively, we could face each new day in the same way we would face a blank canvas or piece of paper, as full of potential, and as a way to affirm our beliefs, values, priorities and goals.

Creative imagination comes from a place beyond thought, or knowledge. It

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comes from a place deep within us. We experience that creative spark when we connect with our inner source—a personal source going far beyond ordinary knowledge, and far beyond the workings of the mind and reality, as we know it. Jean-Jacques Rousseau said that, "The world of reality has its limits: the world of imagination is boundless." And Albert Einstein spoke an evocative thought when he said, "Imagination is more important than knowledge." I am sure he did not mean that knowledge is bad and imagination all good. It depends on how, where and when we use each.

Knowledge never works when we want to envision something we have never seen, for knowledge is based on "what is"—what already exists in reality. Even though knowledge, as opposed to imagination, can aid and support creativity, we must remember that most knowledge is based on someone else's vision or experience. Therefore, knowledge—especially if employed too early in the creative process—can inhibit our imagination, creativity and visions, especially if it comes from stories we have heard or read about some-

one else's horrible experiences, or unsuccessful outcomes.

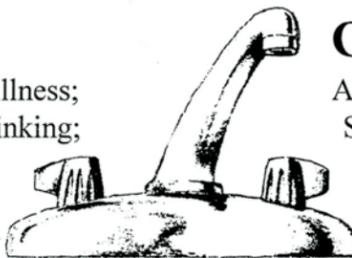
Knowledge has its own time and place. Knowledge contains information and tools that are supportive to the imaginative process—such as color theory for the artist, punctuation and grammar for the writer, and accounting skills for the business owner. This knowledge is not judgmental, nor opinionated; therefore it does not hinder the imaginative process but supports it. For example, if our imagination inspires us to start our own business, we shouldn't allow the destructive knowledge of other people's bad experiences to hinder us. However, after we feel clear about our vision, and perhaps after we have embarked upon that path, we can then employ knowledge regarding the effective management of finances, etc.

Being imaginative usually requires breaking rules created by other people's knowledge. The most famous artists, scientists, humanists, and spiritualists are the ones who broke the rules—like Van Gogh, Martin Luther King, Gandhi, and Einstein. I could go on and on with examples. Picasso

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When trying to access our inner visions, the hardest part is to learn to differentiate between what comes from the mind and/or the emotions, as opposed to what comes from creative inspiration.

is quoted as saying that after “learning” to paint, it took him a lifetime to once again learn how to paint like a child. He had to unlearn some of the knowledge, restrictions and rules he was taught, and return to the visions of the heart and spirit. To live life as a creative visionary, we must let go of the old rules and other people’s experiences.

When trying to access our inner visions, the hardest part is to learn to differentiate between what comes from the mind and/or the emotions, as opposed to what comes from creative inspiration. As you practice, you will experience inspiration floating up from the core of your being. It seems to come from nowhere. I am sure all of you have had moments when an inspiration or an idea seems to “pop” into your awareness. It almost feels magical.

Creativity doesn’t have to be all serious and heavy; it can be playful. It is interesting that the newest discovery of graphine (a substance 100 times stronger than steel, but with only the thickness of a single atom!) was discovered while “playing.” According to NPR, Professor Geim and Dr. Novoselov, the 2010 winners of the Nobel Peace Prize for physics, end each workday with creative play. One day they laid scotch tape on graphite and picked up a thin layer, of what is now known after subsequent years of experiment, as graphine. These physicists used creative play to bring something new into existence.

We use our imagination to envision something new. Even though we have never seen it, we intuitively know it can become a reality. We use our

imagination when we “see” our baby who is not yet born, when we envision our upcoming vacation to a place we have never been, when we visualize our upcoming speech and what it will sound like, when we imagine how we will meet our longed-for life partner, or when we envision how our garden will look when it is in full bloom this summer. *Without our ability to imagine, we would not be able to see into the future.* With imagination we see the possibilities in our future as it relates to the Self.

Tapping into our imagination, requires reclaiming our innocence, as well as invoking the curiosity, courage and conviction of a child. We must believe that what we are pursuing is doable and even if not perfect, it will be good enough. Philip Rubinov-Jacobson wrote in *Drinking Lightning: Art, Creativity and Transformation*, “Imagination is the ability to cross all boundaries.” And later on he says, “There are no limits, no rules, no laws, no conditions, no filters, no blocks or inhibitors, unless we imagine them to be.” “Unless we imagine them to be” is where the difficulty lies.

Barbra Streisand talked about her creatively-lived life in an interview on “Inside the Actor’s Studio.” She said, “When you make a commitment to something, the Universe conspires to assist you.” When we make a commitment to pursue our creative visions, somehow doors magically open. This happened to Charles when he found the need to fit knowledge and creative imagination together to start a summer camp for children. His father, an attorney, had used his legal knowledge and experiences with clients to try and dissuade Charles from following his creative vision. Fortunately, Charles was able to listen to and employ his father’s legal knowledge in conjunction with his creative ideas. However, his creative visions were the driving force and his primary focus, so that he could successfully open a camp, much to the joy of many children. The use of creative envisioning, with the support of constructive knowledge, applies to all endeavors, i.e., starting a business, learning a new skill, training for a new sport, creating and raising a family, or even finding new friends.

However, there is a big difference between the endless free-floating fantasies of a child, and the purposeful process of accessing our creative visions as adults. *Fantasy is an activity often generated by the emotions, carried out by the mind, and done for self-soothing or pleasure-seeking purposes.* As a child, when I was quiet without much to do, or when I needed to escape reality, I was occupied inside my head. My inner creative world felt like a combination of “Alice’s Wonderland” and “Never-Never Land”—places where everything seemed possible. It was exhilarating to conjure up an infinite number of ideas and fantasies, which could sometimes be as scary as they were fun. Children can fantasize about flying, about becoming a horse, or about having an imaginary friend, like my granddaughter who, when

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she was three or four, used to take her friend "Andy Alice" with her wherever she went.

There is nothing inherently wrong with fantasy. It is an important childhood tool, aiding in the development of imagination and creativity. The abundance of children's book and fairy tales supports this function. Fantasy can also be wonderful when employed *consciously* by adults, as when we use guided imagery and conjure up symbolically significant daydreams, like floating above the clouds to meet a spirit guide. However, as mature adults we need to know how to interpret these fantasies and then turn them into purposeful, creative envisioning. Just *perhaps* the Wright brothers, as very young children, fantasized about flying, so when they were adults and envisioned flying, they used their creative ideas to make that happen. Fantasy is not bad. In fact it can be fun, playful as well as a way to come "home to the Self."

We do need to differentiate between fantasy and creative envisioning. *Envisioning, as opposed to fantasy, is a*

focused, peaceful, centered endeavor to help us explore and expand our creative inspirations. Creative envisioning opens a space within us, inviting ideas, inspirations and possibilities—for a change in lifestyle, a business venture, or an invention that will make our lives easier. It is not an escape, nor a reaction to extreme emotions. The appearance of a creative vision can't be predicted, contrived or forced. However, we can create the time and space for it to appear. Then with internally focused awareness we can work on specific issues, goals, problems, and even our life's mission. With this form of focused envisioning, boredom, denial, low self-esteem, anxiety and depression are much less likely.

When a creative vision arises from within us, it feels like a great "a-ha". It is like a new love. It feels as though a magnetic force is pulling us toward something unseen, yet very enticing. Despite its invisibility, we know that this unseen force contains powerful and meaningful possibilities. With practice, we can learn to trust our abil-



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Approved 11/03/2008



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To live creatively, we must balance two different forms of awareness—an awareness of the moment and an awareness of the future. Although this sounds contradictory, each one compliments and enhances the other.

ity to envision, for often it comes and goes at unbidden times. We can only give it the time and space to appear, but we cannot control it. We can only trust the process and that in time it will appear on its own. Creative visions seem to have a life of their own.

Once we become accustomed to giving these visions time, space and energy, and we have reaped the rewards of their presence, we have an amazing desire for it to happen again. On the one hand, the desire to experience these creative visions almost feels like a drive—like the powerful drives to eat, sleep or be sexual. For when these creative visions are acknowledged and attended to we feel satiated and satisfied.

To live creatively, we must balance two different forms of awareness—an awareness of the moment and an awareness of the future. Although this sounds contradictory, each one compliments and enhances the other. Within each moment we can consciously make the best creative choices, no matter how small, that will help us move toward our larger vision. In a way, having a creative vision is like a new romance. Imagine meeting someone new and envisioning possibilities for the future—possibly marriage. Once you have this vision, each choice you make about the relationship—when to see each other, how often you are together, what to talk about, how to deal

with conflict, when to have sex—will be made to move you toward your ultimate goal. During each time together, both partners must still be present in the moment, and not just dreaming about his or her future vision. We must be able to “hold” an awareness of both the present and the future, for they go hand in hand and must work together.

To use a more concrete example, if we have a creative idea about building a house, we need to develop a vision of the whole, completed project, while at the same time also realizing that each brick counts. Not only does each brick count, but we must be aware, as we put each brick in place, that it must be the right kind, centered properly, and well-cemented to the one before. If each step is not executed correctly, the whole building could crumble.

Many people think that success only occurs when the building is completed. Not so. Each brick counts. When we try to build our visions too quickly, with not enough thought about each small part of our larger vision, or when we try to ignore one brick, the results will not be as long-lasting, or as satisfying.

Kate Maloy says in her book *A Stone Bridge North*, “We need to go about our business with our eye to the immediate, and we need also to contemplate unreachable, unknowable mysteries. We need both our limits and a vision of limitlessness—and we need to connect the two...” How hard it is to be present in the moment and to be aware of the future at the same time. How hard it is to be aware of the limitations and have creative visions of the limitless. How impossible it seems to use our right and left sides of the brain at the same time. And yet, this is an important part of the process.

It is the same way with every aspect of life. Once we create our visions we must be aware of the *potential in each moment* as we move toward the completion of our visions. We must be able to hold the larger vision in our mind and hearts, as a focal point for the future, while simultaneously creating smaller daily visions that will lead us to the larger one. Together, both awarenesses will help us come home to our inner Selves.

Often life’s circumstances throw us off course. Our vision becomes cloudy because something unpredictable happens—a crisis, a sudden loss, death of a loved one, ill health, or a catastrophic event, a flood, fire, or earthquake. Re-creating our vision does not mean we are giving up. When there is a crisis or an unexpected event, it at first seems as though the visions we have held for our lives, our future, have been erased. We grieve for those visions, for they have yet to be replaced—or at least not replaced with anything that feels anywhere near acceptable or comfortable. Therefore to survive this crisis emotionally and spiritually, we must eventually re-create our visions to suit our new reality. It can be a time to question intensely, “Now that (blank) has hap-

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pened, what is most important?" (You fill in the blank.) From this questioning will come new answers and these new answers will bring new creative visions.

If we do not do so, we give our perceived "enemy"—a disease like cancer, the lover who betrays us, damage from a hurricane—all of the power. We, in turn, feel powerless and experience "homesickness" and a loss of the Self. One positive thought is that when a setback occurs, it gives us time to re-evaluate our creative visions. I love going to the American Museum of Visionary Arts in Baltimore. The artwork, done by untrained, often totally uneducated, frequently very poor, mentally disabled or incarcerated individuals, is utterly magnificent and inspiring. The art is a wonderful example of the power of the human, creative spirit. It is a testimony to what happens when individuals allow themselves to follow their visions, be they visions of an artistic nature, or visions of action as expressed in one's life. These individuals trusted their visions and did not use excuses to avoid them. This powerfully moving exhibit reminded me of the energy and impact that is created when people trust and then respond to their visions. These visions can be small or grand; it doesn't matter. What matters is that these visions provide us with the energy and focus necessary to help us connect with the ever-present Self.

So many times clients say to me, "If only I had followed through with my creative plan/idea." They had a vision, an idea, or an intuition about the way something could be, and ignored it. Often we ignore our visions because we are afraid to go against someone else's wishes, needs, or ideas, or because they seem overwhelmingly huge. In these unsettling days, I see some people putting their visions on hold—usually out of fear. Often the fear is just about beginning a new venture or process. Following our creative visions and expressing our creativity takes courage. As Philip Rubinov-Jacobson says in his book, *Drinking Lightning: Art, Creativity and Transformation*, "The capacity of imagination increases with acts of courage that provide self-perpetuating nourishment."

When we trust as well as act on our creative visions, they will increase in frequency, power and energy. They become a more and more important part of our lives. As we trust and utilize these visions, they also help define who we are and what we are about. When we ignore our own gut, our intuition, we lose. We lose ourselves.

The way to enhance access to your inner creative self, and in turn come home to your authentic Self, is to be still and allow a space for something new to arise within you. I recommend that you spend five to ten minutes,

twice a day—once in the morning and once at night—sitting and focusing on the breath. Having these moments will calm the mind and emotions and in turn allow space for inspiration to arise.

As I complete this article, thirty-three Chilean miners have been rescued from their sixty-nine days of incarceration in the blocked-off depths of the mine. This emotionally joyous successful rescue of all miners could not have happened without the vision and creativity of many people. Yes, there was a huge amount of knowledge and expertise that went into the recovery. However, since a rescue of over 2000 feet deep had never happened before, it also took vision, creative genius and ingenuity to succeed. It also took an amazing amount of creative vision to develop the cameras and techniques allowing the world to participate in this miraculous event. It was riveting. Watching this rescue succeed united the world with love and positive energy. This amazing rescue reminds us of the power of joint creative efforts, and how they can work for the physical/emotional/spiritual betterment of all mankind.

As we approach 2011, and continue experiencing the intense issues encompassing our world, it may be helpful to consider rediscovering or enlarging upon your creative self, as a way to both stay connected to your inner higher Self, and as a vehicle to help you ride through any turbulent storms. It helps to remember that, like Alaska's mountains we are inherently strong and solid. And, like its deep waters, we contain an abundance of inner resources just waiting to be tapped.

.....

This is my last regular article for *Pathways*. I have been writing articles for 15 years and now need to take my own advice. I feel pulled to spend more of my creative energy on my artwork. (My new art website is ckwalsharts.com.) I will also be putting together a CD of the best of my articles. For information please contact me.

I want to thank Lou deSabra and all of the staff at *Pathways* for their constant support. It has been a creative joy and privilege writing articles for this wonderful publication.

Carol Kurtz Walsh LCSW-C is a psychotherapist, personal coach and artist/writer in private practice in Bethesda, Maryland. To obtain more information about Carol, her therapy, writings and artwork, call 301-656-6420, e-mail her at Carol@ckwalsh.com, or check out her two websites, www.ckwalsh.com, and her new website displaying her artwork, www.ckwalsharts.com. See her ad on page 71.

BOOK REVIEWS

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

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cavalierly promoting surgeries such as knee and hip replacements.

The authors lament the failure of too many practitioners within the medical community to publicly acknowledge that people are unknowingly subjected to invasive and harmful procedures and tests, which the patients were told are safe and necessary. These practices can comprise twenty-year experiments without informed consent, and patients have even died. Yet "nothing stops the medical community from moving on to its next deadly human experiment and more maimed and dead patients." The compelling findings in this book confirm that overuse in our health care system is now the norm.

