

PATHWAYS

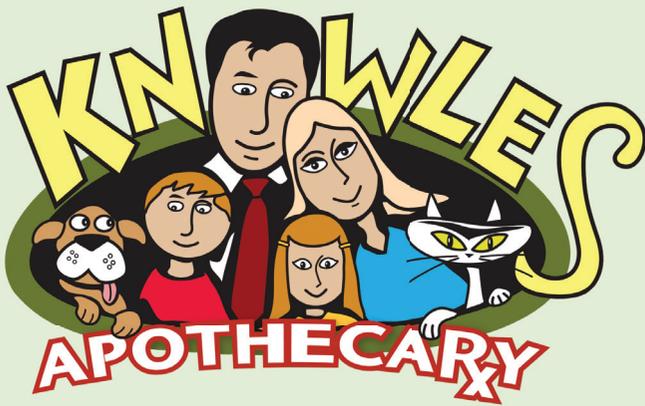
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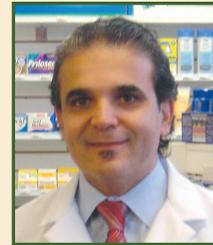
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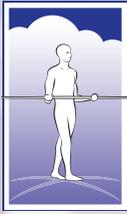
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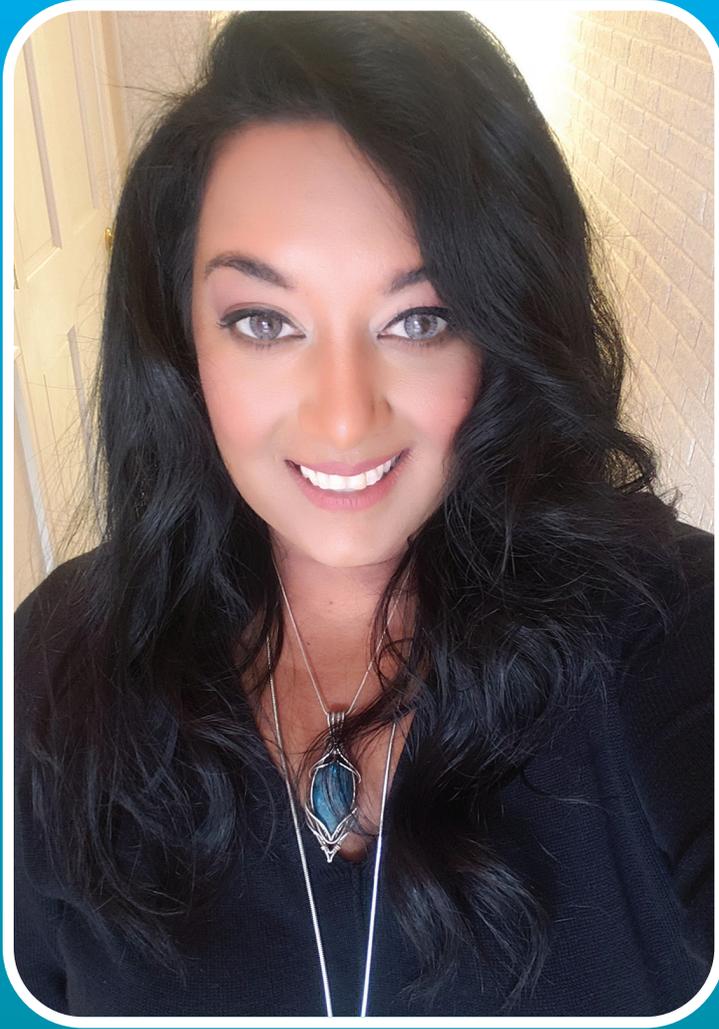
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What We Are About

Pathways Productions is a full-service advertising, marketing, event and publishing company serving the mind, body, spirit community since 1979. From the start, we have been a small, family-run business. Today, we have a women-led team dedicated to helping all businesses—local, small & independent—succeed and thrive. Over the years, we have expanded our offerings to include live events, most notably the widely successful and always popular Natural Living Expo.

The articles and resources offered by Pathways Magazine and its affiliated hosted events demonstrate a common belief on the part of local individuals, businesses and contributors that sharing ideas and expertise builds community and commerce in a spirit of unity, cooperation and understanding while maintaining a high level of integrity, responsibility and service. Our content embraces these ideals; we are a conduit—a pathway—for the most loving and dynamic insights and information that enable all of us to live more consciously.

The views and opinions expressed in Pathways Magazine, and by vendor materials for our hosted events, are those of the contributing writers, editors and merchants, and do not necessarily reflect the official policy or position of Pathways ownership or any Pathways staff. Any content provided by our contributors is of their opinion and is not intended to malign any religious, ethnic, or cultural group, organization, company or individual. Furthermore, the products and services presented herein and at our hosted events do not necessarily constitute an endorsement of use or a recommendation on the part of Pathways and its staff, and are largely paid advertising and vending.

Making Connections

Join our Pathways Community! Through our quarterly and online publications, and our scheduled hosted events, we are committed to providing the public with free or affordable access to local resources focused on holistic health and wellness practices, spirituality and personal growth, community activism and outreach, and stewardship to the environment. We foster these opportunities through information, ideas, events, goods and services.

Our goal is to provide a platform for businesses to reach the public in a comprehensive and cost-effective way. Through advertising, packaged marketing, live events, and event planning support, we offer businesses opportunities to market themselves through a variety of channels, and use our expertise to facilitate this growing network. Pathways is your one-stop resource to make connections, nurture growth and achieve success.

Finding Pathways

Pathways Magazine returned to print effective Summer 2021, and we continue to provide an on-line digital edition with interactive links to references, resources and businesses for each issue. Our website features our current issue, as well as a magazine archive, where you can view issues dating back to 2010. Visit our “Where To Find” page online for the nearest locations in Maryland, DC and Virginia to pick up your print copy. More distribution outlets to come in 2022.

Subscriptions for Pathways Magazine are available for \$12/year and direct-mailed. Order yours through our website: www.pathwaysmagazineonline.com.

Advertising In Pathways

Pathways has provided Mind-Body-Spirit-Eco resources to the Washington DC Metro area and beyond for over forty years. Advertising opportunities are available through all of our outreach channels: our free quarterly journal, Pathways Magazine, distributed in print and digitally; our hosted events, and our comprehensive website and growing social media presence. For more information, upcoming deadlines and our editorial calendar, visit us online.

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Winter 2021-22 — What’s Inside



Birth doulas are bridging gaps in obstetrical care, improving health outcomes for families. *Story on page 9.*



Match the appropriate essential oils and application to your seasonal symptoms. *Story on page 24.*



ON THE COVER: THE CRYSTAL BUDDHA, By Richard Stodart. *Story on page 72.*

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A MESSAGE FROM YOUR PATHWAYS TEAM

We want to thank our Pathways Community for the continued love and support. The last 18+ months have challenged us all in so many ways, and yet here we are... still standing, still planning, and still dreaming about what comes next.

We have our own big plans and even bigger dreams for 2022 — 4 events throughout the year, opening our Pathways Retreat Center, and building on the momentum of our revitalized magazine and website to expand resources and content, just to name a few. We can’t wait to share it all so we may include you in our collective journey.

Until then, revel in the joys of the season, take care of one another and the earth, and stay connected so we can help each other survive and thrive. Peace and blessings!

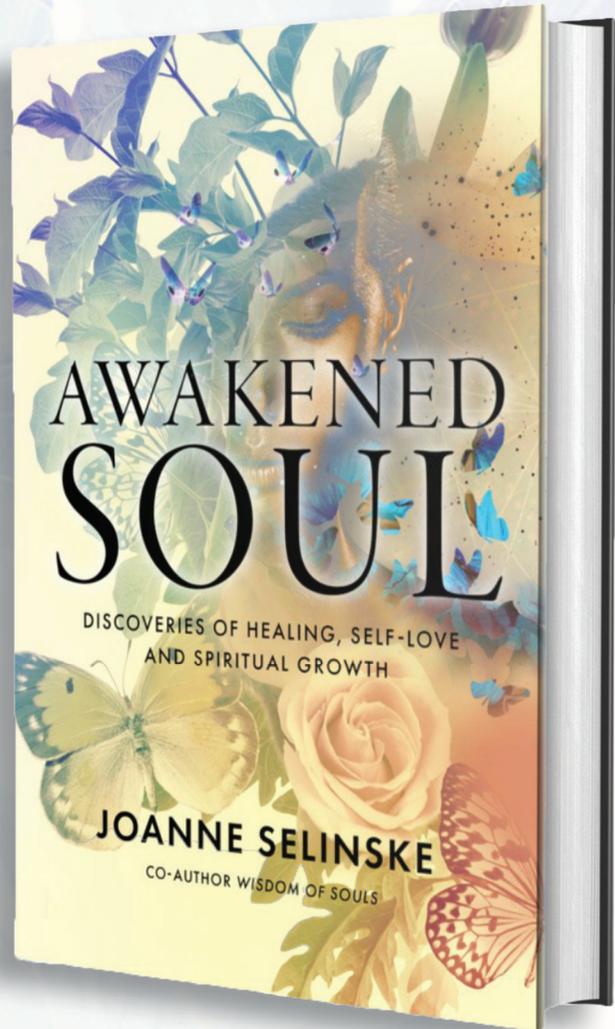
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Mary's Center Birth Doula Program: Making Empowered Birth Accessible One Doula at a Time

BY AUSTYN HOLLEMAN WITH FAITH BAIARDI

Modern-day midwifery pioneer and National Women's Hall of Famer Ina May Gaskin shares in her childbirth guide, "We are the only species of mammal that doubts our ability to give birth. It's profitable to scare women about birth. But let's stop it. I tell women: Your body is not a lemon. You are not a machine.... Even if it has not been your habit throughout your life so far, I recommend that you learn to think positively about your body."

Birth doulas work every day to shift the collective mindset to see pregnant people as intuitive and capable birthers empowered to bring babies into the world on their own terms. Through physical and emotional support, education, and client-centered advocacy, doulas are bridging the gaps in American obstetrical care and improving both perinatal health and mental health outcomes for families as they welcome their new little ones into the world.

What is a Birth Doula?

Birth doulas are trained, non-medical professionals who provide continuous physical, emotional, and informational support to a birthing person before, during, and shortly after childbirth to help them achieve a healthy and empowered birthing experience. They guide families through a labor and delivery process that can be overwhelming and unfamiliar, ensuring the medical information shared during birth is translated into language the birthing person can understand and respond to with truly informed consent. Unlike nurses and other medical staff clients may not meet until they are in labor and who come and go throughout the birthing process, doulas are a familiar and steady presence that remain at the birther's side until after the delivery.

Birth doulas can support births of all types, including both medicated and unmedicated births, cesarean sections, hospital births, and births at home or a birthing center. They play an important role in supporting partners and family members throughout the labor and delivery process as well, ensuring their needs are met and that they feel empowered to actively support the birthing person. Some examples of what birth doula support could look like include:

- Helping the birthing person breathe properly through a contraction and relax their muscles as to not fatigue too early in labor;
- Reassuring a partner or family member they won't leave the birther's side so the partner/family member can go eat or rest for a few minutes;
- Reiterating to a client what is happening during their labor and supporting them in asking follow-up questions to their medical provider;
- Using essential oils, calming lights, and positive imagery to create a physical birthing environment that is relaxing and supportive of the natural birthing process;
- Suggesting various positions the client can labor in to support pain management and progression of labor; and
- Supporting the new parents in initiating skin-to-skin contact and breastfeeding shortly after birth.

Doulas are cheerleaders, nurturers, educators, and facilitators — a powerful combination that has a real impact on birth outcomes across the country.



Nicole Heidbreder, owner and head trainer at GracefulFusion Birth Doula Training in DC, supporting a client using the "double hip squeeze" technique for reducing back pain and easing contraction discomfort during labor.

History of Birth Doulas

The word "doula" originates from the Greek word meaning "women who serve." The practice of women supporting each other during the birthing process is an ancient and sacred practice that served as the primary model of maternity care until the medicalization of birth in the early twentieth century. In the U.S. South, "[Granny Midwives](#)" were primarily older Black women trained in first aid and herbal medicine that were experienced and well-respected pillars of maternal care. These were the original birth workers in America, providing the compassionate, ritualistic, and community-based maternal care doulas seek to reestablish in the modern obstetric context.

In the early twentieth century, it was decided maternity care would be best managed and provided by male doctors within the hospital setting. The invention of penicillin and anesthesia were used to justify this shift in maternity care, and thus the earliest messages around mistrust of midwifery care outside of the hospital setting were born. These messages turned into laws and regulations that effectively pushed Black women and community birth workers out of maternity care completely, laying the groundwork for the health disparities in Black maternal and infant mortality we see today.

The modern-day term "doula" was [first recorded in 1988](#) by medical anthropologist Dr. Dana Raphael to mean "one who mothers the mother." The first official doula training organization, [Doulas of North American \(DONA\)](#), was founded in 1992 by researchers, doctors, and midwives who understood the positive impact of continuous support during labor on both maternal and infant health outcomes. Since then, the role of doulas has expanded significantly to include not only birth support, but also postpartum care and beyond; and there are many pathways and training programs to achieve doula certification.

In the last 10 years, the role of birth doula support in improving maternal and infant health outcomes has been studied thoroughly and reported on by a number of research institutions, highlighting how doulas play a vital role in improving health disparities for birthers of various marginalized communities. There is widespread organizing and advocacy happening across the country to expand access to doula care through community-based doula programming, insurance coverage for doula services, and doula integration into the hospital setting.

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Mysterious Sea Moss – Superfood of the Sea

BY GINGER MAIR

I was first introduced to sea moss in 2015. I was on my long and never-ending journey to figuring out natural remedies for every illness and condition I was dealing with at the time. These included everything from re-occurring fibroids and massacre-level bleeding each month, to terrible seasonal allergies and constant nasal congestion and chronic sinus infections, to post-partum anxiety, and yes, weight gain. I fortuitously stumbled across video interviews with the health icon Dr. Sebi and his teachings on the importance of getting sufficient minerals through herbs and alkaline-based foods like sea moss into your diet to prevent inflammation from forming or escalating to more serious chronic conditions. After binge watching his videos and checking out the scientific research on sea moss, I ordered Dr. Sebi's dried Irish moss powder online to try out this new superfood.

The smell of the powder was overwhelming for me, so I began looking into the gel, which I read had a lighter ocean scent and was tasteless. I purchased a small bag of the raw, dried moss from a local Caribbean market and began making the sea moss gel myself. The cleaning and gelling process does require some effort and time, but it's worth it as buying and gelling the sea moss yourself is more cost effective than purchasing the pre-made gel. Another benefit of making the gel yourself is you can add more or less water to get the gel to your preferred consistency.

I began adding the gel to my morning smoothie and within three days I noticed small yet significant changes: I was clearing my throat more often and coughing up mucus; my skin was more vibrant and glowing; and I experienced increased bathroom time. After two weeks I could completely breathe out of my nose, had increased energy, less joint pain, and felt mentally and emotionally balanced, which I attribute to the high amounts of magnesium in sea moss. And now after several years of sea moss in and out of my diet, and back in again, I'm down 70lbs. I noticed sea moss kept me full for longer periods of time. And the most interesting result I experienced is I'm no longer allergic to certain fruits I once was in the past. I can now eat raw apples, peaches, and other fruits with no reaction. I credit this change to my body now having access to minerals I needed to process certain enzymes.

I had officially fallen in love with sea moss, and apparently so did the world (thanks to celebrities like Kim Kardashian). As word about sea moss grew, confusion around it grew, too. There are many questions and concerns floating online about sea moss: What is sea moss actually? What does it do in the body? Is the sea moss I purchased real or fake, or wild-harvested or farmed? Is sea moss safe? My hope here is to help shed some light on this mysterious superfood of the sea.

Sea Moss 101

Sea moss, also commonly referred to as Irish moss, is red algae in the *Rhodophyta* marine family that grows in saltwater bodies of water. It typically grows up to 4 to 5 inches high in thick clusters that cover rocks like sprawling moss, but is not related to the land moss plants. Found mainly on the rocky coastline of the North Atlantic Coast, humans have consumed it for thousands of years. Today, it's planted and processed in several coastal countries, including the U.S., China, Vietnam, the Philippines, and the Caribbean islands.

A major component of the \$12 billion dollar seaweed industry in 2020 (source: [Aquaculture North America](#)), sea moss is mass harvested primarily for its carrageenan and agar ingredients. Carrageenan and agar are complex carbohydrates with a gelatinous texture used as thickeners and gelling agents found in toothpaste, gum, dairy and non-dairy products, and prepared foods. 55 percent of sea moss is made of these complex carbohydrates that also contains dietary fiber.

The rest of the moss is made up of protein and a slew of nutrients including vitamins A, D, E, F, and K, and macro minerals such as calcium, phosphorus, magnesium, and potassium, as well as trace minerals like iron, manganese, iodine, copper, and selenium (source: [USDA](#)).

This isn't the first time the sea moss industry boomed. One of the most popular sea moss varieties, *Chondrus crispus*, dates back to 600 B.C., when it was used as a therapeutic remedy for treating infections and congestion, boost libido and virility, and to preserve foods and brew beer. To consume the sea moss, moss farmers would rake the sea moss from rocks lining the ocean shores and lay the moss flat to dry in the sun. Then they would wash it and boil it to turn it into a gel. A popular recipe was to add the gel to warmed milk with sugar and nutmeg. During the Irish Potato Famine (1845 - 1852), when more than 1 million died from starvation, many Irish living near the coast survived eating the nutrient-dense seaweed. Thus, the name Irish moss was born.



Chondrus crispus (photo credit: https://commons.wikimedia.org/wiki/File:Chondrus_crispus.jpg)



Gracilaria in the market (photo credit: Derek Keats, <https://creativecommons.org/licenses/by/2.0/>)

Types of Sea Moss

There are over 200 types of sea moss worldwide, which can make it confusing for consumers when selecting a sea moss product to buy. The most commonly harvested sea moss varieties are *Chondrus crispus*, and its close cousin *Gracilaria sp.* *Chondrus crispus* is abundant in the North Atlantic coastlines of the U.S., Canada, and Ireland because this variety grows best in cooler temperatures. Fresh *Chondrus* is dark purple or brown with red tones, and its frilly fronds are flat, thin, and fanlike.

Gracilaria is found in warmer, tropical waters sourced from Jamaica, Vietnam, China, and the Philippines. Since it grows in tropical locales, the *Gracilaria* species is typically a lighter yellow, or gold with red tones because of the increased exposure to the sun. However, color cannot also be an effective identifier. *Gracilaria* growing in intercoastal and high marine activity locations can also carry dark purple or reddish colors. The sea moss plant shape is a more reliable method to identify the moss type. *Gracilaria* has thick, short-to-long cylindrical branches with offshoots of blades that resemble noodles.

Most sea moss health products on the market today are produced from the *Gracilaria* species even if it's labeled Irish moss. Irish people that migrated to Jamaica in the 1600s carried along with them their tradition of sea moss use for its nutritional and medicinal value, and they adopted the *Gracilaria* variety as their "Irish moss". Regardless of the name, both types of moss are made up of similar constituents — a mucilaginous complex carbohydrate, protein and a host of vitamins and minerals. The primary difference is in the type of carbohydrate in both varieties. *Chondrus crispus* contains carrageenan and *Gracilaria* contains agar. *Gracilaria* provides over 80 percent of the world's agar supply.

Two other tropical seaweeds that are growing in popularity and sourced from China, Vietnam and the Philippines are *Kappaphycus*

continued on page 64



Wanda Lasseter Lundy

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Becoming A Healer: Clearing Energy

This class builds on the material in Energy Flows, which is available as a recording. During the class, you will first learn to clear your own energy. Then you will learn basic techniques for clearing energy by setting intent, thoroughly connecting, learning how to use energy templates, directing energy flow, using energy to raise vibration, spacing a client's energy and modeling cleared energy.

Date: Saturday, January 22, 2022

Time: 12:00 pm – 5:30 pm EST

Tuition: \$140 if paid by December 15, \$170 after.

To Register: Call Wanda at 812-705-5135
or email Katie at Katielynn3492@gmail.com

Future Classes:

- ❖ **March 19, 2022 – Becoming a Healer: Intuition & Healing (Level 1)**
- ❖ **April 23 & 24, 2022 – Etheric Surgery (Level 2)**

Upcoming 2022 Courses: Level 2

Working With Angels, Guides, and Masters

This class is about communicating with angels, guides, and masters to provide additional information to yourself or to clients.

Learning includes:

- Sensing the need for additional guidance
- How to channel
- Types of channeling
- How to access guidance
- Different types and levels of guidance
- The audio/visual and sensory input from angels, masters and guides
- How to transfer the energy of angels, masters and guides
- How to acquire and keep the energy of these beings as your own
- How to ask questions and receive answers
- How to tailor the information received for a client
- Practice exercises

Date: February 26 and 27, 2022

Time: 12:00 pm – 6:00 pm (Both Days)

Tuition: \$350 if paid by January 20, 2021: \$380 if paid late

To Register: call Wanda at 812-705-5135
or email Katie at katielynn3492@gmail.com

**For more information and to see more on our upcoming classes,
Please visit our Website and Facebook Page:**

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Transcending the Wounds of Animal Traumas

BY DEBBIE CAROLE

Trauma is now a topic that garners significant attention in our society, and that trend is likely to continue. We continue to unravel trauma severity and impacts from overt events invoking Post Traumatic Stress Disorder (PTSD) to childhood traumas to seemingly inconsequential events in our lives, many we “forget” or repress. While there is no magic pill, no one size fits all modality for healing traumas, there is certainly a greater focus on the importance of healing them and new techniques to do so.

Trauma is no stranger to the animal kingdom, as animal lovers and caretakers, especially those involved in animal rescue, witness all too well the impact of trauma on God’s beloved creatures.

While we tend to avoid contemplating animal traumas, we are all too aware of more apparent tragedies. Far too many animals, whether lost, feral or under the hands of humankind, are starved or deprived of needed nutrition and shelter. Whether pets, farm animals, or carnival captives, we have heard too many stories about the beaten and battered. In many animal trauma cases, the human does not intend endangerment; however, we still mourn the dog thrown from the truck bed or fallen from a car window.

If you are like many of us, you cringe when you see graphic photos of animals in crisis, your heart aches when you hear the sad stories on the agonizing TV commercials. Although intended to appeal to our help, they can leave us with feelings of hopelessness, which is somewhat traumatic to us, as it is so far from what we think is just.

On the flip side, we are grateful when the animal survives, even if it means with one less eye or three legs. The animals seem happy (because they don’t judge their condition), so we are as well! We seek to find ideal homes, comfort, and a happy life for the lucky souls who have escaped the misery, the demise. It warms our hearts to watch videos of laboratory puppies experiencing the smell of the outdoors, and the grass beneath their feet for the first time.

It is easy for us to conclude, and it certainly makes us feel better to believe that all ended well, that the animal is now content and trauma-free. But is it? Because, just like in humans, those buried trauma wounds can run deep and invoke physical and emotional weaknesses and vulnerabilities. Just because they appear joyful doesn’t mean they are not subject to triggered fears and visceral reactions.

As Trauma Leaves Its Trails

As an animal communicator, I am often called upon to help clients resolve their beloved pets’ physical or behavioral issues, sometimes relatively easily solved by changing food, routine or straightforward training. However, the problem is frequently rooted in a physical or emotional trauma that is mitigated temporarily by treating the symptoms; but it often rears its ugly head again, leaving the pet guardian with the question: Why doesn’t this go away?

In addition to the more overt physical traumas mentioned earlier, others equally traumatizing can occur while the animal was very young, or during an early history unknown to the guardian, which is often the case with rescue pets. I recently communicated with some kittens who were born with cerebellar hyperplasia by a starving moth-

er. Other kittens in the litter were fortunately born healthy. As fetuses, the affected kittens were a bit younger and received fewer nutrients from their struggling mother. Another cat I connected with was struggling with behavior and bonding issues. He was a victim as a kitten of a hoarding situation involving the presence of gasoline, likely resulting in some toxicity affecting his health at a very young age.

While examples of physical trauma in animals are extensive, we should not ignore the impact of emotional trauma. So often, our pets exhibit joy and pleasure that when they demonstrate “quirks,” it is easy to assume it is simply a personality trait. When the behavior becomes dangerous or more frequent, we show cause for concern. It may be hard to imagine they are reflecting an emotional trauma.

I recently spoke with a certified dog trainer who shared an excellent example of emotional trauma. She observed numerous cases when a dog acted anxious, nervous, or even aggressive when approaching a physical location, such as a street corner, where the dog had a negative encounter with a person or another dog, even if there was no one else present!

A significant source of emotional trauma in pets centers around abandonment and separation, which can occur in many circumstances. Very often, whether in a rescue situation or intended breeding, the puppies or kittens are separated from their mother or siblings too early, invoking feelings of loss and abandonment. In many cases, early separation is not preventable, but the trauma exists nonetheless. Whether due to a short trip or a more extended period of separation, separation anxiety

in their pets is also a common concern among pet owners. Prior abandonment-related traumas can explain why some pets have this issue and others are not affected.

In addition to the more obvious physical and emotional traumas, trauma trapped in the sentience of the animal energy body can affect an animal’s health and behavior. Trauma in the sentience is rarely discussed and is typically manifested as a result of physical and emotionally traumatic experiences. Although veterinarians and health care practitioners don’t have the diagnostic tools to detect this condition, energy healers and animal communicators can often observe weaknesses and vulnerabilities in the animal’s energy and etheric bodies, helping to identify and shift this imbalance.

