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Pollinator Plant Picks • Your Manifesting Practice • Menstrual Disorders Across The Age Spectrum
Wheel Of The Year: Fall Harvest • The Need For Food Rhythms • Fall Astrology... And More
Fall 2023 Natural Living Expo & Online Marketplace: Preliminary Program Inside!

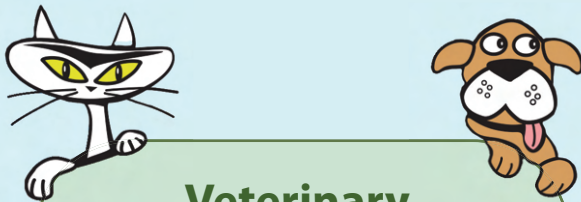




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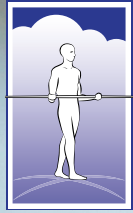
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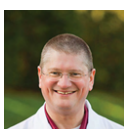


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What We Are About

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 retreats, 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 print edition is distributed through dozens of outlets in Maryland, DC and Virginia. Visit our “Where To Find” page online for the nearest locations to pick up your print copy. More distribution outlets are being added with each issue. We also provide an online 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.

Subscriptions for Pathways Magazine are available for \$16/year and direct-mailed. Order yours through our website: www.PathwaysProductions.com/magazine/subscriptions.

Advertising In Pathways

Pathways 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. We offer ad rate discounts with custom packages for Expo exhibitors, and provide design services for low one-time fees. For more information, upcoming deadlines and our editorial calendar, visit us online.

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By Kristen Hayes-Campbell

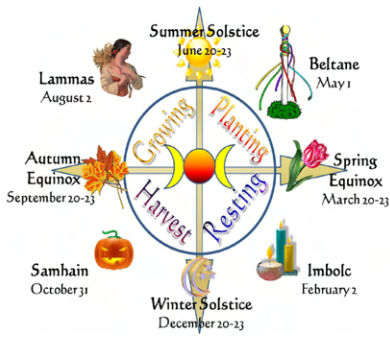
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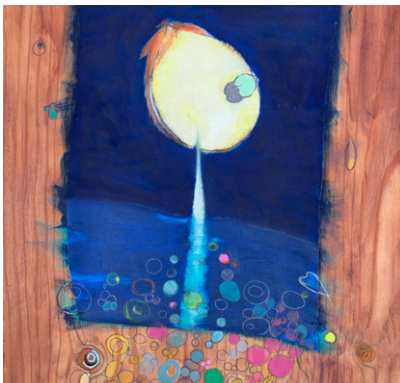
Fall 2023 – What’s Inside



Fall is the time of harvest in the Wheel of the Year, a solar-based agrarian model, and the season to take stock and express gratitude; by Lisa Adams. *Page 28*



Honing your manifesting practice is a process yielding abundance. Read more in Fall’s “Cultivating Compassion” from Pramela Thiagesan; edited by Cam MacQueen. *Page 31*



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JOIN US! PATHWAYS FALL EXPO & ONLINE MARKETPLACE SUNDAY, OCTOBER 8, 2023, COLLEGE PARK, MD *An Invitation From Your Pathways Team*

The Pathways Fall Natural Living Expo and Online Marketplace — our premier Mind-Body-Spirit-Eco event in the DMV — is the most fun you can have in one day! You can expect 120+ booths, 40+ workshops, food trucks, ASL Interpretation service, and the fellowship of the Pathways Community. See the Preliminary Program in this issue, and follow us on social media for the latest updates. Join us to support local businesses with purpose and intention to keep resources in the communities where we live and work.

Before then, peruse the Fall issue to get socially engaged and holistically healed. Our world is in a state of flux, and we are doing our part for positive change by featuring activism resources to get you involved, as well as healing resources to make sure you are your best self while you do so. It’s time to be the change you want to see. Will you answer the call?



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Smith Center for Healing and the Arts: A Place for Healing, Community and Creativity

BY LISA SIMMS BOOTH

In the heart of Washington, DC, in the historic U Street corridor, lies a serene oasis dedicated to promoting healing, wellness, and creativity — Smith Center for Healing and the Arts.

Smith Center for Healing and the Arts offers respite from the pressures of daily life, serving as a sanctuary for a wide range of individuals, from cancer patients and survivors to caregivers and those seeking solace, healing, and personal transformation. Established in 1996 by Barbara Smith Coleman, the center was born out of her own experience as a caregiver and cancer survivor, and her conviction that creative expression can play a vital role in the healing process.

At the heart of Smith Center's work is the belief that healing is a natural and often deeply personal process that can encompass the entire spectrum of our lives — physical, mental, emotional and spiritual. Healing is different for everyone. It may mean a return to wholeness or the discovery of hope; to others it is a sense that "I will be alright, no matter what happens." It can be a return of a sense of joy in life or a renewed sense of purpose despite difficult circumstances. For others it can offer a new or renewed sense of belonging in the world, or of a sense that somehow everything makes sense.

Healing vs Curing

There is an important dialogue that is taking place in medicine about the distinction between curing and healing. Curing is successful medical treatment. It is what the physician hopes to bring to the patient. Healing is broader, and comes from within. It is the inner process through which a person becomes whole. Curing affects the illness, while healing affects the experience of the illness. A person engaged in healing work can make a significant transformation in their quality of life, and that itself can sometimes have a positive effect on outcome.

Smith Center for Healing and Arts' staff and facilitators work to help create the space for healing through support, community, and providing tools and techniques that promote life affirming changes. The work is rooted in the belief that everyone harbors innate capacities for healing. We believe healing is always possible even when curing is not.

Smith Center Programs

Through a diverse range of programs and workshops, the center seeks to meet the whole person needs of the community — the physical, mental, emotional and spiritual. The programs are free or low cost so that money is never a barrier to having access to much needed support and care.

Smith Center's programs are focused on healing and embody the arts and creativity, community and support. The programs include:

- **The Joan Hisaoka Healing Arts Gallery**, established in 2008, which embodies the deep belief in the healing power of expression through art. The Gallery, which hosts three to four public exhibitions a year, is dedicated to advancing an understanding of the power of the arts to unite, teach, build community, and heal. In addition to the DC location, a second location of the gallery is located at the Inova Schar Cancer Center in Fairfax, VA. [Image: SmithCtrGallery]

- **The Artist in Residence (AIR) program** provides one-on-one art and creativity experiences, group classes, and musical performances for patients, their families, and staff, in partnership with multiple cancer treatment centers and hospitals across the D.C. Metro Area.

- In addition to the Gallery and the AIR program, Smith Center for Healing and the Arts offers an array of **art-based workshops**, pro-

viding a space for individuals to explore their creativity while navigating health and life challenges. From painting to writing and poetry, these workshops empower participants to channel their emotions, find catharsis, and gain a renewed sense of purpose.