Case Studies

The book includes heart-wrenching descriptions of profound debilitation from treatments, tests, and procedures mistakenly premised on "the power of modern medicine" to enable people "to live a good life," especially as people age. "Congressional investigations have found 2.4 million unnecessary surgeries performed annually that resulted in 11,900 deaths, at a cost of 3.9 billion dollars." Think tank studies have identified a 17 percent rate of "clearly inappropriate" endoscopies, which is described as "a most unpleasant examination."

Extensive research also documents unnecessary back surgeries. "The U.S. has the highest rate of back surgery in the world...The number of people on Medicare who have had this surgery has increased...by 300 percent in a decade...There is no evidence that it is a better alternative to exercise and other interventions...But the lack of evidence has not stopped doctors from performing the procedure, which can take as long as 12 hours." There is also an increase in spinal fusion surgery costing \$50,000 or more, without the evidence of benefits in quality of life indices. A Washington state study of injured workers documented a 64 percent failure rate—workers remained disabled two years after the surgery and there was a 22 percent repeat operation rate.

Studies commonly find regional and community differences in treatment trends. One Vermont community had a 20 percent rate of tonsillectomies performed on children, while another had a 70 percent rate. Researchers characterize formerly high rates of tonsillectomies around the country as an "epidemic" of a "large-scale, uncontrolled surgical experiment" that lasted fifty years.

Other promoted practices raise similar questions. Under general anesthesia, "each year 500,000 or more surgeries are performed to insert tiny ear tubes in children to thwart ear infections." There is no outcome evidence of benefits supporting this "experiment,"

which the conventional medical establishment has sanctioned with its "standard practice" stamp of approval.

"More than ten thousand surgeries performed each year to prevent strokes have dubious benefit and may cause more harm than good." In one community alone between 1992 and 2001, the rate of heart bypass surgery (where doctors "use a saw to open up the sternum") had doubled at a cost of 500 million dollars. And 33 percent of patients who were told to have a bypass surgery did not need it, thus exposing 42,500 people annually "to a high-risk procedure that does not help them and may cause great harm." Knee surgeries described as "excruciating" were performed unnecessarily on people who would have recovered with exercise and physical therapy. These particular procedures have since been discredited and discontinued.

"The most widespread and costly overuse of medical care lies in the routine practices—doctor's office visits, x-rays, lab tests, and referrals" that provide a good financial return to providers and "can spark a parade of needless medical treatment." Ineffective diagnostic tests that can cause serious harm too often lead to unending cycles of "mistakes and infections and other serious and debilitating effects and errors."

The authors discuss how so many people become complicit in these costly and potentially harmful practices. Too many people are convinced that more is better, and they firmly believe that no doctor would deliberately recommend something that is not necessary or not safe. Too many consumers also permit advertising to compel them to demand whatever the ad is promoting.

Other Problems in Our Health Care System

The authors note that "hardly anyone protects the public. Rarely do federal or state regulatory agencies intervene in cases of unnecessary medical treatment." Fraud is prosecuted apart from and "not because a person's health has been placed at risk." And it is difficult for American consumers to accept that greed alone can dictate so many conventional medical practices and decisions. These trends largely emerged with the onset of managed care and the emphasis on for-profit clinics and hospitals that many doctors do not control and often oppose.

Does the large number of people who have been the victims of unnecessary care reflect the large number of conventional doctors knowingly participating in these scams? Some of these doctors are characterized as "downright crooks" who "have no idea the damage they inflict on people's lives"

continued on page 78

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BOOK REVIEWS

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

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and who continue to practice that way. How many of these doctors are too incompetent to do better?

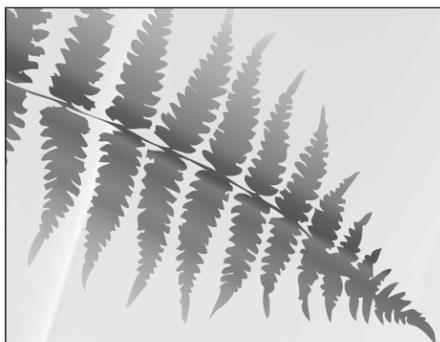
Current and recent medical school students "are not learning how to do a physical exam and do not understand

why it is important." They reportedly do not even know how to use a stethoscope. Instead, they are taught to rely on tests and medications. Some critics point out that pharmaceutical companies now control medical school curri-

cula and continuing medical education. Medical school curricula were more balanced in teaching safe and natural treatment options. Students had to study at least one course in homeopathy, and there were major homeopathic hospitals in this country. Homeopathy gained widespread acceptance in this country after successfully halting an infectious disease epidemic in the 1800s.

Although the authors stress the absence and importance of informed consent, so many examples of harmful side effects in this book raise other questions

that the authors do not address. Why are there so many "standard of care" practices that have such devastating side effects? For example: radiation treatments for Hodgkin's disease can generate a heart condition; heart bypass surgery can cause cognitive deficits but may still not extend a person's life; PSA screenings for prostate cancer among elderly veterans may expose them to "additional procedures, distress, or treatments that could result in incontinence, impotence, hip fractures, and even death"; and commonly used



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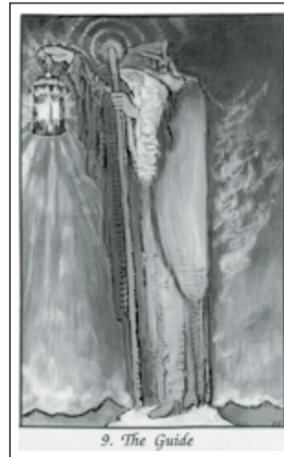
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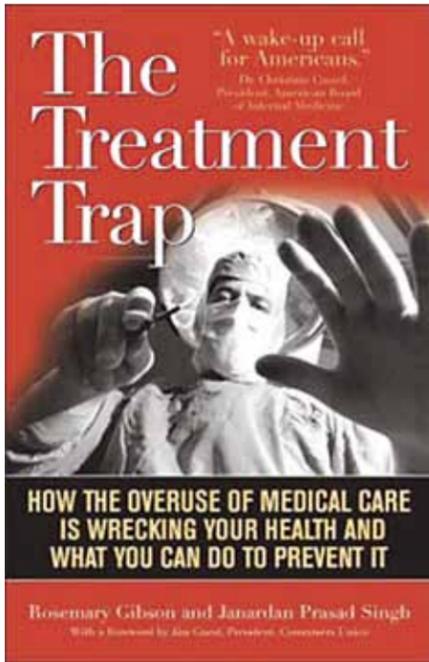
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BOOK REVIEWS



non-steroidal anti-inflammatory drugs “reduce blood flow to the kidneys.”

The authors lament the “healthy ovaries removed unnecessarily each year during a hysterectomy” in nearly 300,000 women. As a result, many of these women may die prematurely from cardiovascular disease and osteoporosis-related conditions; but the authors do not ask why so many women are having hysterectomies. Why are there half a million total knee replacement surgeries annually? The authors also refer to an “epidemic” of prostate surgeries.

There are other contradictions in the system. There appear to be no financial constraints on procedures such as expensive operations on fetuses before birth, which do seem counterintuitive, and with no idea of the outcome. Studies are now indicating lifelong health problems among those who received invasive interventions as fetuses, infants, and children.

There is also a valid, but obviously problematic, more-is-better paradigm that attempts to assess positive outcomes based on the number of a particular procedure a doctor has performed and the number performed at a particular hospital. And Medicare is also responsible for many unsustainably high health care costs and cycles of unnecessary care. Medicare pays specialists 253 percent more than what primary care doctors receive. Primary care doctors often refuse to accept Medicare patients because the compensation does not cover the costs of administering care.

The authors find the examples of overuse and harm in Veteran Administration (VA) hospitals “inexplicable,” because those doctors are paid salaries. But there have been reports over the years of widespread incompetence and poor care at numerous VA hospitals that apparently continues. Although the media focused on the possible religious motivation for the recent murders at a VA hospital by a staff psychiatrist, he had a long record of poor performance and should have been fired a long time ago, which should also raise

questions about the competence of his superiors.

Too often, news reports merely repeat sound bites sent to the media by sources that have a financial interest in promoting the results. For example, this book documents cozy relationships between hospitals and local television stations that market the hospitals to the public through “an epidemic of fake health-care news” and “made-for-television advertisements” that are presented as news. The authors link these practices to the beginning of changes in medical care and research that made the overuse we have today possible, with little or no oversight, including “increasingly bloated expenditures for research and care.” The authors refer to this trend as “the green monster,” and this book attempts to trace how we got to where we are today.

In the 1950s, the American Cancer Society (ACS) recommended annual chest x-rays for heavy cigarette smokers instead of recommending that they stop smoking. ACS finally made that suggestion in the 1980s. In 2005, NIH revealed that “exposure to radiation from x-rays can cause breast, lung, and thyroid cancer and leukemia.... Computed tomography (CT) scans are super-powered x-rays.” The annual number of CT scans has “skyrocketed from three million in 1980 to more than sixty million today,” including millions of children.

The authors state that “at least one million children have unnecessary scans annually,” but given the harm, the authors do not present evidence justifying any increase in CT scans, and do not tie the NIH admission of harm to what possibly happened to those heavy smokers who were told not only to have chest x-rays, but to have them annually. And why has the FDA been silent about these dangers?

Shortcomings in the Book to Keep in Mind

Despite such damaging criticisms, the authors retain their own blind faith in conventional medicine seemingly in denial about the visible harm from accepted practices designated as standard care. They characterize unnecessary treatment as a “physical assault” and criticize the greed or misplaced trust responsible for these case studies of unnecessary care. But the authors ignore how often these adverse outcomes appear to be the norm, and do not link them to discussions of the lack of evidence, inconsistent evidence, flawed science, misleading claims, or fabricated outcomes paraded as definitive findings.

So the authors report but are not dismayed by a dismal track record of permitting and promoting harmful care. The authors criticize and extol the medical care system at the same time. They fail to question the harm inherent in so many procedures and treatments and do not criticize the FDA for permitting the widespread harm and abuse. Even the numbers of surgeries

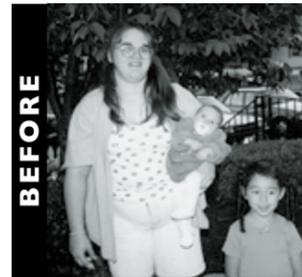
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BOOK REVIEWS

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

...continued from page 79

the authors unquestioningly imply are needed are alarming. Why are so many people in this country so sick? The authors imply the role of hospitals as enablers and even initiators of so many of these documented abuses, while characterizing hospitals as "places of benevolence and hope...So much good happens within their walls."

The authors also mistakenly attribute a decline in cervical cancer rates to the Pap smear, even as they document overuse that can cost more than \$360 million a year. The ACS and the National Cancer Institute (NCI) have perpetrated this myth of prevention for years with no interference from the FDA. But a Pap smear is not a treatment and cannot prevent cancer; it is one more widely used test with numerous problems. Some researchers and holistic practitioners even question whether so-called early treatment ultimately prevents death when research shows that treatments and other tests (such as mammograms) can, over time, cause and spread the cancer.

The authors believe it is possible to "take the guesswork out of health care"

and that research can be unbiased. It is difficult to dispel perceptions of biased medical research when the pharmaceutical companies control the design of the studies and the FDA acquiesces to giving the industry ownership of the study and whether to release the results. And in the context of Dr. Lucien Leape, Harvard School of Public Health, who includes in his definition of an unnecessary surgery when it "confers no clear advantage over a less risky alternative," studies relied on to approve a practice do not include comparisons with holistic modalities as they are applied by holistic practitioners.

Furthermore, the authors do not discuss financial relationships between government-funded agencies, mainstream medical journals and authors, and the pharmaceutical industry. Members of FDA panels that approve or reject an application have a history of direct conflicts of interest as recipients of funds from the drug companies. Drug companies also control medical school curricula and continuing medical education in this country.

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BOOK REVIEWS

The conventional medical community has been engaged in a continuous struggle to demonstrate that medicine is a science and not an art. These efforts have included trying to suppress and eliminate competition from holistic modalities and practitioners such as midwives, osteopaths (DOs), chiropractors (DCs), oriental medical doctors (OMDs), and naturopaths (NDs) among many modalities that have stood the test of time. Holistic practitioners believe that their successful outcome data reflect treating each patient as an individual with safe natural remedies (vitamins, diets, herbs, exercise) in different amounts and combinations. These practitioners reject the one-size-fits-all conventional medical paradigm. They also have effective and safe diagnostic tools and reject conventional practices that can harm patients. It is the rejection of the very practices criticized in this book that state boards often use to accuse a holistic practitioner of incompetence and withdraw their license, despite an absence of evidence of harm and loud protests from these practitioners' patients.

Holistic practitioners also reject double-blind studies that will use potentially harmful drugs on healthy people. These practitioners focus on determining what will benefit each patient without presenting additional harm, monitor the patient for evidence or a lack of evidence of improvement, and modify treatments accordingly. The valid bottom line for holistic practitioners is how each patient responds.

For example, published reports document the success of homeopathic remedies and chiropractic care in reducing and ending cycles of ear infections in children. Yet the First Do No Harm paradigm was abandoned when conventional pediatricians chose and the FDA permitted surgery as the first and the preferred treatment option for children suffering from cycles of ear infections. For back problems, osteopathy, acupuncture, massage, and homeopathy possibly in combination with supervised exercise, yoga, and/or Tai Chi should precede surgery, which may not even be needed.

Holistic doctors will spend one to two hours with patients to do what all medical students were once taught: "the human gathering of intelligence needed for an accurate diagnosis," taking the time "to look, listen, and even touch...." These practitioners use no drugs that can present more harm and rely on fewer or no tests hoping "that

something sticks" or on "consultations with specialists for nonexistent diseases."

So the solutions the authors offer fall short of exploring or even mentioning alternatives to conventional medical practices. There is an excellent discussion on the effective and safe diagnostic abilities of a Tibetan monk, but the authors were not curious enough to include information about his treatment options. This pattern of omission is a significant shortcoming in this book, and it should be kept in mind when the authors present gruesome outcomes followed by comments on the marvels of this same system.

In one sentence, the authors provide a genetic explanation for an American propensity to so blindly accept the optimistic characterization of all things medical in conventional practices. But this statement appears in the section of the book that discusses marketing and money. So it should be apparent that the unchecked media hype and the absence of investigative journalism are implicated in our vulnerability to and ready acceptance of marketing campaigns parading as sound science.

It is in this context that the authors also implicate the public for not being more discerning and for believing that more is better if the insurance is willing to pay for it. And there are American consumers who, after seeing and believing an ad, will shop around trying to access whatever the ad is promoting. So there should be serious efforts to reverse the FDA's decision in the 1980s to permit drug companies to advertise to the public. But the authors also show how consumers can be confused if their initial experiences are with doctors who overuse everything even if it is not necessary and may be harmful, such as overprescribing antibiotics, especially for children.