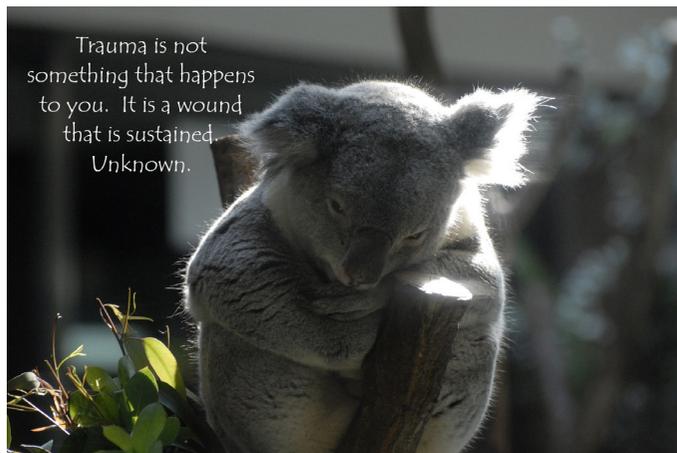
Unresolved traumas in animals may likely explain why supplements, foods, medicines, and other healing treatments work to heal some animals and not others. And, in many cases, traditional medical processes and pharmaceuticals may eliminate the symptoms for some time, only to have the underlying issue reappear later or in another form.

Do Not Despair - Healing Modalities

It is easy to feel overwhelmed by the extent and severity of trauma experienced by Mother Earth’s creatures. So what can we do? As spiritual and conscious beings, how can we positively impact these beloved animals that do so much for us? In actuality, there is quite a bit we can all do to assist, individually and collectively.

We can start by awareness, and by directing our thoughts and our intentions. Just as in intentional animal communication, our pets pick

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The Dem Failure to Follow the “Georgia Way” Lost Virginia and Points Toward Fascism

BY JOEL SEGAL AND HARVEY WASSERMAN

The predictable corporate Democrats’ Virginia defeat came because the party’s gerontocracy refused to do the “Georgia Way” grassroots organizing that won for Biden in 2020 and captured two US Senate seats on January 5, 2021 — the day before Trump’s attempted Capital coup.

Running on issues of the economy, human rights and the ecology, Georgia’s breakthrough on-the-ground campaign did everything the Democrats should have done to win in Virginia.

Let’s look at the history:

The long-shot presidential victory of Joe Biden in Georgia, 2020 — followed by the virtually impossible January 5, 2021 US Senatorial victories there of Raphael Warnock and Jon Ossoff — changed the world.

Biden’s unlikely 2020 victory in Georgia was critical to removing Donald Trump from the White House. Georgia had not gone for a Democrat since southerner Bill Clinton ran in 1992, with Ross Perot splitting the right-wing vote.

Even more unlikely was the January 5, 2021 US Senate victory of two Democrats, Raphael Warnock and Jon Ossoff. Together they brought the Upper House to a 50-50 tie, giving Vice President Kamala Harris the decisive vote that has radically transformed the balance of power on Capitol Hill.

These earth-shaking Democratic victories sparked an epic political transformation not only because of where they happened — but because of how.

Georgia was founded in the 1700s by James Oglethorpe as a Utopian colony. Some 60,000 prisoners were brought there from England with the purpose of starting a new life.

But as the slave system took root, Georgia became a bastion of racism and inequality. A lynchpin of the Confederacy and then of the Ku Klux Klan, Jim Crow bigotry toward both blacks and Jews is deeply ingrained in the state’s DNA. If the 2021 victories of one of each in fact indicate a pivotal shift in the Georgia worldview, it would have huge long-term impacts on the American electoral calculus.

But even more important may be the nature of the modernized grassroots organizing that made those victories possible — and which the Democrats just ignored in Virginia, with catastrophic results.

Organizing within the African-American community dates back to before the Revolution, with the founding by Prince Hall of predominantly black Masonic lodges whose progeny are still active and effective. In 1911, during the first Progressive Era, blacks and whites together formed the National Association for the Advancement of Colored People. Today the NAACP is a major force in American politics. Substantial chapters function statewide in Georgia, and in Atlanta, where legendary organizer Ray McClendon serves as Political Director.

In 2018 Stacy Abrams worked with McClendon and others to fire up a grassroots network that put her on the brink of becoming America’s

first female African-American governor. By virtually any standard, her rightful victory was wrongfully denied through a massive Jim Crow disenfranchisement staged by Georgia’s conservative white establishment.

Among those powering Stacy’s campaign were the “Divine Nine,” a network of African-American sororities and fraternities whose current membership and active alumni have become a major force in grassroots organizing nationwide.

For decades the Democratic Party has raised hundreds of millions of dollars from corporate donors and private citizens...and then ignored this critical grassroots African-American infrastructure while — as in Virginia this fall — squandering the core of that cash on electronic media buys, largely in urban areas.

In the new millennium, especially through the breakthrough campaigns of Howard Dean, Barack Obama and Bernie Sanders, much of the fundraising focus has shifted to small internet-based donors. Millions of such small donations—Bernie’s average was \$27—could diminish or eventually supplant the totals coming in from the rich and the corporations. To say that would embody a monumental shift in the American balance of power is to vastly understate the case.

But at least equally important could be the shift to nitty-gritty on-the-ground organizing as brought to bear in Georgia 2020-1, primarily by Andrea Miller of the computer-savvy Center for Common Ground, Professor Emeritus Gloria Tinubu and the Atlanta NAACP’s McClendon. As documented in a breakthrough series of first-person accounts “The Georgia Way” (www.electionprotection2024.org) relied on person-to-person campaigning in both urban and rural areas where “retail” politics, advanced Internet capabilities and hands-on Get-Out-The-Vote made all the difference.

As in Virginia, untold boatloads of Democratic Party cash traditionally pours into corporate media coffers to buy endless hours of radio-TV-internet advertising. But precious few grassroots dollars sustained hundreds of volunteers who did the nitty-gritty work in Georgia of meeting, greeting and activating otherwise ignored voters both in rural areas

and the inner cities.

These dedicated activists also kept watchful eyes on how the registration records were being kept, how the polls were being operated, how the ballots were protected, counted and recounted...and much more.

In response, the Trump-Bannon Republicans are rushing to enact dozens of restrictive laws through the gerrymandered authoritarian Georgia legislature, and many more like it throughout the US. They are infiltrating election boards and precinct staffs with GOP operatives whose mission will be to subvert elections and guarantee the Republicans gain absolute power in 2022 and 2024.

It’s no coincidence that Donald Trump’s violent White Supremacist attack on the US Capital came within 24 hours after the non-violent

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Reversing Type 2 Diabetes, An Illness of Lifestyle

BY HELENA AMOS, M.AC., L.AC., EURO. PHYSICIAN

It's important to consider our health concerns when we make our food choices, and that's especially true during the holiday season. This is tough to do given all the amazing food this time of year, and all the opportunities for celebrating with eating. But healthy choices can be very tasty, too, and we can modify our eating behaviors accordingly while still enjoying ourselves during the holidays, and all year long.

One health condition particularly susceptible to the pitfalls of unhealthy eating — and an unhealthy lifestyle in general — is Type 2 Diabetes, also known as Diabetes Mellitus (DM). The condition has been known since ancient times, but it's predicted that every tenth person on the planet will have it by 2040 if we don't stop it from reaching pandemic proportions.

To do that, we must first understand what insulin sensitivity, prediabetes and Type 2 Diabetes are, recognize the symptoms, and learn how to prevent and treat them properly.

The Basics of Diabetes

The pancreas, a large gland of the digestive system, is directly involved in the development of diabetes. It is located on the left side of the abdominal area just below the left side of the rib cage. The gland secretes a pancreatic juice full of digestive enzymes to break down protein, carbohydrates and fat.

The pancreas also functions to produce insulin by beta cells. Unlike Type 1 Diabetes, which is characterized by beta cell deficiencies and can develop early in life, Type 2 Diabetes happens when there are enough beta cells but the insulin receptors of the cells are broken — or resistant — due to an excess amount of sugar, simple carbohydrates or alcohol consumption. When this occurs, insulin cannot deliver glucose into the cells, depriving the cells of energy, and allowing extra glucose to circulate in the bloodstream, which turns into fat surrounding and penetrating internal organs. Obesity causes fat cells to act as their own hormonal tissue, triggering hunger and more storage of fat in the organs and outside tissues — it is a vicious cycle and an important one to break.

The appearance of Type 2 Diabetes is not something that happens overnight. Rather, it begins due to a compounding of unhealthy lifestyle factors that lead to prediabetes, or insulin resistance syndrome, which can eventually turn into a full-blown diagnosis. Obesity, diets high in junk food and simple carbohydrates, and lack of exercise and quality sleep are dangerous precursors. In addition, certain medications, and hormonal disorders can exacerbate early conditions.

Warning signs for insulin resistance, or prediabetes, include an increasing waistline (over 35-40 inches); dark spots on the skin around elbows, knees; skin tags; and elevated or high normal levels of blood glucose and triglycerides, blood pressure over 140/80; and when HDL cholesterol is lower than 40mg//l.



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The primary causes of Type 2 Diabetes are directly related to unhealthy food choices and habits. These include:

- Poor diet
- Excess weight
- Lack of physical activities
- Depression and/or high stress levels
- Chemical toxicity
- Viral or bacterial infections
- Certain medications

Furthermore, while there is no evidence of a genetic predisposition to DM, other conditions can be secondary causes of diabetes. For instance, hormonal imbalances such as hypothyroidism, polycystic ovary syndrome, and Cushing's disease exacerbate symptoms associated with diabetes, thereby contributing to its development.

There are several symptoms that can alert to the presence of insulin resistance or diabetes, including:

- Unexplained fatigue
- Unexplained weight gain
- Frequent urination, especially at night time
- Constant hunger and thirst
- Numbness, neuropathy in extremities
- Vaginal infections
- Poor vision
- Heart and circulation problems
- High blood pressure

Late, or longer-term, consequences of Type 2 Diabetes can include:

- Hypoglycemia - episodes of sweating, dizziness, disorientation, excessive hunger, nausea
- Atherosclerosis - excess glucose in the blood causes small arteries to close up, shutting off blood supply and nerve supply
- Diabetes neuropathy - tingling and numbness of extremities
- Kidney damage (diabetic nephropathy)
- Diabetic retinopathy, vision loss
- Trophic ulcers, gangrene of extremities
- Strokes, ischemic heart disease

Breaking the Cycle: Diabetes Prevention and Treatment

The prevention and reversal of diabetes mellitus is possible with the proper quality and quantity of foods and physical exercise to encourage increased metabolism, to reduce the size of the stomach, and to promote a healthier lifestyle that supports lifelong wellness.

Certain foods negatively affect your blood sugar levels, cause inflammation and trigger immune responses. As a general nutritional guideline, avoid GMOs foods, processed food, homogenized oils, and artificial sweeteners. To reverse diabetes naturally and for the long-term, the first step is to remove, or limit, these following foods from your diet:

1. Refined sugars, sodas, fruit juices and other sweet beverages. These forms of sugar enter the bloodstream rapidly and can cause extreme elevations in blood glucose. Your best option is to switch to stevia, a natural sweetener and healthier sugar substitute that won't have as much of an impact. Also, try to derive sweetness from fruits and vegetables directly.

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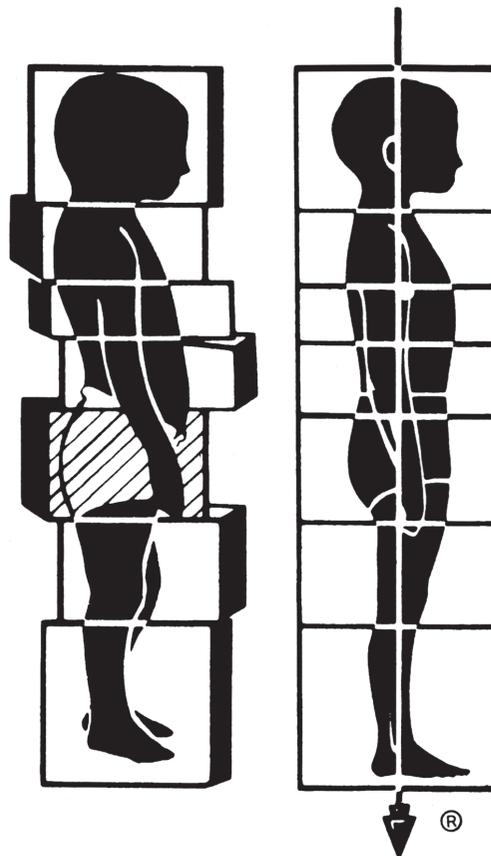
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Rituals for Personal Growth and Sustained Happiness

BY MARY H. A. KEARNS AND MARGA FRIPP

A beautiful thing about the holiday season is the many rituals and traditions we observe that are passed down from generation to generation: baking special treats, lighting candles, sending cards, decorating our homes, and sharing special meals with family and friends. They give us a sense of belonging across space and time, and connect us to our loved ones, past and present.

As we move toward the end of 2021, we may take stock of the past year and begin to envision what we would like to manifest in the coming year. This is a perfect time to practice simple rituals to support your personal growth, sustain mental wellbeing, and nurture your soul.

Rituals can take many forms: from simple to elaborate; by oneself or in community with others; you can follow prescribed formats, or you can make it up as you go along. What matters is that your ritual is performed with intention.

Some of us grew up with rituals as part of family life; others are learning to create their own. Our ancestors knew the importance of rituals, which gave us our modern holidays rooted in those ancient traditions, all containing certain things we do every year.

Here is an idea for a simple New Year ritual. Feel free to adapt it to suit your needs and personality. You can try this ritual alone, with family, or with friends.

- Gather three empty jars and decorate each one with a handmade label: Gratitude, Letting Go, Intentions.

- Take a few minutes to reflect on what you are grateful for from the past year, then write down everything that comes to mind on a single piece of paper. Place the paper in the Gratitude jar.

- Next, reflect on the things you're willing to let go of from this year. This can include people, experiences, material things, or emotions. Write them on a piece of paper, and place it in your Letting Go jar.

- Finally, reflect on the intentions you want to manifest in the coming year. You may choose to think about aspects related to your health and wellbeing, spiritual life, family, creative pursuits, career, finances, community service, and anything else that matters to you. Write down all of these things on a piece of paper, and place it in your Intentions jar.

- Set all jars on an altar in your home, and offer a prayer or light a candle as a way to send off your wishes and blessings into the universe. You may choose to revisit your jars throughout the year and reflect on your intentions as often as you'd like. You may also add new lists to the jars as ideas come to you.

As the year unfolds and our attention gets pulled between work, new tasks, and family needs, the intentions we set for ourselves can get lost in the details of everyday living. The jars we created with care to support our creativity, joy and wellbeing become sacred reminders of our chosen path and the way we can tend not only to the needs of the world, but also to our own inner lives.

In addition to seasonal rituals, practicing daily or weekly rituals can have positive effects on your mental and physical health. A study reviewing 50 years of research on family rituals by Dr. Barbara Fiese and colleagues showed that family rituals support improved physical health and stronger relationship. And we all know that when we take care of ourselves, we are better able to be there for our loved ones and our communities. Rituals are quintessential to our individual and community wellbeing. They help us become more empathetic and



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kind to each other and to our shared human experience. They inspire and transform us at the same time.

Here are some simple daily rituals you can do each day, each week, or each month throughout the year to cultivate joy and inner balance, and support your overall wellbeing:

- Take 20 minutes for yourself at the beginning and end of the day to light a candle, give gratitude for the blessings in your life, meditate, take a gentle walk observing nature, practice a form of exercise, journal, or just be.

- Turn your shower into a self-pampering experience, and don't be shy about singing in the shower. Research shows music is good for the body and soul, and elevates happiness.

- Take an Epsom salt bath infused with your favorite essential oils. Light a few candles. Breathe in relaxation, breathe out the everyday stress.

- Make time to create some art, doodle in a journal, collage a few images that resonate with you, make a card for a friend or a family member. Art-making awakens joy and inspiration and helps us surrender to the creative process.

- Read poetry or write your own poems. Poetry is medicine for the soul. It helps us heal and find language for our rich lived experience.

We wish you a very happy holiday season, and send you blessings for 2022. And if you would like to share your rituals with us, please feel free to email them. We would love to see what you have created.

Mary Hoyt Kearns, founder and president of Your Stellar Self, LLC, is an intuitive coach, energy healer, author, and retreat leader with a passion for working with people of all ages to develop mind, body and spirit wellness. Mary holds a PhD in Developmental Psychology, is a Reiki Master Teacher, Certified Life Coach, and has also studied herbalism, past life regression, and various shamanistic traditions.

Marga Fripp is the Chief Pollinator of Good at Marga Fripp Studio. As a lifelong women's empowerment leader, a self-taught artist, and expressive art therapist, she empowers conscious leaders, entrepreneurs, caregivers and wisdom seekers to sustain themselves, their causes and communities, and the environment. Marga has an M.A. in Expressive Arts Therapy, is a QiGong practitioner, and has also studied mindfulness and expressive arts for healing trauma survivors.

Winter Quarter 2021-22: Personal Needs Are Important

BY MISTY KUCERIS

You'll probably agree it's an understatement when we say the world around us is moving in directions we don't understand. No matter how hard you try, you may not find answers to the most basic question: "What's next?" But as one of my friends recently said, maybe the question isn't "What's next?" but "How do we take care of our needs during this time period as we learn to adapt in this world of change?"

This Winter Quarter starts with the last eclipse of 2021 occurring on December 4th. It's a total solar eclipse that occurs at the time of the new Moon when the Sun and Moon are in the same sign. In this case the sign is Sagittarius. Usually when there is a new Moon in the sign of Sagittarius, you become excited about starting new projects or reviewing your goals. But when a solar eclipse in Sagittarius occurs you feel you need to retreat from world events so you can find your own inner strength.

You feel differently on December 18th when the full Moon, with Sun in Sagittarius and Moon in Gemini, occurs. You're ready to take on new projects and go after your goals. Emotionally you understand the importance of communicating your needs. With the Moon forming a trine to Jupiter while the Sun is forming a sextile to Jupiter, you're optimistic about your success. You may even decide some of the goals you thought were important aren't quite that important after all.



Even though it's important to focus on your needs, you may find it a little more difficult when Venus in Capricorn turns retrograde on December 19th. It will remain retrograde until January 29, 2022.

When Venus is retrograde you become more introspective about your relationships and what you need from them. You may even feel other people are supposed to "read your mind" and know what you want. And when Venus is in Capricorn, you tend to focus more on work-related matters than personal relationships. The good news is you will be able to find that balance between work and loved ones.

This is also the time period to re-evaluate your finances. Review your budget. See if you need to make changes. Just be careful when it comes to signing contracts because there are often some hidden costs within.

As the Sun enters the sign of Capricorn on December 21st, the last quarter of the astrological year occurs and we celebrate the Winter Solstice, the shortest day of the year. Now is the time to ask: Are you getting the prestige and recognition you deserve? Are you able to achieve your goals? In spiritual astrology, Capricorn is the sign of the Holy Spirit, the aspect of your life where you try to achieve your place in history and your place in spirit.

This need to determine what is important in your life and what no longer applies is emphasized on December 24th when Saturn forms a



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square to Uranus retrograde. Saturn often represents authority figures in your life while Uranus often represents the rebellious side of your nature. Saturn also represents the need to hold on to the past while Uranus represents the need to move out of past constraints and into new opportunities. So, it's no surprise when this aspect occurs you feel tension and you also see tension on a global level.

The first time this aspect occurred was on February 17, 2021, when both Saturn and Uranus were direct. At that time you may have been presented with situations in your life where you had to make decisions about future goals. Or you may have decided to put off those decisions because of you didn't feel you had all the facts.

When this aspect occurred the second time on June 14, 2021, Saturn was retrograde and Uranus was direct. While you may have once again been put into a situation where you needed to make some decisions, you still weren't ready to let go of the past and move into the future. Or if you were ready to move on, you may have felt trapped by some constraint and you couldn't move on.

Now that this aspect is occurring for the last time, you need to look at aspects of your life that aren't meeting your needs in order to determine just what type of changes to make. It's possible your job no longer fits your needs because it's not giving you enough time to spend with family and friends. Or you may feel you do need more structure in your life as you face all the unknowns in the world. It helps if you can think back to what happened in your life around February and June of this year. You may have made some decisions back then that need to be re-evaluated; or you may have decided to wait a while before making life-changing decisions and now you find you can wait no longer.

As the year 2021 comes to a close, Jupiter enters the sign of Pisces on December 28th and stays in this sign until May 10, 2022. It will

also be in the sign of Pisces from October 28, 2022, until December 20, 2022.

When Jupiter is in the sign of Pisces, it's in one of the signs it rules. (The other sign Jupiter rules is Sagittarius.) As one of the co-rulers of Pisces, Jupiter, when in the sign of Pisces, represents your desire to move out of the realm of reality and into the realm of dreams, hopes, and wishes. It also represents your desire to retreat from many of the social activities that may be expected of you. In the positive, Jupiter in Pisces represents your desire to understand the spiritual aspects of your life so you can apply more compassion to external situations. In the negative, Jupiter in Pisces can represent the desire to self-medicate in order to avoid pain. This can lead to addictions and other anti-social behavior. Jupiter in Pisces can also represent the desire to hide who you really are so other people won't judge you harshly. A good example of this is the new show on Fox called, "Alter Ego."

Economically, there is a greater emphasis on reviewing and even changing how currency operates in your life when Jupiter is in Pisces. Currently, both governments and corporations are getting more involved in crypto currency as a means of speeding up the distribution of money as well as gaining more control over the actual dollar. Even if you're not involved in crypto currency, you are involved in virtual currency by the fact that most bills are paid online and many sales are also online.

Because Jupiter in Pisces can help you increase your sense of compassion, you may find as more disenfranchised people claim their basic rights, you can begin to understand why their rights are just as important as yours are. When Jupiter was in the sign of Aquarius, you saw many tipping points in society where people demanded change

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Awaken to the Extraordinary Teachings of Our Animal Friends

BY TAMMY BILLUPS; EDITED BY CAM MACQUEEN

Nothing connects us to our hearts faster than being lovingly greeted by an animal. When the sweet dog or the cute kitty excitedly dashes towards us, it seems to look into our soul and convey the message we've always dreamed of receiving. "I see you. You matter. You are lovable."

One by one, humans are forever transformed by the unconditional love they receive from the *angels-in-bodies* we call *animal companions*. And I am no exception. Animals have had a monumental impact on my life. Like endless others, the first time I felt the purity and bliss of unconditional love was from a companion animal. In my twenties an adorable little calico kitten reached into my heart and whispered I love you, and I was forever changed.

Humans are magnetized to animals much like they are drawn to newborn babies. Animals and newborns radiate with the pureness of spirit, and when we interact with them a part of us remembers when we were also dwelling in the fearlessness of a higher dimension, and we long to feel that glorious state of being again.

It's remarkable when you think about their unmistakable and profound contribution to humanity. I often wonder what our planet would be like if the animal kingdom wasn't holding the high watch for humans to heal, grow, and evolve. The presence of companion animals in our lives is far more impactful and important for our emotional, physical, and spiritual growth than most will ever realize. Think of the cat who soothed the infant in its crib, or the dog who consoled the sad child. From the moment an animal arrives in our lives, it unwaveringly helps us to learn and integrate the high vibrational virtues of com-

passion, acceptance, forgiveness, and love. Animal friends beautifully model these virtues for us, and they make it look so easy. These virtues are sacred teachings and gifts that might not have reached our soul inbox without the presence of companion animals in our lives.

Our animal companions are guiding lights that have been *showing us the way* to our hearts since the dawn of time. They offer portals into our soul for a deeper and more intimate understanding of

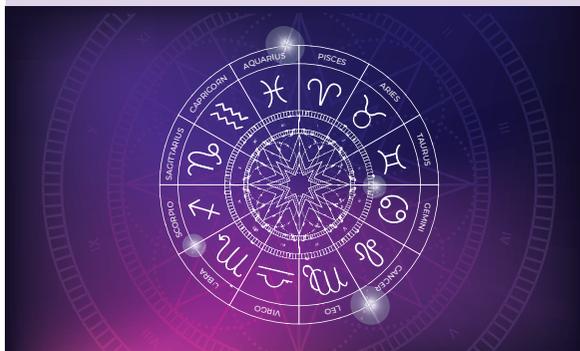
the divine spark held in the sacred center of our being. Animals willingly hold up a mirror of truth for us to awaken to the light held within us *if* we are able to recognize and embrace their messages when they arrive on the doorstep to our hearts.

They are also wonderful role models demonstrating the importance of nurturing and maintaining our connection to Mother Earth and to the conscious universe. Our animal kin intuitively know when it's time to "meditate" in a sunny spot to get reconnected, or play to move



Photo by Melissa Alonso

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out emotions and release feel-good endorphins. Their spontaneous wellness rituals are what allow their mere presence to organically be a force of healing for all beings around them, but especially with those with whom they share soul contracts.

We, too, can become vessels of healing for those in our orbit by honoring our companion animal teachers by emulating their teachings:

- Tend to your vibration and strive to maintain a higher frequency to feel more love and joy more frequently.
- Listen without judgment.
- Be vulnerable. Love unconditionally even with the risk of your heart being broken. Love is worth it.
- Accept everyone as they are and wherever they are on their journey as right and perfect for them.
- Love others unconditionally without trying to control or fix them.
- Consciously create a safe, loving space for others.
- Be you! Authenticity is a gift to yourself and all those around you.
- Forgive yourself and others, as this will free up space in your heart to trust and feel love again.
- Quiet the mind and be in the present moment to spontaneously serve others.

Animals are vital contributors for raising the planet's frequency and are beckoning us to join them on the path to feeling less suffering and more love. It is part of their mission, I believe, to guide humanity to follow their lead to a gentler, more loving way of being and living. It is therefore incumbent on us to treat all animals with respect, dignity, and compassion.

Integrating companion animal wisdom need not be difficult. Awaken to their teachings! Look deeper. Embrace each teaching as a sacred gift. As you welcome and follow the guidance that companion animals freely and generously model for you, you just might find your life shifting from ordinary to extraordinary.

Tammy Billups is an international healer, teacher, award-winning author of two books, Animal Soul Contracts, and Soul Healing with Our Animal Companions, and pioneer on the animal-human sacred soul partnership. The creator of animal-human Tandem Healings, she has been a Certified Interface Therapist (Bioenergetics) for over two decades.

Cam MacQueen, MSW, is the creator/manager of the "Cultivating Compassion" column. If you have an idea for an article, feel free to email Cam at theblockoffbiltmore39@gmail.com.