- **Health and Wellness:** Smith Center for Healing and the Arts offers a wealth of integrative healing programs including mindfulness and meditation, healthy cooking, Yoga and movement, and stress reduction classes, and creativity workshops. These programs are open to the public and help people cultivate resilience, manage stress, reduce anxiety, and nourish the body for holistic well-being.



- **Cancer Support Programs:** Recognizing the unique challenges faced by cancer patients and survivors, the Smith Center offers tailored programs that address the emotional and psychological impact of a cancer diagnosis. We provide professionally facilitated support groups, peer-led healing circles, retreats, and individual patient navigation. Through shared experiences and open dialogue, participants find camaraderie, empathy, and a sense of belonging.

For twenty-seven years, Smith Center for Healing and the Arts has stood as a beacon of hope and support in the heart of Washington, D.C. Through its dedication to the transformative power of creativity and community, the center has become a sanctuary for those seeking healing, renewal, and personal growth. As the world continues to recognize the vital role of the arts and community for overall well-being, the Smith Center's legacy continues to shine and we hope to continue to serve the DC area and beyond for years to come. For more information visit www.smithcenter.org or call 202-483-8600.

Lisa Simms Booth is the Executive Director at Smith Center for Healing and the Arts. She also serves on the Board of Directors for both National Organization for Arts in Health and Commonwealth.



SMITH CENTER
HEALING AND THE ARTS



Wanda Lasseter Lundy

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Tuition: \$150.00 if paid by October 29, \$180.00 if later

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Expanding Your Ability To Channel

BY DAHLIA ROSE

Being a channel and the concept of channeling is something that has always been a part of mankind's history. We can trace our connection to receiving Divine information all the way back to the oracles of Delphi in ancient Greece who gave up their mundane existence and families in order to sit in temples and give Divine information to distant travelers seeking support or inspiration for their path and purpose. Channeling predates written history as well. In other parts of the world, such as Egypt, Mesopotamia, and China, one could find a soothsayer, or person embodied to receive messages, to make decisions, predictions or warnings, or to make medicines for the sick; or one who was a conduit for healing energies that could support the community. These individuals and their communities knew that the importance of bringing connection and understanding of the spirits, gods, and ancestors was intimately woven into who we were as human beings. And these individuals had their unique place within their societies. They were not tasked or burdened with labor of other kinds because everyone had their station and way of supporting the community individually. Oracles and Channels were also thought to have been chosen for such a life.

What is Channeling?

Channeling is the process of allowing energy or information to connect with your spiritual and physical body in a way that is then expressed verbally, energetically, artistically, or through movement that can alter your vibration or those around you. This is the art of connecting with higher realms of consciousness, transcending the limitations of the physical body, and tapping into the wisdom and guidance of spiritual entities, guides, and ascended beings. It is an ancient practice that has been utilized by various cultures and traditions throughout history.

Learning to channel opens up a conduit of communication between you and these higher realms, providing access to insights and perspectives that go beyond the limitations of ordinary human perception. We also have the ability to channel our own ego or aspects of our pain. Because of this, it is important to pursue healing and balance. Human beings have a unique ability to consciously raise and lower the frequency of their energy. This ability allows us to connect with other life forms and frequencies that exist across the Universe.

Channeling: Necessity and Opportunity in Today's World

With the industrial age came a full-force push away from focusing on the creative and only focusing on the analytical. Fast forward to now, and there is less dependence on the hunt, on community, and on your individual agricultural contributions because you can go to the store and pick up what you need when you need it. Our dependence on our own efforts, intuition, and gaining Divine insight has the potential to decrease more and more with every generation, and as automation increases. There are also socioeconomic implications that make the opportunity to choose the direction of your life outside of hard work even more challenging. This leaves space for a sense of meaninglessness or drifting through life.

The gift of the Oracle or Channel was the ability to bestow on oth-

ers a sense of meaning, or to provide purpose and direction for their lives. As human beings are asked to become more dependent on outside sources for information and automation expands, what is not being discussed is how much this is pushing us away from our intuition and ability to receive messages from the Divine, our spiritual connections, and even the intuition that comes up within our bodies.

However, with the expansion of technology and automation comes the freedom of creativity, as well as the ability to turn your attention to reconnecting with the wisdom of your body and expand your energy into a place of receptivity that includes channeling. Now more than ever, there is an importance to be able to intuit what is real and right for yourself in the face of artificial intelligence and a world leaning into chaos. The questions of "Who am I?" and "What am I here to accomplish?" ring louder than they ever have within the hearts of human beings at this stage of their evolution. Channeling one's own insight and acting on that wisdom from a higher calling is completely possible now. Amid all the changes taking place on a global scale, you have an opportunity to do more than just seek out the channel or the Oracle, but also to become one yourself.

You may have found yourself already connecting to the Divine and accessing information that changed the direction of your life, your decisions, and supported those around you. Becoming your own Channel carries the benefits of tapping into your source of personal and universal truth for healing and growth. Imagine being able to define a connection for yourself. As you connect with divinity or other beings, you will see how human connection can change, and how supportive boundaries are on all planes of existence.

We are in the information age, and the most valuable tool we can cultivate is critical thinking. Developing your inner Channel or Oracle can increase your critical thinking as information flows to you and through you. You will have the ability to analyze its meaning and to accept or discern the information in front of you. As that skill develops, your body and energy will become a barometer for the truth and deceit. You will also be able to increase discernment as you navigate the ability to deeply see, feel, and know other energies and beings as reflections of yourself and others.

Channeling as a Practice of Healing

Once you find a rhythm and a balance with your energy and the practice of channeling, there is a place where you can engage with being healed in the process of bringing through Divine messages. Consider that during the channeling process, information is moving through the Channel. The information moving through said Channel is energy. As that energy moves through the Channel's physical body, the higher vibrational nature of the information begins to flood the Channel's system, along with the room and potential people that may be participating in the process.

Beyond the acquisition of wisdom and guidance, channeling also serves as a potent tool for transformation. When channeling, a sacred space is created that allows for the release of stagnant energies, emotional wounds, and limiting beliefs that hinder personal growth.

continued on page 71



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Youth-Led Activism in the DMV

BY MICHELLE ALONSO, WITH LOCAL CONTRIBUTORS

In August 2023, a state judge in Montana ruled in favor of 16 young plaintiffs — climate advocates who range in age from 5 to 22 — in a landmark case and huge victory for climate activists everywhere. In *Held v. State of Montana*, District Court Judge Kathy Seeley ruled that the rights of the plaintiffs have been violated by the Montana Environmental Policy Act because the law has prevented the state from assessing the climate impacts of mining projects.

In the nation's first ruling on a constitutional, youth-led lawsuit regarding the climate, Seeley said fossil fuel emissions, including Montana's, "have been proven to be a substantial factor" in heating the planet and causing pollution. Because the Montana Constitution guarantees residents a "clean and healthful environment," the state's environmental policy law violates the document, said Seeley.