The Treatment Trap courageously explores and provides a credible explanation for the apparent disappearance of the First Do No Harm paradigm from health care in this country. And for that, the authors have performed an enormous public service.

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.

More of Alyce's reviews on page 83



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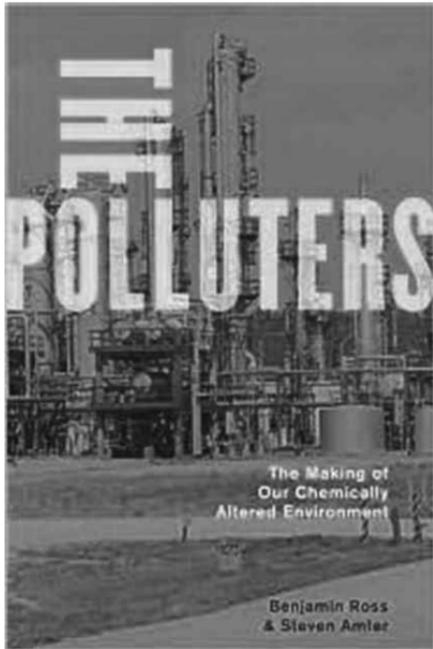
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BOOK REVIEWS



The Polluters: The Making of Our Chemically Altered Environment
By Benjamin Ross and Steven Amter
2010, 223 pages, \$27.95
ISBN13: 9780199739950
ISBN10: 0199739951 (HB)
Oxford University Press: New York

Pollution is the price of progress....
Waste disposal is a legitimate use of waters....
Water pollution would not be feared if the public did not expect too much....
Our air cannot everywhere be clear and clean.

—Industry spokesmen,
excerpted from *The Polluters*

This exhaustively researched book is a saga of American government at its best and at its worst. The book identifies early environmental incidents and the emergence of environmental standards and regulations. State water pollution efforts in 1888 moved to Congress in 1890, after urban typhoid epidemics in Massachusetts and New York were linked to sewage discharge. The authors trace how it became possible to put profit before people in this country. Written in a clear and engaging prose, the often-disillusioning chronology of events explains how businesses capitalized profits, socialized risks, and destroyed the commons.

Chemical manufacturing factories have a history of waste disposal problems and a resistance to spending the amount of money needed to protect workers and communities. Industries successfully pursued “spill, study, and stall” tactics that controlled the studies and thwarted meaningful state and federal regulations. Technology created the problem and technology would eventually solve the problem, the public was told after each environmental disaster.

Every sentence in this comprehensive empirical investigation matters. Gripping details untangle and elucidate case studies of “how business influences government when politics, pollution, and science merge.” Illustrations of how industries manipulated weak state and local

pollution controls demonstrate the need for strong federal standards. In an economic race to the bottom, companies played one state against another by threatening to move jobs to “business-friendly” states with low wages and anti-union, right-to-work laws devoid of environmental and workplace safety provisions. Companies moved factories from the Midwest to states such as North Carolina.

These strategies are still part of current congressional policies. An even more intense race to the bottom later moved the North Carolina factories to maquiladoras in Mexico, El Salvador, Southeast Asia, and China allegedly after Congress lowered/removed tariffs on imports that had protected some American markets and jobs. Congress then inserted an IRS code that continues to reward businesses for moving jobs offshore. The U.S. Agency for International Development often assisted companies by negotiating a “business-friendly” environment in those countries. (Outgoing Senator Byron Dorgan [D-ND] details many of these policies and their consequences in his book *Corporate Greed and Brain Dead Politics: Shipping Those Jobs Away*.)

The Polluters also refers to discussions of global warming and greenhouse gases as early as 1908. But as they did then, corporate and industrial interests continue to use the same obstructive tactics and strategies effectively. It is hard to read this book without wondering how we are still here, and what degraded condition are we actually in.

The lesson from the dinosaurs alluded to in this book amidst widespread environmental devastation and contamination really resonates. “The dinosaurs were a dominant species that failed to meet a challenge.”

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THE SPICE CHEST

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...continued from page 27

cancer, which got another uncle and is bothering his only son as I write this. Turmeric reduces the chances that I will get these and many other cancers.

At 81, I sense dementia or Alzheimer's may be awaiting me all too soon. That frightens me! Turmeric can slow the development of that frightening brain affliction affecting many of us seniors. I have never been diagnosed with high cholesterol, but I am convinced turmeric could compete with those dangerous statins you so often see and hear overly advertised. I suggest here that before you listen to the statin pushers (some FDA-approved cholesterol reduction drugs can cripple you in a surprising number of cases, perhaps up to 10%), you might reconsider. Statins may be more dangerous and less efficacious than my herbal alternatives—I call turmeric an Herbistatin™. One Indian study showed that 500 mg/day of curcumin (the active ingredient in turmeric) lowered the bad LDL cholesterol about 30% and raised the good HDL cholesterol almost 30%. Turmeric is one of the best of Herbistatins. As a food pharmaceuti-

cal to lower cholesterol, I suggest almonds, peanuts and pumpkin seed in a curry sauce, with, to your taste, coriander, curry leaf, fenugreek, garlic, ginger, lemon, sage, tamarind, wasabi, and/or watercress. I find no evidence that black pepper alone, or its piperine, raises HDL cholesterol; but by upping the intake of curcumin dramatically, black pepper serves as a "Herbistatin helper"—a synergist making the curcumin more effective at improving cholesterol levels.

Rosemary. Recently the AARP magazine featured a recipe colorfully called Creme De'mentia, playing on the word dementia, which is often linked as a cause of Alzheimer's. Rosemary, Shakespeare's "herb of remembrance," contains at least 40 antioxidants, and it is clear that oxidative damage is one of the problems in dementia. Dementia and Alzheimer's seem to involve one of the main messengers (acetylcholine) between the synapses of the neurons in the brain. In other words, the demented brain is misfiring. Rosemary has a dozen or so natural chemicals

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THE SPICE CHEST



ROSEMARY

that preserve that brain messenger. The first FDA-approved drug (Cognex) a couple decades ago also preserved that messenger. So does the most recently overrated pharmaceutical, Aricept. Like turmeric and garlic, rosemary tends to ward off plaque on the brain (often referred to as cerebral plaque, beta-amyloid plaque, and/or tau tangles), which is probably a more important cause of Alzheimer's and dementia. Curried garlic anyone? Turmeric is what makes curry and prepared mustard yellow. The brighter the yellow, the more medicine.

Saffron. Saffron rose in my spice ranking in 2010. Why? Once you realize symptoms of the onset of dementia are creeping in, depression may start creeping in, or come crashing in. I never really experienced depression until I was 80 years old, after 80 mostly happy years. And depression really crashed in, almost crushing me at age 81. The allopaths put me on Cymbalta, but that was too much for me. Iranian scientists clinically demonstrated that saffron, a very expensive golden spice, was as good as or better than Imipramine and Prozac for depression, and comparable to Aricept for dementia. Now I have a better combination, all-natural spice remedy – a walnut oil salad dressing with rosemary, saffron, and the flowers of St. John's Wort.

Cinnamon. Although I have never been diagnosed as such, my wife Peggy was identified as pre-diabetic when her blood sugar readings were getting close to diabetic levels. She was advised to take a cinnamon and a turmeric capsule daily. Surprisingly quickly, her blood sugar was under control. But that is anecdotal!

Bay leaf, cinnamon, cloves and turmeric are spices with proven anti-diabetic capabilities, but cinnamon is now backed up by evidence from clinical trials. I prefer cinnamon for cooking, and for the strength of clinical evidence that it works in humans for diabetes. Cinnamon is what I would recommend to those afraid of FDA-approved Avandia for diabetes. For over a de-

cade now, USDA research has shown that as little as a half spoon of turmeric a day can lower the blood sugar and normalize the insulin. And unlike the killer Avandia (some 1,300 deaths so far), cinnamon protects the heart instead of increasing the odds of heart attacks. I remember earlier this decade when JAMA said that everyone with diabetes should take an ACE-Inhibitor, a Beta-Blocker and a Calcium Channel Blocker, as well as a diuretic. Imagine telling pre-diabetics to take 4 hardcore pharmaceuticals to prevent the heart problems that happen to almost one of every three diabetics!

Many spices score well for diabetes, but like pharmaceuticals, work more successfully in concert with good diet, exercise and stress reduction. These lifestyle changes are equally useful, if not even more important. In addition to preventing Type 2 diabetes, cinnamon also has solid evidence for helping indigestion, lung problems, yeast and more, including helping me.

Black Pepper. I started my list with the red pepper, specific to me, because the capsaicin in red pepper is specific for neuropathy, which is plaguing me this new decade, perhaps my last. Black pepper is also very important to me because it speeds up the uptake of many important medicinal ingredients in the other spices, e.g., curcumin, the active anti-cancer ingredient in turmeric, and the most promising (to me) of the many anti-cancer spices. Yes, in some cases, when a little fresh ground black pepper adds its piperine to the mix, it can be like giving you as much as 20 times more curcumin. It potentiates many different medicines, natural and synthetic. That's the main reason it is on Duke's top seven spices. It will help most of the top six in one way or another. Rather than the plumber's friend, I think of the black pepper as the physician's helper.

Additional Resources:

Jim Duke's Green Farmacy Garden: Tour his personal garden of 300 important medicinal plant species and/or schedule personal consultations (in-depth reviews of herbs of interest)—by appointment only. Email: jimduke13@verizon.net.

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http://www.hort.purdue.edu/newcrop/duke_energy/

A database of Central American Ethnobotany

<http://www.ars-grin.gov/duke/dictionary/tico/index.html>

Duke, J.A., Bogenschutz-Godwin, M.J., DuCellier, J and Duke, PA. 2002. *CRC Handbook of Medicinal Spices*. CRC Press, Boca Raton, FL. 348 pp. ISBN-0-8493-1279-5

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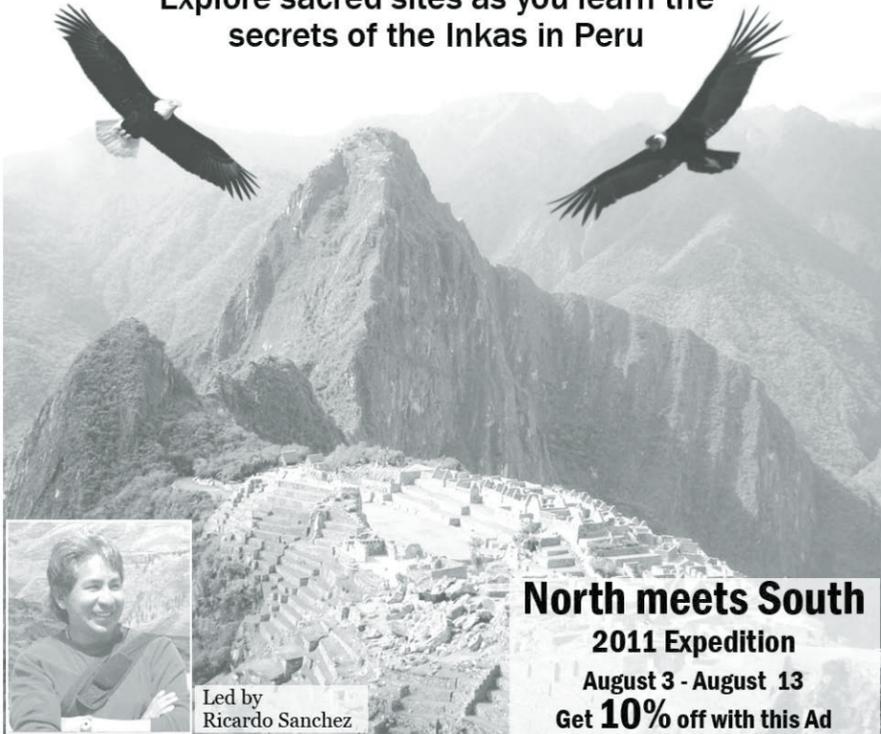
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SOUL OF A CITIZEN

Jesus and Climate Change: The Journey of Rich Cizik

...continued from page 29

lost to climate-related desertification each year," which in turn leads to major refugee migrations and potential wars over water. He coordinated a retreat with key evangelical leaders, like Rick Warren, and major scientists, like Houghton and Harvard's E.O. Wilson. Then he took a similar group to Alaska to witness the melting glaciers and permafrost, the disruption of native communities, the spruce trees dying because the bark beetles now survived the warmer winters. They visited Shishmaref, a native village that is being forced to relocate because the permafrost has crumbled beneath it and the sea ice that once served as a storm buffer is gone. "Our first night there, we saw a lunar eclipse, shooting stars, and the Northern Lights." It reminded him of the phrase in the psalm, "Creation pours forth its praise to its creator.... The heavens give witness to God's glory."

His Alaska group, said Cizik, "included those who believe life on earth was created by God, and those who believe it evolved over three and a half billion years. What became obvious to

both groups is that this earth is sacred and that we ought to protect it. God isn't going to ask you how he created the earth. He already knows. He's going to ask, 'What did you do with what I created?' If we're leaving a footprint that destroys the earth, we've failed to be good stewards."

The more Cizik learned, the more it challenged him to "treat caring for God's creation as a moral principle," and to continue enlisting others. In 2004, Cizik convinced the NAE to release a paper called "For the Health of the Nation," which urged its members to live in conformity with sustainable principles, talked of "creation care," and stated, "Because clean air, pure water and adequate resources are crucial to public health and civic order, government has an obligation to protect its citizens from the effects of environmental degradation." Two years later, he helped organize the Evangelical Climate Initiative, a major statement from 86 key evangelical leaders, including major megachurch pastors like Warren, the presidents of 39 Christian colleges, and the national commander of the Sal-

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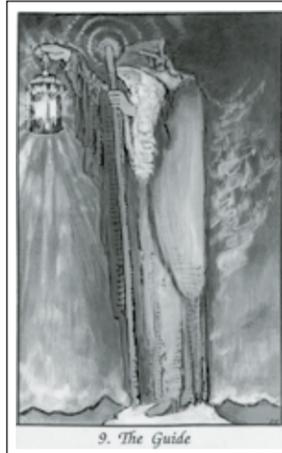


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SOUL OF A CITIZEN



“As a biblical Christian, I agree with St. Francis that every square inch on Earth belongs to Christ. If we don’t pay attention to global climate change, it’s pretty obvious that tens and or even hundreds of millions of people are going to die. If you have a major sea-level rise then Bangladesh becomes uninhabitable. Where do you put its 100 million people? Do you put them in India? In China? They’d have no place to go.”

—Rich Cizik

vation Army. The statement described climate change as an urgent moral issue for Christians and called for the government to act on it.

Cizik also joined James Ball of the Evangelical Environmental Network in carrying a placard to a pro-life rally that said, “Stop Mercury Poisoning of the Unborn” and handing out fliers explaining that most of the birth-defect producing mercury comes from coal-burning power plants. “If you care about the sanctity of human life,” he said, “then care about whether people live desperate lives and care about the mercury from power plants.”