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The Best Essential Oils For Winter Woes

BY PATRICIA BONNARD

Cold winters are associated with some common complaints such as chills, dry skin, chapped lips, dry stale interior air, colds and flu, joint stiffness, and depressed moods. Obviously, the best essential oils for winter woes depend on how you experience the season, but chances are you can relate to most of these issues mentioned.

It's difficult to generalize about which winter essential oils blends or applications will be best for you without knowing what your particular symptoms are. For example, some colds present more in the head and nose with heavy congestion while others are more centered in the throat or chest.

Match the appropriate oils and application to your symptoms, but don't overdo it. Essential oils are highly concentrated. Make sure to follow the guidelines on appropriate concentrations included below.



Photo 132869814 © Madeleinesteinbach | Dreamstime.com.jpg

Matching Essential Oils With Winter Woes

1. Anti-oxidants

Cinnamon (*Cinnamomum zeylanicum*)
Clove (*Eugenia caryophyllus*)
Narrow-leaf eucalyptus (*Eucalyptus radiata*)
Lemon (*Citrus limon*)
and Manuka (*Leptospermum scoparium*)

2. Anti-depressants

Ylang ylang (*Cananga odorata*)
Orange (*Citrus sinensis*)
Myrtle (*Myrtus communis*)

3. For cold and flu symptoms

Palo santo (*Bulnesia sarmientoi*)
Peppermint eucalyptus (*Eucalyptus dives*)
Scotch pine (*Pinus sylvestrus*)
Sitka spruce (*Picea sitchensis*)
Rosemary (*Rosmarinus officinalis var camphor*)

4. Aches and pain

Clove (*Eugenia caryophyllus*)
Nutmeg (*Myristica fragrans*)
Black pepper (*Piper nigrum*),
Ginger (*Zingiber officinale*)

5. Deodorizers

Grapefruit (*Citrus x paradisi*)
Lemon (*Citrus limon*)

6. Emollients

Myrrh (*Commiphora myrrha*)
 Frankincense (*Boswellia carteri*)
 Rose (*Rosa damascena*)

Aromatherapy Applications for the Winter

An aromatherapy application just refers to how best to apply essential oils to the body for the best results (e.g., in a cream, personal inhaler, bath). Some of the typical winter aromatherapy applications are warm baths, balms, body butter, body oils, diffusers, and inhalers.

1. Warm baths

Warm baths are particularly healing and enjoyable in winter. They're helpful for chills or when one feels cold all the way down to the bone. I like to add bubbles because they keep the water warmer longer. I also include a dash of carrier oil — any one of a wide range of all-natural carriers — but sesame and olive oil are especially warming. I don't like the bath to be very oily, but if you like that, just add more carrier.

A cautionary note: Make sure when using essential oils to use only those that are considered non-irritating to the skin, and be aware warm water can increase the potential for irritation. For example, don't use clove or cinnamon in the bath.

Make sure to dilute the essential oils in an emulsifying carrier (vegetable oil, vegetable glycerin, and even whole — not fat-free or skim — milk) before adding them to the bath to assure they disperse and are less concentrated.

If you just add them to water, they'll float around in tiny droplets. You don't want these little essential oil bubbles making direct con-

tact with your warm skin. Choose essential oils with properties that support your intentions, such as warming, moisturizing dry skin, or emotionally supportive and uplifting.

2. Balms, body butters, and body oils

While body oils, butters, and balms can feel a bit heavy in the summer months, they tend to warm, moisturize, and soothe the skin during the cold, dry months of winter. They can provide protection against the cold and windburn as well as moisturize and nourish the skin. The choice of the carrier can really make the difference between a good and a great balm, butter, or oil.

Avocado, carrot seed, coconut, and argan oil all moisturize and soothe parched winter skin. Shea and cocoa butter, often found in natural balms, are excellent emollients. Arnica and safflower oil are good for aches and pains.

Add a bit of the essential oils listed under aches and pains to get some relief for an achy, creaking winter body.

3. Diffuser oils

Diffuser oils can be used to eliminate stale winter odors, disinfect, and brighten moods. Citrus oils are good odor eaters, while many other essential oils can mask unpleasant odors. Use essential oils listed as high in anti-oxidants to provide a good immune boost. A few drops of essential oil in a diffuser are sufficient. Really, you don't need a lot.

Alternatively, place a few drops in a vaporizer to open congested sinuses and soothe other cold symptoms. For example, peppermint eucalyptus is high in pipestone, which works great to loosen and clear thick mucus.

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Top Five Kitchari Recipes

BY ANJALI SUNITA

Kitchari, a simple mixture of rice, lentil, vegetables, and spices has become all the rage as Ayurveda enters the consciousness of mainstream yoga practitioners. “Kitchari” just means mixture. Whether for the high protein and nutritional content, ease of digestion, better sleep, or to meet your mood or season, Kitchari is a delight that can be eaten for many reasons and tailored to your unique needs.

Here are a few of my favorites ways to mix it up:

Simple Kitchari:

I love this simple version found on www.realandvibrant.com (<https://realandvibrant.com/healing-ayurvedic-kitchari/>). Without onions or vegetables, the rice, dal, and spices make an aromatic version for ease of digestion. This delightfully simple and nourishing dish, could be a mono-diet, used in Ayurvedic deep detox programs, yet as a complete protein, I would enjoy it on a regular day. For everyone out there who does a kitchari cleanse, remember to make it fresh daily. Ayurveda does not recommend leftovers and especially left over rice dishes, which are too dry and rough, especially for cleansing.

Seasonal Kitchari:

It's easy to mix it up by changing out the vegetables or spices used by season. I love this version from my alma mater, *gurukula*, the Ayurvedic Institute, as suggestions are made for how to alter the dish by dosha (www.ayurveda.com/2021/08/24/kitchari/). It says for Vāta and Kapha (associated with fall and spring seasons), add ginger powder and for Pitta (associated with summer heat) leave out the mustard seeds. It's left up to you what vegetables to choose, so I'll add a few suggestions: For Vāta (fall season — early winter) think delicious root vegetables like carrots and sweet potatoes. For Pitta (summer), make sure you add some green like asparagus or green leafy vegetables. And for Kapha (late winter — spring) drier and lighter vegetables like cauliflower, parsely, and celery. Have fun and explore.

Kitchari with Fresh and Whole Spices:

Presented here is my own special recipe where I go heavy on fresh turmeric and ginger roots, use whole spices like cinnamon bark, bay leaves, cumin seeds, and fresh herbs like dill and parsely. I even change out the dals for 1/2 mung bean and 1/2 masoor dal. It's full of vegetables and makes for a complete meal.

Rejuvenating Kitchari By Organ!

Myra Lewin has made making kitchari a science, with emphasis on having 60% augmenting or building food to a ratio of 40% mung dal which is “extractive” or cleansing. She has written out seven different recipes for Kitchari in this article on seven days of kitchari cleansing (www.halepule.com/guides/ayurveda/kitchari-cleanse-recipes), but my favorites to highlight are on Day three and Day four. In “Kidney Kitchari” she uses aduki beans instead of mung beans and a beautiful blend of whole spices and unusual vegetables like burdock root and kombu.

Hearty Kitchari:

Shifting the bean is a game changer. While I would not use this one for a cleanse, this warming blend of chickpea kitchari could be a great way to help a person feel full without putting on excess weight. It is an ideal option for Kapha Dosha. Fun fact, chickpeas also contain more tryptophan than most vegetables, a chemical that helps us to sleep

well. A warm stew-like chickpea kitchari from unpeeledjournal.com (<https://unpeeledjournal.com/chickpea-kitchari-healthy-ayurvedic-recipe/>) is a great option for a hearty vegetarian dinner. Bon appétit!

Anjali Sunita is a graduate of the Sivananda Yoga Dhanwantari Ashram Yoga teacher trainings, the Ayurvedic Institute, and Oberlin College where she studied Theater and History with a focus on Gender and Colonialism.

In addition to sharing Yoga sessions and Pranayama through Baltimore Yoga Village, as well as Ayurvedic consultation as part of Village Life Wellness, Anjali creates courses for dialogue inclusive of Yoga history and philosophy. She writes the Village Life Wellness blog on Medium, villagelifewellness.medium.com, and can be contacted through www.villagelifewellness.com. On IG and FB @villagelifewellness.

This article originally appeared on her blog on Medium, and is reprinted here with the permission of Anjali Sunita. Please follow the blog for great information at the junctions of Yoga, Ayurveda, social justice, and small business.

Recipe for

FROM THE KITCHEN OF
Anjali Sunita



Fresh Kitchari

INGREDIENTS

1/2 cup Basmati Rice
1/2 cup Mung Dal (split yellow)
1/2 cup masoor dal
6 cups (approx.) Water
1/2 to 1 inch Ginger Root, chopped
1/2 inch chopped fresh turmeric root
1 bay leaf
1 cinnamon stick
1 cup chopped parsely
Mineral Salt (1/4 tsp. or so)
2 tsp. Ghee
1/2 tsp. Whole Cumin Seeds
1 pinch Asafoetida (Hing)
1 tbsps dill
1 and 1/2 cups Assorted Vegetables
carrots, rutabaga, sweet potato,
1/2 cup spinach chopped

DIRECTIONS

- Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water.
- Add 1 tsp ghee and the 6 cups of water to the rice and dal with cinnamon stick, bay leaf, ginger root, pinch of hing, and cumin seed and cook covered until it becomes soft, about 20 minutes.
- While that is cooking, prepare any vegetables that suit your constitution. Cut them into smallish pieces. Add the vegetables, turmeric root, parsely, and dill to the cooked rice and dal mixture and cook 10 minutes longer.
- Optionally add more ghee
- Add the mineral salt to taste. Optionally squeeze with lime



Relax About Finding Your Purpose

BY ROSE ROSETREE

What is the purpose of my life?

Right away, in response, let's assess. Currently, is purpose a source of inspiration in your life every day, or a nagging kind of worry? Or maybe purpose is held high, like the spiritual point of your life, as in, "The purpose of my life right now is to find my purpose."

Now let's proceed to explore these questions. Following that I'll share a secret about life purpose, one that I've discovered through using skills of energetic literacy. Incidentally, in this article, I'll call you Meaning-Seeker, because aren't concerns about finding your purpose related to a larger quest?

Like...Making my life meaningful, every single day.

By all means, try that on for size, and then, please, keep reading. Very likely you'll have reactions and/or questions. So please know you can supplement this column by commenting on a related article at the Rose Rosetree blog: *Seeking Direction in the Age of Awakening.*



Life Purpose as Your Greatest Inspiration (Or Maybe a False Inspiration)

For some, what you know about your life purpose is precious to you. Mark Twain has left humanity with a soul-stirring quote about that: "The two most important days in your life are the day you are born and the day you find out why." Has that been your experience? More power to you!

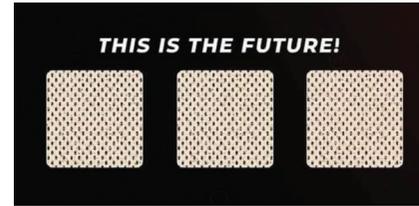
Yet I'm of the belief that life purpose isn't required to have a powerful life, a life of achievement, or a spiritually memorable incarnation. What may be more important are your emotional growth and spiritual awakening, plus whether you help others. Whether you find an official Life Purpose or not, this can be a lifetime when *you* make your life worth living.

Look, I have no way of knowing whether or not Mark Twain personally discovered his own life purpose, nor if knowledge like this made him happy. If so, did the great writer learn that publishing *Huckleberry Finn* was the purpose of his life? Seriously, no less an author than Ernest Hemingway has written, "All modern American literature comes from one book by Mark Twain called *Huckleberry Finn*."

Here's what I'm getting at, Meaning-Seeker: If Life Purpose was really so important, wouldn't we be able to look at the life of an important person and tell instantly what that purpose was? Countless good people have lived and died without ever knowing their Life Purpose. If you and I become one of them, that's not necessarily a tragedy.

But what if life's purpose has mainly a spiritual significance? Maybe an indispensable significance, such that only people who know their

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Relax About Finding Your Purpose...

...continued from page 27

Spiritual Purpose can have a rewarding spiritual life?

One of the ways I use energetic literacy (plus some other skills) is to help folks as an Enlightenment Teacher. In that capacity I've coached many clients and students to accelerate their spiritual evolution; some have even crossed the threshold into Enlightenment. As far as I know, not a single one of them has a strong sense of purpose in life. Certainly, there's no purpose-finding requirement to gain self-actualization.

But what about finding meaning in your life? Whether or not you seek knowledge of your Life Purpose, and whether or not you have found it, none of this will guarantee you a meaningful life. Only you can give yourself that; and yet, so many spiritual seekers have been given the opposite impression. What do we choose to believe, or worry about, regarding purpose? Surely that's up to each one of us.

Worried You Aren't Yet Sure of Your Life Purpose?

"Why don't I know my life purpose?" That's a common worry. Just now I googled "How to learn your purpose in life" and got 17,800,000 hits.

For many folks, seeking their purpose amounts to a sacred-yet-bittersweet quest. Why bittersweet? Because it can seem like everybody else has found his or her purpose, and you are left wondering, "So what's wrong with me?" Nothing, actually. If you haven't yet found a life purpose, you're in the majority.

Statistically the number of people with one clear life purpose is very small. Mozart would be an example. No doubt his purpose was to become a fine Viennese plumber. Just kidding. The man was born to

compose great music, although I doubt he had time to sit around pondering that purpose. From age five onward, Mozart was composing music, with a prodigy's career to follow, becoming one of the greatest composers of all time. Like Mozart, others with one crystal-clear Life Purpose don't have to hunt around for it. Instead, they're spontaneously living it.

By contrast, the vast majority of us do not have one clear purpose in life. Again and again, over the decades, we may ask ourselves, "What do I want to be when I grow up?" And then we'll use our minds and hearts and free will to come up with an answer.

As an Enlightenment Teacher, I'd say, "That's the point." Most of us make our own way through life, with ever-changing searches and struggles being part of the evolutionary process. As a Meaning-Seeker, this counter-culture perspective can be worth considering.

Making the Purpose of Your Life About FINDING Your Sacred Purpose

Here's the worst problem of all. I've met so many people who have turned their personal search for meaning in life into a quest to finally find the Fortune Cookie of Ultimate Importance, as if everything will be worthwhile if they only learn their official Sacred Purpose. Perhaps one of the following:

- The purpose of my life is to learn about love.
- The purpose of my life is to seek God.
- The purpose of my life is to take responsibility for my life, and make this life of mine as good as it can be.

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Canine Communication: Four Mindfulness Tips Your Dog Needs You to Know!

BY JESSE STERNBERG

While the canine may not be a very graceful species, their use of body language is exquisitely well timed, nuanced, and far more emotionally intelligent than you might expect. You only need to spend a few minutes at the dog park to see a pack is always organizing itself in highly coherent, efficient, and benevolent ways.

So yes, there is a language dogs use with one another.

As a master dog trainer and canine communicator, I focus on teaching people how to recognize the feelings underneath the most common “bad behaviors” we tend to see in every dog in America, like: lunging, jumping, whining, chewing, barking, not listening, etc. To me, bad behaviors are just strong feelings (like frustration, anxiety, stress, etc.) that need to be acted out of the body. We’re actually no different.

If you’re into mindfulness, you’re going to love everything about canine communication — from the fact that it’s present moment-based, empathetic, and non-conflict seeking to egoless, and rich with compassion. There is one big catch though. This language is never-not-working, and your dog has (and always will) think you’re using it on them just like they’re using it on you.

Let us now examine how this *languageless-language* actually works, from your dog’s perspective, so you can become your dog’s strong feelings and bring them inner peace.



The Forbidden Angle

Eye contact is scary and unnatural. This is true for the one making it, and for the one receiving it. Ask any child and they will agree. The wisdom here is to appreciate that eye contact is an action that literally creates a yucky feeling in the body. Sure, I can think of a few scenarios where it feels nice (e.g., making love or doing some weird exercise in

a kundalini class), but no one walks around trying to soul stare into every human they meet. That wouldn’t go over very well. So why do we do it so much with our dogs?

I refer to eye-staring as the *forbidden angle*, simply because of the great lengths all dogs go to avoid it. Let’s digest this for a moment because the implication underneath this is LOVE versus ignorance. No dog wants to scare another without purpose. When there is a purpose, however, dogs have a much different relationship with creating contrast than humans. We hate the feeling of fear and go to great lengths to avoid it. Yet dogs (and all of nature) seem to be ok with it. To them, it’s just a communication that means something like, “stop”, or “do we have a problem?” Dogs don’t hesitate or get stuck in their own heads. They literally create the feeling, get the result, then shake it off and move forward. Another lesson: Stop clinging and just go for it!

Now, before you ever think about playing with this angle so you can put a piece of pizza on the table and tell your dog not to touch it, I highly recommend you study the next section on calming signals first. There’s a tremendous amount of power in the forbidden angle, and you wouldn’t want to misuse it.

Calming Signals

Lip licking, blinking, looking away, yawning, raising the front paw, and making themselves smaller (think sitting, laying down, and putting their chins down) are the primary calming signals dogs use to communicate with us (and with one another). This is not an exclusive

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Animal Communication and Healing

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- Behavior issues
- Health concerns
- Trauma recovery
- Adoption transitions
- Grief processing
- End of life desires
- Or simply share thoughts and feelings

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Mary's Center Birth Doula Program...

...continued from page 9



Melissa Davis, owner of Hands of Melody Doula Services, local birth doula trained at GracefulFusion by Nicole, supporting a client through massage and unconditional loving presence during labor.

Why Birth Doulas? Addressing Nation- and District-wide Maternal Health Disparities

The United States has the highest maternal mortality rate of any industrialized country in the world, even though it spends on average three times more on healthcare costs than other industrialized countries. The [maternal mortality rate](#) is four times higher for Black birthers than white birthers, and double that of Hispanic birthers; and those disparities are even higher if you look at specific geographic regions in the U.S.

In the District of Columbia, alarm bells have been ringing for years around inequities in maternal and infant health indicators. As of 2018, [D.C.'s maternal mortality rate](#) was more than 50% higher than the national average at 36 deaths per 100,000 births — the 5th highest maternal mortality rate in the country. The closing of the maternity wards in both hospitals east of the Anacostia River has only exacerbated these alarming rates, disproportionately impacting Wards 7 and 8, which now lack access to adequate perinatal healthcare in their communities. When analyzing solutions for maternal and infant health disparities, research has shown the benefits of returning to our roots and restoring the compassionate, community-based care that doulas offer to their clients.

In 2017, Cochrane published a systematic review summarizing the benefits of birth doula support for labor and delivery outcomes for 16,000 births across the U.S. (Cochrane, an international network that creates and makes available systematic reviews, is recognized as a gold standard for trusted, high-quality health care information.) The data revealed a number of significant positive outcomes achieved through continuous support from a doula during labor and delivery, including:

- Lower usage of pain medication;
- 39% reduction in cesarean rates;
- Higher Apgar scores for babies;
- Reduced labor times;
- Higher rates of breastfeeding initiation within 1 hour of birth; and
- 65% higher reports of a positive birth experience (which is the leading protective factor against birth trauma and related postpartum mood disorders).

In response to this review and other research aimed at the benefits of birth doula support, the American Association of Obstetrics and Gynecology (ACOG) released a [brief](#) asserting that continuous labor support by a doula is “one of the most effective tools for improving labor and delivery outcomes in America.” The research is clear: birth doulas are an invaluable tool for bridging the gap in modern obstetrical care and improving both maternal and infant health outcomes.



Austyn Holleman at the last birth she attended rejoicing with the new parents over a beautiful birth and the arrival of their newest family member.

Bringing It All Together: The Mary's Center Doula Referral Program

Mary's Center is a Federally Qualified Health Center providing 60,000 participants across DC and Maryland with health care (including medical, dental, and behavioral health), education, and social services. Mary's Center operates using a [social change model](#) that supports families with not only evidenced-based treatment, but also wraparound preventative and education services to encourage holistic wellness and upward mobility.

In fall of 2020, after identifying an opportunity to further support our participants with compassionate maternity care, Mary's Center began a partnership with Nicole Heidbreder, owner of [GracefulFusion Doula Training](#), to provide free birth doula services to any pregnant participant at Mary's Center. Through the program, participants are connected with volunteer doulas from Nicole's network of dedicated

doula trainees who provide childbirth education, birth planning, and physical/emotional support throughout the entire labor and delivery process. Building a relationship with the doula during pregnancy ensures a trusted and familiar face at birth, which is especially important for many of the program's participants who otherwise would be birthing alone. To date, the Doula Referral Program has had over 50 referrals and has already made a significant impact in the birthing experience of countless Mary's Center participants.

For a blog post honoring National Doula Month (observed annually in May), two of Mary's Center Doula Referral Program doulas, Sonia Haskins and Dr. Chinita "Sheena" Richardson, were interviewed about their work with the program. When asked about the role of advocacy in doula work, Dr. Sheena responded, "I support the birthing person and their family to gain what they need from the system. I encourage them to ask questions and verbalize preferences. I make sure the birther's voice is amplified when I have observed them being dismissed, ignored, or not heard. I create space and facilitate communication between the birther and care providers. And as an activist, I support and encourage legislation to call for necessary measures to reduce the mortality rates."

As a doula for primarily low-income and Spanish-speaking families, Sonia shared her perspective, noting, "Many of my clients do not know that they can make decisions over their pregnancy and birth. For some families, it goes further as they can encounter racism for being Hispanic and not knowing how to speak English. Many of them often receive a lack of empathy and respect, and their concerns are ignored during their care. It is my job to advocate for their needs and ensure they are getting compassionate care." (To read the full article and enjoy more insights from these amazing doulas, please see the [blog post](#) on the Mary's Center website.)

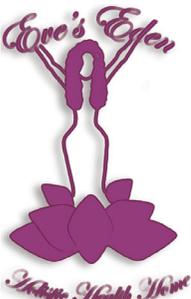
Other Doula Resources in the DMV

Although the Mary's Center/GracefulFusion partnership serves exclusively Mary's Center patients at this time, the DMV area has other opportunities for accessing affordable birth doula services:

- The [Black Doula Project](#) is a local nonprofit that provides funding to cover birth and postpartum doula services for Black families in the DMV (www.blackdoulaproject.com).
- Johns Hopkins University Hospital's [Birth Companions Program](#) uses nursing students to provide volunteer doula care to clients delivering at the hospital (<https://nursing.jhu.edu/excellence/community/birth-companions.html>).
- [Community of Hope](#) partners with local doulas to provide referrals for discounted birth doula services for their clients delivering at both local hospitals and their freestanding Birth Center (www.communityofhopedc.org).
- [Mamatoto Village](#) offers sliding scale doula services for their participants through their Community Birthworkers Program (www.mamatotovillage.org).

In addition to these valuable resources, there are promising steps being taken to expand doula service access in the DMV through advocacy and legislation. In January 2021, the [Maternal Health Resources and Access Act of 2021](#) was introduced to the D.C. Council by Councilmember Christina Henderson, proposing Medicaid reimbursement for doula services. Over 50 community members and organizations including both Mary's Center and GracefulFusion submitted testimony at the open hearing for the bill, displaying the energy from the DC

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Transcending the Wounds...

...continued from page 13

up on our thoughts, emotions, even our traumas via telepath channels. They feel and sense our thoughts and feelings and respond accordingly.

I recently learned of a pet guardian who wanted to do more for the dog she adopted from a rescue organization. The dog behaved anxiously while on walks, especially when encountering strangers. The dog's person thought she was helping by letting people know the dog was "a rescue" to excuse the dog's behavior. In an animal communication session, the dog expressed displeasure in this routine and did not want to be considered "different"!

In a similar situation, the person of a mixed breed, large white dog, also adopted from a rescue organization, often received the question, "What breed is he?" The person would say, we are uncertain, we believe this or that, but his mother is a small black dog! The dog shared he did not like this statement, and that while he understood his person meant no harm, he was very proud of his "pedigree" and his mother!

Animals live in the now, in the moment, and while they experience the pains of illness, hurt, and trauma, unlike humans, they do not mentally dwell or ruminate on their condition. We should not lament on all of the ills of our society towards animals but remain aware with directed intention to transcend, to invoke healing of the wounds.

We should recognize the wounds of trauma may be in the form of hidden scars. If medicine alone does not heal the condition, and if proactive training does not resolve the behavior, we can leverage the help of advocates and healers, working in concert with veterinarians to establish a holistic view towards a healing path.

Here are just a few ways in which can help the traumas of our animal partners:

Animal Communicators – Animals are usually very willing to speak up and share details regarding their condition, what they would like from their people, and sometimes the modality of choice to heal. They also can include preferences regarding emotional end-of-life decisions.

Energy Healing Practitioners – Many healing modalities such as Reiki, Serenity Vibration Healing®, and Shamanic work can be performed remotely, and they can help to clear and resolve the past traumas and the trapped trauma in the sentience.

Ayurvedic Practitioners – Ayurvedic medicine is centered around achieving balance physically, emotionally, and environmentally. This practice can help heal wounds as a standalone approach or in concert with other modalities.

Holistic Veterinarians – Homeopathics, acupuncture and Chinese medicine can be added to a veterinarian's tool kit offering energy and whole-body balancing benefits to help release the trauma wounds.

Mindful Practices – We know of the benefits that meditation and Yoga provide for us, yet our animals benefit from our practice as well. Our intentions, our energy state has the power to help heal; let's include our pets in our daily routines.

Prayer and Group Meditations – As we well know, where two or more gather in his name, we can create miracles. Animals respond very well to intentional meditations, and these can be exceptionally helpful for wild animals in crises such as floods and wildfires.