This latest climate win sets important legal precedence with potential consequential effects on the hundreds of lawsuits that have been filed in the U.S. arguing against the continued extraction of fossil fuels. And it is just the latest example of how youth activists are stepping up, taking charge, and organizing to protest — or protect — the many pressing issues that matter to them and will directly impact their, and future, generations.

From sit-ins to walkouts, mutual aid groups to legal action, street protests to social media campaigns... youth-led activism has a long history in this country. We've seen a resurgence of momentum and high profile coverage, especially in the last decade. Gun violence, the climate crisis, racial injustice, LGBTQIA+rights, and threats to our democracy are just some of the issues fueling the fervor of our young people, who are leading movements to make change happen. They harness technology to break down barriers, rally forces, communicate messages, and stay connected.

Young people need to be given agency to help shape the course of their future on this planet. When they are engaged with their peers and in their own voices, they can channel their collective energy toward positive action and hopefully make a difference in the world they are going to inherit. And the adults in their lives must encourage and support them to think globally, act locally.

Youth activism in the DMV is no exception. Area youth are living in the shadow of Washington, DC, arguably one of the most powerful cities in the world, where they are steeped daily, if not directly affected by the nation's most pressing challenges. We reached out to several youth-led activist groups to see what they are doing locally to address these concerns; and to give them an opportunity to share their missions in order to help support them. We received a few direct responses from area organizations, who range from advocating for community public safety to spotlighting issues through student films, and to coalition-building in order to shape public policy. We also highlight a few additional groups who are active in our region. This is by no means exhaustive, just one small way to start.

Better Planet 4 Kids: Youth Advocates for Safety BY RAJ AWASTHI

Better Planet 4 Kids (BP4K) is a non-profit organization founded by myself, a rising Freshman (headed to Montgomery Blair High School's STEM Magnet Program), and my sister, Parnika Awasthi, a rising 5th grader (heading to Lakewood Elementary School). The organization raises awareness regarding problems faced by the youth of



Raj & Parnika in front of proposed road improvements

today, and leads projects that bring kids from different communities together to address these issues.

Around six months ago, our organization launched a campaign, "Safer Roads 4 Kids". The campaign addressed the primary safety concern for "T intersection blind spots on roads near elementary schools and children's parks in Rockville (Wootton Parkway neighborhood)". For kids in the neighborhood heading to school or the park, it's difficult to be sure that no vehicles are approaching as they cross the road. Speaking with other children and parents further revealed the problem, as there are few to no signs (speed limit, yield, etc.) present to slow the vehicles near residential areas.

As part of the initiative, we partnered with the City of Rockville and the Mayor's Council — especially with Councilmember Mark Pierzchala and Councilmember Beryl Feinberg — as well as with the Rockville Pedestrian Advocacy Committee to discuss the issue at length. Due to our efforts, the City of Rockville has conducted several Pedestrian Safety Studies of key intersections to improve the traffic situation. During the month of June 2023, city staff went into the field to measure the pedestrian island, and made the outlines of the improvements. Shortly after the plans and specifications for the construction are complete (finding value design options, cost-saving strategies, feasibility, etc.), the County will begin the construction process!

For next steps, our team will be meeting with Lakewood Elementary School principal Dr. Ebony-Nicole Kelly to discuss potential environmental opportunities in the school during the coming school year.

Join Us!

Along with our ongoing efforts, we are also looking to expand our organization and looking for new projects to focus on! For any questions or interest in joining, please contact us at: betterplanet4kids@gmail.com.

Website: www.betterplanet4kids.org/

Twitter: [@btrplanet4kids](https://twitter.com/btrplanet4kids)

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Menstrual Disorders Across the Age Spectrum: Recognizing Issues and Managing with Functional Medicine

BY HELENA AMOS, M.A.C., L.A.C., EURO PHYSICIAN

One of the most complex, varied, mysterious and misunderstood components of women's health is the reproductive cycle. And this is a source of great frustration and concern considering half of the planet's population was born with a female reproductive cycle; and for the majority of women, it lasts three-quarters of their lifespan. Starting with puberty and sexual maturity, through childbearing years to postpartum sexual activity, and waning with menopause and aging, these components are regulated by environmental, genetic, physiologic, hormonal, behavioral, and psychosocial factors, which means that each woman's experience is almost entirely unique.

Given how multifaceted the female reproductive cycle is, using a functional medicine approach to address related disorders makes good healthcare sense. Functional medicine (FM) takes a holistic view, aiming to identify and treat the root causes of health concerns in order to assess specific imbalances, determine appropriate treatments, and monitor progress over time. It's an extremely flexible and individualized form of care, ideal for reproductive health disorders that can occur at any time across a huge age spectrum. Let's consider the applications more closely.

Common Menstrual Concerns By Age Group

Menstrual period disorders can occur at any age, and their characteristics and causes may differ depending on the age group. Here is a description of common menstrual period disorders for young, middle-aged, and mature age.

Young Age (adolescence to early 20s)

- **Dysmenorrhea:** This refers to severe menstrual cramps often experienced during the teenage years. It can be primary (without any underlying condition) or secondary (caused by conditions like endometriosis or fibroids).
- **Amenorrhea:** This condition occurs when a young woman misses her period for several months. It can be due to factors like extreme weight loss, excessive exercise, or conditions affecting the reproductive system.
- **Irregular periods:** Teenagers often experience irregular menstrual cycles during the first few years after menarche. This can lead to unpredictable bleeding patterns.

Middle-aged (late 20s to early 50s)

- **Polycystic Ovary Syndrome (PCOS):** This hormonal disorder is common in this age group, leading to irregular periods, ovarian cysts, and hormonal imbalances.
- **Heavy or prolonged periods (menorrhagia):** Excessive bleeding or periods lasting longer than usual can occur due to hormonal imbalances, uterine fibroids, or other underlying conditions.
- **Premenstrual Syndrome (PMS):** Some women experience physical and emotional symptoms like bloating, fatigue, body & headaches, mood swings, and/or breast tenderness, a few days or weeks before their period.

Mature Age (late 40s and beyond)

- **Perimenopause and Menopause:** As women approach menopause, they may experience irregular periods, lighter or heavier flow, or longer gaps between periods. Eventually, menstruation ceases alto-

gether during menopause.

- **Menopause-related disorders:** Menopause can bring about various symptoms like hot flashes, night sweats, vaginal dryness, and mood changes, just to name a few. These symptoms are caused primarily due to declining hormone levels.

PMS, Menorrhagia and PCOS: An In-Depth Look

It is fair to say that a large percentage of women who have had or are having a menstrual cycle will experience at least one or more associated disorders within the duration of her reproductive lifespan. Of the disorders listed here, Premenstrual Syndrome (PMS), Menorrhagia, and Polycystic Ovary Syndrome (PCOS) are three of the most prevalent, and are therefore worth discussing more in depth.