As Cizik expected, not everyone was happy with his taking environmental stands. “I had people on my board who said, ‘Don’t touch the issue. If you do, we’ll make your life very difficult.’” Twenty-two evangelical leaders signed a letter urging the NAE not to take a position on global climate change. James Dobson, founder of Focus on the Family, and major conservative activists like Heritage Foundation founder Paul Weyrich and the Family Research Council’s Gary Bauer called for Cizik’s firing.

Some of this Cizik attributed to “simple ignorance of the science” and some to “bad theology—people who believe the earth is going to be destroyed anyway, so why bother.” But he also wondered how much came from people “afraid they’ll lose their power, influence, capacity to raise money, what they perceive to be their priorities. They’re afraid they’ll offend political allies.”

But Cizik and the others persisted. “As a biblical Christian,” he said, “I agree with St. Francis that every square inch on Earth belongs to Christ. If we don’t pay attention to global climate change, it’s pretty obvious that tens and or even hundreds of millions of people are going to die. If you have a major sea-level rise then Bangladesh becomes uninhabitable. Where do you put its 100 million people? Do you put them in India? In China? They’d have no place to go. Britain’s Christian Aid talks of climate change impacting one billion people by mid-century, with drought, floods, disease and malnutrition. I’ve asked African American leaders whether, as a white man, I can call climate change ‘the civil rights issue of the 21st century.’ Unanimously they say ‘You not only can, but you must.’”

Cizik believed he could still preach the gospel while also talking about these kinds of issues. “You need both. To go to bed at night and say that over a billion people live on a dollar a day and can’t go to bed themselves with a full stomach, can you live as a Christian happily in your suburban home, driving your SUV? Of course you can’t. Not as a real Christian. And if you happen to be a liberal, conservative or centrist, I don’t care. The gospel has priority over politics.”

Although Cizik and his allies never quite convinced the NAE to take an official stand on climate change, and he eventually got forced out after telling radio interviewer Terry Gross that he was beginning to rethink his opposition to gay civil unions, the organization reaffirmed the moral importance of “creation care,” a core perspective that encouraged further dialogue. And Cizik has gone on to start an organization, the New Evangelicals, devoted to issues like poverty and environmental engagement. He called his fellow evangelicals “a slow-moving earthquake. They don’t quite understand themselves how they’re changing, but they are.”

“The issue shook my theology to its core,” Cizik told me. “It changed me as much as my being born again thirty years before. This threatens the whole planet, so it raises a basic issue of who we are as people. Climate change isn’t just a scientific question. It’s a moral, a religious, a cosmological question. It involves everything we are and what we have a right to do.”

Adapted from the wholly updated new edition of Soul of a Citizen: Living with Conviction in Challenging Times by Paul Rogat Loeb (St Martin’s Press, \$16.99 paperback). With over 100,000 copies in print, Soul has become a classic guide to involvement in social change. Howard Zinn calls it “wonderful...rich with specific experience.” Alice Walker says, “The voices Loeb finds demonstrate that courage can be another name for love.” Bill McKibben calls it “a powerful inspiration to citizens acting for environmental sanity.” Copyright © 2010 by the author and reprinted by permission of St. Martin’s Griffin.

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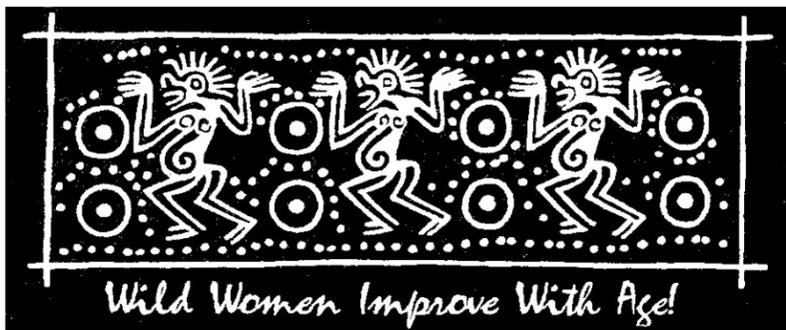
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Cracking The Code To Living In The Present Moment An Antidote To Stress And Burnout

BY SUZANNE SCURLOCK-DURANA

Everywhere I go these days, people are feeling stressed out. "I'm exhausted." "I can't sleep." "I'm overwhelmed." "I can't cope." These are just a few of the complaints I commonly hear. So many people seem to have their fight-flight-or-freeze mechanism stuck in the "on" position that they're depleted. They've lost their resilience.

The antidote to this burned-out feeling is held in the present moment – that eternal "being" state so many spiritual traditions talk about. Eckhart Tolle gave us a vision of the power in the present moment. But until now, the how-to instructions to get there have been elusive. And once you find them, they're often hard to understand.

Yet it has never been more important to learn how to step into the present moment than it is right now. With the breakneck speed of our culture, our busy schedules and the demands of our personal and professional lives, it's imperative that we crack the code

and learn how to drop into the present moment so we can tap the power there.

Now you may be wondering, why in the world would I put one more thing on my overloaded schedule? Because being in the present moment creates a far more spacious sense of time. In the present moment, you have access to more grace and ease to help you respond to the world around you. You have more clarity about what's truly important. And you have more energy available to meet the tasks at hand.

The Simple Guide to Returning to the Present Moment

To me, present-moment consciousness is the ability to feel, recognize and accurately interpret sensations—sensory information in your body and the environment around you—moment to moment.

When I'm in the present moment, I feel connected to the world in a way that's healthy and life enhancing. I'm able to discern when to say "yes" and when to say "no" to what's offered. I'm able to give *and* receive. Essentially, I'm

putting my oxygen mask on first before trying to help anyone else. These are all keys to cracking the code of present-moment consciousness.

One example of the far-reaching effects of coming back to the present moment happened several years ago when I was preparing to leave on a month-long trip with my family. Even in the flurry of last-minute packing with a thousand details pulling at me, I took a few minutes to sit down and return to the present moment. As I dropped inside and filled myself up, I found my racing thoughts slowing down. The confusion and overwhelm cleared. I felt as though I was returning to the center of my own universe, resting back in my own power. Details that I'd been forgetting showed up in my consciousness. Time expanded until it no longer felt rushed. The things I could drop became clear, and the things that were important came into focus. The shift in my awareness was dramatic.

continued on page 90



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MIND • BODY • SPIRIT

Cracking The Code To Living In The Present Moment: An Antidote To Stress And Burnout

...continued from page 89

You have the same gift waiting for you right now. Follow these 5 simple steps to return to this ultimate “being” state in your life:

Step 1: Establish a connection with your inner landscape—that ever-present navigational system that’s ready to guide you at any moment. You need to “slow down time,” as I call it, and give your full attention to the process.

Drop what you’re doing and find a quiet place where you can sit comfortably with your feet on the floor. Allow your eyes to close fully or partially so your visual field is not a distraction. Then begin to move your attention inward.

Step 2: Invite your curiosity—your openness to discovery—to lead you. Then simply start paying attention to your normal bodily processes, like your breathing. Notice your inhalation and exhalation, how your ribs and chest feel as they expand and contract, how your belly feels rising and falling, the temperature of the air as it enters your nostrils. Just be curious about

what’s going on in your breathing in this present moment.

Let any intrusive thoughts that try to drag you off simply float away until your exploration is over. Kindly but firmly show those thoughts the door as they appear.

Step 3: Let your curiosity lead you down into your body until you notice how your feet feel making contact with the ground. You might notice the inside of your shoes cradling your feet. You might be barefoot and feeling the surface of the floor. Just be curious about this contact. Does it feel cool or warm? Is it rough or smooth? Can you feel your heels as keenly as you can feel your toes or the balls of your feet? Simply notice. There are no right or wrong answers here.

If a sensation reminds you of something or you start spinning off into “what this feeling means,” treat it like any intrusive thought and let it go. Then return to the sensation of what your body is feeling right now in this moment—temperature, texture, color, density—with no interpretation.

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SO TREAT YOUR FEET WELL AND YOUR BODY WILL THANK YOU!

MIND • BODY • SPIRIT

Be creative. Discover pockets of time in your day that can anchor you back in the present moment as you slow down time, drop inside and fill the container of your being.

Step 4: Establish a life-enhancing connection with your environment. Allow yourself to imagine what the earth under you feels like. We're all connected through the earth's gravitational field, so *feel* it. Travel down into the earth as if you're putting down roots of awareness. Go as far as you're comfortable. If that means you have tiny roots right on the surface, that's fine. If you have a taproot the size of a redwood headed for the core of the earth, that's fine, too.

Step 5: Allow yourself to receive from the earth's field whatever sensations feel most nourishing and nurturing in this moment. Don't go on autopilot. This isn't a mental process. You aren't *willing* yourself to receive. You are simply opening to receiving.

Ask yourself, "What sensation would feel most nourishing to my feet right now?" Simply notice whatever feeling, texture, color or temperature shows up in your feet. Allow yourself to soak it in as fully as you can. Then travel up through the rest of your body asking the same question.

Go at a pace that works for you. Take your time—through your ankles, calves, knees, thighs, pelvis, belly, spine, mid-section, chest, shoulders, arms, hands, neck and head—moving out through your crown and allowing that nourishing sensation to shower down around you.

You'll probably notice your experience changing as you ask each part of you what would feel most nurturing and nourishing. Allow it to be whatever shows up, as long as the sensation is life enhancing. If you get to an area that has a hard time receiving, just allow it to receive what it can and then continue on. You can always come back later and offer it more assistance once you're energetically full.

Now that the container of your being is full of nourishing sensation, you are in the river of life. It is consciously flowing through you. You have en-

tered the present moment of sensation awareness. Congratulations! Enjoy the gift of this moment.

Of course, just reading this cannot convey this simple yet profound experience. Set aside at least 10 minutes to dive in and play with the process. Like anything else, it works best when it becomes a habit you weave into the fabric of your day. Take a few minutes to do this inner exploration every morning and it is much more likely to be there for you when you need it in times of stress.

From the present moment, life simply flows. You don't need to waste time or energy dwelling on the past or worrying about the future. Information you need from both the past and the future naturally comes to you in this moment.

The key is to practice on a regular basis so you can remember to use these navigational skills when you need them. Fortunately, you have a thousand opportunities every day. Try feeling your feet and connecting with the earth while you're brushing your teeth. Or take three deep breaths while feeling your feet before you enter your treatment room. Or at the end of each session, gently hold your client's feet while you ground yourself.

Be creative. Discover pockets of time in your day that can anchor you back in the present moment as you slow down time, drop inside and fill the container of your being. After all, the present moment is the only time there really is. When you navigate back home to the present moment, your natural vitality and resilience returns, there's more wisdom in everything you do, and you can experience the great and small joys of life once again. Enjoy!

Suzanne Scurlock-Durana is the author of Full Body Presence: Learning to Listen to Your Body's Wisdom. For more information visit www.FullBodyPresence.com or email your comments to office@HealingFromTheCore.com.

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

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

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

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THE HERB CORNER

Seasonal Affective Disorder (SAD) or Seriously Ayurvedically Deficient?

...continued from page 21

mild to moderate depression. When it comes to SAD, think of this plant as sunshine in a bottle! Taken through the winter months, St. John's Wort can help keep your energy up and your enthusiasm flourishing. My favorite prepared product is New Chapter's Serofin, another Supercritical extract and a very powerful helper.

Lemon Balm (*Melissa officinalis*), **Lemon Verbena** (*Aloysia triphilla*), and **Lemon Grass** (*Cymbopogon citratus*) are, as I call them, the Three Sour Sisters. As I mentioned before, the sour taste is very stimulating, and the great thing about these Three Sour Sisters is that the lemon taste makes them very palatable. According to both Chinese medicine and Ayurveda, the sour taste is most stimulating to the liver. The liver deals out the cards of our energy level, so when we are depressed and feeling low, the upward moving energy of the liver is our ally.

Bacopa (*Bacopa monnieri*, also known as Brahmi) is an herb used to help increase mental focus and ease restlessness. It is also used to treat fatigue and nervous exhaustion. It can be very use-

ful in both Kapha-type and Vata-type (anxious) depression.

Yarrow (*Achillea millefolium*), as many of you know, is the herb that made me decide to be an herbalist in the first place. Bitter in taste, yarrow cuts through the heaviness of a kapha excess and allows our breathing to be freer.

Lobelia (*Lobelia inflata*) is a very powerful ally that needs to be used very carefully. Do not take more than 5 drops of Lobelia inflata tincture unless under the supervision of an herbalist. However, in a dose of 5 drops or less, Lobelia opens up the heart and lungs and can be very effective in treating depression.

Hops (*Humulus lupulus*), along with coffee, is arguably the most popular herb in America today. When added to beer, Hops gives the bitter stimulation that balances the dulling effect of the alcohol. Trust me when I say beer without hops would be dull indeed.

Epazote (*Chenopodium ambrosioides*) is an herb that our Hispanic sisters and

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"It is a bewildering thing in human life that the thing that causes the greatest fear is the source of the greatest wisdom."

— C. G. Jung



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THE HERB CORNER

brothers throughout the world add to the protein source of beans. It almost completely eliminates the gas-producing effects of beans. However, for our purpose of lifting up those with depression, the bitter stimulation of Epazote is the action desired.

Chocolate (*Theobroma cacao*), whose Latin name means "Food of the Gods," has been enjoyed by depressed people everywhere. The one suggestion I have as an herbalist is to use the bitterest chocolate that you find delicious and delightful. This is an example of the herbal maxim "the bitterer the better."

Depression with Anxiety: Herbs to the Rescue

While this article is predominantly discussing the Winter Blues, or Kapha-type depression, depression with anxiety (Vata-type) remains a common concern all year round. The following products are those I find very helpful for mild depression with anxiety or restlessness.

One of the main herbs used for depression with anxiety is Kava Kava. This herb comes in 1 oz. tincture; I like the Gaia and HerbPharm tinctures best. Happy Camper from Natural Balance comes in 60 capsule bottles. The best thing about Happy Camper is that

it works quickly (10-15 minutes). The second best thing about Happy Camper is the cheerful yellow label! Serenity tincture from Gaia Herbs is also a Kava Kava-based blend. This is one of the first ones I recommend for folks with recurring episodes of anxiety.

Another favorite for the younger learning herbalist among us is Positive Teens and Kids from Planetary Herbs, which comes in 60 capsule bottles. This formula is based on Bacopa, an excellent herb for the mind.

For nourishing the nervous system, I like Wholmega from New Chapter. This omega fatty acid blend is up to New Chapter's high standards and is an excellent support for all kinds of mood concerns.

Aromatherapy is a simple and effective aid to improving your mood. Try any of the following refreshing, stimulating, and clarifying essential oils: peppermint, sage, rosemary, lemon, orange, basil, clove, eucalyptus, thyme, or cinnamon. In fact, an essential oil diffuser combined with a light box or full-spectrum light bulb in your desk lamp can give truly extraordinary results!