Conscious Commerce, Consumer Awareness – By being educated and making selective choices, we can help to reduce the suf-

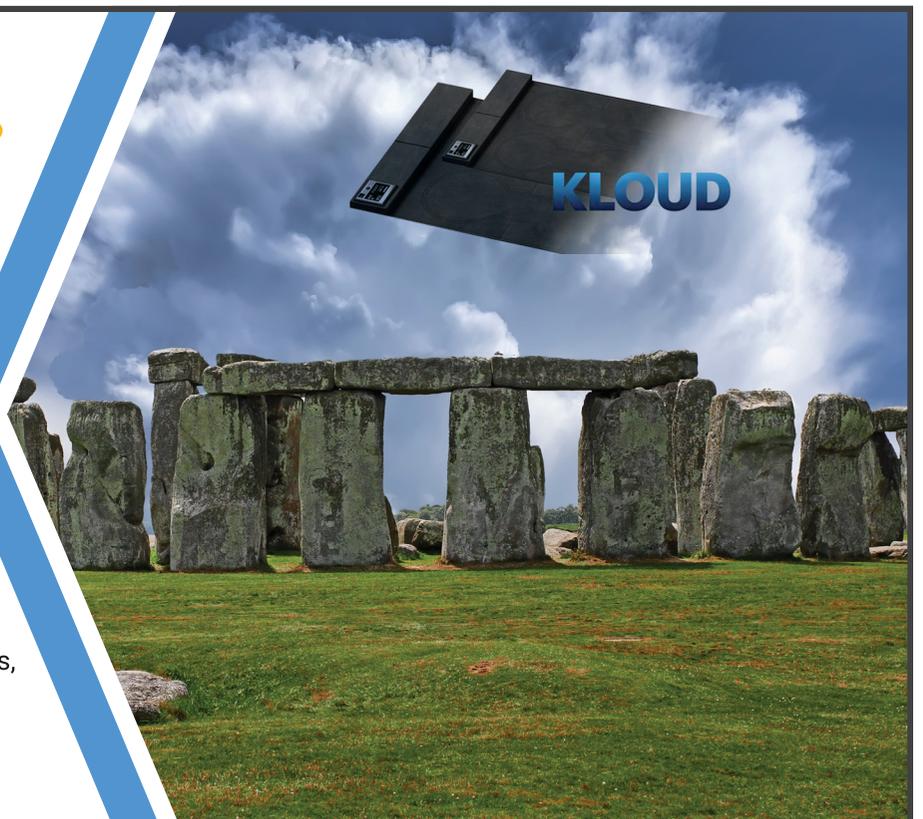
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Moving Forward

Trauma is not something that happens to you; it is the wound that is sustained. ~ Unknown.

Animals are a gift to us from God, here to assist us in our spiritual evolution and to maintain the heartbeat of Gaia. We have the tools and the ability to return the love. I ask you to join me in any way your heart leads you to help our beloved friends.

Debbie Carole is a certified Animal Communicator with the Sedona International School of Animal and Nature Communication and has been practicing animal communication for ten years. She is also a Level 4 Serenity Vibration Healing Practitioner and Teacher. She was one of the founding members of the Homeless Animals Rescue Team (HART) in Fairfax, VA.

ENVIRONMENTAL & SOCIAL JUSTICE

Dem Failure to Follow the “Georgia Way”...

...continued from page 15

grassroots victory in Georgia.

The only antidote to a democracy-killing Jim Crow *coup* is in the on-the-ground organizing that won these amazing victories. The Georgia Way showed that the power of coordinated grassroots campaigning can win even in the Peach State, even with very little money, even in a presidential and two Senatorial races where the odds on winning such a trifecta were virtually nil—and where the tangible political impact can hardly be overstated.

The reality is that the American majority strongly supports a progressive agenda...and democracy itself. The Millennial/Zoomer generations — now a third of the country — are demanding broad social, cultural and ecological advances to guarantee themselves a liveable future. A powerful overall American majority has transcended the curses of racism, homophobia, sectarian hatred and misogyny. We support free and fair elections for all. We want an end to untreated illness, poverty, homelessness, hunger, ignorance, militarism, ecological suicide and more.

The usual howls of blame from the party elite and its bloviating army can't hide that progressive social, economic and ecological programs are supported by a majority of the nation, of which Millennial/Zoomers are now fully a third. Only they can stop the Trump/Bannon putsch in 2022 and 2024.

Democracy depends on grounded, people-centric grassroots campaigning. The Georgia Way must now become American way.

By ignoring it, the Democrat elite opened the Virginia door to American fascism.

It can't happen again!

*Joel Segal...Harvey Wasserman co-convene the Grassroots Emergency Election Protection Coalition zoom calls every Monday, 5pm Eastern Time (www.electionprotection2024.org). Harvey's *The People's Spiral of US History* (www.solartopia.org) will be published in January 2022. As an aide to former Congressman John Conyers, Joel wrote the Affordable Care Act.*

Reader Supported News is the Publication of Origin for this work. The article originally appeared on November 4, 2021 (www.rsn.org/001/the-dem-failure-to-follow-the-georgia-way-lost-virginia-and-points-toward-fascism.html), and permission to republish is freely granted.



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by
Mary Kay Reynolds

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Reversing Type 2 Diabetes...

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2. Gluten and processed grains. Simple processed gluten-containing grains such as wheat, barley, oats, and rye contain large amounts of carbohydrates that are broken down into sugar within only a few minutes of consumption. Gluten can cause intestinal inflammation, which affects hormones like cortisol and leptin, and can lead to spikes in blood sugar. Depending on severity of diabetes or hypoglycemia, all grains can be removed, or small amounts of ancient sprouted grains can be allowed.

3. Dairy. Stay away from conventional milk, which can cause inflammation similar to gluten products. Use goat, sheep or A2 milk instead. Wisely chosen dairy can, however, be a great source of protein.

4. Alcohol. Alcohol can dangerously increase blood sugar and cause liver degeneration.

Achieving and maintaining a healthy weight is going to mean different things to each individual, so it's important to work with a health professional to identify your issues and your health targets. Along with regulating diet, there are additional strategies to adopt, such as establishing the amount of daily calories *your* body needs, and following it. Use one of several available free calorie-counting apps to help with monitoring and tracking.

Next, focus on healthy eating routines. Watch portion sizes at meals, and consider using an app like My Fitness Pal or Fat Secret to assist with tracking. Try to eat some kind of protein with each meal, or even nuts, which will slow down sugar ingestion, keep blood glucose from rising, and stave off hunger. And work to include more of the following food groups:

- All lean protein: lean beef, turkey, fish, and chicken, as well as rice and pea protein powders, other lean meats and seafood.
- Fresh vegetables; cooked vegetables for starch

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- Low glycemic fruit, like cherries, grapefruit, apples, pears, strawberries, all berries; not more than two portions a day

- Seeds and nuts, and their butters

- Occasional sprouted bread, 1-2 small pieces a day

- Thin-skinned legumes like all lentils

- Small portions of quinoa or brown rice

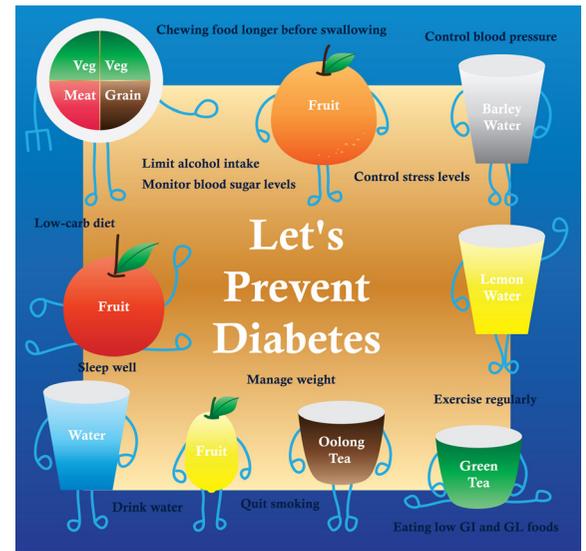


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If you suspect insulin resistance, or you have already been diagnosed with it or Type 2 Diabetes, you can complement your recovery process by working with a healthcare professional who employs holistic and/or Functional Method approaches. These modalities can assist with the reversal of diabetes by addressing the root causes for more successful outcomes. They involve:

- Setting up a diet and calorie plan
- Establishing a physical fitness program to get your body moving with regular exercise that includes cardio, weight training and body work like Yoga or T'ai Chi
- Helping with a detoxification process, depending on and varying with the individual
 - Assisting with the reversal of common "fatty liver" issues
 - Putting gastrointestinal organs back on track to normalize stool, gall bladder/bile production and more
 - Providing necessary supplements for natural weight loss and metabolism as well as immunity and more
 - Performing acupuncture, which is well known for detoxification, GI tract normalization, rebuilding pancreas and liver, and weight loss protocols including ear acupuncture to reduce food cravings and metabolism boosting; it is also very helpful for balancing body, mind and spirit to eliminate anxiety and stress.

Indulging during the holidays is just as traditional as giving gifts and decorating our homes for the season. But if you are living with diabetes, working to reverse prediabetes, or managing insulin sensitivities, this time of year is particularly challenging. However, by making smart, mindful nutritional and lifestyle choices now, and all year long, you can enjoy all the joys that come with holidays and the lasting benefits of carrying healthy habits forward.

Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician and Functional Medicine practitioner with more than 30 years of clinical experience combining the best of modern Functional Medicine with the ancient wisdom of Traditional Oriental Medicine. She is Founder/Owner of the Acupuncture and Natural Medicine Clinic in Rockville, MD, and is available for in-office and telehealth consultations. Visit rockvilleacupuncturemd.com/ for appointments and to sign up for her monthly health e-newsletters.

Mary's Center Birth Doula Program...

...continued from page 31

birth worker community around expanding doula services and ensuring accessibility for all pregnant people.

Now more than ever, doulas are playing a critical role in supporting birthers and improving health outcomes for pregnant people and their babies across the DMV and beyond.

To learn more about the Mary's Center/GracefulFusion Doula Referral Program or how you can support birth doula work in our community, please contact:

Austyn Holleman, Maternal Mental Health Therapist and Program Coordinator at Mary's Center: aholleman@maryscenter.org
Nicole Heidebreder, Owner and Educator at GracefulFusion Birth Doula Training: nicole@gracefulfusion.com

Austyn Holleman (LICSW, MSW, MPH) is a social worker, perinatal mental health therapist, community doula, and advocate for reproductive justice. Austyn fell in love with birth doula work during her graduate program at the University of North Carolina at Chapel Hill where she trained at the local hospital to be a volunteer doula with the Birth Partners Doula Program. In her current role at Mary's Center, she provides therapy for pregnant and postpartum people while expanding community collaboration and education around perinatal mental health in the DMV.

Additional contributor Faith Baiardi is an intern with the Mary's Center Doula Referral Program and a student at Hunter College in New York City majoring in Public Health. As a part of her internship, she is training to become a DONA certified birth doula under Nicole at GracefulFusion.

All photos courtesy of Mary's Center. For links to the reference sources, see the Pathways digital edition on the "Current Issue" page at www.pathwaysmagazineonline.com.



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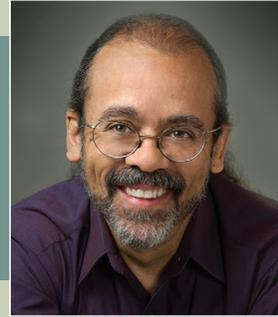
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I'm not a therapist, but I always have therapists among my clients. They come to me for:

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Winter Windowsills

BY KATHY JENTZ

Winter in our region can be mild or monstrous. Even if the weather outside is not so punishing, any stretch of cold, damp days can be wearisome. We spend a great deal of our cold season stuck inside, gazing out our windows.

A recent gardening book was sent my way entitled *Windowsill Art* and it got me thinking about all the crammed window ledges I see in my walks around my neighborhood. How are people using the valuable interior windowscapes?

I asked some local gardeners how they decorate their windowsills. Madeline Caliendo, a long-time Takoma, DC, resident said, “My favorite way to decorate my window sill is with plants, of course. We get lots of sun, so flowers especially like it there.” And Jennifer Whalen of Silver Spring, MD, said, “Right now I’m decorating my window sill with Paperwhite (*narcissus*). They are in bloom now — just in time for Thanksgiving week.”

In my own home, I’m blessed with some very deep window ledges (it was one of the key selling points when I was on my home search). For most of the growing season, I take my indoor plants outside, so the windowsills are relatively empty; but when it turns cool, they are invariably a battleground between plants and my two cats. I have resigned myself to furry African violets and lop-sided Christmas cactus due to the cats using them as head pillows.

A few of my window ledges are quite narrow and even the cats shun them. These are the ones upon which I can create some artistic interior-scapes. I’ll take colorful small bottles and line them up with coleus cuttings to start new plants. I also pile up glass Christmas balls and battery-operated candles as part of my holiday décor.



Decorative windowsills add color and creativity to your winter views.

Finally, when winter lingers on, I start to collect interesting natural objects and place them on the ledges as “found art” compositions. These include anything from empty Robin’s eggs to twisted branches to fossils collected at Calvert Cliffs. They all remind me spring and summer are not that far away!

How do *you* decorate your windowsills? Take some time now to collect items and fill your interior views to the chilly outdoors with live plants as well as natural and decorative objects.



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Kathy Jentz is editor/publisher of Washington Gardener magazine, a gardening publication published specifically for the local metro area—zones 6-7—Washington, DC, and its suburbs. Jentz is also the host of the popular [GardenDC Podcast](#).

The magazine is written entirely by local area gardeners who have real-world knowledge and practical advice with the same problems you experience in your own gardens. It's now published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year's subscription, six issues, is \$20.00.

To subscribe: send a check/money order for \$20.00 payable to "Washington Gardener" magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910; or to pay via Paypal/credit card click on the "subscribe" link at www.Washington-Gardener.com.

All photos by Kathy Jentz.



Bulb Forcing 101: How to Get Spring Blooms in the Dead of Winter

By Kathy Jentz

Didn't get all your bulbs planted before the ground froze? Don't discard them! Instead, pot them up for indoor forcing and enjoy an early springtime in the depths of winter.

If you were a good little gardener and got all your bulbs in the ground on time, there are still a few bulbs hanging around unsold at local area garden centers, and on major markdown sales on the web and through mail order. Snap them up now at these bargain basement prices and consider yourself a savvy customer. Next year, when you place your bulb orders, add a few extra to your quantities to set aside specifically for forcing. Never forced bulbs before? There's nothing to it. Here are the basics and a few extra tips I've learned from past experiments:

1. Bulb Selection. You don't need to buy any specific variety or kinds. You can just select a few bulbs from those you would buy for outside plantings. After they are done livening up your winter home, you can plant them outside after the last frost so they will return annually with your other bulbs.

One note of caution: Indoor bulbs can sometimes give off potent smells. Some people love them, some don't— Paperwhites and hyacinth are especially notorious in the love/hate category. Experiment a bit, and you'll soon learn which scents are to your tastes and which are just too overpowering for inside your home.

2. Timing. Keep in mind bulbs bloom within three-four weeks of removal from cold storage, which lasts about 12-16 weeks. So if you want blooms for a specific occasion, you need to work about 16-20 weeks in advance for planting time.

3. Bulb Planting. Regular bulbs should be planted in soil, but at a shallower depth than you would outside. The top of the bulb should be even with the soil line and have about 2 inches of soil below for root development. The container should have drainage holes.

Because it will be inside your house, and no one likes a leaky mess on their furniture, I recommend lining the bottom of the pot with scrap landscape fabric and placing the pot on a good-sized saucer filled with a layer of pebbles. Place the bulbs pointy side up, with the "flat" side towards the outside of the pot, and as tightly together as you like. Crowding them actually makes a nicer visual effect than spacing them far apart. Tight quarters also help the foliage from growing out too much and flopping over. Water the newly planted bulbs well. Place the pots in plastic newspaper sleeves to maintain a moist environment.

4. Cold Storage/Removal for Flowering. Place the potted-up bulbs in cold storage for about 12 weeks. Cold storage should be roughly 40-50 degrees and without light. Storage areas might include your basement, garage, or the crisp-drawer in your refrigerator. Different bulbs have different cold cycle times, but most are between 12-16 weeks. (Tulips need the most time at a full 16 weeks.) Mark your calendars so you don't forget about them.

When you first remove them from storage, place them in indirect light and away from a heat source to prevent "legginess." After two weeks, when they have sprouted and are several inches high, move them to a sunny, warm window. Once a flowerhead or bud starts to develop, you can then move it to your desired location with indirect sunlight to prolong the bloom life. Keep them watered regularly as soon as you remove them from cold storage. Enjoy!



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EXPLORATION

ENLIGHTENMENT

EDUCATION

ENGAGEMENT



Stay educated, enlightened and engaged all season long with these offerings from the Pathways Community. To see these events and more, visit our interactive **ONLINE CALENDAR** updated regularly throughout the quarter. Be sure to tell them you saw them in Pathways! www.PathwaysMagazineOnline.com

DECEMBER

—4—

12/4-5 **Intuition & Energy, Part 2.** This class (building on Energy Structure and Mechanics, Parts 1 and 2). explains how intuition works as a function of energy and how to become competent in the use of intuition. Learning includes: The energy of intuition and how it works; The energy structure and flows involved in using intuition; How the body reacts to vibration & the resulting transfer to the psychic senses; Using intuition to sense and interpret energy as information; The brain and reading energy; Forms of intuition; How to use intuition on demand; Skill building exercises. 12pm -6pm (both days). Tuition: \$350 if paid by November 15, 2021: \$380 if paid late. To Register: call Wanda at 812-705-5135 or email Katie at katielynn3492@gmail.com.

12/4-5 **Spiritual Hygiene and Psychic Protection Workshop via Zoom.** Do you feel like a psychic sponge who absorbs the emotions and feelings of others around you? Do you feel like you are a target of negativity or other people's manipulations?

This hands-on workshop provides a plethora of techniques to shield and protect yourself from undue psychic influences. www.mediumshamandc.com/psychic-protection

—7—

Blue Christmas Service, 7:30pm, online, a service of hope and healing for those who may not be experiencing joy at this time of year. This meaningful experience allows individuals to experience peace while honoring their experience of loss or grief. unityoffairfax.com/events

Gentle Yoga Asana 4-Week Series starts, a gently-paced class, grounded in the belief that body and breath are powerful vehicles of transformation available to everyone. Sliding scale \$42 - \$62. December 7-28, Mondays at 3:15 pm EDT for four weeks (run repeatedly), online through Zoom with recordings offered to everyone if missed. Course details & registration: baltimoreyogavillage.com/Anjali-Sunita.

—8—

Seasonal Practices of Yoga By Dosha 8-Week Series starts. Seasonal practices for

balanced wellbeing at the intersection of Yoga and Ayurveda. Sliding scale \$110-\$180. December 8 - January 26, weekly class, Wednesdays 5:15pm-6:30pm EDT online through Zoom with recordings offered to everyone if missed. Course details & registration: baltimoreyogavillage.com/Anjali-Sunita.

—9—

Using Essential Oils For Clearing and Energy Healing, Virtual workshop, 5pm-7pm. Learn how to use natural essential oils to clear and enhance energy healing sessions. Register on the [Starchaser Integrating Coaching and Energy Healing](http://StarchaserIntegratingCoachingandEnergyHealing) page on Eventbrite. For more info, use the contact form at www.Starchaser-Healingarts.com.

—11—

Enlightened Rest with Claudia Neuman combines Yin Yoga and Yoga Nidra to give you one of the most fully rejuvenating and bliss-filled 90 minutes of your day. Yoga Nidra enables us to harvest the benefits of the deep sleep state through the effortless practice of resting and being guided by the voice of one's teacher. This practice helps to reduce tension, improve sleep, enhance meditation practice and help with physical recovery from disease and injury. Virtual only, so, you have all the comforts of your own home to experience

this wonderful practice in. All levels welcome; no experience needed! Visit: www.blueheron-wellness.com/yoga-work-shops-blue-heron-wellness/ to register.

—18—

The Gifts of Tree Resins, a very special herbal Christmas workshop taught by Shelowann Dawson, MS - Herbalist Medium, in Millersville, Maryland. For more information and to register, visit pdhms.com.

—21—

Pranayama 6-Week Series starts. Release the contraction of stress. Feel vital energy expand. Reduce anxiety. Unwind. Each Tuesday, December 21 - January 25, 2022, 4:30pm-5:30pm EDT. Sliding scale \$59 - \$108. Course details & registration: baltimoreyogavillage.com/Anjali-Sunita.

Winter Solstice Celebration, 7pm. Unity of Fairfax welcomes the Winter Solstice with a special celebration of the season. This is an indoor/outdoor event and registration is required. www.unityoffairfax.org

—25—

Christmas Eve Candlelight Service. 7pm - Celebratory Service, with singing and joyful celebration; 9pm - Contemplative Service, with thoughtful meditation, prayers, and gratitude. Unity of Fairfax, www.unityoffairfax.org.

 **A Metaphysical Church...A Spiritual Community**
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IN 2022, WE'RE IN A NEW PHASE & EXPLORING NEW WAYS!

- **In-Person Sunday Services, Monthly, 1st Sunday, Noon**
 - Beginning **January 2, 2022**, join us on the first Sunday of each month for an in-person service at the Palisades Community Church, 5200 Cathedral Ave, Washington, D.C. 20016 (right around the corner from the former ISDDC building!)
- **Ongoing Virtual Offerings**
 - Sunday Service, *Weekly, Every Sunday after 1st, 11AM*
 - Evening Meditations, *First 3 Weds each month, 7:30 PM*
 - Reiki & Energy Healing Share, *Monthly, 4th Weds, 7:30 PM*
 - Spirit Share Saturdays, *Monthly, 4th Saturday, 10AM*

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—31—

Burning Bowl Ceremony, 7pm, Unity of Fairfax. At this annual service, we symbolically release what we do not want to carry into the new year and set our intentions for what we desire to do, have, and be in the coming year. This practice is a powerful way to set your intentions and release what is holding you back. www.unityoffairfax.org

JANUARY

—1—

Burning Bowl Ritual & Goal Setting Meditation, 11am. Bring with you all the things from 2021 that no longer serve you. The burning bowl ritual will accept all those negative energies and do away with them to create a space for all the goodness there is for you in the new year. The meditation will guide you on how to fill that space. Donations are always appreciated. Hosted by Rev. Sally Knuckles, Spiritual Activism Group Zoom Room, spiritualactivismgroup.com.

New Year's Day Yoga Class with Claudia Neuman, MSW, E-RYT 500, Certified Parayoga® Instructor; ring in the New Year with a beautiful Heart Opening Practice. This will include a meditation at the end. Visit: www.alignwithgrace.com for more information; or email: alignwithgrace824@gmail.com with inquiries.

—2—

In-person Noon Sunday Services return for the Institute for Spiritual Development, a metaphysical church and spiritual community, first Sunday of each month at the Palisades Community Church, 5200 Cathedral Ave., Washington, DC (around the corner from former ISDDC bldg). www.isd-dc.org

—8—

Rasa: Indian Cooking Through the Lens of Ayurveda 4-Week Series starts. Yoga practitioners all over the world are riding the rollercoaster of uneven energy and lacking

context needed to nourish themselves and don't actually know why. We make space for you to bring mindfulness to this common aspect of daily life and make CHANGE! Online live streaming takes place January 8 – February 12, 2022. Additional video content weekly, plus recipes, writing and more. Course details & registration: baltimoreyogavillage.com/Anjali-Sunita.

1/8-9 Female Reproductive Health Class, offered by Smile Herb. Details and registration at www.smileherbschool.com.

—9—

Book discussion of *The Book of ECK Parables*. Drop-in and let's share stories about seeing the Divine in our lives! 11am -12pm. All are welcome. RSVP to spiritualdiscussions12@gmail.com for the Zoom invite. Eckankar of Northern Virginia: 703-916-0515.

—12—

Mysteries of Life Group Discussion. Please join us for an uplifting 30-minute video talk that can help unravel some of the mysteries of life. A group discus-

sion will follow. RSVP to spiritualdiscussions12@gmail.com for the Zoom invite. Eckankar of Northern Virginia: 703-916-0515.

—15—

1/15-16 Beginning Spirit Communication & Mediumship Workshop via Zoom, Saturday & Sunday, January 15 & 16, 22 & 23, 2022. Open up your natural ability to communicate with the spirit world. Learn the fundamentals of mediumship, experience spirit contact, learn how to nurture your gift with Konstanza Morning Star, Certified Medium, Spiritualist Teacher and Author. Four weekend mornings. www.mediumshamandc.com

—19—

Wednesday Night Mediumship Development Circle via Zoom, 7:30-9:20pm. Spiritualist Medium and author Konstanza Morning Star offers this unique practice opportunity for those who want to develop their mediumship & psychic abilities. 8 weeks. www.mediumshamandc.com

Explore the Spiritual Wisdom and Freedom Within You!

Online Spiritual Adventures
The Book of ECK Parables
Sunday, January 9, 2022, 11 am-12 pm

Please join us for a lively and loving exploration of the ways that life experiences can build strength, awareness, and a new love of life. We'll share stories from the book and our own lives as we learn how to tackle challenges from the higher viewpoint of our true self, Soul. No book is required to participate; we'll summarize the stories from Chapters 1 and 2. You'll receive the Zoom link when you RSVP to spiritualdiscussions12@gmail.com See you there!

Spiritual Video Night
Wednesday, January 12, 2022, 7-8 pm

Enjoy the timeless wisdom of the spiritual leader of ECKANKAR, Harold Klemp. Please join us for an uplifting 30 minute video talk that can help unravel some of the mysteries of life. The showing will be followed by group discussion – a time for you to share your own experiences and questions. You may receive the Zoom link by writing spiritualdiscussions12@gmail.com

Events are free and open to the public

For more information about Eckankar events, please call 703-916-0515, check out our Meetup site at <https://www.meetup.com/Understanding-Spiritual-Experiences/> or visit our website at eck-va.org

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For more info or to register: tinyurl.com/healerjourney

—22—

Becoming A Healer: Clearing Energy, 12pm-5pm. This class builds on the material in Energy Flows, which is available as a recording. During the class, you will first learn to clear your own energy. Then you will learn basic techniques for clearing energy by setting intent, thoroughly connecting, learning how to use energy templates, directing energy flow, using energy to raise vibration, spacing a client's energy and modeling cleared energy. Tuition: \$140.00 if paid by December 15th, \$170.00 after. To Register: Call Wanda at 812-705-5135 or email Katie at Katielynn3492@gmail.com.

1/22-23 **Bach Flower Basics Course** introduces Dr. Bach's simple system of healing. Live virtual class is taught in two sessions - 3 hours each. Visit www.rainbowchihealing.com/classes or contact: Barbara Binney: rainchi2014@gmail.com.