Premenstrual Syndrome (PMS)

From mild to acute, PMS is experienced in varying degrees by the majority of menstruating women. According to recent established studies available through the NIH National Library of Medicine on global and regional prevalence rates, an estimated 90% of females of reproductive age were impacted by mild to acute premenstrual symp-



Illustration 87710530 © Anna Odintsova | Dreamstime.com

toms. Among them, about 20% to 40% encounter PMS, while 2% to 8% experience PMDD, or premenstrual dysphoric disorder — a more severe type of PMS. Although the exact cause of PMS is not fully understood, various elements can contribute to its development. Here are some common causative factors and a functional medicine approach to its treatment:

1. **Hormonal Imbalances:** Fluctuations in estrogen and progesterone levels during the menstrual cycle can contribute to PMS symptoms. FM aims to rebalance hormone levels by addressing underlying factors such as impaired liver detoxification, adrenal imbalances, or disrupted feedback loops within the hormonal system. Treatment may involve hormone support, herbal remedies, or lifestyle modifications.

2. **Nutritional Deficiencies:** Certain nutrient deficiencies can contribute to PMS symptoms. FM emphasizes a nutrient-dense diet rich in vitamins, minerals, and essential fatty acids. Specific nutrients that may be targeted include magnesium, B-vitamins, vitamin D, and

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Menstrual Disorders...

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omega-3 fatty acids. Supplementation might be recommended if deficiencies are identified.

3. Inflammation: Chronic inflammation in the body can worsen PMS symptoms. FM focuses on identifying and addressing sources of inflammation, which might include a poor diet, gut health imbalances, or environmental toxins. Anti-inflammatory dietary modifications, gut healing protocols, and targeted supplements might be recommended.

4. Gut Health Imbalances: Disruptions in gut health, including imbalances in gut bacteria (dysbiosis) or leaky gut, can contribute to inflammation and hormonal imbalances that exacerbate PMS symptoms. FM aims to improve gut health through specialized diets (such as the Low FODMAP or Specific Carbohydrate Diet), probiotics, prebiotics, and gut-healing nutrients.

5. Stress and Adrenal Function: Chronic stress can affect hormone balance and worsen PMS symptoms. FM emphasizes stress management techniques such as mindfulness, meditation, Yoga, and adaptogen herbs to support adrenal health and improve stress response.

6. Detoxification Support: Supporting the body's detoxification pathways, specifically the liver, is important for hormone metabolism and elimination. This may involve dietary modifications, liver-supportive supplements, and practices like saunas or dry brushing.

7. Individualized Treatment: It's essential to consult with a qualified functional medicine practitioner who can assess your specific health profile and develop an individualized treatment plan for your PMS symptoms. They will combine diagnostic testing, lifestyle

modifications, dietary changes, supplements, and other targeted interventions to address your unique imbalances and improve overall well-being.

Excessive Menstrual Bleeding (Menorrhagia)

Data compiled by the Centers for Disease Control and Prevention show heavy menstrual bleeding, or menorrhagia, is one of the most common problems women report to their doctors. It affects more than 10 million American women each year, meaning about one out of every five women has it. Menorrhagia can have several causative factors. Here are some of the most common and a functional medicine approach to treating each one:

1. Hormonal Imbalances: Hormones are a key player in so much that's involved with the reproductive cycle. Imbalances in estrogen and progesterone levels can lead to abnormal uterine bleeding. FM focuses on rebalancing hormone levels by addressing underlying factors such as disrupted feedback loops, impaired liver detoxification, or adrenal imbalances. Treatment may involve hormone support, nutritional interventions, herbal remedies, or lifestyle modifications.

2. Uterine Fibroids: Noncancerous growths in the uterus called fibroids can cause heavy menstrual bleeding. Nutritional approaches, supplements, or hormonal support may be involved in any treatment designed to reduce the size of fibroids or alleviate symptoms.

3. Endometriosis: Endometriosis is a condition where the tissue similar to the lining of the uterus grows outside the uterus, leading to heavy bleeding. FM aims to address inflammation, hormonal imbalances, and gut health imbalances that can contribute to endometriosis symptoms. This may involve dietary modifications, anti-inflammatory

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October 8, 2023 Pathways Expo and Workshop

Science of the Initiates in the light of the Age of Aquarius

By Carmen Froment:

Editor, Author and Coordinator of The Aquarian Team (TheAquarianTeam.com)

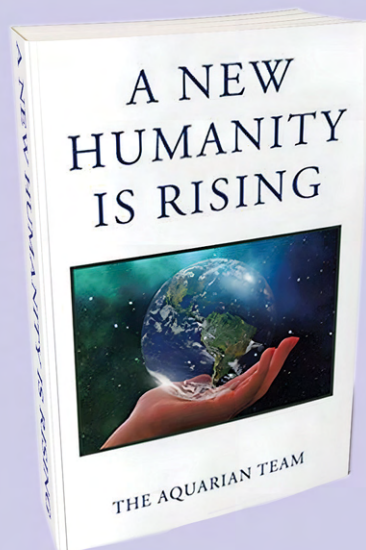
- **Nutrition:** food is a love letter from the Earth and the Creator
- **Reincarnation:** based on the cosmic moral laws
- **Sexuality:** applying polarity to live a balanced & harmonious life



These three topics concern each and every one of us. The workshop will examine them in the light of the Science of the Initiates, based on the Teachings of Master Omraam Mikhael Aivanhov. Emphasis will be on applying these insights to prepare ourselves for the coming solar civilization in line with the energies of Aquarius.



Omraam Mikhaël Aïvanhov (1900–1986) was a Bulgarian-French philosopher, spiritual teacher, and author, emphasising the importance of self-improvement, inner transformation, and the harmony between humans and between humans and nature. He focused on topics like meditation, virtues, and the unity of all existence. Through his lectures and books, he offered guidance on living a balanced, meaningful life, fostering a deep connection with the Divine and embracing universal principles.



Carmen was trained in the USA as a yoga teacher. She discovered the esoteric teaching of Master Omraam Michael Aivanhov in the 1970s. She then integrated the practical methods of his Teaching while continuing her airline career. See her interview from Lilou Mace's Web TV on tinyurl.com/CarmenFroment. Now co-author of three books, she is a motivational speaker and teaches the sacred dance called Paneurhythmy.

Receive the latest book of The Aquarian Team with your participation in our workshop at the Natural Living Expo, October 8!

Fall 2023: Realizing Your Needs

BY MISTY KUCERIS

Fall is often a time when the energies start shifting from adventure and discovery to preparation and renewal. During the summer months you want to wander. Yet by fall you start feeling winter is around the corner and you want to prepare for the shift of weather. For those of you who are gardeners, you realize this is the time to prepare for the harvest and dormancy of your crop. For others, you feel the need to think about the start of school, return to work, and other activities that mean spending more time indoors. While feeling these shifts is common, this year you will feel it a bit more than other years.