Hot and cold showers are incredibly effective for raising the spirits and creating flow. This is especially true when you end with cold water on your back because the bladder meridian points are predominantly on the back. This

may seem counter-intuitive because a kapha condition is, among other things, an excess of cold, so it is important that you do the hot part, to heat up the kapha first. This technique wants just to stimulate the bladder meridians on the back not the entire body. Another way to get water flowing is with a bit of massage. Massage with rubbing alcohol is well known throughout the sports world as one of the most stimulating forms of massage and can really help to get that energy moving around.

For those a little more advanced in Ayurveda and their understanding of Yoga, there are also the techniques of Neti, Nasya and Pranayama (as per my article "Three N's for the Nose in Winter: Nasya, Nettles and Neti" in *Pathways* last Winter). In the breathing technique of Yoga called Pranayama, one who is feeling depressed would strengthen the Udhana and Vyana phases of breath. Udhana is the upward moving breath that allows us to express ourselves, and Vyana is the outward moving breath. Even though we say we're "down and out," in depression it's really down and in. So it's the upward and outward moving breaths that change the problem.

Ayurveda teaches that all pain is an absence of an attribute of God. So, since fear is projecting into the future a painful result, and faith is projecting

the future to be in God's hands (or not projecting at all), I leave you with this thought: "Fear not tomorrow, God is already there."

A final note of caution...If you are having any kind of crisis do not wait to ask for help. CDC advises the following:

If you or someone you care about is in crisis, please seek help immediately.

- Call 911
- Visit a nearby emergency department or your health care provider's office
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor

Since 1975, Tom and Linda Wolfe have co-owned the Smile Herb Shop in College Park, Maryland. Tom, a Professional Member of the American Herbalists Guild, teaches classes at Smile Herb Shop throughout the year about all aspects of growing herbs and healing with herbs. If you go to Smile's website, www.smileherb.com, there is a list and description of available classes, as well as detailed descriptions of the herbs mentioned in this article. See the Smile Herb Shop ad on page 40.

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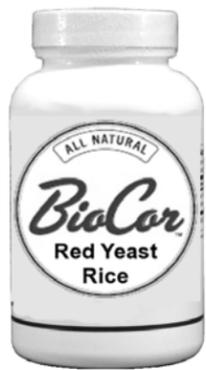
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PATHWAYS INTERVIEW

James A. Duke: The Healing Power Of Plants

...continued from page 9

Each herb, from turmeric to hot pepper, contains about 5000 biological chemicals, or phytochemicals. All are biologically active. I mean, that's incredible!

A century or so ago, there was a massive shift in the practice of medicine from plants as the primary healing agents (which had been true since the dawn of humanity) to synthetic pharmaceuticals. What would you say was lost and gained in that shift?

Synthetic pharmaceuticals, your genes have never known. And that's why these FDA-approved synthetic chemicals kill over 100,000 people a year. People have no genetic experience with them. We've lost the synergies of the mixtures of the 5000 chemicals in each herb, which your genes have known for thousands of years (if you're Biblically oriented) or millions of years (if you're evolutionarily oriented).

Each herb, from turmeric to hot pepper, contains about 5000 biological chemicals, or phytochemicals. All are biologically active. I mean, that's incredible! It's chaotic. Your genes know these things that your ancestors ate, and your genes will mine them like menus of active chemicals, and pull out the ones it wants and piss out the ones it doesn't want. [See the Multiple Activities Menu at www.ars-grin.gov/duke/dev/all.html]. That's what homeostasis is. You and I and most alternative practitioners know about that,

but few of the allopaths think about the fact that the synthetics are unknown to your genes. When you take them, it's going to throw you out of balance. It might help you in some ways, but it might throw you out of balance in other ways. And then you'll return to the physician to find out what to do for the problems the synthetic caused.

In some other countries, medical physicians prescribe herbs far more than American doctors. For example, German MDs prescribe St. John's wort for depression more often than prescription medications like Prozac and Paxil. Why is there such a difference?

America is run on a faulty premise, "Better living through chemistry." And we have been convinced (though I've never been convinced) that herbs are dangerous and that synthetic chemistry is the answer to all our problems, when literally it is the genesis of most of our problems.

Tell us about your travels to the rainforests of Central and South America.

Believe it or not, although I've been interested in botany and edible plants since the age of five, I didn't have a major conversion in my life until I moved to Panama in 1965 with my wife and my very young children. And while

there, I worked with the Choco Indians and the Kuna Indians in the eastern part of Panama, which is very sparsely populated.

While I was living with these wonderful people, I saw that their children were just as happy and healthy as my children back in the Panama Canal Zone, with the best of American allopathic medicine. And I said to myself, "These Indians are on the right track, if not the righter track." That was my mid-life conversion to the belief that herbal medicine is better than what we've been getting. I truly believe that we are being killed by our medicine. Medicine is the number four killer in the U.S. these days and none of these herbs are doing this killing.

When you take an herb, you get a menu with those 5000 chemicals, which can often help things you weren't even seeking help for. You take the synthetic medicine and it can help, especially if the diagnosis is correct (and about 50 percent of diagnoses aren't). But taking any pharmaceutical will upset your body more than if you took an herb. So we've gone the wrong direction. And I think those Europeans, who at least tolerate prescribing the herbs, are way ahead of us.

You mentioned something about people visiting your garden and spoke about the Tai Sophia students coming there to learn



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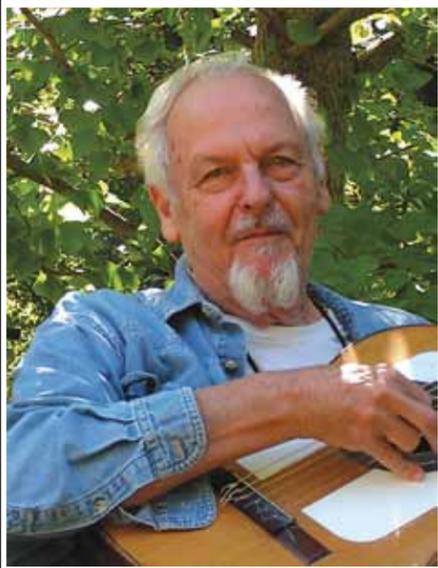
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PATHWAYS INTERVIEW



America is run on a faulty premise, "Better living through chemistry." And we have been convinced (though I've never been convinced) that herbs are dangerous and that synthetic chemistry is the answer to all our problems, when literally it is the genesis of most of our problems.

about the plants. Do you encourage visits by others who are interested?

I like to have groups of between 20 and 30, for a couple of hours. I show them, among my 300 plants in the garden, those that are currently of greatest interest to me. This week, cinnamon is of interest to me, because Avandia [a prescription diabetes medication] is close to being taken off the market, and cinnamon is infinitely better than Avandia. Vioxx has been taken off the market, and I would show them that cap-

saicin, from the hot pepper, is a better Cox-2 inhibitor than Vioxx was. Vioxx killed 90,000 people within ten years.

We've gone in the wrong direction. I've even had the FDA out here four times, but they were lower echelon people who think more like I do. It's almost as if the upper echelons are on the payroll of Big Pharma.

It's nice to know that there is at least someone within the bowels of the bureaucracy with some creative thinking.

The upper echelons of the bureaucracy would not even let us say that prunes are a laxative because it hasn't been proven to their satisfaction. Let them eat prunes!

That says it all, doesn't it? Is there anything else you'd like to tell our readers?

Well, I've been thinking all day about lycopene, from tomato and an herb that I have in the garden, which has a lot more lycopene than tomato.

Lycopene is connected with red color in plants, correct?

Yes. The best source I have here among the plants that have been analyzed is an invasive weed called Russian olive or autumn olive. It's richer in lycopene than tomato, watermelon, guava and the flower pot marigold. Lycopene could probably help prevent every cancer that's on the books. Turmeric is probably even better. I would recommend those to anyone with any hormone-related cancer. I would also tell them not to listen to their allopath if they tell them, "Don't you dare take the antioxidants while we're shooting you with chemotherapeutics." That's controversial, I know, but I certainly think that turmeric could be proven better than any chemotherapeutic out there.

But because the turmeric plant can't be easily patented like a drug, there's no financial incentive for a drug company to make the necessary investment to test that hypothesis. In theory, government could fund the studies, but they haven't. Also, I'm guessing that a study in which a group of cancer patients does not receive chemotherapy probably could not be approved, as things stand now.

It costs \$1.7 billion now to prove a single chemical according to FDA specifications. And turmeric, provably, has 5000 chemicals. How much would that cost? And what company, or what country, has that kind of money? FDA and FTC are costing many American lives, making it impossible to attain this simple check.

The way they could check it out would be to set up a clinical trial. Is turmeric better? Prove us wrong. Instead, the drug companies compare their drug to another drug, or with a placebo.

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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WINTER CALENDAR

DECEMBER

-4-

Beyond Meditation..Beyond Prayer – Dynamic decrees for the New Age of Aquarius! You've read *Messages from Water* and *The Secret*. Get the real story on the Law of Attraction – The Science of the Spoken Word. The Summit Lighthouse/Washington DC Community Teaching Center Winter lecture Series, 2pm-4pm, 7302 Carroll Ave., Takoma Park. 301-270-3312; www.washdctc.org.

Pathways to Sacred Presence: Yoga and Meditation Day. John Schumacher and Tara Brach, renowned teachers of Iyengar Yoga and Vipassana meditation, respectively, will lead this day of reflection. \$75 registration. Held at the Unitarian Universalist Church of Rockville, MD, 9am-5pm. Call 301-656-8992 or visit www.unitywoods.com for details.

The Heart and Emotional Healing. 9am-5pm. Learn effective emotional management techniques using heart intelligence and HeartMath practices. \$100 by 11/24; \$120 after. IAS (www.ias-online.org).

12/4-5 **28th Annual Christmas Revels: In Celebration of the Winter Solstice.** Washington Revels present English Country music, dance, and drama. Matinees and Evenings. Order

tickets online at revelsdc.org.

-5-

Pajamarama at Big Bad Woof! 7am to 10am. You must be wearing pajamas to receive your 20% discount at The Big Bad Woof. For other events: www.thebigbadwoof.com

-7-

Tai Sophia Graduate School Open House. Learn about our graduate certificates in Transformative Leadership, Herbal Studies, Health/Wellness Coaching, Chinese Herbs, and Medical Herbalism. 6pm – 8pm. 410-888-9048 x6647; www.tai.edu

-10-

12/10-12 **28th annual Christmas Revels: In Celebration of the Winter Solstice.** Washington Revels present English Country music, dance, and drama. Matinees and Evenings. Order tickets online at revelsdc.org

-12-

Quick Simple Ways To Clear Negative Energy Around You And Balance Your Energy System. Perfect way to start the holidays! 2pm-4:30pm, www.restonreikiandselfhealingarts.com, or call 703-472-3481.

-15-

Deconstructing Cravings. Learn the 8 primary causes of food cravings and tips to listen to what your body is re-

ally hungry for. 6:45pm-8pm. Contact David Cockrell, Health Counselor at 301-221-0134, www.white-oak-wellness.com.

-16-

Holistic Moms Network Arlington/Alexandria Chapter Meeting, 7pm-9pm. Homeopathy 101: Presentation by Dr. Christopher Johnson of Thrive Naturopathic. AUMC, 716 S. Glebe Road, Arlington, VA. http://holistic-momsarlex.blogspot.com/

-19-

Annual Christmas Concert. Join Unity of Washington DC's Sanctuary Choir for their annual event featuring carols, hymns, and holiday songs. 7:30pm at 1225 R. St. NW, Washington DC. Visit: unitywdc.org or call: 202-543-1414.

Sunday Meditation Practice: IAS (www.ias-online.org), \$10/session.

-27-

Free Introductory Yoga Class, 4:30pm. Introductory class on yoga and meditation. Free, at Unity Woods Yoga Center, 4853 Cordell Avenue, PH 7, Bethesda, MD. For information call 301-656-8992 or visit www.unitywoods.com.

-28-

Free Introductory Yoga Class, 12:15pm. Introductory yoga class in the Iyengar method of yoga. Free, at Unity Woods Yoga Center, 4853

Cordell Avenue, PH 7, Bethesda, MD. For information call 301-656-8992 or visit www.unitywoods.com.

-30-

Gallery Reading & Spirit Greetings with NSAC Certified Medium Konstanza Greer, 7pm-9pm, Silver Spring, MD. Visit www.silverspringoflight.com for details, or call 240-542-9414.

-31-

New Year's Eve Psychic Fair at Sacred Circle in Alexandria, 7pm-10pm. What's ahead for you in 2011? Walk-ins only. \$25 per 15-minute session. 919 King St., Alexandria, VA, 703-299-9309.

Unfolding from Within: A Yoga Workshop. At the transition to the New Year, this workshop will let us observe the breath in a variety of quieting, restorative poses. \$45 registration, as a benefit for Democracy Now. Held at Unity Woods Yoga Center, 4853 Cordell Avenue, PH 7, Bethesda, MD. Call 301-656-8992 or visit www.unitywoods.com.

JANUARY

-1-

Medical Qigong Certification Classes from the International Institute of Medical Qigong (MD/PA branch). Visit us at www.BethesdaAcupuncture.com or 301-655-1600.



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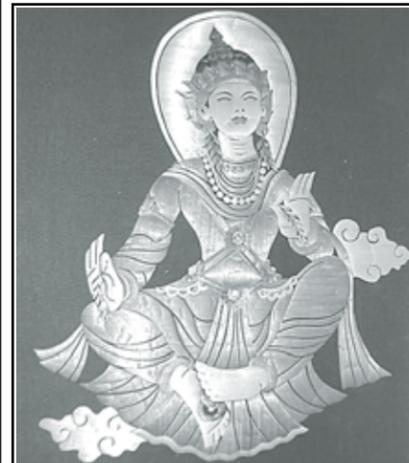
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WINTER CALENDAR

-2-

1/2-8 Free Introductory Yoga Classes. Daily classes at Unity Woods Yoga Centers in Bethesda, Woodley Park and Ballston. Call 301-656-8992 or visit www.unitywoods.com for details and schedule.

-3-

1/3-9 Free Yoga, Pilates, Yoga Nidra & Meditation! Takoma Park & downtown Silver Spring locations, Willow Street Yoga Center. Details at www.willowstreetyoga.com or 301-270-8038.

-8-

Admission Events for Washington Waldorf School. Preschool/Kindergarten January Open House, 10am-Noon. For more information: 301-229-6107, or visit www.washingtonwaldorf.org.

Free Introduction to Yoga Workshop at Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Rd., Suite 104, McLean, VA 22101. 10am-12pm. Register at www.DreamYogaStudio.com, or call 703-448-YOGA (9642). Also, apply now for February-October 200-Yoga Teacher Training program.

1/8-9 Diamond Approach Introductory Weekend, a spiritual path developed by A. H. Almaas. Learn the practice of inquiry using heart, body and mind. Saturday & Sunday, 10am-5:30pm in Takoma Park, DC. \$150 by December 24, \$175 thereafter. See our

logo listing for more information. Contact Barbara: bearwise@verizon.net, 202-746-9473. www.ridhwan.org

1/8-9 Spirit Communication & Mediumship Workshop. NSAC Certified Medium Konstanza Greer offers this 2-day workshop to open up your natural ability to communicate with your spirit loved ones and spirit guides. Location: Silver Spring, MD. Visit www.silverspringoflight.com for details.