—25—

Creative Ritual Practices for Cultivating Self-Love & Inner Wisdom, 7pm-8pm Tuesdays Jan. 25 – Feb. 22. A 5-week virtual experiential journey to explore expressive arts and mindfulness practices. More info and to register: www.tinyurl.com/healerjourney

—29—

Washington Gardener Seed Exchange at Brookside Gardens, Wheaton, MD. Seed Exchange attendees trade seeds, exchange planting tips, hear expert speakers, and collect goody bags full of gardening treats. See more details and register online at <https://washingtongardener.blogspot.com/>.

FEBRUARY

—5—

Washington Gardener Seed Exchange at Green Spring Gardens, Alexandria, VA. Seed Exchange attendees trade

seeds, exchange planting tips, hear expert speakers, and collect goody bags full of gardening treats. See more details and register online at <https://washingtongardener.blogspot.com/>.

2/5-6 **Male Reproductive Health Class**, offered by Smile Herb. Details and registration at www.smileherbschool.com.

—6—

Women Loving & Empowering Themselves, 12:15pm. LaToya Zavala, an Inner Power Coach and Motivational Speaker, author of "Perfectly Me!", will speak on helping women be in their power by releasing emotional leftovers from their past and rebuilding their identities, so they can know themselves, love themselves and empower themselves, transforming all areas of their lives and leaving the legacy they desire to leave. Join us to learn and be guided by this powerful speaker and author. Zoom Room 589 742 892; donations appre-

ciated. latoya@freedandpoweredup.com; freedandpoweredup.com.

—12—

A David Bowie Valentine Tribute Show. Doors: 7:30pm; Show: 8pm, \$15. An eclectic mix of artists celebrating the music of David Bowie; all ages show. The Pie Shop, 1339 H St, NE, WDC; tickets online at <https://pieshop-dc.com/event/a-david-bowie-valentine/>.

2/12-13 **Dream Workshop via Zoom.** Dreams are the language of the soul. Crack the code on what your dreams are trying to tell you in this dynamic workshop. Learn techniques for successful dream interpretation for life. Two weekend mornings. www.mediumshamandc.com

—17—

Mediumship Teleconferencing Circle 6-week Winter Session via Zoom. This is your opportunity to practice

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- March 12/13 Intro to Holistic Western Herbalism
- April 9/10 Digestive System -Food As medicine
- May 14/15 Respiratory System
- June 11/12 Nervous System
- July 9/10 Cardio Vascular System
- Aug. 13/14 Reproductive System
- Sept. 10/11 Muscle Skeletal System-
- Oct. 8/9 Herbal Skin Care
- Nov. 12/13 Urinary System

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February 12, 2022

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featuring

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- The Spiders without Marshall Capital Offender
- Taildraggers 7 Door Sedan



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spirit communication in a group from the comfort of your home. Under the guidance of Spiritualist medium and author Konstanza Morning Star. www.mediumshamandc.com

—18—

2/18-20 **Intensive Seminary Weekend.** Metaphysical Philosophy I, II, & III. www.unitedmeta.org

—19—

2/19/22 **Becoming A Healer: Clearing Energy (Level 1).** The Lasseter Lundy Institute. Visit: www.lasseterlundy.com. To Register: call Wanda at 812-705-5135 or email Katie at katielynn3492@gmail.com.

2/19-20 **Bach Flower Level 1 Introductory Program** introduces Dr. Bach's simple system of healing. Level 1 teaches more information and case studies than the Basics course. Live virtual class is taught in four sessions - 3 hours each; second set on Feb. 26 & 27, 2022. Visit www.Rain-

bowchihealing.com/classes or contact: Barbara Binney – rainchi2014@gmail.com.

—26—

2/26-27 **Level 2 Course: Working With Angels, Guides, and Masters.** This class is about communicating with angels, guides, and masters to provide additional information to yourself or to clients. Learning includes: channeling; accessing guidance; transferring the energy of angels, masters, guides; acquiring and keeping energy; practice exercises and more. Time: 12pm-6pm (both days). Tuition: \$350 if paid by January 20, 2021: \$380 if paid late. To Register: call Wanda at (812) 705-5135 or email Katie at katielynn3492@gmail.com.

MARCH

—12—

3/12-13 **Intro to Holistic Western Herbalism**, part of the Holistic Herbal Foundations and Apothecary course March - November 2022, one weekend

per month, 9am-5pm. Offered by Green Comfort School of Herbal Medicine. For more info and to enroll: www.greencomfortherbschool.com.

APRIL

—3—

Pathways' 53rd Natural Living Expo, 10am – 7pm, The College Park Marriott Inn & Conference Center, College Park, MD. Join 100+ exhibitors and 40+ workshops for exploration, enlightenment, education and engagement. \$10 with coupon; free indoor parking. www.pathways-magazineonline.com

—9—

4/9-10 **Digestive System - Food As Medicine**, part of the Holistic Herbal Foundations and Apothecary course March - November 2022, one weekend per month, 9am-5pm. Offered by Green Comfort School of Herbal Medicine. For more info and to enroll: www.greencomfortherbschool.com.

ONGOING

A Course in Miracles Daily Conference Call with Rev. Jim Webb, Takoma Metaphysical Chapel. Start your day off right! Held daily (Mon. – Fri.) at 7am. Call 712-775-7000, code 635833#.

Ageless Wisdom Teaching: Free talks on the return of the Masters of Wisdom to our modern world and their Plan for humanity, the evolution of consciousness, the mission of our Space brothers and sisters as well as the most potent form of spiritual development and service. Inquire at skourangis@gmail.com.

Community-Wide Chaplains' Chapel. Fridays, 10am. A virtual gathering for prayer and meditation open to everyone. We meet weekly for 30 minutes. Prayer chaplains will provide an opportunity for participants to share affirmations, gratitude, or prayer requests. unityoffairfax.com/events



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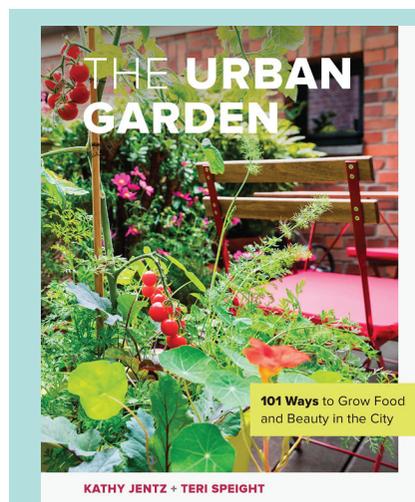
Sunday Meditation: 9:15 a.m. in-person

Weekday Meditation: 8:00–8:45 a.m.
on Zoom:
<https://us02web.zoom.us/j/7742840215?pwd=K0tmYXdKajU0Q2xSMFIBNE0yK3RHdz09>
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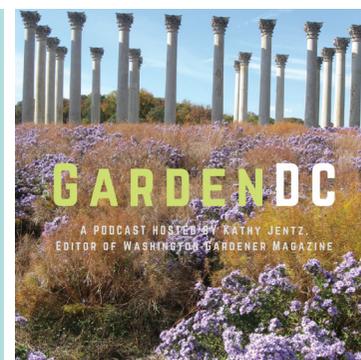
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<https://washingtongardener.blogspot.com/>

Comunidad Hispana. Los Lunes a las 7pm. El ministerio hispano de Unity de Fairfax. Se reúne los lunes en la tarde de 7pm en la Internet. ¡Bienvenidos todos los hispano hablantes! unityoffairfax.com/events

Creative Secrets with Soul. Learn them and watch your problem-solving skills grow. Knowledge you won't find elsewhere. It works! Brought to you by Rose Rosetree, Pathways Energetic Literacy Columnist. Start here with this free intro: <https://bit.ly/2WevN7x>. Check it out today. No obligation. And maybe some big results for you.

Free Online Meditations, third Wednesday of every month via Zoom. Check our events page at www.thehealingfrequency.net for more information, or sign up for notifications on Meetup at <https://www.meetup.com/the-healingfrequency/>.

Goddess Circle, 3rd Sunday of every month. 7:30pm-9pm. The Takoma Metaphysical Chapel invites you to join us in honoring the Goddess in traditional and innovative rituals of worship with Reverend Cynthia Tootle, at her home, 756 Silver Spring Ave, Silver Spring, MD. All are welcome. Love donations will be cheerfully accepted. Info at www.takomaparkchapel.org.

In-person Noon Sunday Services for the Institute for Spiritual Development, a metaphysical church and spiritual community, first Sunday of each month starting January 2, 2022, at the Palisades Community Church, 5200 Cathedral Ave., Washington, DC (around the corner from former ISDDC bldg). www.isd-dc.org

Intuition & Healing Development. This video development group is an exciting blend of study and practice in the fields of metaphysics, healing and intuition. The participants select the topic for each meeting. Come join us monthly and learn about the things that interest you. Discover what you are great at doing! Tuition: \$50 per class. To register: call Wanda at 812-705-5135; or email Katie, katielynn3492@gmail.com. All classes are online until further notice. www.lassterlundy.com

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Manifestation Monday Meetups Online at 7pm with Uma of The Lotus and the Light. Register at www.meetup.com/thelotusandthelight/events/dqwnzsyccmbjb/.

Medical Intuitive Amos Snider releases your energetic physical, mental, or emotional blocks. Amos will be at the DC Omni Shoreham Hotel the second full weekend each month. Schedule at www.amosmedicalintuitive.com.

Meditation for Inner Peace & Well being with Savitri Bach, every Monday / Thursday at 7:30pm on Zoom. Contact 301-452-7780, and visit www.newfuturesociety.com.

Men's Group Wednesdays, 7pm. Quite simply, it's a group of guys who meet regularly and privately to help each other be the best they can be in every area of their lives. We aim to create a safe space for men to gather for support, advice sharing, and companionship. Men's Group challenges the myth that you, and you alone, are the only guy that has ever dealt with a challenge. unityoffairfax.com/events

Mindful 365 Meditation. Every 2nd and 4th Saturday, 10am. Whether you already have a meditation practice or you'd like to cultivate one, most people find that meditating in community

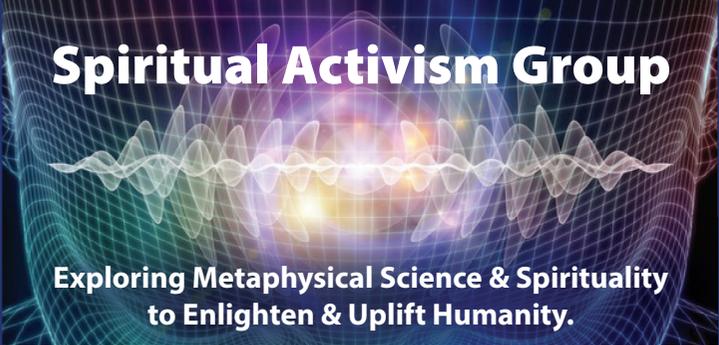
strengthens their practice. If the idea of being part of a meditation sangha is appealing to you, whether you have a practice or not currently, please consider joining the Mindful 365 Meditation Sitting Group.

Reiki & Energy Healing Share - 4th Wednesday monthly, 7:30pm. Virtual offering from the Institute for Spiritual Development, a metaphysical church and spiritual community. Visit website for details and to learn more about us: www.isd-dc.org.

Spirit Share Saturdays – 4th Saturday monthly, 10am. Virtual offering from the Institute for Spiritual Development, a metaphysical church and spiritual community. Visit website for details and to learn more about us: www.isd-dc.org.

Spiritual Activism Zoom meeting: Sundays at 12:15pm, with Marina Shakour Haber and Rev. Sally Knuckles. It is our mission to explore metaphysical science and spirituality to enlighten and uplift humanity and save our planet. Meeting ID: 589 742 892. Visit: www.facebook.com/lotsofloveandlight/

Sunday Gatherings, 10am, in-person at the Arlington Arts Center, 3550 Wilson Blvd, Arlington, VA; and on Facebook: Center for Spiritual Living Metro. www.cslmetro.org



Spiritual Activism Group

Exploring Metaphysical Science & Spirituality to Enlighten & Uplift Humanity.

Free Zoom Live Stream Every Sunday

For more information Contact: metaphysicalfellowship@gmail.com

Visit Our Facebook Page: www.facebook.com/Spiritual-Activism-Group-112796003831843

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Best Essential Oils For Winter Woes...

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4. Inhalers

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- 4-8 drops per bath: the essential oils should be added to the bath with a dispersant such as vegetable oil, whole (not fat-free or skim) milk, vegetable glycerin, or salt (those with sensitive skin should use fewer drops).
- 100 percent essential oil or essential oil blend for inhalers.
- 3-6 drops (100 percent essential oils or essential oil blend) for a diffuser (for a 12 ft x 12 ft room); less for energetic blends.
- 1 percent dilution for children, the elderly, and those with sensitive skin or compromised systems.

Patricia Bonnard, PhD, ACC is an integrated spiritual life coach and energy healer. If you are interested in assistance accessing and living from your heart and authentic self, she offers virtual and in-person integrated sessions combining conventional coaching, energy healing, and embodied practices as well as numerous personal growth, natural healing, and wellness virtual and in-person workshops. For more about Patricia, see her "about me" page on her website, www.starchaser-healingarts.com, or contact her using her online form.



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What COP26 Did and Didn't Accomplish

BY ALICE C. HILL, CFR EXPERT AND MADELINE BABIN

Countries made notable commitments in the Glasgow Climate Pact, but they still fell short of the action needed to keep global warming within manageable levels.

Would you consider the twenty-sixth Conference of the Parties (COP26) a success?

Yes, but barely. The UN climate summit delivered on its primary goal of keeping alive the Paris Agreement's aim to limit global warming to 1.5°C (2.7°F) above preindustrial levels. Nations agreed on the [Glasgow Climate Pact](#), which states that carbon emissions will have to fall by 45 percent by 2030 to keep alive the 1.5°C goal.

But the ultimate success of COP26 depends on the details. The fact that success relies on pledges for future action poses risk of failure. And beyond the concern that pledges might not translate into action, agreements in crucial areas fell short.

What did countries agree to?

Notable provisions in the Glasgow Climate Pact include:

- language supporting a “phase-down of unabated coal power,” which is the [single biggest source](#) of global temperature rise, a first for a UN climate agreement;
- new rules for trading carbon credits across borders, an issue that had evaded resolution since 2015;
- a call for nations to return in 2022 with new, more ambitious targets to curb emissions; and,
- a request for a yearly report summarizing nations' annual commitments to reduce emissions.

Nations shared other important pledges during COP26, including:

- The United States and China, the two largest emitters, agreed to work together on climate despite recent rifts in diplomatic relations.
- Over one hundred nations pledged to cut 30 percent of their emissions of methane—a greenhouse gas that dissipates more quickly than carbon but fuels [up to eighty times](#) more heating over a twenty-year period—by 2030.
- More than 130 nations, together possessing 90 percent of the world's forests, agreed to halt and then reverse deforestation by 2030.
- Over 450 financial institutions overseeing \$130 trillion in assets [promised to align](#) their portfolios with the goal of achieving net-zero emissions by 2050.

What were the failures?

COP26 President Alok Sharma had urged negotiators to “[consign coal power to history](#),” but that didn't happen. Despite the historic call in the Glasgow Climate Pact for a “phase-down” in coal power, some [coal-reliant countries](#) have indicated that they will not completely stop using coal until the 2040s or later.

Countries also failed to make significant progress on climate finance. The UN Environment Program estimates that developing countries need [\\$70 billion per year](#) for adaptation, and this figure is expected to double by 2030. Going into COP26, poorer nations renewed their [calls for financial help](#) from richer nations to adapt to the effects of climate change. They also sought to establish a [loss-and-damage fund](#) for developed countries to compensate developing countries for areas irreparably harmed by climate impacts.



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But the Glasgow Climate Pact did not resolve the funding challenge. Although the [Adaptation Fund](#), which was established in 2001 to finance adaptation efforts in developing countries, received \$356 million in new support at COP26, funding levels remain woefully inadequate. And though the pact presses rich nations to at least double finance for adaptation by 2025, this remains billions of dollars below the projected costs. Wealthier nations also blocked the move to create the loss-and-damage fund. Instead, the pact includes a promise for future dialogue about increased financial support and technical assistance to mitigate climate-related damage.

Is there a way to ensure that countries follow through on their pledges?

Accountability remains a central challenge bedeviling global efforts to combat the climate crisis.

The Glasgow Climate Pact includes provisions to increase transparency with the aim of boosting accountability. The pact also urges nations to come back in 2022 with greater ambitions. If implemented properly, the enhanced transparency framework will be an effective tool. And, in 2023, nations are set to meet in the United Arab Emirates to assess progress as part of the Paris Agreement's global stocktake. A well-executed stocktake will evaluate whether nations are [fulfilling](#)

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What COP26 Did and Didn't...

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[their commitments](#) and could guide decision-making on new emissions-reduction targets.

What is the prospect of future progress through the COP process?

Despite the shortfalls, progress was made, but ensuring that it is sufficient remains a challenge. There are no global courts or mechanisms empowered to enforce these pledges. Progress rests on the weak pillars of goodwill, though peer pressure among world leaders could help.

A [lack of women and young people](#) in decision-making on the earth's future has also fueled skepticism about the COP process. But [protests led by women, indigenous, and youth activists](#) at the Glasgow conference could provide the push that leaders need.

In closing remarks at the summit, UN Secretary-General Antonio Guterres recognized what he called the "[climate action army](#)." Guterres acknowledged the power of activists to propel governments and companies beyond words and into action. He urged them: "Never give up. Never retreat. Keep pushing forward."

This article originally appeared on the [Council of Foreign Relations](#) website on November 15, 2021, and is reprinted here in accordance with permissions set by Creative Commons licensing (<https://creativecommons.org/licenses/by-nc-nd/4.0/legalcode>).

The original article with its embedded links to additional sources can be accessed through the Pathways digital edition online.

Body, Mind, and Spirit Psychotherapy: A Synergistic Approach



Farinaz Amirsehi, RN, LPC

Licensed Professional Counselor

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

Trained as an EMDR Therapist, Emotional Transformation Therapist, Clinical Hypnotherapist, Deep Memory Process/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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Harvesting the Light in the Darkness: Ground Yourself in Your Kuleana, Your Purpose

BY CAROL BURBANK

I started this article at 2:30 in the morning. Have you also faced long, wakeful hours, like me, asking yourself *What is mine to do?*

As we gradually shift back to public events, returning to work and concerts and visits, the world feels different somehow, mainly because we have changed. There seem to be no easy answers, in our hearts or in the world. New possibilities are emerging, but often it feels like only uncertainties replace the fragile certainties we've manifested during pandemic isolation. We are called to step out from our small, safe circles, and yet we hesitate. *What is mine to do, here and now?*

It's no wonder there are a few sleepless nights for most of us, whatever our purpose. Is it worry, or passion, or inspiration that drives us from our beds when the veil is thin between the sacred and the ordinary? Moths batter the windows where we sit, pretending to read. *What is mine to do in an uncertain world?*

With so much happening now, we all could use a spark that sets us on the right path, and brings us to an understanding of purpose, the birthright Hawaiians call our *kuleana*. This unique calling is deeply connected to our integrity and satisfaction in life, bringing us into aloha and balance: community strength with individual purpose, humility, honesty, and resilience. In each of us, the *kuleana* is simultaneously a responsibility and a gift. It will not let us rest if we deny it. Whatever decisions we're making (or avoiding!), from the core of our being, our *kuleana* will guide next steps that transform insight into actions.

There is a space between vision and action that seems to demand a lonely vigil, when the bridge to clarity is built from scratch. Our daytime work connects us with multiple paths, brings us to necessary compromises, and teaches us new ways to persuade, negotiate and grow. But the work of the night requires a different kind of courage.

It is a time of waking dreams, ideas and struggles from a place wide awake but half asleep. We may be restless because of doubts and fears, circumstances beyond our control, puzzles that turn into frustrating mental hamster wheels, conversations that haunt us. But these long nights are also fertile times, if we let them lead us to a deeper communion with the wisdom from the core of our being. Whether we call that God, our soul, or the creative force, it vibrates in the deep quiet.

If we can resist turning on the TV, this gentle inner light shines more and more clearly as we ask *What is mine to do? What is my kuleana?* More than what you want or need, this question leads you to the person you are meant to become.

It's such a healing question for sleepless nights or worried minds! The answer that comes is naturally built on self-knowledge and humility without shame, tapping into an honest understanding of our gifts and strengths as well as our flaws. In the darkness and the quiet, this awareness is a spark that brings insight and a sense of peace.

And that's the light in the heart of the darkness, the blessing of sleepless nights that leads us back to our true calling and gives us our next best step. Nurturing that spark brings us into a better relationship with ourselves and the world.

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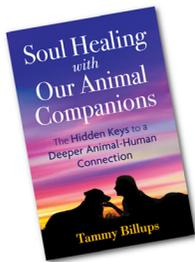
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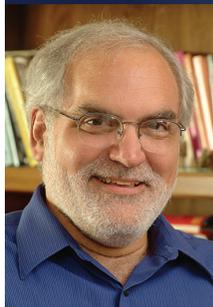
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MIND-BODY-SPIRIT

Harvesting the Light in the Darkness...

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Here are three ways to make space for the wisdom of purpose, so you can get back to sleep and wake with new insights:

1. Make room for wisdom; put down negative thoughts.

This is both a literal and imaginative exercise. Whenever negative thoughts arise (“I’m not good enough” or “I did that [or everything?] wrong!”), remember they are not truths; they’re worries and fears, old stories stuck in your neural system. Why let them distract you? Imagine they are little stones and you’re walking on a pebbly road. Toss the thought, that little stone in your shoe, behind you, and don’t even try to find it again – it’s gone.

Do this as many times as you need, and you’ll find that untruthful thought habit loses its power over time because you throw it away whenever it rises. It may take a week, it may take a month, it may take a day, depending on how old the thought is. Persist! In the middle of the night, you will toss away quite a few of these – but the more you do, the faster you’ll have clarity of purpose and rest.

2. Remind yourself of your calling, as you know it now.

Breathe it in deeply, and relax with the thought of that gift, that hope for service and creativity, that fuels your most satisfying work and relationships. Remember yourself, and your distractions will fade.

3. Ask again, with an open heart, what is mine to do, here and now?

Honoring purpose, we share from our strengths; acting from fearful shoulds, we move forward with co-dependent, impulsive decisions that bring us out of alignment with our *kuleana*. Whatever we choose to do, we are responsible for supporting the people we impact, and correcting any imbalances that happen as a result. Any next step should therefore grow out of our *kuleana*, so all our resources increase with grace in the world.

Always remember, when you aren’t sure what to do, embracing your purpose will ease your fear and fuel your next steps. Honor your calling as you know it now, and in a sleepless night, know you’re not alone. We are all asking hard questions and facing challenging truths. But in the dark before the dawn, there is always a spark to lead you through. Take a deep dive into that darkness, knowing the light you need pulses in its creative center.

Here’s hoping all of us find sweet dreams, and sweeter waking.

Carol Burbank has studied traditional Hawaiian healing for 20 years in a lineage from the Big Island and Maui. She is a writer, writing mentor, editor, and educator, a specialist in creativity and sustainable and healthy change. In 2018, she founded the Storyweaving Retreat Center, an intimate space for workshops, gatherings, and community. This article is an expansion of one of her monthly [Science of Mind Magazine](http://ScienceofMindMagazine) leadership and spirituality columns. You can find out more about her and the Center at her website, www.storyweaving.com. She can be reached at cburbank@storyweaving.com.

Canine Communication...

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list, but if you memorize these, you will discover 99 % of the time, your dog is showering you with communications.

Think of Calming Signals as meaning one of three things: 1) me *calming*; 2) you calm down; and 3) *alert*, something sketchy is going on.

Example 1

When Spike puts his paw on the tennis ball and makes direct eye contact with another pup, he's telling other dogs this is his toy right now, and he's not willing to negotiate. Spike is looking for the other canine to back away peacefully. Once Spike sees a dog respond with a *calming signal* (like a yawn, or a lip lick), he immediately turns off the intimidating stare. He knows he no longer needs to be "on guard".

Standing over top of an asset is how animals communicate ownership of something. You can use the same body language tactics to tell your dog to stop charging out the front door, or to leave your bacon sandwich alone while you head to the kitchen for a minute. Once your dog flashes you a *calming signal*, be sure to ease off the intensity. Simply offering your own yawn, or looking away lets him know you've received his peaceful compliance.

Example 2

When Thor softly blinks his eyes and licks his lips, all the puppies want to run up to him, no matter how scary the rottweiler's muscles look, how pinned his ears are, or how badass his collar seems. Dogs live in the moment with no prejudice, and simply understand Thor's communications are an invitation for peacefulness and socialization.

One way you can use *calming signals* is as follows. Instead of reaching towards a new dog to communicate you're friendly (which gener-

ates *contrast*), try yawning and blinking at them instead. They will trust you more and be less tentative to approach. Additionally, let's suppose you have a human moment and you react emotionally to your dog. Instead of feeling terrible, (which is an emotion that communicates something is wrong), try yawning at your dog and looking away. You're simply saying I'm sorry, everything is ok now.

Enlightened Communication

This body language system is never-not-happening, so staying present and attuning yourself to your pet's body language is a beautiful mindfulness practice. Learning to eliminate all miscommunications you make with the *forbidden angle* will ease any built up frustration, anxiety and tension in your relationship. Once you've created the canvas of tranquility, shifting in and out of the *forbidden angle* with *intention* transforms you into a chivalrous general: you're here to guide, protect, teach and enjoy your pet. Most people can say "yes" to their dog, but few can say "no" calmly and their dog respects them instantly.

Canine communication is a journey. Don't expect to nail it right away. Stay with it and be gentle on yourself. It's only a matter of time until your *heart-mind* begins recognizing these communications... and when that moment happens, your relationship with your pet expands beyond measure.

Jesse Sternberg is a mindfulness teacher, meditation instructor, and master dog trainer in Toronto, Canada. Information about his book, Enlightened Dog Training: How to be the Peaceful Alpha Your Dog Needs and Respects, is available online, in all major bookstores and from his website: www.peacefulalpha.com.