Although this fall quarter and the month of September start with Mercury in retrograde motion, the real shifts you feel are caused by Venus in Leo turning from retrograde to direct on September 3rd, and Jupiter in Taurus moving from direct to retrograde motion the very next day. Venus went retrograde on July 22nd, and Jupiter will be retrograde from September 4th until December 30th.

Retrograde motion always represents that time period where you need to slow down, take a breath, and evaluate circumstances and attitudes surrounding the energies of the planet in retrograde. Often it's difficult to start something new that relates to the energies of the retrograde planet. Sometimes something from the past comes back into your life because it was left undone and now needs to be completed.

The energy of Venus tends to surround love, passion, relationships, finances, spending and savings. When Venus is in Leo, you want to be generous in your dealings with both relationships and finances. You also want other people to acknowledge your talents and skills as well as your generosity. When Venus in Leo was retrograde, you may have realized that sometimes people took advantage of your generosity. Or, perhaps you were too extravagant in your spending and you found it was time to start a savings program.



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The STRENGTH to MEET LIFE

“ Sing *HU* once or twice a day for ten or fifteen minutes to spiritualize your state of consciousness.

During the time you're singing *HU*, you are saying to Divine Spirit, "I've opened myself to you. Give me the understanding and the wisdom to meet the waves of life, and the problems, troubles, and whatever else. Give me the strength to meet life."

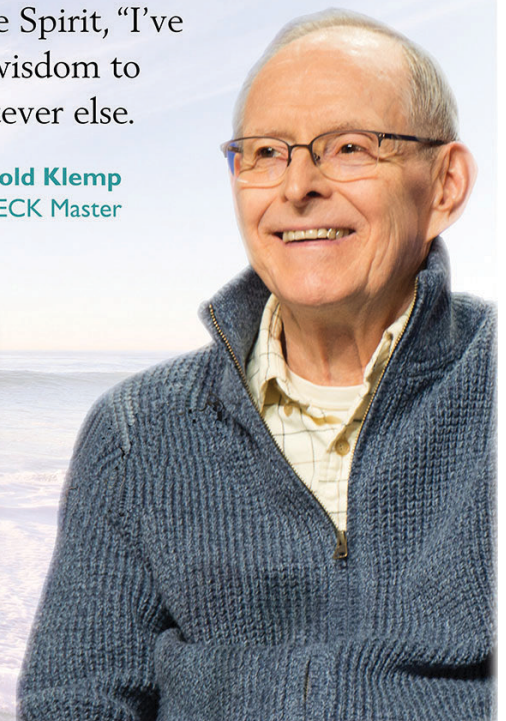
—Sri Harold Klemp
The Mahanta, the Living ECK Master



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Fall 2023 Astrology...

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It's possible some people from your past resurfaced in your life and you were able to resolve past problems. Or, it's possible you found some hidden costs with some contracts you signed earlier. Now that Venus in Leo turns direct on September 3rd, you'll be able to take some of these lessons and apply them in your life. You'll realize you can still be generous and not let others take advantage of your good will. Or, you see the value of creating long-term financial programs that release you from fiscal constraints and enable you to budget money so you can go out and have fun.

Jupiter represents your desire to push the boundaries in order to learn. It doesn't matter whether you're seeking spiritual enlightenment or mental stimulation — there's a part of you that wants to have it all. Yet with Jupiter in Taurus going retrograde on September 4th, you find yourself withdrawing from activities, especially those which carry a high risk. You become more reflective. You start wondering whether those adventures you were interested in really support your value systems; and, as you seek spiritual enlightenment, even shifting the focus there. You start questioning some of your old belief systems. You wonder about the various paths you've chosen in the past and whether those paths will still lead you in the right direction. By the time Jupiter does go direct in December, you may not be quite the same person you are today. Your boundaries may have shifted. Your spiritual beliefs may be different. Your willingness to take risks may be based on other factors not yet known. During this time that Jupiter in Taurus is retrograde, write down the realizations that surface and still take time to wait until Jupiter is direct before making some life changing, long-term decisions.

While you're taking time to reflect on your long-term goals, you find paying attention to details is very important when the new Moon occurs on September 14th. With both the Sun and Moon in Virgo,

you want to approach matters in a focused, not sloppy, manner. Even though you might miss some important details since the new Moon forms an opposition to Neptune retrograde, don't worry about that. This new Moon also forms a grand earth trine with Uranus retrograde and Pluto retrograde. It means you'll be able to focus on the most important new details without getting bogged down with minutiae.

Mercury in Virgo, which was retrograde when this quarter began, turns direct on September 15th. During the time period it was retrograde, from August 23rd to September 15th, there were so many details you thought you needed to address; but, because Mercury was retrograde, you didn't feel like it. You didn't want to file any paperwork. You didn't want to contact people about projects. You felt overwhelmed by your commitments. Basically, you just wanted to be left alone. Now that Mercury in Virgo is direct you may be willing to take care of details, or you may have learned you can also delegate those details to other people. You don't need to do it all.

With the Sun entering the sign of Libra on September 23rd, the celebration of the Fall Equinox occurs, and you realize half the astrological year is over. This is the time to pull back, reflect, and perhaps even draw some activities to a close. Metaphysically you're preparing for the winter months.

With the Moon in Capricorn and the Sun forming a quincunx to Saturn retrograde, this is a good time to evaluate your commitments. There's a tendency when the Moon is in Capricorn to feel that you have to make things happen; no one else can do it as well as you can. Next thing you know, you've made too many commitments and have too little time for your own needs. But when the Sun forms a quincunx to Saturn retrograde the message is clear: Too many commitments interfere with your wellbeing. It's time to take care of yourself.

This message is emphasized with the Sun in Libra and Venus in Leo forming a mutual reception. A mutual reception occurs between two planets, or luminaries, being in the sign that the other one rules. Think of a mutual reception as a conjunction. Or, think of a mutual reception

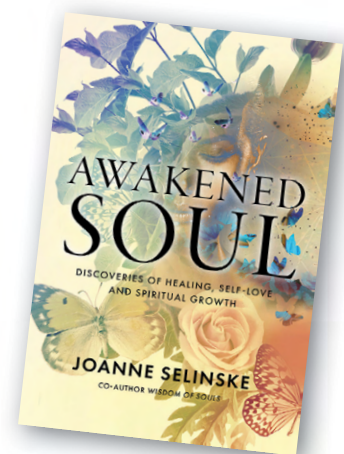
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Joanne Selinske
 Author: *Awakened Soul*
 Co-Author
Wisdom of Souls



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Maybe your next therapist shouldn't be a therapist



Eric Weinstein
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Fall 2023 Astrology...

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as two people walking down the street together holding hands and enjoying each other's company. People who care for you will understand when you express your need for making fewer commitments so you take care of your needs.