-9-

Make Your Ascension in this Life! Jesus came to show us how to make our ascension in this life, not to become an idol. Come find out the real story and the real goal of life. The Summit Lighthouse/Washington DC Community Teaching Center Winter lecture Series, 2pm-4pm, 7302 Carroll Ave., Takoma Park. 301-270-3312; www.washdctc.org.

-12-

Admission Events for Washington Waldorf School. Information Evening at 8pm. For more information: 301-229-6107 or visit www.washingtonwaldorf.org.

Wednesday Night Mediumship Development Circle, 7:30pm-9pm. NSAC Certified Medium Konstanza Greer offers this unique practice opportunity for those who are interested in

developing their mediumship & psychic gifts in this 8-week circle. Silver Spring, MD. Visit www.silverspringoflight.com for details.

1/12- 3/30 Born to Serve Study Program. Modeled on The Clarion Way website study program, this weekly group-based study of Susan Trout's *Born to Serve* is for those wishing to experience service as inspiring, enlivening, and refreshing. \$180 by 1/5; \$300 after. IAS (www.ias-online.org).

-13-

Admission Events for Washington Waldorf School. Observation Morning at 8:15am. For more information: 301-229-6107 or visit www.washingtonwaldorf.org.

-15-

Qigong Healing Certification Class, in Silver Spring, MD. www.tccii.com or 301-785-7505.

-18-

Demystifying Rolwing®. Recent press about Rolwing® suggests it is painful. Come find out the truth with Advanced Rolfer® Mary Starich, PhD, as she takes you through a brief history and demonstration showing you the power of Rolwing®. White Oak Wellness: 301-437-2825, www.white-oak-wellness.com.

continued on page 98

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WINTER CALENDAR

JANUARY 18 ...continued from page 97

Free Wellness at Tai Sophia: Supporting Fertility with Acupuncture, 6:30pm-8pm. www.tai.edu; 410-888-9048 x6611

-19-

Free Wellness at Tai Sophia: Stillness, Reflection, and Meditation, 6:30pm-8pm. www.tai.edu; 410-888-9048 x6611

-20-

Free Wellness at Tai Sophia: Whole Foods: Nourishing Mind, Body, Spirit, 6:30pm-8pm. www.tai.edu; 410-888-9048 x6611

Holistic Moms Network Arlington/Alexandria Chapter Meeting, 7pm-9pm. Special Diets: Presentation on Gluten-free, Dairy-free and other special diets. AUMC, 716 S. Glebe Road, Arlington, VA. <http://holisticmom-sarlalex.blogspot.com/>

-22-

Fairhaven School Open House, 1pm-4pm. Extraordinary approach to K-12 education for children ages 5-19. 301-249-8060, www.fairhavenschool.com

1/22-1/23 **Awakening the Heart: The Clarion Way Training**. This Training Module of TheClarion Way is to sup-

port awakening the heart to a collective understanding of what wants to emerge in today's world and to translate that understanding into meaningful group life, leadership, service. It will integrate the spiritual teachings of Susan Trout's Soul and Service Trilogy with those of Torkom Saraydarian's The Flame of the Heart to provide the participant with practical ways to develop and integrate heart and mind. \$140 by 1/12; \$180 after. IAS (www.ias-online.org)

1/22-23 **Reconnective Kids classes** see <http://ReconnectiveCoop.com>

1/22-23 **Level III, The Reconnection** email Kaille@TheReconnection.com or see <http://ReconnectiveCoop.com> for details

1/22-23 **The Way of the Shaman: The Basic Workshop**, Beltsville, MD, area. Taught by Philip Dana Robinson, Teaching Associate of Michael Harner and his Foundation for Shamanic Studies (www.shamanism.org) for 24 years. Experiential training introducing the basic methods of shamanism, an ancient spiritual strategy for remarkable personal learning. The focus is on the shamanic journey, the voyage of the shaman into non-ordinary reality (the spirit worlds), aided by drumming. Shamanic divination and shamanic healing techniques will be

covered. For information, contact Dana at danacougar@goeaston.net. See his own web site at www.shamantracks.com.

-23-

Usui Reiki 1: Learn about and experience the gentle universal Energy of Reiki. 2pm www.restonreikiandself-healingarts.com, or call 703-472-3481.

-24-

Free Wellness at Tai Sophia: Introductory Movement Class: Qi Gong: Dance of the Phoenix, 6:30pm-7:30pm. www.tai.edu; 410-888-9048 x6611

-25-

Free Wellness At Tai Sophia: Winter-time Herbs & Herbal Preparations, 6:30pm-8pm. www.Tai.Edu; 410-888-9048 X6611

What Meditation Really Is. A ten-week course on meditation in the Tibetan Buddhist tradition. Tuesday evenings, 7pm-9pm, starting Jan. 25th. Near the Dupont Circle Metro at 1825 Jefferson Place NW, Washington, DC. For info and registration, visit washington.usa.rigpa.org.

-26-

Free Wellness At Tai Sophia: Introductory Movement Classes: Medical Longevity Qi Gong And Three Jewels Qi Gong, 6pm-7:30pm. www.Tai.Edu; 410-888-9048 X6611

-27-

Free Wellness At Tai Sophia: Introductory Movement Class: Yoga And Meditation, 6pm - 7:30pm. www.Tai.Edu; 410-888-9048 X6611

-29-

Save Those Seeds! Save The Dates! *Washington Gardener Magazine's* 6th Annual Seed Exchanges at Brookside Gardens in Wheaton, MD. For registration details, please visit www.WashingtonGardener.com or <http://washingtongardener.blogspot.com>.

Tai Sophia Graduate School Open House. Learn about our master's degrees and new graduate certificates in Transformative Leadership, Acupuncture, Herbal Medicine, Health/Wellness Coaching. 9:30am-12:30pm, 410-888-9048 x6647; www.tai.edu

-30-

Body Massage Ball Workshop. Massage balls for stress relief and spinal flexibility. Specialized balls for reflexology, scoliosis, neck, shoulders and lower back issues. Wholesale for health professionals. Sunday workshop (\$30) from 1pm-3pm in Metro area. For details: 301-365-2424; www.yogaplus.com.

Sunday Meditation Practice: IAS (www.ias-online.org), \$10/session.

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WINTER CALENDAR

Washington Revels Pub Sing in Silver Spring. Good food, Good drink, Good company, Good music. Sing-along, songbooks provided. 6pm-9pm. Advance ticket purchase required: revelsdc.org.

1/30-2/6 Dr. Pillai's 2011 Birthday Trip to North India. Join Dr. Pillai on his Birthday in North India! Spend 7 days in some of the ultimate divine destinations for liberation and inner transformation – Varanasi, Haridwar, and Rishikesh. The greatest spiritual blessing and honor is to be with an Enlightened Master on his birthday. More information: <http://PillaiCenter.com>.

–31–

Free Intro Talk re: Braided Way Healing Arts School Level 1 Chakra Balancing Course (course begins Feb. 7, 2011). Arlyn Kline, RN has 28 years experience as teacher/practitioner of chakra balancing and has studied extensively with Rosalyn Bruyere, Brugh Joy, and Swami Muktananda. MD massage CEUs. 6:30pm at the Baltimore Centre for Wellness. Info: www.braidedwayhealingarts.com, 410 203-2226, Ext. 5.

FEBRUARY

–1–

Mindfulness-Based Cognitive Therapy (MBCT) Classes. Eight-week classes for people with mild-moderate depression and/or anxiety or those in remission. Learn how to positively affect your mood and anxiety and prevent relapse with a blend of Mindfulness Meditation, education, and cognitive therapy concepts. Upcoming classes Feb-Mar or Mar-April 2011. Contact Nancy Brutsché: 301-793-8715 or brunanette@yahoo.com.

–2–

Admission Events for Washington Waldorf School. Information Evening at 8pm. For more information: 301-229-6107 or visit www.washington-waldorf.org.

–3–

Admission Events for Washington Waldorf School. Observation Morning at 8:15am. For more information: 301-229-6107 or visit www.washington-waldorf.org.

–5–

Gallery Reading & Spirit Greetings with NSAC Certified Medium Konstanza Greer, 7pm-9pm, Silver Spring, MD. Visit www.silverspringoflight.com for details, or call 240-542-9414.

Save Those Seeds! Save The Dates! *Washington Gardener Magazine's* 6th Annual Seed Exchanges at Green Spring Gardens in Alexandria, VA. For registration details, please visit www.WashingtonGardener.com or <http://washingtongardener.blogspot.com>.

2/5-6 Redefining Health Weekend Program at Tai Sophia. Register today for popular 2-day signature workshop w/co-founders Dianne Connelly and Bob Duggan. \$165. Space is limited! www.tai.edu; 410-888-9048 x6611

2/5-6 Certified Life Coach & Certified Executive Coach 2-day Training

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–16–

Destressing Your Life. Join Massage Therapist Gwen Cook as she gives you simple stress-busting techniques to use at home and the office. 6:45pm-8pm at White Oak Wellness: 301-928-2329, www.white-oak-wellness.com.

–17–

Holistic Moms Network Arlington/Alexandria Chapter Meeting, 7pm-9pm. Topic: Allergy Elimination. Held at AUMC, 716 S. Glebe Road, Arlington, VA. <http://holisticmomsarlex.blogspot.com/>

–19–

2/19-20 Diamond Approach Introductory Weekend, a spiritual path developed by A. H. Almaas. Learn the practice of inquiry using heart, body and mind. Saturday & Sunday, 10am-5:30pm in Norfolk, VA. \$150 by February 5th, \$175 thereafter. See our logo listing for more information. Contact Lisa Barr: bullseyebarr@gmail.com. www.ridhwan.org

–20–

Integrated Energy Therapy, Basic Level. Learn how to release physical and emotional imprints from cellular memory, and replace with positive imprints.

2pm. Call 703-472-3481 or www.restonreikiandselfhealingarts.com.

–24–

2/24-27 Sacred Space Conference XX. Annual Conference on Esoteric Spiritualities and Mystical Religions. Timonium, MD. www.sacredspacefoundation.org

–26–

2/26-27 Dr. Mona Lisa Shulz, Intuitive Advisor Tune-Up and Training Tour. Accessing your body, brain and the Divine Mind for medical intuition, general health and spiritual development. Reston, VA. Call 703-651-6493 or visit www.intuitivetrainingtour.com.

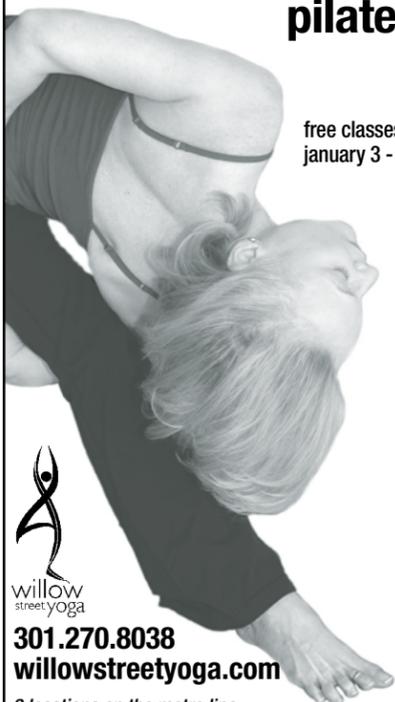
–27–

Body Massage Ball Workshop. Massage balls for stress relief and spinal flexibility. Specialized balls for reflexology, scoliosis, neck, shoulders and lower back issues. Wholesale for health professionals. Sunday workshop (\$30) from 1pm-3pm in Metro area. For details: www.yogaplus.com; 301-365-2424.

LifeForce Yoga® Workshop with Amy Weintraub, 1:30pm-5:30pm (Yoga for depression expert). Details and registration at www.willow-streetyoga.com.

continued on page 100

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WINTER CALENDAR

FEBRUARY 27 ...continued from page 99

Spiritual Liberation 7-Week Book Study, Sundays at 9am and Wednesdays at 7:30pm through April 10. Based on the book by Michael Beckwith and will include Sunday lessons and evening study groups. Use Beckwith's teachings of inner spiritual work to free yourself of the obstacles, old patterns and ways of thinking to realize your full potential and experience abundant joy. Unity of Gaithersburg, 301-947-3636; www.unityof-gaithersburg.org.

Sunday Meditation Practice: IAS (www.ias-online.org), \$10/session.

ONGOING

Above and Beyond Health Services Gluten-Free Open House Try and buy both homemade gluten-free and dairy free food freshly made or buy the pre-packaged goodies. Come in to meet us, ask questions and see what Above and Beyond Health Services can offer you. Make an appointment if you so desire. One Saturday morning a month from 9am-1pm. Call for dates each month: 540-722-2751.

Community Yoga Class At Unity Woods Yoga Center, 4853 Cordell Avenue, Bethesda MD Fridays, 6pm-7pm, \$5. All are welcome! (No class December 24 or 31.) Call 301-656-8992 or visit www.unitywoods.com.

Day of the Goddess: Inspirational Yogic Talks and Profound Meditation. Held First Sunday of the month, for spiritually inclined men and women. Meditation: Initiation into Higher Consciousness, Monday evenings. www.newfuturesocietycenter.com, 301-460-1417

Free Grace Light Yoga Meditation Classes: Awaken chakras, empower your destiny, heal your friends, become giver of Grace Light, enjoy deep rejuvenation, prepare for 2012. Monthly Meetings, 7:45pm, Silver Spring, Rivendell Center. <http://Yoga.GraceLightDC.org>, <http://TheGraceLight.com>, <http://youtube.com/TheGraceLight>, <http://bit.ly/GraceLightYouTubes>

Free Monthly Certified Organic Pro-Biotic and Antioxidant Superfood Tastings. A Better Way to Health & Healing! Top 5 Benefits Explained. Ask about upcoming dates/times or more details. Ronit@OptionsForHealth.net or 301-928-0212.

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

Learn Bhagavad-Gita: Saturdays, 6pm-8pm, Germantown, MD. Sessions include soul-lifting Kirtan, meditation, discussions and a delicious vegetarian dinner! 240-481-8186, lagarwal@yahoo.com, <http://meetup.com/Maryland-Bhagavad-Gita-group>.

Online Study Programs for The Soul and Service Trilogies. Registration open for the Institute's online availability of The Soul and Service Trilogies. This curriculum is for serious students ready to address their own soul development in order to provide the soul-inspired service that is so urgently needed in this transformational time. IAS (www.theclarionway.org).

Play Through the Ages! Washington Revels After-School Workshops for Grades K-5, 1/24-3/21. Through performing arts, discover joys of seasonal



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Sunday Meditation Practice: IAS (www.ias-online.org), \$10/session. Next dates: December 19, January 30, and February 27.