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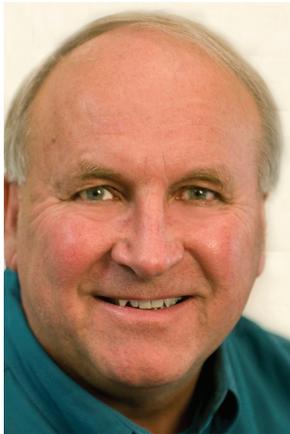
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Bill offers both private sessions for adults, families and children as well as small group workshops. He can be reached at 301-448-0388 or billsanda@gmail.com. His group listings can be found at www.meetup.com/Healing-through-your-Akashic-Records/.

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Alex Rounds has over 30 years of experience supporting youth as an educator, crisis counselor, mentor, and father. He holds an MA from the George Washington University School of Education and Human Development. In addition to private mentoring, Alex currently facilitates two mentoring circles in Howard County at Hammond Middle School and Thomas Viaduct M.S. Alex has been a facilitator for incarcerated youth through the Alternatives to Violence Project (AVP) at the Youth Detention Center in Baltimore.

Alex was a 2019 recipient of the ManKind Project’s distinguished service award for his work with Boys to Men and his work with teens in prison for the Alternative to Violence Project (AVP). In 2020, he received a Takoma Park Azalea Award for mentoring youth.

Alex works out of his home office in Takoma Park, Maryland. He can be contacted at: nurturekidsnature@gmail.com, or by phone at: **240-338-7049**.

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development from beginner to advanced students of Spiritualism.

Our Sunday healing service begins at 10am and our devotional service starts at 10:30am. One special feature of our devotional service is the opportunity to receive spirit messages delivered by our center’s mediums. These

messages are designed to provide evidence of the continuity of life in keeping with our teachings.

Our Center is located at 222 N. Washington St., Falls Church, VA. 703-645-8060. Visit our website at www.TheCSE.org.



Unity of Fairfax is your online community for spiritual inspiration, education, and connection. We have live-streamed services on Sundays and Wednesdays, as well as numerous classes and events (via teleconferencing during COVID-19 restrictions).

Unity of Fairfax is a positive, progressive, and inclusive spiritual community, focused on transformation of consciousness

and awakening the spiritual light in all. As a spiritual center for education, practice, and service, Unity offers classes, study groups, and programs online (and in-person, when restrictions are lifted). Regular services are live-streamed Sundays at 11am, and meditation services are live-streamed every Wednesday at noon. You can watch past services in the archives.

Unity of Fairfax is a local ministry of Unity, an international movement founded in 1889 that provides spiritual publishing, education, prayer, and events for over 3 million members worldwide. For our online activities and reopening information, visit: www.unityoffairfax.org/events.

CLASSES AND LEARNING CENTERS



At the beginning of every cosmic cycle and in times of great crisis, a teacher is sent forth to show us the next steps on our evolutionary journey. This time, a group of perfected beings is entering our world for the first time in 98,000 years, to guide humanity out of its current predicament. The World Teacher, Maitreya, and His group, the Masters of Wisdom, are entering our lives today to help us transition in these difficult times into a new era of harmony and peace. And we must each play our part in this great task of transformation.

“Soon humanity as a whole will awaken to My presence and will accept with all willingness the transformation of this, our world. Remember that we are at the beginning and the end of a civilization, an epic period in the history of the world, and understand thereby that men feel the pain of change. For some it is a release into freedom. For others it is a loss of surety and calm. But, My brothers [and sisters], pain will be short-lived, and already many know this to be so. There is aid in abundance to help you through these difficult times. Accept

eagerly this Age and recognize the signs of the new.” (Maitreya)
 “The simple cure is at hand despite the outer chaos. The long-drawn testing of mankind is all but at an end.” (The Master)
 The Emergence of the World Teacher: www.youtube.com/watch?v=z-vytE8vnIbA
 Transmission Meditation: www.share-international.org/av/v_transmission_meditation.htm
www.share-international.us

CRYSTALS

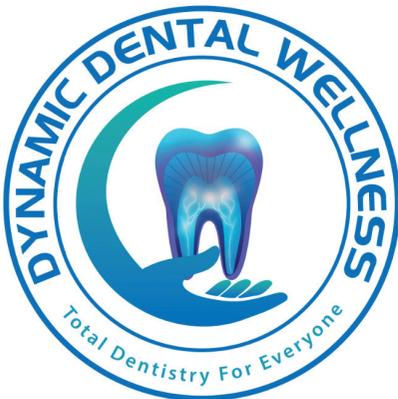


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of stones, a desire to share their knowledge, and offering quality products at a reasonable price. Garage shop near Lovettsville, VA — visitors welcome by appointment only.

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DENTISTRY



Connection Between Oral and Systemic Health

Most people understand poor dental care can lead to pain, cavities, plaque, gingivitis, and halitosis. What many are discovering now is the link between oral and systemic health and how both can affect each other. Simply, if you don't take care of your oral health, you can face far more consequences than a mere toothache or staining of the tooth.

Multiple peer review studies and respected organization such as The Mayo Clinic, the CDC and ADA have highlighted the connections between oral and systemic health. Diseases such as cardiovascular disease, dementia, respiratory infection, and diabetic complications have all been

linked to gum infection or periodontal disease. Bacteria from the inflamed gums enter the bloodstream, which then travels systemically. Scarier still is that oral bacteria have been found in the brain, bypassing the blood-brain barrier and altering normal brain function.

Oral health is key when addressing systemic health. Daily brushing and flossing, and routine professional dental visits are necessary for both oral and systemic health since the mouth is the gateway. Good oral hygiene can prevent serious infection, as well as help strengthen the body's natural defense system.

Good oral health consists of

healthy gums, healthy teeth, proper bite, and a structurally fit mouth that can accommodate proper function, like breathing and chewing. Make sure to eat healthy foods and get proper nutrients in addition to practicing good oral hygiene habits.

Act now to prevent future serious disease that can ultimately kill you — remember, people who keep their teeth live longer. Call Dynamic Dental Wellness Center to schedule your next dental exam and cleaning.

703-775-0002
 20755 Williamsport Place, #300, Ashburn, VA
www.dynamicdentalwellness.com



Modern Smile Dental

Modern Smile Dental uses a biological, holistic approach to dental care, considering your oral health is important in relationship to your overall health and wellness. Biological/Holistic Family Dentistry is a safe, mercury free and mercury safe environment.

Our comprehensive list of services is available on our website, and include:

- Children/Adults Orthopedics
- Cosmetic & Preventive Dentistry
- Crowns, Sealants, Fillings, Extractions
- Dentures, Specialty Dentures

- Functional Orthodontics
- Laser Whitening
- Non-surgical Gum Disease Treatment
- Safe Mercury Removal
- Veneers

Dr. Michelle Janbakhsh, or Dr. Jan, is especially interested in children and adults orthodontics, cosmetic dentistry, neuromuscular dentistry, orthopedics and Invisalign. Due to her holistic approach, she uses safe and bio-compatible materials and treats the whole body. She is also a Lyme Literate Dentist. She has been

awarded the American Top Dentist Award consistently since 2008 by the Consumer Research Council of America. Dr. Jan is also Board certified in Naturopathic Medicine. Modern Smile Dental
 901 Russell Ave., #100
 Gaithersburg, MD 20879
 2301-977-8640
www.dentistofficegaithersburg.com

EMPATH SKILLS

Feeling stuck, emotionally? Yearning to grow spiritually? Are you a curious empath—or one who secretly struggles?

Then learn about Energy Spirituality, starting with a generous supply of free resources. Unique healing and learning...all the way through to becoming a professional Practitioner. Energy Spirituality is an in-demand specialty now, growing fast.

In Energy Spirituality, four different skill sets fit together beautifully. Here's how:

1. WANT TO MAKE BETTER CHOICES? Or simply to know yourself better? Learn practical skills, amazingly easy to learn, taught step-by-step.

Energy Spirituality ENERGY READING Skills. Start with the Free Intro to Aura Reading Through All Your Senses®. Fun, interactive online workshops!

"It's a lot of information, given in bite-sized chunks, minus any b.s."

2. DO YOU CRAVE A HEALTHIER AURA? Hey, that's not asking too much. Energy Spirituality ENERGY HEALING Skills are unique in the world today. Not physical healing, like Reiki, nor emotional healing, like psychotherapy. Instead, a spiritual approach co-created with God (and not spirits, as in psychic work).

Change your life by learning Energy Spirituality skills for emotional and spiritual growth. Start with the Free Intro to interactive online workshops in The Spiritually Sparking® Collection.

"That one Energy Spirituality session helped me more than three years of weekly psychotherapy."

3. EMPATHS, SEEKING A BETTER LIFE? Learn a trademarked system that gently helps empaths use their full potential. Discover the difference for yourself!

Empath Empowerment® helps you to own, embrace, and manage your special empath gifts. Visit www.what-is-an-empath.com/.

Also available, Rose Rosetree's self-paced online workshops on Empath Empowerment Coaching. Often imitated, never equaled.

"Emotional and mental clarity grew, and they kept building until I realized that I finally had found my true self."

4. YEARNING FOR GOD? Then let's talk Energy Spirituality Enlightenment Coaching. Offering you skills that work now, in The Age of Awakening.

"Without Energy Spirituality, I'd still be endlessly searching for That Thing that makes this crazy life make sense."

Discover unique resources to help you at www.rose-rose-tree.com. Meet a blog community with over 79,000 comments! Send Rose Rosetree a tweet. To set up a personal session, contact Appointment Coordinator Mitch: 703-450-9514. Fastest response: email mitch@rose-rosetree.com. You could start taking your free workshop today!

 **Rosetree**
Energy Spirituality



ENERGY WORK



The Lotus and The Light Metaphysical Center
Uma Beepat • Your Soul Coaching Details

I used to hate my earlier life filled with stress, strife, struggle and unhappiness. I used to hate my mental health afflictions and feeling like an outsider looking in on all the happy, shiny people. I hated it until I loved it.

I loved it when I started using my past pain and turmoil to help others rise up and SHINE through their issues like I did, becoming the proverbial Lotus in the mud. That's why I choose the Lotus to represent my business by the way! It is a constant reminder that no matter what life throws at me or you, we can always rise above it and BLOOM!

If you are receiving this information, you have decided you are ready

to do just that...BLOOM...and you chose me to move ahead with your plans to ascend. YES! I am looking forward to us working together. Remember, when you win, I win and it helps me in my contribution to make this world a better place....one little lotus at a time.

In this four-week package you will receive access to my years of expertise, wisdom and significant training to help you understand, heal, move on and develop from blocks, restrictions and limitations to develop the life you want with clarity and ease.

We will meet once a week for a virtual session to work through what you want to accomplish, set an orga-

nized schedule with detailed steps for accomplishment, and I will check in with you weekly to congratulate, adjust or readjust your plan for success.

The good thing about working with me is I am ALSO an intuitive psychic so I can help you achieve clarity on things that feel stuck or muddy for you spiritually and we can see what you really WANT to create not what you THINK you need to create.

How does it get better than that? Let me show you! Scroll down to check out the package details and what I am offering you exclusively in this one-on-one setting.

www.bit.ly/UmaCoaching2022

FACIAL REJUVENATION

Helena Amos Acupuncture and Natural Medicine Clinic



FACIAL REJUVENATION
New Microneedling Procedures

Dr. Helena Amos provides Facial Rejuvenation with Acupuncture and Microcurrent Facial Sculpting (Hollywood Lift) to enhance your appearance with safe, non-invasive treatments and muscle toning procedures that reeducate facial muscles using acupoint points.

NEW! AcuMicro Microneedling for acne scars, hair loss, hyperpigmentation, large pores, stretch marks, and stubborn wrinkles. The handheld pen-like device uses small, penetrating needles at customizable depths for precision delivery of anti-aging serums to create collagen and elastin, resulting in smoother, healthier skin with little to no downtime and longer-lasting effects.

Experience the visible benefits of

her available treatments:

- Shrinking pores
- Lifting of jowls and eyebrows
- Tighter, firmer muscles in the face
- Reduced appearance of fine lines, wrinkles and puffiness
- Increased cell renewal and elasticity
- Lymphatic drainage to reduce excessive fluids, inflammation, and toxins
- Increased collagen and circulation for healthier skin tone and glow

Dr. Amos is specially trained and licensed in Facial Rejuvenation treatments. She was voted one of the Washington, DC metropolitan area's best alternative healthcare providers by Washingtonian magazine.

For more information about procedures, to schedule a FREE 20-minute consultation, or to set up telehealth/

other appointments, call or request online. Our clinic adheres to the strictest health and safety guidelines at all times.

Helena Amos, M.Ac., L.Ac., Euro. Physician
Acupuncture and Natural Medicine Clinic

11140 Rockville Pike, Suite #530
Rockville, MD 20852
301-881-2898

www.rockvilleacupuncturemd.com

doctorhelena@gmail.com
Facebook: @AmosAcupunctureAndNaturalMedicine
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HEALING CENTERS



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Skin Care
Acupuncture
Yoga
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Body Conditioning

Find ways to de-stress, build strength and resiliency with Blue Heron Wellness. We offer Yoga, massage, organic skin-care, acupuncture, meditation and more all in one location.
~ Nutritional Services! Call to schedule a Nutrition consultation.
~ Online & In-Person Movement for everyone: Chair Yoga,

Yin Yoga, Yoga Basics class and New Early Morning Yoga, and more! See our Zoom schedule at blueheronwellness.com.
~ Open 7 days a week & most holidays!

Enjoy the benefits of Yoga and more in a welcoming, easily accessible facility on Columbia Pike/ Colesville Road, about 1.5 miles

north of the Capital Beltway, in the Burnt Mills Shopping Center (with Trader Joe's).
Blue Heron Wellness
10723B Columbia Pike
Silver Spring, Maryland 20901
301-754-3730
info@blueheronwellness.com
www.BlueHeronWellness.com



Blueberry Gardens Healing Center provides wellness services such as Reiki, Acupuncture, Life Coaching, Therapeutic Massage (including Swedish, Deep Tissue, Zero Balancing, Muscle Release Technique, Myofascial Release), and private Yoga sessions as well as ongoing classes. A Sound Bath/ Sound Healing experience with a gong and bowls and other instruments is offered on a regular basis.

Our lovely octagon room of 1000 square feet is available for your workshop or training program, so please contact us if you are looking for space for your workshop or event or ongoing classes.

Blueberry Gardens is located in a country setting in Ashton, MD, just east of Olney on the Montgomery/Howard County line with seasonal produce available from our fields and greenhouse. Our

website provides more detailed information about our wellness services and practitioners as well as our produce offerings.
Healing Center:
www.blueberrygardens.org
301-570-5468
Produce: www.blueberrygarden-supick.com

HOLISTIC MEDICINE



Holistic Physician
Margaret Gennaro,
MD, FAAP, NMD, ABIHM

Dr. Margaret Gennaro, a double board-certified physician with over 30 years of experience, is committed to providing personalized, holistic care for those who wish to participate in their own health care. Dr. Gennaro specializes in the holistic treatment of adults and children with ADD/

ADHD, Autism, Chronic Allergies & Infections, Depression, Ear/ Sinus Infections, Fatigue, Female Hormone Imbalance, Fibromyalgia, Irritable Bowel Syndrome, Phobias, Thyroid/Adrenal Dysfunction, and Yeast Overgrowth.

Telehealth consults are available.

10560 Main Street, Suite 301 (3rd Floor), Fairfax, VA
703-865-5692
e-mail: DrMGennaro@yahoo.com
www.DrMGennaro.com

HYPNOSIS / HYPNOTHERAPY



Soul School at Soul Source

Do you want to uncover your soul's plan for this lifetime?
Do you want to understand patterns of beliefs and feelings?
Is there tension between your inner and outer worlds?
Are you longing for understanding on your spiritual journey?
If so, enroll in Soul School. Soul School is a program of

SOUL SOURCE. It runs monthly, for 9-sessions, autumn through spring. It provides a framework for understanding you are an eternal spiritual being having a human experience.

Topics include: The soul's eternal nature; the soul planning process; the role relationships play in the soul's journey; understanding the past; unburdening

the past; self-worth, self-esteem and self-acceptance; discovering your divinity; finding peace, balance and security; living in joy and higher purpose.

Join me on your journey of discovery! Joanne Selinske, contact: Joanne@theSoulSource.net; 410-371-7950. See website for details & registration: **www.theSoulSource.net**.

MEDIUMSHIP

*Light Works
Reiki & Psychic
Mediumship Readings
Juli Richardson*



Juli Richardson is a certified psychic medium, angel messenger, spiritual consultant, & Reiki Master Teacher located in Old Town Manassas. Juli is able to connect with angels, spirit guides, and loved ones on the other side to deliver messages of love, guid-

ance, support, and healing. She is an evidential medium who works with Spirit to provide identifying information as well as heartfelt messages.

Offering Life Path/Intuitive, mediumship, & animal communication readings (in person, phone

& Skype readings available) as well as monthly classes & workshops.

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Email: lightworksreiki@aol.com
703-926-4499

METAPHYSICS

Gaze into the record of your soul with Delia's uncanny astrological insights into your current life, your past, and times to come. Leverage powerful awareness of personal astrological themes of stress and harmony, behavioral patterns, and the unconscious beliefs driving your life and decisions.

Take charge of your Destiny with an astrology consultation! Elevate your life path possibilities beyond the default script written by the day, time and place of your birth. Discover periods of opportunity awaiting you and navigate the challenges with advance planning.

ASTROLOGY SERVICES - by Email or Telephone/Remote Meeting

- Horary - Answers Your Questions! Horary by Email or Live Horary Consultation
- Annual Natal Forecasts - Opportunities and Challenges in the Year Ahead
- Certified Astro*Carto*Graphy™ & AstroMap Services - Relocational Astrology to Find Your Best Places
- Local Space Astrology - Navigate your planetary influences projected onto your home and local environment. Harmonize/Remediate adverse planet energies.
- Ayurvedic Astrology - Unique astrology profile and balancing recommendations in Spiritual Path, Wealth, Relationships, Career, Creativity, Dharma, Mental & Physical areas
- Astro-Toning™- Planetary

Tuning Fork Sound Balancing Sessions

- No birth time? Horary consultations are perfect for unknown birth times or dates!
- Astrology Reports & AstroMaps available. Unique Gift for Yourself or Another!

Empower your life navigation with insightful guidance. Call or email with your burning questions for quick horary service, or schedule an in-depth consultation. Readings start at \$60.

Other Services: Reiki, Tuning Fork Sound Healing, Akashic Records Readings

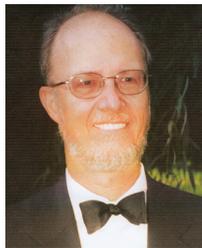
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www.akashiclibrarian.com



**Delia Golden
The Akashic Librarian**

PAIN MANAGEMENT

**Pain Management & Relief
Amos Acupuncture and Natural
Medicine Clinic**



**Helena Amos, Acupuncturist
Bill Amos, Physical Therapist**

Pain management and relief can be achieved when you receive professional, expert care from Helena Amos, Licensed Acupuncturist & Functional Medicine Practitioner, and Bill Amos, Physical Therapist.

If you SUFFER from...

- arthritis
- headaches
- muscle aches
- back/neck pain
- numbness or poor circulation
- neuropathy (diabetic & others)
- ankle/foot, shoulder/elbow, hip/knee pain

...we TREAT with:

- Cupping
- Acupuncture
- Electrotherapy
- Manual Therapy
- Myofascial Release

- Ultrasound therapies
- Trigger Point Therapy
- Detoxification & nutritional therapies
- Cold Laser (with full spectrum therapies)
- Fu's Subcutaneous Fascial Release Therapy
- D-Actor Shock Wave Trigger Point Therapy

TELEHEALTH SESSIONS are available for treatment follow-ups and to provide exercise regimens for pain management, and strength/mobility training.

DIRECT-SHIP CUSTOM SUPPLEMENTS are available. Your customized program—a wide variety of vitamins, minerals, herbals, and overall lifestyle tips for pain management and optimal outcomes—is assembled and mailed

directly to you.

You deserve to live pain free. Schedule a FREE 20-minute consultation to learn more about all available treatment methods. Call or make your appointment online. Our clinic adheres to the strictest health and safety guidelines at all times.

Acupuncture & Natural Medicine Clinic
11140 Rockville Pike, Suite #530
Rockville, MD 20852
301-881-2898

www.rockvilleacupuncturemd.com

doctorhelena@gmail.com
Facebook: @AmosAcupuncture-AndNaturalMedicine
Instagram: @helenaamosnatural-medicine

PHARMACIES



Knowles Apothecary is located in historic Kensington MD at the corner of Connecticut Ave and Knowles Ave. We are a full service pharmacy and compounding specialists—Maryland’s 1st PCAB accredited compounding pharmacy. When your physician or veterinarian calls in a prescription, one of our highly

trained pharmacists and technicians will prepare your medication to meet the unique needs of your family.

At Knowles, we also carry a full line of vitamins, supplements, homeopathic remedies and natural health and beauty aids. We stock practitioner vitamin lines such

as Xymogen, Standard Process, and Thorne to name a few. Your prescription copays are the same at whichever pharmacy you choose, so why not get old-fashioned service in modern times at Knowles Apothecary. Call 301-942-7979; visit www.knowleswellness.com.

PSYCHIC CONSULTATIONS



S. Alice “Alicja” Jones

S. Alice “Alicja” Jones is a psychic, medium, and intuitive healer who gives spiritual and past life readings. She communicates with the Angels, Archangels, Ascended Masters, the Devic Kingdom, Cosmic Brotherhood of White Light, the Council of Twelve, Karmic Board, Universal Mind, Commander Ashtar of the Ashtar Galactic Command, and your Ancestors to bring you messages about relationships, your health, your career choices, educational decisions, and life purpose. These messages many times include Past Lives and how they impact your current life, solutions to pressing problems, or a loved one in spirit to comfort you. All her readings are held on Zoom.

Alice has been attuned to three Reiki

systems: Usui Reiki, which she also teaches; Reiki of the Violet Flame; and Karuna Reiki, as taught by William Rand. As a Reiki Master, she is a gifted intuitive energy healer as well as a gifted teacher. All her classes are held by Zoom. Archangel Metatron gifted her with two of his own special healing methods, which she teaches to her Reiki II and Reiki III students. In addition, she is certified in Access Consciousness and Quantum Touch.

Alice is one of the founding members and on the Board of Directors for the Rays of Healing Church, and is the Lead Minister of their Burke Branch. The Service to Spirit, featuring a different speaker every Monday night is held by Zoom. Most Services start at

7:30pm. On the 3rd Monday of each month, there is a Free Reiki Healing Service that starts at 6:15pm. For complete schedule and service information visit www.raysofhealingchurch.org.

Alice facilitates A Course In Miracles every 3rd Saturday at 11am-12:30pm on Zoom. To register, please call Tom of Sacred Circle in Old Town Alexandria: 703-299-9309.

Please call/e-mail for appointments on Zoom/FaceTime/phone in Fairfax Station. For spiritual/past life readings, Reiki instruction/healing or Metatron’s healing: all held on Zoom. Contact 703-625-7089 or visit www.alicjajones.com.



Marie-Claire Wilson, European Intuitive Consultant

Consultations by Phone, Zoom or FaceTime, in English or French.

I have over 35 years of professional experience as a clairvoyant and Tarot reader. The divinationary arts run in my family: my great-grandmother was a very well-known medium outside of Marseilles, France. My mother and

aunt practice the art as well.

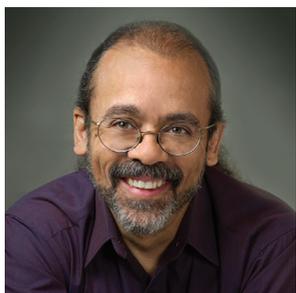
I would be happy to provide you with a consultation concerning any subject you wish...Love — Happiness — Personal Growth — Challenges — Business.

I work with...Direct Clairvoyance — Tarot Readings — Numerology. I offer consultations with...

Directness — Professionalism — Discretion — Heart — and Humor.

Evaluate my accuracy for yourself, as thousands of my clients can attest. Special for First Reading Only: 15 minutes for \$25. Payments with security through PayPal. 703-785-3109. www.marie-claire.tv

PSYCHOLOGY & THERAPY



Eric Weinstein provides a holistic, alternative approach to conventional therapy.

My clients (who include therapists) come to me for the same problems they might see a therapist or coach for, as well as for concerns in the spiritual and energetic realms. They often know the limits of conventional talk therapy and want options to medication. Most of all, they want to make faster progress!

My “toolbox” includes a number of powerful, safe, and efficient approaches for healing, personal growth, and problem-solving through mind, body, and spirit:

- Energy Psychology (similar to EFT/“tapping,” but including chakra and biofield work) to remove emotional and psychological blocks.
- Eye Movement Integration (similar to EMDR, but gentler and faster) to treat bad memories and experiences

that still affect you.

- Hypnotherapy and NLP (neurolinguistic programming) to reprogram your subconscious for what you want.
- Shamanic Healing for your spirit/soul, and the spiritual aspects of your physical and emotional being.
- Voice Dialogue/“parts work” (similar to Internal Family Systems) to bring you self-understanding and inner peace.
- True Purpose coaching, a unique approach to finding and manifesting your life mission, and discovering a life-long source of guidance.
- Motivational Interviewing, a self-actualizing approach to accelerate behavioral change in a positive and supportive way.

Are you ready to make your life better by changing how you think,

feel, act, or re-act? Improve a personal or business relationship? Find better ways to deal with stress? Get over a bad experience? Conquer a habit? Overcome fear and doubt?

What’s keeping you from the life you want to live? How can I help you make your life easier? Let’s talk. Eric Weinstein 703-288-0400 eric@its-not-therapy.com

www.Its-Not-Therapy.com

Serving clients in the DC metro area, Anne Arundel county, and nationally, by video sessions (and soon, in person, I hope!). I welcome and work with clients from young adults to seniors and from all walks of life, nationalities and ethnicities, and sexual/gender orientations.