When you understand that loving yourself leads to increased positive relationships, you fully understand the full Moon that occurs on September 29th. With the Sun in Libra and the Moon in Aries, you want to be involved in relationships without losing your identity. You also want to provide emotional support to those you love as well as receive the same form of emotional support from them. This is when you realize the best way to live your life is to find the balance you need between your individuality and your relationships. And this realization continues to be important during the month of October when you experience the last two eclipses of the year — the annular solar eclipse on October 14th, and the partial lunar eclipse on October 28th.

The annular solar eclipse is a spectacular event, perhaps even more so than a total solar eclipse. It occurs at the time of a new Moon when both luminaries are in the same sign; in this case, both the Sun and Moon are in the sign of Libra. What makes this eclipse so spectacular is the Moon doesn't fully cover the Sun when it goes between the earth and the Sun. Instead, what you see is a "Ring of Fire", where the edges of the Sun splay out and caress the Moon. If you live in or travel to the western portions of the United States, or Central America, Colombia, and Brazil, you'll have the opportunity to experience this event. (By the way, mark your calendar for the next total solar eclipse in the United States which will be April 8, 2024.)

If you realize the Sun represents your social persona and the Moon your private persona, this eclipse indicates the need to fade into the background while you determine the next steps you want to take in life, especially with relationships. You don't want other people telling you how to live. Instead, you want to think about your next plan of action before you engage with other people.

As the partial lunar eclipse occurs on October 28th, you feel this need to take some form of action. Yet with the Sun in Scorpio and the Moon in Taurus, you still feel the need to maintain some privacy in your life. Again, you don't want other people telling you how to live your life; you want to make your own decisions. For this reason, other people may feel you've withdrawn a bit too much, but that's all right. You need this time for yourself.

During the month of November, finding your focus, and feeling driven to develop solutions becomes even more important for you, especially when the new Moon occurs on November 13th. Both the Sun and Moon are in the sign of Scorpio, as are Mars and Ceres; and, these four energy points in Scorpio all form an opposition to Uranus retrograde. You feel as if your life is going to explode if you don't start moving forward with your plans. At the same time, you want to understand what is driving other people in your life. You actually don't want to act on your own; you'd rather do things with others. But, if you need to take action alone, you will. This is how driven you are to find solutions and implement them right now.

When the full Moon occurs on November 27th, you'll be glad you started implementing some, if not all, of your solutions. With the Sun in Sagittarius forming a conjunction to Ceres and Mars, you want to have a home that feels safe and pleasant. You also want to experience various aspects of your spiritual growth and share these experiences with others. With the Moon in Gemini opposing Ceres and Mars, you're willing to make changes to your home or your spiritual approach, and communicate these changes with people you love.

As Fall draws to a close and Winter starts to approach, you realize one important thing about these shifting energies — they have all been about you... What you need to express your individuality. The type of relationships you need for emotional and spiritual support. And the values which express how you live your life.

© 2023 Misty Kuceris | Misty Kuceris is 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.

Food Choices and Our Health

BY MICHAEL TABOR

As a farmer selling our pesticide-free produce for over 50 years, I frequently witness people's poor food choices and concerns.

I used to shop at a financially successful chain, specializing in high end healthy food — but I stopped shopping there when the CEO set a policy standard for a political position opposing the concept of climate change. Customers still crowd the parking lot, are dazzled by the displays, and are unfazed by the high prices, lured instead by the “on sale” signs.

The diverse customers don't seem to mind that most of the produce (with pretty displays) comes from all over the world, flown or trucked in from 1-10,000 miles away with large carbon footprints. The locally grown produce was so sparse it could barely fit on a card table.

Too many people bring a sense of complacency when they shop, or they are unknowledgeable and clueless about where and how all these goods and foods get to their tables and homes. Folks who care about what they eat often want pretty-looking produce, but at the same time, want it grown without pesticides. They want it cheap, but don't care about who grew it (the treatment of the workers), where it came from, how it tastes, or what season it is when it's ready.

I've also had similar observations at our own farm markets, where many customers and their children pass by the bounty of the land — peaches, apples, cherries, and greens — and seek out the ultra-processed cheap, fast foods they've likely watched promoted on TV and at movies by the marketing machines of corporate food giants. I understand there could be many reasons for and motivations behind this behavior, but it continues to be disheartening.

Corporate entities have been cashing in on the lucrative market for unhealthy foods — usually sugar-laden, fried, and high-calorie products designed to satisfy immediate hunger or cravings. After all, there's not much profit in broccoli, squash, melons, and beans. But there is in sodas, beef, pork, and fried foods; and advertising supports the search for quick, tasty, and cheap, addictive products.

Collectively, this leads to an unhealthier population, with trickle-down consequences. There is a financial burden on our medical system that falls on us through government, taxes, and higher insurance rates; and, in the end, the pharmaceutical industry is enriched as well.

I read in the July 31, 2023, issue of *The New Yorker*, [Adam Gopnik's book review](#) of *Ultra-Processed People: The Science Behind Food That Isn't Food*, written by British doctor and medical journalist Christian van Tulleken. As an experiment, Tulleken undertakes an experiment and purposely becomes an addict of ultra-processed foods. He experiences the impact of junk food, “... reminding us that...there's no point in dying in good health.”

In another section of his book, to my horror, he details finding out that the Nestle corporation was experimenting with bringing a boat to a secluded village in the Amazon where the indigenous people lived on a very sustainable diet of roots and berries, as had their ancestors for eons. There was no presence of any obesity or diabetes. However, the Nestle venture addicted them to junk food rather quickly. “The ultra-processed foodstuffs will alter our children's brains and enslave them to a global capitalist economy,” he writes. The level of depravity here by Nestle is unconscionable.

Matters of food choice, food cost and food access have garnered a great deal of attention recently, including in the pages of *The Washington Post*. An opinion piece featured in May 2023 discusses the issue of food access and food deserts here in the District, and how they drive food choices and negatively impact health (“[Opinion: A key ingredient of healthy living is often a struggle. Here's how to fix that.](#)”

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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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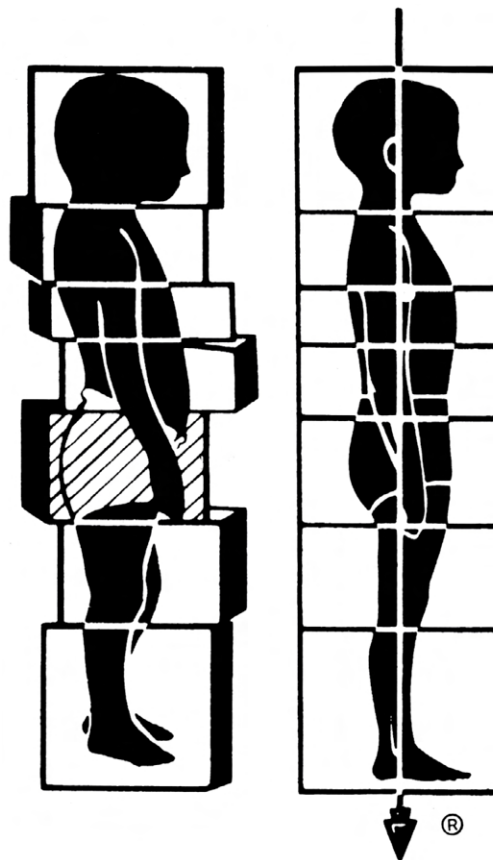
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Food Choices...