Violet Flame Alchemy Series, Thursdays 7pm-9pm. All are welcome. The Summit Lighthouse/Washington DC Community Teaching Center. 7302 Carroll Ave., Takoma Park. 301-270-3312; www.washdctc.org.

You too can learn to play the didgeridoo with Joe Gentile, The Didgeridoo Medicine Man. I hold bi-monthly free instruction/practice opportunities at 7pm on the 1st and 3rd Mondays of each month. These sessions are restricted to individuals who already have a didgeridoo and have learned how to make the basic drone. I also offer private lessons on how to play the didgeridoo by appointment most afternoons and evenings and some weekends. The cost for the first lesson

is \$25.00, which includes a practice instrument, an instructional DVD video and booklet for home study. Additional lessons also by appt. are available at \$15.00. Please visit: www.meetup.com/art-of-didgeridoo. Also visit: www.didgman.net. Joe Gentile 12043 Winding Creek Way, Germantown, MD 20874; 240-751-9704.

UPCOMING

3/1/11 Mindfulness-Based Cognitive Therapy (MBCT) Classes. Eight-week classes for people with mild-moderate depression and/or anxiety or those in remission. Learn how to positively affect your mood and anxiety and prevent relapse with a blend of Mindfulness Meditation, education, and cognitive therapy concepts. Upcoming classes Mar-April 2011. Contact Nancy Brutsché: 301-793-8715 or brunnette@yahoo.com.

3/12/11 Free Reiki Intro. Learn about and experience the gentle universal Energy of Reiki. 3pm-5:30pm. Call 703-476-4500, Reston Community Center to register. www.restonreikiandselfhealingarts.com

3/12/11 Intermediate Spirit Communication & Mediumship Development, 9:30am-5:30pm. NSAC Certified Medium Konstanza Greer offers

this special workshop designed to help developing mediums gain greater fluency and accuracy in their mediumship. Visit www.silverspringoflight.com for details.

3/30 11 Meditation for Holistic Healing. Learn and experience the joy of meditation! 7pm-9pm. www.restonreikiandselfhealingarts.com, or call 703-472-3481.

4/1/11 1,000 Daffodils at The Tree-house Camp. Take time out for our Spring Event from April through May. Not your average campground. 20716 Townsend Road, Rohrersville, MD 21779, www.thetreehousecamp.com, 301-432-5585.

4/1/11 Journey to Greece with Dr. Pillai during Spring Navaratri (the 9 Nights of the Goddess) to participate in a history-making revival of the great Greek archetypal beings at their special vortexes of power. <http://PillaiCenter.com>

4/2-3/11 Certified Life Coach & Certified Executive Coach 2-day Training Program. Held at the Marriott Residence Inn Arlington/Rosslyn. For Info: www.certifiedcoachesfederation.com, 866-455-2155.

4/6/11 Wednesday Night Mediumship Development Circle, 7:30pm-

9pm. NSAC Certified Medium Konstanza Greer offers this unique practice opportunity to those who are interested in developing their mediumship & psychic gifts in this 8-week circle. Silver Spring, MD. Visit www.silverspringoflight.com for details.

4/20-30/11 Spirit of Aotearoa New Zealand Tour. This tour embraces both the natural beauty and the spirituality that makes New Zealand unique. See never-ending beaches, 4,000 yr. old mighty kauri trees, glaciers, pristine rain forests, deep gorges, spectacular mountains, lakes - and pure streams you can drink from. Meet indigenous Maori, guardians of our natural environment, who live in balance with nature. Bookings before March draw for beautiful Kiwiana prize pack. www.spiritualtours.com

Spring 2011: Journey to Greece with Dr. Pillai during Spring Navaratri (the 9 Nights of the Goddess) to participate in a history-making revival of the great Greek archetypal beings at their special vortexes of power. More information: <http://PillaiCenter.com>.

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Michael Ward teaches the Yang Style short form as adapted by renowned master of the art, Professor Cheng Man-Ch'ing. Mr. Ward is a senior student of Robert Smith, the first Western student of Professor Cheng.

Beginner through Advanced/Corrections classes are offered Wednesday evening in Silver Spring at Crossings (above Whole Foods Market); Thurs-

day evenings at The Somerset Town Hall near Friendship Heights; and Sunday classes at CityDance at Strathmore in North Bethesda. For more information on these or workplace classes, please call 301-562-0992.

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Our Winter Session starts 1/10. Join us for a free "Intro to Yoga" class on 1/8; and for our transforming 9-month 200-RYT Teacher Training program starting 2/18. Ask about Free "Lunch & Learn Yoga" sessions brought to your organization!

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They both studied with and have received permission to teach T'ai Chi from Robert Smith, Professor Cheng's first Western student. Additionally, they have studied with Benjamin Lo, Professor Cheng's senior student, and continue their study with Lenzie Williams, senior student of Mr. Lo.

Winter 2011 New Beginners with Ellen Kennedy will start Sunday, January 9 at 11:00 a.m. Continuing Beginners

with Len Kennedy will start Saturday, January 8 at 8:30 a.m. Cost for either Beginner class is \$120 + registration fee, for 10 sessions; each class is one hour in length. Corrections & Intermediates Classes are held Sundays at 9:00 & 10:00 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.

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A new Diamond Approach group is forming in the DC area. Introductory weekends will be held January 8–9 and April 2–3 in Takoma Park, and February 19–20 in Norfolk, VA.

These weekends are taught by

ordained teacher Victoria Young, PhD, and will include teachings, meditation practices, experiential exercises and inquiry. Cost: \$175 per weekend (\$150 if paid 2 weeks in advance). Hours: 10 a.m.–5:30 p.m. with 1–1/2 hour break.

For information/registration: Washington/Barbara Burst: bearwise@verizon.net, 202-746-9473; Virginia/Lisa Barr: bullseyebarr@gmail.com. To learn more about the Diamond Approach, go to www.ridhwan.org.



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The Institute for the Advancement of Service (IAS) is an educational and spiritual organization offering classes and trainings in soul development, service, leadership, and organizational design.

The foundation of IAS teachings and practices derives from *The Soul and Service Trilogy of Born to Serve: The Evolution of the Soul through Service*,

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We begin with exercises to produce a positive attitude towards self and others—progressively relaxing the mind/body. Next we synchronize the mind with the body by a variety of centering disciplines. Then, with the mind more under control, we use less-

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The Jung Society of Washington presents lectures, workshops, classes, and other programs of interest to the general public and to students of the depth analytical and archetypal psychology of Carl Gustav Jung. Additionally, the Jung Society maintains a lending library of books and tapes

available to its members. Membership is open to all.

Guest speakers this spring include Michael Conforti, Lionel Corbett, and Bud Harris at the Embassy of Switzerland. Spring and fall newsletters by US Post are free upon request. E-newsletters are most current, fully

informative, and free to all who join our listserv at www.jung.org.

We are located in the educational building of the Palisades Community Church, 5200 Cathedral Ave, N.W., Washington, D.C. 20016; Phone: 202-237-8109. Please visit our website and join our listserv.



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with Joe Roberson
Sunday, Dec. 12: Better Back Health with Edie Lazenby

Saturday, Dec. 18: Therapeutic Yoga & Restorative Work with Edie Lazenby

Saturday, Jan. 8: Kundalini Yoga-Third Chakra-Fire in the Belly with Joe Roberson

Saturday, Jan. 22: Massage Ball with Maggie Wong

Saturday, Feb. 5: Fourth Chakra-The Marriage of Heaven & Earth with Joe Roberson

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For more information, please email dgleekel@reikicenter.info or visit www.reikicenter.info or call **1-866-59-REIKI**.



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on site, at your location or long distance. Schedule is flexible!

Upcoming Sessions:

12/12, 2 p.m.-4:30 p.m.: Quick simple ways to clear negative energy around you and balance your energy system. Perfect way to start the holidays!

1/23, 2 p.m.: Usui Reiki 1-Learn about, and how to heal others and yourself with the gentle Universal Energy of Reiki.

2/20, 2 p.m.: Integrated Energy Therapy, Basic Level-Learn how to release physical and emotional imprints from cellular memory, and replace

with positive imprints.

3/12, 3 p.m.-5:30 p.m.: Free Reiki Intro-Learn about, and experience the gentle universal Energy of Reiki. Call 703-476-4500, Reston Community Center to register.

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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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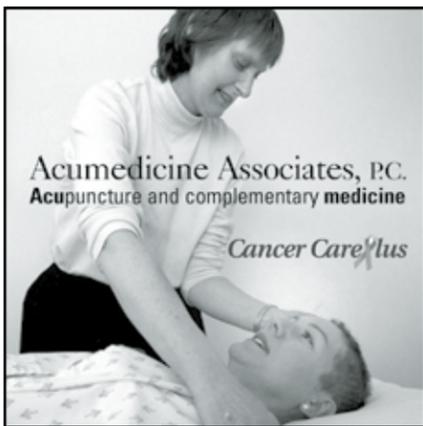
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PATHWAYS GUIDE TO NATURAL FOOD STORES

ANNAPOLIS, MD



Whole Foods Market, Annapolis

200 Harker Place, Suite 100, 21401
410-573-1800.

www.wholefoodsmarket.com/stores/annapolis
8am-10pm, Monday - Saturday
8am-9pm Sunday

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

CLARKSVILLE, MD



Areas leading natural food market!

Roots Market - Clarksville

5805 Clarksville Square Dr., 21029
443-535-9321.

www.rootsmkt.com

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COLUMBIA, MD



MOM's of Columbia East

7351 Assateague Dr. #190, 20794
Columbia East Shopping Center
410-799-2175.

www.momsorganicmarket.com
Mon - Sat: 9am-9pm, Sun: 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!

GREENBELT, MD



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121 Centerway, Greenbelt, 20770
301-474-0522. www.greenbelt.coop

A true cooperative, we are owned by our more than 6,000 local members. The primary mission of the Co-Op Supermarket & Pharmacy is to meet the food, pharmacy, and everyday needs of the Greenbelt community. Freshness, Value, Quality and Variety at fair and reasonable prices. Co-Op is open to everyone, you don't have to be a member to shop and save with us.

BETHESDA, MD



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www.momsorganicmarket.com

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FREDERICK, MD



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MOUNT RANIER, MD



Glut Food Co-op, Mt. Ranier

4005 34th St., 20712
301-779-5597. Since 1969

www.glut.org

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Glut has traditionally supported peace, environmental and social justice movements. This is rooted in our founding by conscientious objectors during the Viet Nam war.

BOWIE, MD



MOM's of Bowie

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240-556-1700.

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!



Smile Herb Shop, College Park

4906 Berwyn Rd. 20740
301-474-8791.

www.smileherb.com

Mon: 10am-6pm, Tues-Fri: 10am-8pm,
Sat: 10am-6pm, Sun: 12pm-5pm

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MOM's of Frederick

5273 Buckeystown Pike, 21704
240-566-1444.

www.momsorganicmarket.com

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OLNEY, MD

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COLUMBIA, MD



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www.davidsnaturalmarket.com

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Sat: 9am - 7pm Sun: 10am - 6pm

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GAITHERSBURG, MD



Whole Foods Market, Kentlands

362 Kentlands Blvd., 20878
301-258-9500.

www.wholefoodsmarket.com/stores/kentlands

8:00 am - 9:00 pm 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

ROCKVILLE, MD



MOM's of Rockville

11711 Parklawn Dr., 20852
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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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DC NATURAL FOODS



YES! Organic Market, Cleveland Park

3425 Connecticut Ave., NW 20008
202-363-1559.

www.yesorganicmarket.com

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Whole Foods Market, Rockville

1649 Rockville Pike, 20852
301-984-4880.

www.wholefoodsmarket.com/stores/rockville/
8am-10pm, Monday - Saturday
8am-9pm Sunday

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Whole Foods Market, Silver Spring

833 Wayne Ave 20910
301-608-9373.

www.wholefoodsmarket.com/stores/silverspring/
8am-10pm, 7 days a week

We carry natural and organic products because we believe that food in its purest state — unadulterated by artificial additives, sweeteners, colorings, and preservatives — is the best tasting and most nutritious food available. Our business is to sell the highest quality foods we can find at the most competitive prices possible.

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1821 Columbia Rd., Washington 20009
202-462-5150.

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

Mon - Sat, 9am-8:30pm; Sun 10am-6:30pm
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TAKOMA PARK, MD



Takoma Park Food Co-Op

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301-891-2667.

<http://tpps.coop>

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Senbeb Natural Foods Co-Op

6224 3rd St. NW
Washington, DC 20011

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202-723-5566.

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YES! Organic Market, Brookland

3807 12th St. NE, Washington 20017
202-832-7715.

www.yesorganicmarket.com

Mon-Sat: 8 am - 9 pm; Sun: 9am - 8pm.

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SILVER SPRING, MD

ECOLOGY HEALTH FOOD

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DC NATURAL FOODS

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YES! Organic Market, Capitol Hill

658 Pennsylvania Ave. SE, Washington 20003
202-546-9850.

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

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
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www.HealthwayNaturalFoods.com
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FAIRFAX, VA



Healthway, Fairfax
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www.HealthwayNaturalFoods.com
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MANASSAS, VA



Healthway - Manassas
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703-361-1883.