REIKI



Reiki Center of Greater Washington

The Reiki Center of Greater Washington in Rockville, MD, has been serving the area since 1999 with public events, sessions, and classes. We welcome all who wish to join our community of “Reiki People” seeking to add the energy of Reiki, energy healing, and ceremony to their daily lives. Call us at 301-963-0787, visit www.reikicenter.info, or see our Facebook page for more info. To see our schedule or make an appointment, see our page at www.scheduling.com/scheduling/RCONFY.

*Healing Sessions – Currently offered socially distanced with masks, or by Zoom or telephone with Distant Reiki or Integrated Energy Therapy® by appointment. A \$60 45-minute sample session is available for those who are currently ill with COVID-19 or unemployed, along with our regular session types of 60, 75, 90 or 120 minutes. Available Tuesdays through Thursdays from 10am-9pm, or Fridays from 10am-5pm.

*Integrated Energy Therapy® Classes – Face-to-face with masks and social distancing. Basic: January 2 and March 19; Intermediate: February 12 and March 20; Advanced: February

13; Master Instructor: June 18 and 19, or by appointment. Healing Angels of the Energy Field: February 5.

*New Moon and Seasonal Meditations (by Zoom) December 4, January 2, or February 1 at 7:30pm. Cost is \$10 for the public or \$5 for RCGW students or clients via Zoom. Lightarian Reiki®, Rays® or AngelLinks® Sessions and attunements. Deepen your connection with Ascended Masters and Angels. By appointment at our center with social distancing, or via Zoom, or by telephone.

*Gendai Reiki I, II, III and IV. A modern approach to Reiki from a Japanese perspective. All students must begin with level one and continue from there. Level I: April 9; Level 2: April 10; Levels III-IV: May 14-15.

*IET Distant Healing Sessions – Allow those attending to receive deep healing transformations using a variety of modalities as they share with a Zoom community: December 7, January 4, February 8, or March 1 at 7:30pm. Cost is \$25.

*Intuitive Development: Learn and practice with your intuitive gifts with an experienced Medium: By appoint-

ment.

*Reiki and IET Shares. Via Zoom on December 12, January 29, or February 26 at 10am.

*Reiki Master Practice Groups: Via Zoom on December 28, January 25, or February 22 at 7:30pm.

*Sekhem-Seichim-Reiki (SSR) Classes – Workshops combining Reiki with the healing energies of the Great Pyramid in Egypt. Levels I-II: December 18 and 19, February 19 and 20; Master III-VII: August 6 to 8 or by appointment.

*Shamanic Classes – Classes teaching how to use Shamanic tools in healing and meditation. (These workshops may be via Zoom or face-to-face with social distancing.) By appointment.

*Usui Reiki Workshops – Western Reiki supplemented with Japanese techniques. Taught face-to-face with masks and social distancing or via Zoom. Level I: December 4-5, January 8-9, or March 5-6; Level II: January 22-23, March 12-13, or May 7-8; Level IIIA Master/Practitioner: May 21-22; Level IIIB Master/Teacher: September 17-19.

SHAMANISM



Beginning, intermediate, and advanced shamanic classes, many online, with an experienced teacher, authorized by Sandra Ingerman and Betsy Bergstrom. With no dogma or cultural trappings, apply shamanic principles to daily life with workshops, shamanic movies, and journey groups, too.

Comprehensive healers’ training includes understanding the “big picture” and learning new protocols. And you’ll get support from an ongoing, free practitioners’ circle.

Healers’ Training includes:
• vibrational healing, soul retriev-

al, helping spirit & power object retrieval
• removal of cords, thought forms, intrusions, implants, and “ghosts”
• reconnection to the soul’s purpose, tribe, Nature, Great Wheel, seasons and more.

Aspects others rarely teach include ethics, clear mediumship, and a profound, advanced understanding of the Shaman’s allies, tools, and cosmology.

Everyday Shamanism for Everyone helps you:
• learn to journey for direct access to wisdom and healing
• heal your thoughts, emotions,

and ego
• stop being a victim; become your hero
• become your authentic soul-self
• develop healthy boundaries (great for “empaths”!)
• “protect” yourself without protection via my unique approach
• be fully human, aligned with your soul and Nature.

Learn the secrets of shamanism to step more fully into your power, every day.
Mary “Tyrte” Rooker
Tyrte@ShamanicSpring.com
www.ShamanicSpring.com
301-891-1288



The Shamanic Way, uniquely created and taught by Marsheen, offers you an opening to the dimensional world of Earth/Sky medicine. Pathways to inner guidance, power animals and Spirit guides are made accessible—awakening you to one’s true self identify, soul gifts, and healing grace.

Individual soul readings, sha-

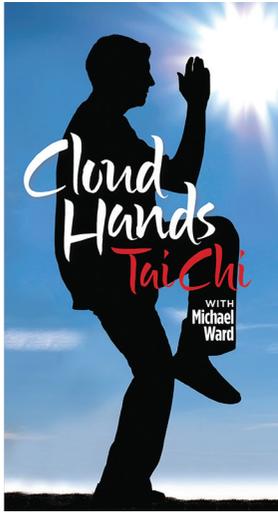
manic trainings, and ritual circles synchronize one’s life to the greater cycles of Earth, Star, Sun, and Moon.

The ancient saying, “What you know, there you can go” defines the core of Shamanic Spiritualism. The Shamanic Way unites you to the meaning of oneness, weaving one’s personal experience from ritual and “journeying”

into being Heart Wisdom. All of creation is blessed.

Marsheen Helgeson is a Holistic Practitioner serving the DC and NOVA area for 30 years. Marsheen’s private practice includes polarity therapy, cranial sacral therapy, soul readings, intuitive counseling, and the teaching of polarity and shamanic studies.
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T'AI CHI



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“Be still as a mountain. Move like a great river.”

T'ai Chi is a series of 37 gentle, flowing movements that has been practical as a health exercise since ancient times. Based on natural laws, it teaches relaxation, erases tension, and boosts energy. Performed in a calm peaceful manner, it works for all, regardless of age.

Michael Ward teaches the Yang Style short form as taught 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. Michael Ward was given permission to teach Tai Chi by Robert Smith.

Beginner through Advanced/Corrections classes are offered Monday evening in Silver Spring at Crossings, a Center for the Healing Traditions; and Sunday at the City Dance Center in the Music Center at Strathmore in

North Bethesda. For more information on these, private, or workplace classes, please call 301-525-8266.

All Monday and Sunday Classes are Now Online Only!

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

What students say about online classes:

“If you're unsure about learning T'ai Chi via Zoom, give it a try! I have taken T'ai Chi classes from Michael Ward both in-person (before COVID-19) and via Zoom, so I can offer a comparison. Although the in-person classes are terrific, the Zoom classes are also outstanding, and easy to follow. Michael is an excellent teacher. He clearly explains, demonstrates and repeats all of the movements (as well as the principles of T'ai Chi), and thoroughly answers everyone's questions before moving

on to new material. He positions himself in front of the camera in a way that makes it easy for students to clearly see (and copy) what he is doing on the screen. I intend to keep taking Michael's online classes for as long as they are offered. I've learned a lot through these online classes, and I think anyone new to T'ai Chi would benefit from them.” ~ Maureen

“Michael Ward has seamlessly transitioned his T'ai Chi instruction to online classes. His teaching style is superior. Michael is friendly, patient, and his love of T'ai Chi is contagious. Online T'ai Chi works because he engages with his students on every detail of the movements, postures, and responds to all questions as if in-person. What I enjoy the most about learning T'ai Chi online is that I get front row at every class from the comfort of home.” ~ Victoria

T'AI CHI
GLEN ECHO PARK



An ancient Chinese exercise for health and relaxation, T'ai Chi is a series of quiet, slow movements, which cultivate the spirit and nurture the body. Glen Echo T'ai Chi offers instruction in the Yang Style Short Form as developed by Cheng Man-Ch'ing. Instructors Len and Ellen Kennedy have between them over 60 years experience in T'ai Chi and have been teaching at Glen Echo Park for 30 years. They both have studied with and received permission to teach T'ai Chi from Robert Smith, Professor Cheng's first Western student. Additionally, they have studied with Benja-

min Lo, Professor Cheng's senior student, and currently with Lenzie Williams, senior student of Mr. Lo.

Winter 2022 Classes at Glen Echo Park follow Montgomery County pandemic guidelines for health and safety of exercise classes.

Beginners in-person, Saturdays, Jan 22-Mar 26, 10am-11am. Class size is limited. Drop-in students are not allowed. All students must be fully vaccinated to attend.

Corrections Class in-person. Sundays, Jan 16-Mar 27, 9:30am-10:30am. Class size is limited. Drop-in students are not allowed. All students must be fully vaccinat-

ed to attend.

Tuesday Evening Review class via Zoom. Tuesdays, Jan 18-Mar 22, 7pm-8pm. Detailed instruction, refinement and practice of the first third of the form. Classes will include warm ups exercises, body alignment/posturing, standing meditation and form flow. All levels are welcome.

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YOGA



Claudia Neuman, MSW, E-RTY 500, YACEP, was born in Los Angeles where as a child she joined her mother at community Yoga classes. As a teenager she pursued daily classes through Integral Yoga Society, and also spent time at the Sivanada Yoga Society. Claudia began her serious study at Yoga Works in Santa Monica where she was fortunate to study with and assist some of the most influential teachers of our time while honing her own teaching skills. She was even more fortunate to have Rod Stryker initiate her into the ISHTA Yoga tradition at that time as well. Claudia received her Masters in Social Work from USC in 1985, where she had also been offering free Yoga classes to staff and students on campus. During this time it became clear her love of the Yoga Tradition, and her desire to elevate the human condition

would become her calling. She spent many years as a Family Systems Therapist, specializing in addictions while continuing her work as a Yoga teacher. Through her years of study and teaching, Claudia has become even more wholeheartedly committed to helping individuals find the source of their internal light through the practice of Yoga. Claudia's love of the Tantra Tradition has been a cornerstone of her life's work; she sought out teachers such as Douglas Brooks and Paul Muller-Ortega, and, in 2004, she certified in Anusara Yoga. In 2013 she reconnected with her former teacher Yogarupa Rod Stryker, the founder of ParaYoga®, and knew immediately she was home. Claudia became certified in ParaYoga® Nidra in March of 2021, and has now added ParaYoga® Level I Certified Teacher to her already outstand-

ing list of accomplishments. Today, Claudia's students describe her classes as 'mini Yoga retreats' that offer a complete experience of Yoga while putting them in touch with their own power and strength. Claudia directs teacher trainings and continues to offer her signature workshops "Enlightened Rest" and "The Origins of Yoga" at many studios in the DC Metro area where she lives. Her articles are featured regularly in the 'Yoga Today' section of Pathways Magazine. To learn more about Claudia's class offerings and private instruction opportunities, visit: www.alignwithgrace.com. Other ways to connect with Claudia: FB: Align With Grace Yoga: Claudia Neuman IG: @alignwith_grace

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Relax About Finding Your Purpose...

...continued from page 28

If you like any of these, you're welcome to it; or make up something else. If you like, decide right now on your Sacred Purpose of choice. Authorize yourself to claim it for yourself, and then let that inspire your life.

But why not relax about finding and living your purpose? This can free you up to pursue whatever you value most. And if your interests in life wind up changing... Hello! Life on earth is ever changing. Seems to me, the sooner we accept that fact, the better.

The Energetic Literacy Solution to Finding Your Purpose

To begin considering this, let's start by noting that you are a Meaning-Seeker. Mostly, that's great, yet I hope you don't mind my pointing this out: When it comes to big purpose-type questions, intellectual curiosity can make you vulnerable. What if the "vital importance" of purpose isn't really what it's cracked up to be?

Let me share a secret with you, a truly counter-culture view of Life Purpose: ***The more STUFF is uncomfortably clogging up your aura, the more desperately you'll seek to learn your Sacred Purpose...as if that will fix everything!***

Such an illusion. Moreover, this illusion is especially understandable given how popular the "Know Your Purpose" idea has become in mainstream society. Folks join cults to find purpose, you know. Or they can start numbing themselves out, happily, becoming dependent upon marijuana or CBD oil, as if their "purpose" is to chill. In so many ways, it's tempting to make your life all about finding purpose rather than to strive for using your full potential in life, taking action to fulfill your goals, being of service to others, etc.

Still...what if you'd prefer to find an answer that brings more meaning into your life, all the while strengthening the choices you make and also helping you to follow a productive personal path? As it happens, Energetic Literacy can help you with that in a very practical way.

Soul Thrill® Aura Research

You can empower yourself to make everyday choices that wake you up from within by finding a practitioner of Soul Thrill Aura Research — a specialty of Energetic Literacy. I can tell you about it because I developed it and trademarked it, and I've taught others to do it as well. Even *reading about this* as a possibility can start inspiring you.

With Soul Thrill Aura Research you start with an assessment of how you're doing with key chakra databanks for happiness, such as:

- Right Foot Chakra Databank for Moving Forward on My Path Regarding Career
- Heart Chakra Databank for Emotional Growth
- Third Eye Chakra Databank for Spiritual Growth

First, do an assessment of how you're doing now. Then use a system like Soul Thrill Aura Research to research different options, one at a time; options like:

- Stay at my current job
- Begin a new career as an energy healer
- Start eating vegan

During Soul Thrill Aura Research, or the equivalent with another method that works, energetic literacy can come to your rescue. Each chakra databank in your research array will morph to reveal specific consequences for you, these days, of making that particular choice.

With this sort of aura research, the goal isn't telling you what you "should" do. Instead, *you* will bring a list of different options for your career, your hobbies, how you exercise, even the type of diet you follow. Then, this advanced form of energetic literacy will produce meaningful answers straight from key chakra databanks within your aura. Find out how they respond to each choice; evaluate what you find, and then start living with more soul thrill every day. ***When you're living with a lot of "Soul Thrill," Meaning-Seeker, worries about living a cosmic purpose can fade away.***

How can you responsibly relax about finding your purpose? Pursue interests worthy of you, in addition to the everyday things required to earn a living, get yourself fed and rested. Starting today, and for the rest of your life, you're free to pursue those interests, adding to them over time. Also, please authorize yourself to let go of projects that no longer appeal to you; even if you never complete these projects, it's okay to move on. Actually, this can be wise.

You know, some of us have recurring dreams that we're called into the principal's office and learn we can't graduate. And why not? Because we didn't finish every single course. Ever have a version of that nightmare, Meaning-Seeker? Don't call it spiritually meaningful, though — it's just a scary dream.

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Here at the real place I call *Earth School*, good skills of energetic literacy can help you distinguish truth from myth. This magnificent world of innumerable possibilities can be made extra-lively by your use of free will. Given this spiritual truth, you just might decide it's enough of a purpose to dare to be human, making the most of this incarnation you're having right now.

You can definitely find meaning in everyday life, augmenting or replacing your more metaphysical yearnings. Granted, a vigorous pursuit of meaning, explored every single day, may not qualify as *relaxed* or *chill*, but who cares? Personally, I'm not a big fan of being *relaxed* or *chill*. Instead, I care about finding meaning, helping others, and making a contribution to a society that sorely needs every one of us to step up.

Why pester yourself about "living your purpose"? By all means, you can dare to let go of that pretty dream, which causes so much human confusion and pain. Even without straining to find that hypothetical purpose of yours, you can live a life that inspires others and, from your vantage point, is absolutely-and-humanly fulfilling.

Rose Rosetree is the founder of Energy Spirituality. Her 1,000+ media interviews include The Washington Post, the Los Angeles Times, USA Today, and "The View." Energy Spirituality has four main specialties. Discover them all, and Rose's popular blog, which recently surpassed 90,000 comments, at www.rose-rosetree.com. Recently she's published a website dedicated exclusively to Empath Empowerment®, which includes videos, found at <https://www.what-is-an-empath.com/>. To schedule a personal session, contact Mitch@rose-rosetree.com. Hang out with Rose on Twitter & Facebook. Consider yourself cordially invited.

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Personal Needs Are Important...

...continued from page 21

and personal acceptance. With Jupiter in Pisces, you'll see more institutional recognition of these changes. Yet when Jupiter is in Pisces the biggest lesson is to determine how your dreams fit into reality.

The year 2022 begins with a new Moon on January 2, 2022, when both the Sun and Moon in the sign of Capricorn. Usually when the new Moon occurs, you are willing to look at situations from a different perspective; but this new Moon is a bit different. Not only are the Sun and Moon in the sign of Capricorn, they are joined in the sign of Capricorn by Venus retrograde and Pluto. Having three or more planets in the same sign means they are in an aspect called a stellium. In addition, the new Moon forms a trine to Uranus retrograde. When there is a stellium in Capricorn, you want to focus on the rules and regulations that are occurring. You want to be accepted by other members of society. And this can also indicate more decisions in the United States are being made through court cases rather than legislative actions.

On January 14th, Mercury in Aquarius turns retrograde. It will re-enter the sign of Capricorn on January 25th and turn direct in that sign on February 3rd. It will re-enter the sign of Aquarius on February 14th.

With Mercury turning retrograde in the sign of Aquarius, you may decide it's time to re-evaluate some of your friendships. You may find some of your friends aren't as tolerant of changes that are going on; or you may feel some of your friends are changing too quickly and you can't understand their changes. This Mercury retrograde time period will definitely be one of reflection and trying to understand just where you fit in this still-changing world.

As the full Moon occurs on January 17th, you understand just how important it is to express your needs. With the Sun in Capricorn forming a conjunction to Pluto and a trine to Ceres, and the Moon in Cancer forming an opposition to Pluto and a sextile to Ceres, your emotions are more intense. You aren't willing to put up with people who fail to support your needs. As a matter of fact, you're at that point in your life where you are willing to walk away from negative situations.

When the Moon's North Node enters Taurus and the Moon's South Node enters Scorpio on January 18th, you want to heal from negative situations and live a life that expresses your values. The change of signs with the Moon's North and South Nodes (also called the Moon's Nodal Axis) is a 19-year cycle that lasts for about 1.5 years. This means the Moon's Nodal Axis will be in these signs until July 18, 2023.

The Moon's North Node, as well as the Moon's South Node, is important in personal astrology for spiritual reasons. The Moon's North Node represents what you need to strive for in life while the Moon's South Node represents the subconscious concerns which can actually motivate you into taking positive action.

During this cycle, people are very concerned about what can be called the human condition. And in this case, people are very concerned about COVID-19 and the health pandemic. The last time the Moon's Nodal Axis was in Taurus and Scorpio, the World Health Organization (WHO) declared SARS contained. This was another coronavirus pandemic where the first case was recorded in Foshan City, Guangdong Province, China on November 16, 2002. At the time of the first recorded case in 2002, the Moon's Nodal Axis was in Gemini and Sagittarius, just as it was when the world heard about the first recorded case of COVID-19. Now with the Moon's Nodal Axis changing signs, there is the potential the world is making headway in the healing process.

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The human condition extends beyond just your health. You're tired of working so hard, so you want more leisure time. And while you can read reports of political and emotional polarization, you're going to find many people are feeling there is just much anger and not enough respect. This is because when the Moon's North Node is in Taurus you want to participate in a world where respect is one of the guiding forces. You just want to heal from any negativity and move on.

As the month of January ends, Venus in Capricorn turns direct on January 29th. It went retrograde on December 19, 2021. During the time Venus was retrograde it was important to re-evaluate your relationships, your work situation, and your financial matters. Perhaps you were dissatisfied because you weren't spending enough time with loved ones. Perhaps you felt work was too demanding and no longer enjoyable. Now with Venus direct, you know what decisions to make and where to make changes in your life.

You're able to develop plans for these changes when the new Moon occurs on February 1st. With both the Sun and Moon in the sign of Aquarius and forming a conjunction to Saturn as well as a square to Uranus, you understand how to take the lessons learned from the past and apply them to your future goals. You also realize there are people in your life who are willing to help you make these changes.

Two days after the new Moon, Mercury in Capricorn turns direct on February 3rd. It went retrograde on January 14th when it was in the sign of Aquarius. It re-entered the sign of Capricorn on January 25th. When it did, you found yourself paying more attention to your goals. You wanted to discuss how to achieve those goals with other people in your life.

Now that Mercury is direct in the sign of Capricorn you realize all the discussions you had about your goals were important. You may even have a better idea on how to implement those goals. Plus, you realize you are earning the respect of other people in your life.

The full Moon that occurs on February 16th has the Sun in Aquarius and the Moon in Leo with both luminaries forming squares to the Moon's Nodal Axis. All of this indicates finding that balance between understanding past events and recognizing your future goals continues to be important. This is a great time to release negative feelings from your life. You may even discover that discussing your fears with people you trust can help you release those negative feelings.

When Jupiter forms a sextile to Uranus on February 17th, you have the chance to start something new. This is because with Jupiter in Pisces and Uranus in Taurus you are realizing your value system and spiritual nature are in harmony. You are willing to take risks to follow your dreams. At the same time, you also understand the importance of being practical in your approach to following those dreams. You appreciate that through starting something new now, you are taking care of your needs during this time period when we need to learn how to adapt in this world of change.

©2021 by Misty Kuceris, a Certified Astrological Professional, a Reiki Master, and Co-founder of the NOVA Astrology Group. She has contributed to Pathways for over 30 years. See her website for monthly astrological reflections: www.EnhanceOneself.com. Contact her at: misty@EnhanceOneself.com.



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Mysterious Sea Moss...

...continued from page 11

alvarezii (elkhorn sea moss) and *Euचेuma denticulatum* (gusô). In the sea moss industry, *Kappaphycus* may be called *Euचेuma cottonii*, and *Euचेuma* may be referred to as *Spinsum* after its previous Latin name. These names are used interchangeably in the marketplace. Similar to *Chondrus crispus*, these two sea moss varieties are carrageenan-rich and have replaced *Chondrus* as the world's major source of it.



Sea moss farming, Philippines
(photo credit: Derek Keats, <https://creativecommons.org/licenses/by/2.0/>)

How Sea Moss is Grown

Majority of the sea moss sold today is harvested from ocean waters. Farms are sectioned-off areas on the coastlines and sea moss grows on anchored ropes. Farm harvesting is most common in China, Vietnam and the Philippines. Wild harvesting requires swimmers to go out in the ocean on boats and dive to gather sea moss off rocks along the coastline or at the bottom of the shallower seabed locations.

Recent controversy about wild harvested, farmed sea moss, and pool or tank raised has many consumers concerned about the quality and effectiveness of the sea moss products on the market. Several traits are claimed to supposedly allow one to tell the difference such as how much dried sea moss expands when soaked in water, the amount of salt on the moss, and the shape and size of the branches. However, these traits are more telling about the processing method used, and they aren't reliable for telling the difference between wild and farmed sea moss. For example, many sea moss farmers add salt to the sea moss to preserve the semi-dried moss during transport; while other farmers fully dry the moss and, therefore, no added salt is required. Pool or tank-raised sea moss is rare because of high costs to maintain and produce large amount of sea moss in this manner.

The difference between wild and farmed moss may not have much bearing on the nutritional value since both types of moss grow in mineral-rich ocean environments. The type of sea moss and the location where the sea moss is harvested (South Pacific, North Atlantic, or the Caribbean Islands) is far more important in determining how a specific sea moss will work in your body.

Sea moss, like all seaweeds, absorbs the minerals from its surrounding environment. A study shows that the water temperature affects fat composition and other nutritional values of the moss. Sea moss that grows in colder temperatures possesses a greater amount of Omega 3 and 6 fatty acids than moss that grows in tropical areas (source: [NIH National Library of Medicine](https://pubmed.ncbi.nlm.nih.gov/28111111/)). Many believe that the sea moss harvested in the tropical regions is more nutritionally dense in Vitamin D

and other minerals because of its greater exposure to the sun; however, there are no scientific studies to validate this claim.

Benefits of Sea Moss

Sea moss is heralded as the superfood of the ocean for its mineral richness, antioxidants, and its ability to reduce inflammation in the body. Abundantly nutritious, just two tablespoons of sea moss provides a host of essential vitamins and minerals that support all our body systems:

- **Metabolic health.** Studies show sea moss can help you to lose weight. Sea moss contains fucoxanthin, which can help to metabolize fat and is also a source of fiber to keep you feeling full longer (source: [Marine Drugs journal](https://pubmed.ncbi.nlm.nih.gov/28111111/)).

- **Respiratory health.** Moss has a long history as an anti-viral and anti-bacterial remedy for respiratory issues such as persistent coughs, sore throats, sinus infections, pneumonia and flu viruses, and seasonal allergies. Sea moss contains potassium chloride, which dissolves excess mucus from the body like an expectorant. Its mucilaginous properties coat irritated membranes in the ears, nose, and throat bringing relief.

- **Digestive health.** Sea moss can be beneficial for healing ulcers, relieving constipation, and balancing gut health. Its high mineral and fiber content makes for an effective prebiotic that feeds your good gut bacteria.

- **Skin health.** Sea moss' high carrageenan content makes it a wonderful addition to your skin regimen. Its thickening and gelling properties works similarly to collagen and creates vibrant and tighter skin. When used topically, sea moss gel can cool and soothe irritated skin.

- **Immune health.** Preliminary animal studies show that sea moss may boost the immune system by increasing antibodies. Another study found sea moss *may* have some anti-cancer activity. One study found that fucoxanthin may reduce your risk of colorectal cancer.

- **Thyroid health.** Iodine and selenium are found in abundance in sea moss. These two minerals are instrumental in thyroid function and producing necessary hormones. One gram of sea moss contains a whopping 47 mg of iodine.

- **Sexual health.** Another well-known benefit is the sea moss effect on the male libido. There are many claims that sea moss may increase sperm quantity and quality as well as boost testosterone levels. There are anecdotal stories about sea moss being a fertility resource for promoting ovarian support and egg production, however there is little research to support these claims.

The Safety of Sea Moss

Just like any health product, consumers should be aware of potential safety concerns before adding this plant to your daily regimen. Debates have surfaced online and the media about the safety of sea moss due to its carrageenan content. There are claims that carrageenan can be tumor-promoting or carcinogenic to humans and animals if consumed in large amounts. Studies show that degraded carrageenan at high doses can be toxic; however, sea moss and food products that include carrageenan are un-degraded and safe to consume. Sea moss products on the market are typically the whole plant processed into a gel, powder, or the dried plant branches. Consumers are getting the benefit of the whole plant, which is high in cellulose and other plant fibers that aid the body in digestion of harmful constituents — a benefit of whole plant medicine versus standardized extracts.