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by The Editorial Board, *The Washington Post*, May 26, 2023). You can read about how industrial food processing changes food structure, affecting eating habits and health (“Melted, pounded, extruded: Why many ultra-processed foods are unhealthy,” by Anahad O’Connor and Aaron Steckelberg, June 27, 2023). An earlier piece from Laura Reiley examines a report from The Rockefeller Foundation that calculates the cost of the US food system on health and climate, “The total health and climate consequences of the American food system cost three times as much as the food itself” (July 16, 2021).

Overall, there’s acknowledgement by food columnists that dual food systems exist — one that feeds you in your “gut,” another that does not. The one that feeds you, and helps promote good health, includes pro- and prebiotics, fermented vegetables, fruit, and other simple, basic dietary ingredients we’ve all known and used for years. The other, which supports restaurants, chefs, and TV personalities, plus a huge network of wait staff, is aimed at taking our resources.

The corporate merchants of early sicknesses and death have perfected their advertising formulas to cater to their customer base, hungering for these unhealthy “treats”.

What to do?

Well, we in the farm community will continue to do our jobs and produce minimal or chemical-free food in the hope that people will buy it. It is our wish that those of you who are more knowledgeable, read publications like this and others, continue to respect your bodies with healthy food and support farm markets and CSAs. “Teach your children well” and your friends about how delicious and satisfying healthy foods can be; learn moderation with treats. Cook together

instead of always going out, and experiment with exotic foods (like Purslane, a local weed).

One can naively hope that the corporate executives that promote so many unhealthy foods like double cheeseburgers, sodas, fried chicken and the like, will hop on the growing bandwagon of vegetable alternatives, move away from so many chemicals in foods, and lean toward promoting health over profit — and at least feel some guilt about their loathsome work.

What can *you* do? These are suggestions based on research and experience. I want to stress that I’m not dogmatic, and enjoy an ice cream, a slice of pizza, etc., once in a while. My point is be aware and try to make healthy choices as often as you can.

1. Food

You know what’s right already. Fruits, grains, yogurt, salads, juices. The less fried foods, burgers, pizza, chicken, potatoes, ribs, sodas, etc., the better. Just realize you’re being programmed to eat badly through ads, TV, social media, movies, etc., geared to make money. This conditioning makes billions for the companies and is detrimental to good health and long life. When you can, shop at co-ops and farm markets, join a CSA, and read labels. When you shop at grocery stores, ask about chemical-free, locally grown produce. Some chains specifically don’t seek out local farms. Ask to speak to a store manager to make your voice known.

2. Exercise

The more you work out, do Yoga, sports, walk, run, swim, the better. I believe in supporting the local “Y.” It’s a non-profit, designed to give back to the community. I do best in ½ hour to 1 hour classes—

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Misty Kuceris, Reiki Master
& Pathways Columnist

Food Choices...

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core conditioning, body pump, Yoga, Zumba, as often as possible.

3. Restaurants

I've cut out most restaurants. If I want to keep living healthier, I will have little to no alcoholic drinks, meats, cheese dishes, fried foods, and sugary desserts. If we go anywhere, it's a local Latino restaurant stressing salsa, fresh vegetables, salads, and affordable prices. Also, not eating a heavy meal after 6 pm and taking a walk after meals.

4. Transportation

Where possible, avoid using a car in cities. While we live just outside the city, our compromise was a Prius (now over 6 years old with 20,000 miles on it). Large gas guzzlers are really not needed, especially given what we know about the harm emissions cause. Electric cars and their maintenance are getting better and better. Everyone has different transportation needs, so just being conscious of ways to reduce your use of gas cars will make a big difference.

5. Climate Change

Our food should and can be grown within 100 miles. I always look at the labels telling me about food origins. At a food store, inexpensive "Gala" apples were shipped from New Zealand. That's a carbon footprint that should be unacceptable to folks concerned about the climate. Perhaps we should learn to eat more "in season," then so much of our produce can be local. It's exciting to anticipate peach and apple season!

6. Water

The water in this area contains poisons and can be carcinogenic, especially for women and children. Become informed about PFAS and ag chemicals, found even in some bottled water. Little or nothing is being done in our county, cities or states. Get yourself a high-grade water filter. (We use Multipure, an under-the-counter carbon filter that is changed yearly — a wonderful wedding gift from our sisters-in-law given to us 36 years ago!) If you live in an apartment building, get your neighbors to request management to install water filters (not just anyone, but a well-researched one). For low income and municipal-owned buildings, work with your legislators to make this a housing requirement (like smoke detectors, etc.).

7. Politics

By now it should be quite evident how important it is to elect local officials who are knowledgeable, progressive, and have our best interests in mind. Get to know your elected officials, ask them what they are doing about these issues, support their efforts, educate them where necessary, and don't let up. The five PFAS bills introduced this year in the MD General Assembly to curb or eliminate these harmful chemicals from our water were withdrawn or rejected. There's never been real support for any of the ag chemical bills in Maryland.

8. Be Informed

Read about food, health, and diet. To their credit, *The Washington Post*, *The New Yorker*, and various health and science magazines have been decent about coverage. WPFW-FM 89.3 Monday 2:00 pm program. "To Your Health" with Dr. Ted Watkins is worth tuning in for a listen. A new book by Alicia Kennedy, *No Meat Required* (Beacon Press), has just been published. It's well worth reading.



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9. Take Action

Consider volunteering or working at a chemical-free farm. If that isn't possible, volunteer at a farmers' market. Either way, it's an education, an opportunity to learn about produce, to talk with customers about food recipes, etc. At our market, volunteers can enjoy the fruits and veggies from the market as "payment" for their support. We learn so much from our customers and they, in turn, from our farm staff, which promotes a wonderful community environment. CSAs are often the backbone of a farm, so check out our CSA, and others in the area.

Michael Tabor's go-to diet on his farm in Needmore, PA, consists of fresh-picked apples, oatmeal, and dried dates. His favorite upscale restaurant (he grew up in a kosher home in Queens, NY) where he took his dates was Katz's Deli. His first taste of a real American diet was at SUNY Oneonta College (1960-63). Followed up at the University of Maryland Graduate School at College Park, where he experienced his first taste of exotic eating at a Mexican carry-out. He is married to Esther Siegel, from Queens, New York, and splits his time between the farm and Takoma Park, Maryland, where they live in a straw bale house. They have a daughter and 2 sons. Their favorite restaurant is El Golfo, in Long Branch, Silver Spring, that features affordable lunch specials. He attributes his healthy, active life to exercise and a supportive, social activist community and frugal life-style.