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STERLING, VA



Healthway, Sterling
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www.HealthwayNaturalFoods.com
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MOM's of Alexandria
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www.momsorganicmarket.com
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Kennedy's Natural Foods, Falls Church
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SPRINGFIELD, VA



Healthway, Springfield
6402-4 Springfield Place, 22150
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WARRENTON, VA



The Natural Marketplace
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Naturalmarket@aol.com
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For Goodness Sake, Leesburg
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www.wholefoodsmarket.com/stores/springfield
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Acumedicine Associates www.acumedicine.com
Lu, Macy www.fengshui-macylu.com

ADDICTIONS

Bridging the Gaps www.bridgingthegaps.com

ADHD

National Integrated Health Associates - Dr. Gant www.NIHAdc.com

ALLERGIES

National Integrated Health Associates - Dr. Solomon www.NIHAdc.com
Stefan, MD, Helena www.doctorhelena.com

ANIMALS

Big Bad Woof www.BBWoofinc.com
Pawlitics www.pawliticsonline.com

AROMATHERAPY

Aromatherapy Center www.aromatherapy-center.com

ART

Studio Bliss www.studiobliss.com

ASTROLOGY

Amethyst Astrology Services www.lynnkoiner.com
Kuceris, Misty www.enhanceoneself.com
Spirit in Matters Astrology www.SpiritinMatters.com
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AYURVEDA

Center for Health & Wellness www.marylandhealthandwellness.com

BOOKS

Founding Church of Scientology, WDC, The www.dianetics.org
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CHURCHES / SPIRITUAL CENTERS

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Center for Spiritual Enlightenment (NSAC) www.TheCSE.org
Church Universal & Triumphant www.washingtondcteachingcenter.org
Circle of Worship www.onecircle.net
CommUnity on the Hill <http://unitychurchdc.org>
Enota Glace, LLC www.enotaglace.com
Farm of Peace Sufi School, The www.suficentereast.org
Institute for Spiritual Development www.isd-dc.org
National Spiritual Science Center <http://nsscsc.org>
Science of Spirituality www.sos.org
Takoma Park Chapel www.TakomaChapel.org
Telespectral Living Light Center www.angeltalktv.com
Unity of Gaithersburg www.UnityofGaithersburg.org
Unity of Washington, DC www.unitywdc.org

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Avesa Quantum Healing Training www.AvesaQuantumHealing.com
Braided Way School for Healing Arts www.braidedwayhealingarts.com
Diamond Approach www.ridhwan.org
Howard Community College www.howardcc.edu
Institute for the Advancement of Service (IAS) www.ias-online.org
Jung Society of Washington www.jung.org
Mid Atlantic Center For Healing www.healingintuition.com
National Integrated Health Associates www.NIHAdc.com
Potomac Crescent Waldorf School www.potomaccrescentschool.org
Soul Source Spiritual Center www.theSoulSource.net
Tai Sophia www.tai.edu
Washington Waldorf School www.washingtonwaldorf.org

COACHING & COUNSELING

Counseling & Guidance Center www.psychsight.com
Crossings: A Center for the Healing Traditions <http://crossingshealing.com>
Culp, LCP, LPC, Courtenay J www.counselingandcoaching.com
Healing Light Center, LLC www.healinglc.com
Healing Path, A www.networktherapy.com/Dr.Cox/
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Healthy Living Inc. - Classes www.healthylivinginc.org

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Stones That Heal - Knowles Apothecary www.knowledscareapothecary.com

DENTISTRY

Fischer, DDS, Richard www.evergreen8.com
Goldman Dentistry www.mgoldmandds.com
Life-Enhancing Dentistry www.LifeEnhancingDentistry.com
National Integrated Health Associates www.NIHAdc.com

ECKANKAR

Eckankar www.eck-virginia.org

ENERGY WORK

DC Chanting and Sounding Group www.energyhealers.meetup.com/214
Didgeridoo Medicine Man www.didgman.net, www.meetup.com/art-of-didgeridoo
Goddess Energy - Lam, Thu-Hien angeliccarrylight.com

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Qi Revolution www.QiRevolution.com
Spirit First www.NFHconference.com
TCCII - Traditional Chinese Culture Institute Intl., LLC www.tccii.com
Washington Revels www.revelsdc.org

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Space Harmony - Charleton www.intuitive-space-design.com

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Bach, Eric www.ericbachcpa.com
Risk Management Group, Inc www.rmgadvisors.com

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Mike's Hauling Service www.mikeshaulingservice.com

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Mindful Healing Spa & Integrative Health Center www.mindfulhealingspa.com
Pranic Healing www.pranichealingDC.com
Reconnection Kids http://ReconnectiveCoop.com
Reconnective Healing Coop http://reconnectivecoop.com
Solution, The - Dr. Rorree Tillman www.rorreetillman.com
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Zenquility www.Zenquility.com

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IMC/Dr. Long Van Mai www.IntegrativeMedicineClinics.com
Integrated Laser And Wellness Center www.laserwellnessbeauty.com
Integrative Medical Center (IMC) www.vipimc.com
Micro Current Facials of Virginia - MCFV www.microcurrentfacialsva.com
Montgomery County Stroke Association www.mcstroke.org
Neck Back and Beyond www.neckbackandbeyond.com
National Integrated Health Associates www.NIHAdc.com
Pebbles Wellness www.pebbleswellness.com
QiRei LLC Integrative Healthcare www.QiReiTherapy.com
Real Natural Remedies www.realnaturallremedies.com
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Smile Herb Shop www.smileherb.com

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Gennaro, MD, Margaret www.neckbackandbeyond.com
Healing Tree Holistic Medicine healingtreeholisticmedicine.synthasite.com/
Holistic Primary Care - Freeman/Scoblonko www.NIHAdc.com
National Integrated Health Associates - Beals, MD, Paul www.NIHAdc.com
Stefan, MD, Helena www.doctorhelena.com
Stone, MD, Laura laurastonemd.com

HOMEOPATHY

Liss, ND, Michael www.drisshomeopath.com

HYPNOTHERAPY

Hypnosis Silver Spring www.hypnosisilver.spring.com
Institute for Ethical & Clinical Hypnosis www.hypnomas.org
Lane, Barbara www.barbaralane.com
Life Transforming Hypnotherapy www.lifetransforminghypnotherapy.com

MASSAGE

Bethesda Therapeutic Massage www.amtamassage.org
Breathing Daily www.BreathingDaily.com
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Robert Jordan Health Services www.RobertJordanHealthServices.com

MEDITATION

Creative Mindflow www.creative-mindflow.com
Grace Light bit.ly/mapDCgracelight
Maharmitta Meditation www.maharmitta.com
Mindfulness Ctr Science for Health & Energy www.TheMindfulnessCenter.com
Synchronicity Foundation www.synchronicity.org
Theraveda Buddhist Meditation (IMC) www.ubakhin.org
What Meditation Really Is www.washington.usa.rigpa.org

METAPHYSICS

Inspired by Angels www.InspiredbyAngels.com
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NATUROPATHY

Kannankeril, ND, Charlene (NIHA) www.NIHAdc.com

NEUROFEEDBACK

Better Brain Center, The www.thebetterbraincenter.com
Spector, PhD, Alan B www.virginianeuro.com

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Allergy & Nutrition Clinic www.LauraPower.com
Center for Health & Wellness www.marylandhealthandwellness.com
National Integrated Health Associates www.weightlossfortiredpeople.com
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OPTOMETRIST

Sikes, Alan www.DrAlanSikes.com

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Malloy-Clifford, Maureen www.Past-Life-Therapy.com

PHARMACY

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Village Green Apothecary www.myvillagegreen.com

PHYSICAL THERAPY

Center for Neuromuscular & Massage Rehabilitation www.pthands-on.com
Physical & Massage Therapy Associates www.physicalmassage.com

PSYCHIC

Greer, Konstanza www.silverspringoflight.com
Jones, Alice www.rayshealingchurch.com
Mallon, Barb www.BarbMallon.com
Power Within You www.withinyourpower.net
Psychic Life Readings www.vtalma.com
Wallet Wishes & Crystal Forests www.crystalforests.com
Wilson, Marie-Claire www.marie-claire.tv

PSYCHOTHERAPY

Association of Holistic & Traditional Therapists www.dreileenbuese.com
Association of Holistic & Traditional Therapists www.drmilliegoldstone.com
Caldwell, David www.DavidCaldwell.com
Cornelius, MSW, LCSW, John www.johnwcorneilus.com
Kurtz Walsh, Carol www.CKWalsh.com
Rosen, Stephen www.stephenrosen.com

QI GONG

Capital Qi Gong www.capitalqigong.com
International Institute of Medical Qi Gong, The www.BethesdaAcupuncture.com
Qi Gong www.qigong.com

REFLEXOLOGY

Feet Health (Reflexology) www.feethealth.com
Wiss - Reflexology www.mymiracleworks.com

REIKI

Heart of the Pearl, The www.TheHeartofthePearl.com
Joyous Vibrations, LLC - ReikiSynergy, LLC www.joyinthetahhealing.com
Nature Business Corporation www.natbuscorp.com
Reiki - Moyer www.pathways4wellness.com
Reiki Center of Greater Alexandria - RCGA www.reikialexandria.com/
Reiki Center of Greater Washington www.reikicenter.info
Reston Reiki & Self Healing Arts www.restonreikiandselfhealingarts.com

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Haley Farm B & B www.haleyfarm.com
Sevenoaks Retreat Center www.sevenoaksretreat.org
Spiritual Tours NZ www.SpiritualTours.com
Treehouse Camp/ Maple Tree Campground, The www.thetreehousecamp.com

ROCK SHOP

Earthy Elements www.earthyrocks.com

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Azurae Windwalker www.theAmethystCenter.com
Foundation for Shamanic Studies www.shamantracks.com
Inka Wisdom www.inkawisdom.org
Luminous Warrior http://luminouswarrior.com
Shamanic Healing Institute www.shamanic-healing.org

SPAS

My Organic Salon MyOrganicSalon.com
NIHA Spa Services R & D www.NIHAdc.com
Oxygen Spa www.oxygensauna.com
Patou Hair Salon www.PatouSalonandSpa.com
Vital Skin Care www.vitalskincare4you.com

TAI CHI

Cloud Hands Tai Chi www.CloudHandsTaiChi.net
Dancing In Silence www.DancingInSilence.com
Glen Echo Tai Chi www.GlenEchoTaiChi.org
Qi Elements www.qielements.com

TAROT

Boyd, Tim www.timtarot.com
Nurtured Paths www.nurturedpaths.com
Tarot Celebrations www.tarotcelebrations.com

VOLUNTEERS

A Wider Circle www.widercircle.org
Council on Spiritual Practices (Johns Hopkins) www.csp.org

WEIGHT LOSS

First Fitness/Zazita Distributor www.firstfitness.com/delores
NIHA Weight Loss Program www.NIHAdc.com
Health and Wellness Center - Eric Berg, DC www.drbergworkshop.com
Self-Empowerment Education Center www.seec-icmct.com

WOMEN'S HEALTH

Aphrodite's Cups www.aphroditescups.com
Birth Care & Women's Health www.birthcare.org
Women's Wellness Institute www.womenswellnessinst.com

YOGA

Dream Yoga Studio and Wellness Center www.dreamyogastudio.com
Evergreen Yoga www.moreyoga.com
Holistic Wellness Center www.happyhouryoga-reiki.vpweb.com
Learn Bhagavad-Gita http://meetup.com/Maryland-Bhagavad-Gita-group
New Future Society Healing & Yoga Center www.newfuturesocietycenter.com
Olney Yoga & Wellness www.olneyyoga.com
Pura Vida Yoga Retreat www.puravidaspa.com
Unity Woods Yoga www.unitywoods.com
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ATTENTION WOMEN!

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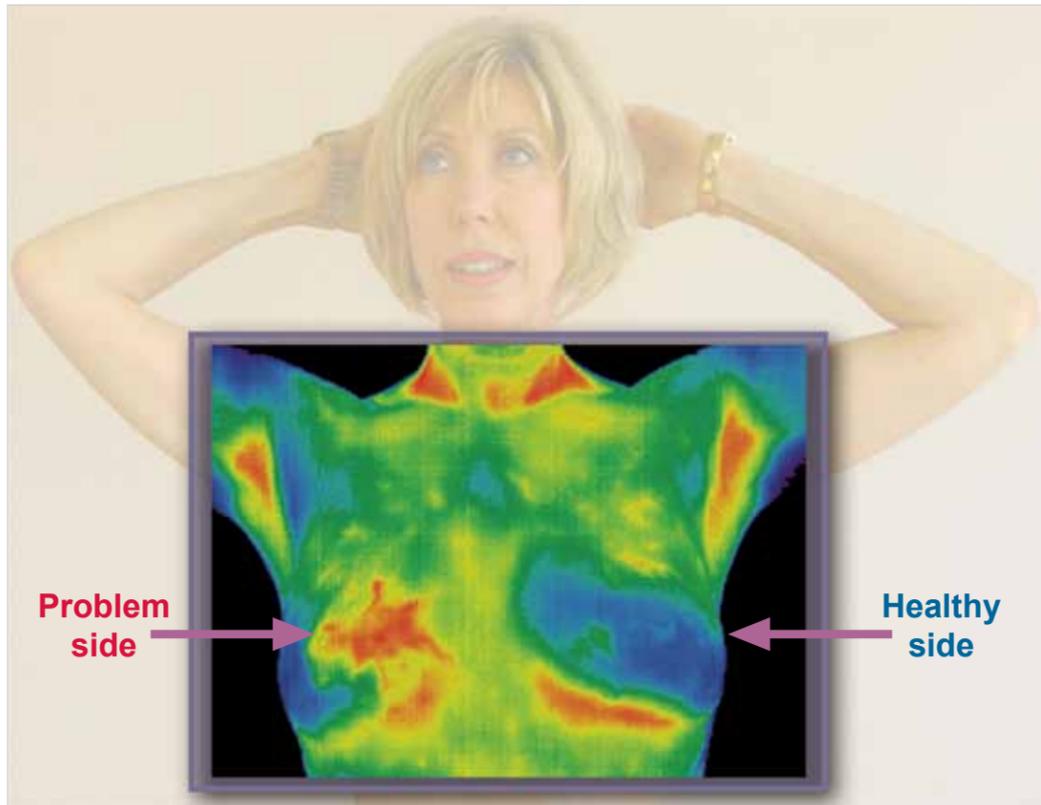
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simulation of a breast thermographic exam

1 in 8 women are at risk for breast cancer. Are you at risk?

Thermography can help you reduce your risk by showing areas of suspicion years before the tumor appears!

Digital Infra-Red Thermal Imaging (Thermography) shows temperatures represented as colors. Like a 'weather map' of the body, the temperatures are depicted in a rainbow fashion. This ranges from warm red to cold blue. In this simulated thermographic exam, the red (warm) spot in the right breast* corresponds to a known malignancy ('problem side'). The thermographic image is showing a suspicious heat pattern in the right breast. This patient's tumor markers (blood testing) came back normal. Biopsy found cancer in the right breast. Subsequent mammographic report came back positive. Thermography is FDA approved for assessment of risk. The thermographic images typically show abnormal findings years before mammography

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

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

Ideal for:

Identifying breast areas of high risk. Follow-up and monitoring progress and changes. Preventive care, pregnant women, dense or fibrocystic breasts, implants.

****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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Fee Schedule*

- Breast Thermography (baseline) \$275**
- Basic: (useful for healthy breasts or frequent follow ups) \$95**
- Full: (When more detail is needed) \$275**

*Fee includes a written assessment with the thermographic images. It does not include review with practitioner

Please note: since thermography is preventive medical care, it is not likely to be reimbursed by insurance.

For more information, to see our video interview on Channel 9 or our brochure contact us at:



National Integrated Health Associates
5225 Wisconsin Ave., NW, Suite 402
Washington, DC 20015

Phone: 202-237-7000
Fax: 202-237-0017
Web: www.NIHAdc.com
go to assessments → breast health & thermography



Afraid to Have a Mammogram?

Learn more about safe and accurate **Breast Thermography**.

Thermography and mammography measure different things and one does not replace the other.

Keep reading if...

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

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

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

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

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

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

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

Grey Scale: Cool Warm Color Scale: Cool Warm

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

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

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

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



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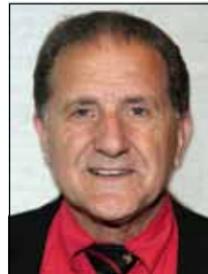
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- An Infrared Sauna session provides deep, penetrating dry heat to help you sweat through your skin, your body's largest detoxification organ.
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NIHA Detoxification and Rejuvenation Spa Staff Highlight

Sharon V.B. Roulhac, *Certified LIBBE Colon Hydrotherapist*

Sharon Roulhac is an I-ACT certified colon hydrotherapist. She believes colon health and internal cleansing are the lifelines to optimal health and wellness.



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