Sea moss has anticoagulant properties and therefore is not recommended for people currently on blood thinner medications. Similarly, people on high blood pressure medication may experience negative side effects such as lightheadedness or dizziness, so use of sea moss

is not recommended. Sea moss is also not suggested for people who have recently had internal bleeding. Sea moss used in excess may have laxative effects.

How to Prepare Sea Moss Gel

Gel is the most common form to consume or apply the sea moss. Rehydrating the dried sea moss through soaking transforms the moss back into a fresh and mucilaginous plant.

To make the gel, simply clean the dried moss branches under cool water, picking off the ocean water particles, sand, and salt from the branches. Once clean place branches into a bowl. Add enough cold water to the bowl until the sea moss is fully submerged. Squeeze the juice of a whole lemon or lime into the bowl to help mask the ocean smell. Cover the bowl and let sit on the counter for at least 8 hours.

Rinse the sea moss and then place in a high-powered blender. Add clean water to the blender, at least two inches higher than the sea moss. Blend until smooth and then transfer to a container. Store in the refrigerator for 4 weeks maximum.



Clean, rehydrated sea moss



Sea moss gel

12 Simple Ways to Incorporate Sea Moss into Your Diet

Sea moss gel has an innocuous taste, which makes it great for adding to drinks and foods. To get the full effects of sea moss gel, you will want to take at least two tablespoons per day. Here are 12 simple ways to add sea moss to your day.

1. Take the gel straight.
2. Dissolve the gel in a cup of hot herbal tea and add sweetener if needed.
3. Blend gel into a fruit or vegetable smoothie or juice.
4. Stir gel into a creamy vegan salad dressing.
5. Combine gel into a jam or jelly and spread over toast.
6. Mix gel into a spaghetti or curry sauce and serve over pasta, rice, or potatoes.
7. Stir gel into avocado mash with desired seasonings and spread over toast.
8. Stir gel into applesauce or vegan pudding.
9. Add gel to vegetable or broth-based soup.
10. Mix gel with fruit juices and then freeze into popsicles.
11. Blend gel in with a nut milk and pour over cereal.
12. Apply gel directly to face, body, or hair. Let sit for 30 minutes and then rinse.

Sea moss can be an amazingly beneficial addition to your diet providing you with much-needed minerals, vitamins and antioxidants, and more healing properties. It's safe to enjoy your sea moss!

Ginger Mair is the founder and lead herbalist at Ginger's Roots in Laurel, MD, a neighborhood herb store where she provides consultations and hands-on workshops to teach members of the community how to make natural remedies (www.gingersroots.com). When she's not blending herbs, she works as a chief communications strategist for a health communications and technology consulting firm where she designs national, federal campaigns to create public awareness around the nation's most pressing public health issues. Ms. Mair holds a bachelor's degree in marketing from Howard University, a post-baccalaureate certificate in herbal studies from the Maryland University of Integrative Health, and is currently pursuing a Master of Science degree in Clinical Herbalism. She is also mom to two awesome girls.

For links to the reference sources, see the Pathways digital edition on the "Current Issue" page at www.pathwaysmagazineonline.com. Additional photos provided by Ginger Mair.

Chocolate Raspberry Sea Moss Smoothie Recipe

By Ginger Mair

One of my favorite sea moss recipes is an antioxidant-rich chocolate blueberry sea moss smoothie. This nutrient-dense drink includes cacao powder, blueberries, flaxseeds, sea moss gel, avocado, spinach, and dates.

Chocolate Raspberry Sea Moss Smoothie, 2 servings

Ingredients

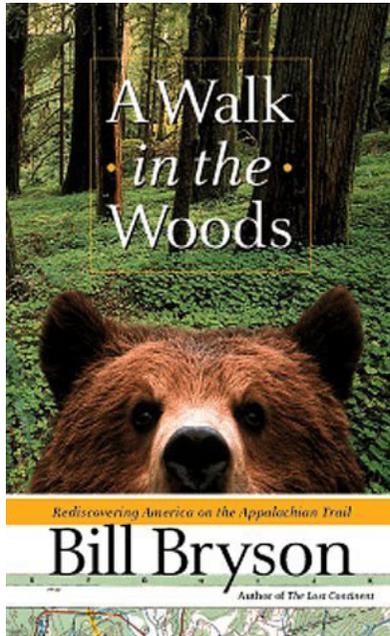
- 2 cups almond milk (or your favorite non-dairy milk)
- 1/4 cup sea moss gel
- 2 tbsp raw cacao powder
- 1/2 avocado
- 1 cup of spinach
- 1.5 cup fresh or frozen blueberries
- 1 tbsp ground flaxseeds or chia seeds
- 3 medjool dates (pits removed)
- Ice, if needed

Instructions

1. Add all the ingredients into a blender and blend until smooth.
2. For a thinner smoothie, increase the amount of almond milk (or your non-dairy milk of choice). If you would like a thicker smoothie, add ice until you reach your desired consistency.

A Walk in the Woods: Rediscovering America on the Appalachian Trail

REVIEW BY ALYCE ORTUZAR



By Bill Bryson
1998; Anchor Books (a division of Random House): New York
397 pp; \$8.99
ISBN 978-0-307-27946-0 (PB)

Nearly everyone I talked to had some gruesome story involving a guileless acquaintance who had gone off hiking the trail with high hopes and new boots, and came stumbling back two days later with a bobcat attached to his head.

~ Excerpted from *A Walk in the Woods*

The Appalachian Mountains comprise “one of the world’s great hardwood forests—the expansive relic of the richest, most diversified sweep of woodland ever to grace the temperate world—and that forest is in trouble,” author Bill Bryson warns us. “If the global temperature rises by 4 degrees centigrade over the next fifty years, as is evidently possible, the whole of the Appalachian wilderness below New England could become a savanna.” Trees have already been dying in alarming numbers.

What Is a Wilderness?

Bill Bryson is an excellent writer and a knowledgeable wilderness guide with a wonderful sense of humor. His book is an engaging and informative read from cover to cover. He understands the importance of nature to our overall physical and mental well-being, which should compel us to take appropriate actions that protect and value green spaces such as trees, parks, and the woodlands they naturally become if we leave nature alone. Bryson takes readers along as he trudges through the Chattahoochee Forest, “part of four million acres — 6,000 square miles — of federally owned forest” spanning four states. He walked for four days before crossing a public highway and eight days before coming to a town.

The Appalachian Trail extends “more than 2,100 miles along America’s eastern seaboard through the serene and beckoning Appalachian Mountains.” There are “more than 350 peaks over 5,000 feet along that trail, and perhaps a thousand more in the vicinity.” That translates to “about five months and five million steps to walk the trail from end to end,” as it wanders from Georgia to Maine. The trail traverses “fourteen states as it crosses the Blue Ridge Mountains, the Great Smokey Mountains and the Shenandoah Valley, the Cumberlands, and the Green Mountains and White Mountains — 1,800 miles through woods.” Hikers starting from the other direction travel across “the rough and stony White Mountains to the fabled prow of Mount Katahdin, floating in forests 450 miles to the north in a wilderness few have seen.”

Bryson is critical of the U.S. Forest Service for adopting a “multiple use” designation to justify its departure from preserving forests

to permitting “mining, oil, and gas extraction; 137 ski resorts; condominium developments; snowmobiling; off-road vehicle scrambling; and lots and lots and lots of logging” — uses he describes as “curiously incompatible with woodland serenity,” including roads the Forest Service has specifically approved to enable the logging of trees that would otherwise have remained inaccessible. Bryson specifically laments the clear-cutting — with the approval of the Forest Service — of “209 acres of thousand-year-old redwoods in Oregon’s Umpqua National Forest.”

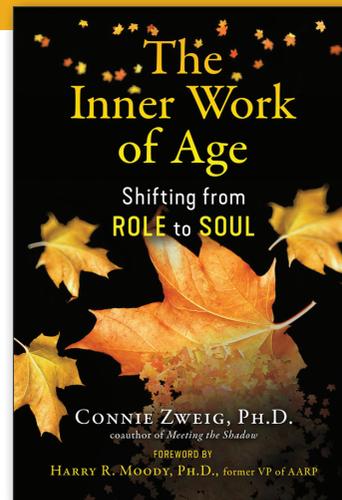
His list of misplaced Forest Service priorities also includes characterizing clear-cutting as “scientific forestry,” thus defending and enabling the destruction of forests designated for federal protection by “cutting down trees faster than they can be replaced.” Then there are the large numbers of bad deals the Forest Service has pursued that “lost money—too often a lot of money” (taxpayer dollars), in addition to causing profound ecological devastation. Bryson describes the sale of “hundred-year-old lodgepole pines in the Targhee National Forest in Idaho for about \$2 each after spending \$4 per tree surveying the land, drawing up contracts and, of course, building roads. Between 1989 and 1997, the Forest Service lost an average of \$242 million a year—almost \$2 billion all told—according to the Wilderness Society.”

Encountering Biodiverse Plants and Wildlife

Bryson includes engaging descriptions of the robust and colorful spring plant life that greets hikers, and the wildlife drawn to the plants. His research on the Smokies also identifies more than two

“This valuable book will help you sort out what is important in life from what is a distraction. Getting old is a challenge, but it can be a joy.”

—Thomas Moore, *New York Times* bestselling author of *Care of the Soul*



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hundred bird species, sixty-seven types of mammals, and eighty varieties of reptiles and amphibians. Some of his most entertaining stories recall bear and human encounters “that are largely a result of human stupidity.” Too many people who come to the Smokies to picnic use food to deliberately attract bears, who have thus learned to associate food with these “overweight creatures in baseball caps who spread lots and lots of food out on picnic tables and then shriek a little as they waddle off to get their video cameras when old Mr. Bear comes along, and climbs onto the table and starts devouring their potato salad and chocolate cake.” With a focus on the food, the bear pays no attention to the cameras.

Bryson is particularly fond of “the reclusive and little-appreciated salamanders found in the Smokies.” They are “the oldest of all land vertebrates,” and twenty-five species thrive there. Some lack lungs and breathe through their skin. Of the three hundred varieties of freshwater mussels also found in the Smokies, nearly half are endangered and twelve are possibly extinct. He is especially critical of the extinction of animals and fish that had survived for tens of millions of years before encountering the National Park Service.

Assessing Taxpayer Investments

The budget for the Park Service in 1998 was \$200 million a year less than it was in 1988, even though the number of visitors had increased from 79 million in 1960 to almost 270 million in 1998. Campsites and interpretation centers were shut down, and “essential maintenance was deferred” leaving a 6-billion-dollar backlog. Yet “in 1991 as its trees were dying, its buildings crumbling, visitors turned away from campgrounds it could not afford to keep open, and record numbers of employees laid off,” the Park Service threw a seventy-fifth anniversary party for itself in Vail (Colorado) costing \$500,000.

Bryson guides readers through the history of majestic woods from the Carolinas to New England that were recklessly destroyed. “Two-hundred-year-old pecan trees were commonly cut down just to make it easier to harvest the nuts on their top-most branches.” He also discusses in detail the internal biology of various types of trees, the loss of trees such as the American Chestnut and efforts to restore them, “the way it was on over tens of thousands of square miles of hill and cove” compared with what is now missing, and “luscious and golden” views that remain on four hundred miles through Virginia’s Blue Ridge. He also laments that “loons are disappearing everywhere because their lakes are dying.”

On a more hopeful note, Bryson describes the woods of northern Maine as “boundless. Maine is our twelfth smallest state, but it has more uninhabited forests — ten million acres — than any other state but Alaska.” He also characterizes the nearly 100,000 feet of climbing in Maine as “the equivalent of three Everests.” This portion of the Appalachian Trail also encompasses “the famous Hundred Mile Wilderness — 99.7 miles of boreal forest trails without a store, house, telephone, or paved road.”

What We Can Do

When Bryson found himself unexpectedly near a moose at a stream, he felt a sense of admiration and respect for such a “magnificent, harmless, and retiring” creature. He disapproves of government-issued permits in New England to hunt moose. He considers such an act to reflect indefensible brutality toward such a docile and “endearingly hopeless creature that runs as if its legs have never been introduced to each other.” Bryson also rejects as dubious the moose population numbers used to justify what he decries as a slaughter. “There is just something deeply and unquestioningly wrong about killing an animal that is so sweetly and dopyly unassuming as the moose. You might as well hunt cows.”

In addition to protecting the moose, groups such as Defenders of Wildlife are conducting nationwide campaigns to also end wolf hunts in this country (such as in Wisconsin); which they believe promote cavalier and senseless violence while destabilizing ecosystems. They are urging everyone to call their congressional representatives (202.224.3121 to reach the switchboard), and impress upon them the importance of restoring the wolves to the Endangered Species Act protections.

In the context of this review, it seems fair to ask whether a disregard for nature and for wanton cruelty toward animals encourages and enables people to be indifferent or worse toward one another.

Alyce Ortuzar is a freelance medical and social science researcher, writer, and editor living in Montgomery County, Maryland. 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. For five years, she edited the U.S. Surgeon General’s smoking and health reports. She can be reached at (301) 774-6617 and by email at alyceortuzar@gmail.com.

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Ten Signs Your Mouth is Making You Sick

BY SHERI SALARTASH, DDS

Most people think of the mouth as a place where food comes in and where you smile. But it is far more than that. The mouth is considered as one of the most important parts of your body. It's the gateway to the rest of your body, and affects the rest of the body's health. The truth is your oral health impacts your systemic health and can manifest warning signs of something more serious occurring.

In my dental practice, I help patients understand the ten common signs of an oral dental imbalance, which can ultimately affect your overall health.

- **Leaky gut** and dental issues are a chicken-and-egg situation. It's hard to determine where exactly the problem starts, the gut or the mouth. This is because the mouth is the beginning of the gut, and anything that enters the mouth also enters the gut. It is known that the same type of inflammation that causes leaky gut also causes gum disease. Without addressing the mouth, little progress can be made to heal the gut.

- **Grinding and clenching** is not just a bad habit but can be signs of stress, trauma, unresolved problems, and abnormal jaw position and growth. In addition, grinding and clenching can also be related to sleep apnea and airway problems. The ultimate treatment for long lasting healing is to consider addressing the jaw and airway structure.

- **Nighttime urination** is often connected with sleep apnea and airway issues. It can occur even if you don't snore. This affects both adults and children. It can cause long-term damage on the overall health.

- **Chronic headaches** can be a sign something more serious is

occurring. Therefore, it's important to consider what is inside your mouth. Old mercury fillings contain an average of 50% mercury and release its toxin for more than 30 years. These toxins can pass the blood-brain barrier and placenta, causing heavy metal exposure and a variety of symptoms such as headaches. In addition, bone infections in the jaw such as cavitation can also be a contributing factor.

- **Autoimmune disease** is connected to something called the "three-legged stool" theory, which suggests that autoimmune disease is the result of a genetic predisposition, leaky gut, and environmental triggers. For example, if you are predisposed to have an autoimmune disease and have a leaky gut, oral infection (environmental factor) can trigger the autoimmune disease.

- **Food intolerances** are the result of dysbiosis, an imbalance of the gut's microbiome, of bacteria in the oral and gut environment. If the mouth has such an imbalance, there is a large chance the gut has it, too. An imbalance of microbiome can often be caused by harsh bacteria-killing oral care product such as alcohol-based mouthwash. The good microbiome is constantly being killed, allowing the bad microbiome to overgrow. Probiotic or prebiotic products are a good alternative and can help restore the good oral microbiome.

- **Joint pain** is caused by inflammation of the joints. Research has discovered that people with joint pain are also likely to have oral infection, cavities, periodontal disease, and imbalanced oral microbiome.

- **Chronic infections** can be due to harmful bacteria or infections lurking in cavitation, old root canals, and even old fillings and crowns. It's known the blood supply for the tooth is the same blood supply for various parts of the body. Therefore, bacteria from the mouth can



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easily travel and infect the rest of the body.

• **Bleeding gums** does not just mean you need to floss more. Instead, it is a major warning sign that something else is going on, and should not be ignored. Bleeding gums causes gum disease, which have been found to be link to heart disease, strokes, and preterm labor. It just goes to show there's a deep connection between oral and overall health.

• **Bad breath** can be embarrassing, but it's a major indicator of an unhealthy mouth. There can be multiple issues at play, such as imbalanced oral microbiome, gum disease, gut issues, abnormal saliva pH, and even silent infections in old root canals, cavitation, and crowns.

But this is not all it. Research has also discovered other major diseases such as erectile dysfunction, atherosclerosis, Alzheimer's, breast cancer, arthritis, kidney disease, respiratory infections, prostate cancer, and still birth (just to name a few), all having a strong link to imbalanced oral health. It's important for patients to understand the connection between oral health and systemic health, because such knowledge can ultimately save their lives.

Sheri (Shahrzad) Salartash, DDS, MAGD, NMD, IBDM, AIAO-MT, FICOI, FAAIP (Diplomate with American Board of Dental Sleep Medicine), is the owner of Dynamic Dental Wellness in Ashburn, VA. If you, a family member, or a friend wants to learn more about the comprehensive dental care and overall oral health, contact the practice at (703) 775-0002 or email Care@dynamicdentalwellness.com. www.dynamicdentalwellness.com



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THINK HEALTH... THINK PREVENTION, YOUR BODY WILL THANK YOU !

Nurturing the Soul

BY JOANNE SELINSKE

Nurturing the soul is important for our physical and emotional health, our spiritual growth, and is an important aspect of our soul's plan for this lifetime.

Soul plans often include lofty aspirations. And as these plans unfold, many of us become preoccupied with the excitement, frenzy or drama that unfolds. But these noble goals and ambitions can soon obscure the need for us to nurture our soul, despite the fact that most, if not all of us, yearn for this very thing.

There is no better time than now to reconcile what your soul wants for your lifetime with ego-personality preoccupations, be they family, friends, romance, careers or hobbies.

We often speak about self-care, make and implement plans to keep our bodies healthy and in shape, our minds sharp, and our emotions from going 'off the rails.' There are several practices good for both our body and health and that concurrently nurture the soul — Yoga and meditation top the list.

But less often do the plans we make in life include strategies for nurturing the soul. It may be because we silently assume there is no rush. After all, we are eternal beings. But in truth, this perspective misses a big point — when we nurture our soul, we nurture our entire being. Life becomes easier, more balanced, joyful and peaceful in both our interior and exterior world. And because of the changes in us, our interactions with others improve.

You might be asking what this would look like in your life, or how exactly to accomplish this. It starts by recognizing the wisdom contained in a quote by Teilhard de Chardin, a 20th century French philosopher: "We are not human beings having a spiritual experience. We are spiritual beings immersed in a human experience."

The first time I read this, I intuitively knew if I could fully understand and apply it, my life would turn around. And it did.

Realizing you are a spiritual being immersed in a human experience leads you to ask, "What did my soul intend for me to gain from my human experience?" So, for example, whether you lost a job you loved, a family member or lover abandoned you, or your doctor informed you that you have some horrible medical condition, you stop asking "Why is this happening to me?" and instead wonder "If my soul planned this drama, what did s/he intend for me to get out of it?"

Now while these words are easy to turn into an affirmation, believ-

ing them is another matter. So, if this idea is new to you, do not expect to wake up next week, next month or even next year having fully embraced it.

Most soul plans include lofty goals related to learning lessons, healing old wounds, balancing karma, serving others, and growing spiritually. But additionally, your soul intended for you to experience a life full of joy and peace, which is why nurturing the soul is so essential. When you begin to live by the wisdom in de Chardin's quote, you realize your soul is as important as your ego-personality. As you embody this, you begin to wonder what will satisfy your soul. Planning to do so is your next step.

Eliminating the beliefs, circumstances and relationships that are robbing your equanimity should be on the top of your list. Next, you must decide what will fill the space once you remove the ideas, situations and people that are draining your life and your soul. This is not a list of lofty aspirations. Rather, it is a list of simple pleasures.

What satisfies and nourishes each of us and allows us to retain inner calm is quite different. Your own list might even perplex or prompt a chuckle if you are a music lover who enjoys classical Bach as much as 60's Motown. What elicits joy does not matter, but making time and space for it does. And if you love to dance, turn the volume up and have fun.

What gives you joy? What instantaneously brings a smile to your face and heart? What simple pleasures await your attention?

These are the things that will nurture your soul.

Many are trapped into thinking that attaining success, status, or stuff will make us happy. At a deep level, the level of the soul, the emptiness of this promise is apparent.

So, take the time to remember what brings you joy, and then commit to making your heart smile a priority. In the process, you will have nurtured your soul. Eventually, you will discover your days are filled with more peace and joy.

And oh, if you do not already meditate, think about adding it to your soul-nurturing list. It is a wonderful way to open the space to hear the whispers from your soul. I promise, you will be amazed at what you receive.

Joanne Selinske, PhD, Cht, is the founder and proprietress at Soul Source. She is an author, teacher, spiritual counselor and hypnotherapist specializing in past life and life between lives regression. www.thesoulsource.net



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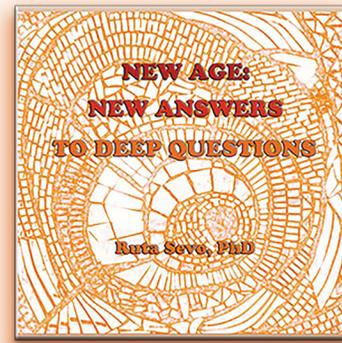
A Prayer to Talk to Animals

BY NICKOLE BROWN

Lord, I ain't asking to be the Beastmaster
 gym-ripped in a jungle loincloth
 or a Doctor Dolittle or even the expensive vet
 down the street, that stethoscoped redhead,
 her diamond ring big as a Cracker Jack toy.
 All I want is for you to help me flip
 off this lightbox and its scroll of dread, to rip
 a tiny tear between this world and that, a slit
 in the veil, Lord, one of those old-fashioned peeping
 keyholes through which I can press my dumb
 lips and speak. If you will, Lord, make me the teeth
 hot in the mouth of a raccoon scraping
 the junk I scraped from last night's plates,
 make me the blue eye of that young crow cocked to
 me—too selfish to even look up from the flash
 of my damn phone. Oh, forgive me, Lord,
 how human I've become, busy clicking
 what I like, busy pushing
 my cuticles back and back to expose
 all ten pale, useless moons. Would you let me
 tell your creatures how sorry
 I am, let them know exactly
 what we've done? Am I not an animal
 too? If so, Lord, make me one again.
 Give me back my dirty claws and blood-warm
 horns, braid back those long-
 frayed strands of every nerve tingling
 with all I thought I had to do today.
 Fork my tongue, Lord. There is a sorrow on the air
 I taste but cannot name. I want to open
 my mouth and know the exact
 flavor of what's to come, I want to open
 my mouth and sound a language
 that calls all language home.

Nickole Brown currently lives in Asheville, North Carolina, where she periodically volunteers at several animal sanctuaries. Since 2016, she's been writing about these animals, resisting the kind of pastorals that made her (and many of the working-class folks that raised her) feel shut out of nature and the writing about it. To Those Who Were Our First Gods, a chapbook of these poems, won the 2018 Rattle Prize, and "A Prayer to Talk to Animals," can be found there. In 2021, Spruce Books of Penguin Random House published Write It! 100 Poetry Prompts to Inspire, a book she co-authored with her wife Jessica Jacobs, and they regularly teach generative writing sessions together as part of their [SunJune Literary Collaborative](#). Every summer, she teaches at the low-residency MFA at the Sewanee School of Letters.

Cam MacQueen is the creator and manager of Cultivating Compassion. If you have interest in writing an article for the column, please contact her at nem.advocacy@gmail.com.



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The Crystal Buddha, By Richard Stodart



Richard Stodart's quest with painting is to "explore and present differentiation and equality as conjoined foci of unspeakable mystery, in and through the transformative power of emptiness. To paint a picture of this very immediate intimacy, I work with a push-and-pull process to negotiate, configure, and clarify the forces, conditions, and problems I encounter with differentiation and equality in their reflexive and ever-shifting tem-

poral intimacy. My latest paintings, What Is This and Blue Blaze are not unlike The Crystal Buddha in this respect."

Stodart has been painting since 1973. Born in the West Indies, he studied at Trinity College, Port of Spain, Trinidad, and graduated from Ryerson University in Toronto, Canada, with a B.A.A. degree in Radio and TV arts. In 1975, he was awarded a Canada Council Grant for an existential series of figurative paintings.

He is the author of three books: *Free and Easy Wandering, Markings on the Way* —text and paintings of a hero's journey taken to discover the central truth of nonduality in the sweeping landscape of human nature; *DreamMaking, The Intimacy of Picture/Reality* — text by Dogen scholar, Dr. Hee-Jin Kim, with paintings by Richard Stodart on the intimacy that suggests the nonduality of delusion and enlightenment; and *The Someone in Painting / A Picture* —a retrospective of Stodart's more than 48 years of painting and studies. Available by bookstore and Amazon order.

Richard's work has appeared on magazine, book and music album covers. His paintings have been exhibited in galleries in Canada, Hawaii and the US mainland. He and Nancy live in Burgess (the Northern Neck of Virginia) on the Great Wicomico River and welcome studio guests by appointment. Weekend visitors also enjoy the area's vineyards, seafood, countryside and attractions. Email: 4thLloyd@gmail.com; website: www.richardstodart.com.



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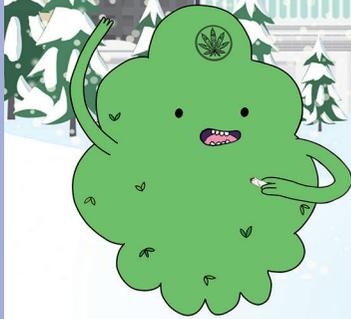
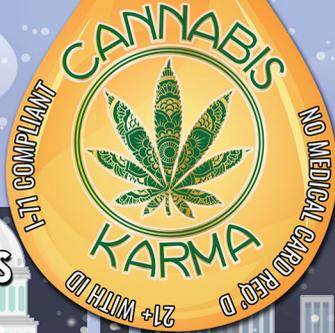
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