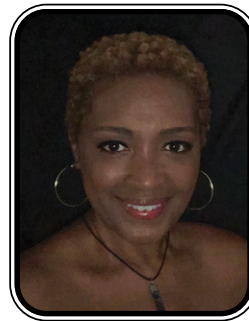
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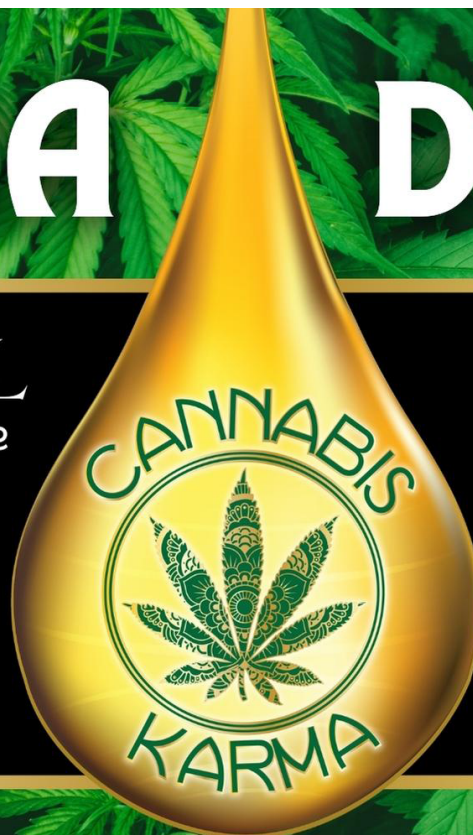


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Wheel of the Year, Fall Quarter: Harvest

BY LISA ADAMS

Late Summer and Autumn mark the season of abundance in the solar-centered, agrarian-based calendar known as the Wheel of the Year.

The Wheel of the Year is based on the eternal orbit of our Earth around the central star/Sun of our solar system, helping us track time according to the seasonal effects brought about by waxing and waning sunlight. Whether the Sun is waxing, waning, or at its most/least powerful, the amount of daylight hours determines the seasons, and our activities of living.

The Wheel of the Year

Our ancestors and past societal generations lived very different lifestyles centered on agrarian living. They had to know the seasons intimately, basing their activities (and survival) on the movement of the Sun, Moon, and Earth, as well as weather patterns. Our modern society is largely out of touch with these natural phenomena given that we live and work indoors mostly, rarely see the sun or moon (much less track them), and rely heavily on artificial lighting, technology, and consumer-based food access.

Even as we live and work in modernity, we can still observe the constant change of cycles and seasons, forging a closer connection to Earth, the elements, and the environment. We also become more intrinsically attuned to our own biorhythms and how those are affected by light, darkness, and the magnetics of planetary movement. For example, we know the moon affects ocean tides, people's moods, and menstruation cycles.

Each season contains wisdom and energy that informs what to focus on, and in which activities to engage. Attuning one's activities with

this eternal, natural wisdom makes for greater flow and more fruitful outcomes; our endeavors become supported by natural energy cycles.

We can start at any point along the Wheel of the Year if we acknowledge where we are along its cycle. We can also apply its agrarian principles metaphorically to projects and goals. You can look back to my other Pathways articles — [Winter 2022](#), [Spring 2023](#) and [Summer 2023](#) — and read about the seasonal cycles and apply the principles accordingly. For now, let's look at Late Summer and Autumn. We find ourselves in the midst of Harvest Season.



Harvest Season

Our plans for the year, our goals, and our actual plantings are bearing fruit. This is the time to take stock, reassess, and separate the actual and metaphorical wheat from the chaff. Our work and toil are paying off, and we continue toiling towards the culmination of growth. Harvest is time for gratitude and for seeing things through to completion. Harvest also calls us to reflect and go within, even as it requires energy output and continued work.

If you are growing vegetables, you are (most likely) directly en-

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joying harvest through gathering, eating, and sharing your bounty. My friends have been graciously giving me fresh veggies from their bountiful gardens, and I'm enjoying the delicious nourishment they provide.

What about the intentions you set for your goals and personal projects, and personal growth? How are those coming along, and what fruit are they bearing? This is the season of taking note, tweaking plans, tending those projects, acknowledging how far you've come, and following through for ultimate success.

Giving Thanks

Harvest is the season of gratitude. Are you feeling grateful for your abundance, gifts, and progress? If not, I encourage you to celebrate your wins, and learn from your challenges. This part of the process is ongoing.

Gratitude equally applies to actual and metaphorical chaff. Without chaff, there is no grain. What chaff can you release and how are you thankful for its lessons and gifts? In what ways can you compost that chaff and turn it into fertile ground for what's next? Gratitude is perennial and yields even greater abundance.

How can you enjoy the toil of harvest? Are you able to take in all the bounty, fully receiving the goodness and nourishment in your life? Gracious receiving is not often taught in our society. Instead, there is emphasis placed on giving. Balancing receiving with giving is necessary to personal growth and fulfillment. The more we expand our capacity to receive, we increase our abundance.

Harvesting requires ongoing work and includes planning for Winter. Our agrarian ancestors planned the entire year in anticipation of stocking up to get through winter. Today, we no longer stock up for long, harsh winters.

Release

Autumn also shows us the value of letting go. As the trees gloriously turn colors and shed their leaves, and plants give their bounty for our nourishment, they demonstrate the beauty of making space for what's next. Whether we are releasing old emotional baggage, getting rid of things we no longer use, or leaving situations that no longer serve us, we honor the natural cycles of growth and decay, life and death. It can be uncomfortable to make space and leave it empty, but doing so prompts discernment that enables us to wisely fill that space with what is best — what our hearts yearn for most.

The end of harvest coincides with a sacred period of honoring death. Halloween, Samhain, Dias de Los Muertos (Day of the Dead)... they help us to recall that Death is an important part of Life. Many cultures have celebrations of Death that fall during this time of year. You can create your own rituals to acknowledge your losses, deceased loved ones, and other parts of life that require letting go and mourning. I personally believe celebrating Life and Death are some of the most sacred acts we perform. My own celebration this year will include the recent loss of my parents who died this past year. Mourning, grief, and gratitude have become synonymous for me, and keep me lovingly tethered to those who have become ancestors. I acknowledge their gifts as well as the pain of such great loss.

Have you lost people or even situations (jobs, status, health, relationships) that you value? In what ways is grief appearing in your life? How are you giving reverence for those gifts and your pain? What are some actions you can take or rituals you can do to honor loss? Grief is heavy and deserves loving, compassionate, reverent outlets.

As we celebrate death and loss, we should also consider our ancestors. Since we're discussing harvest, let's consider we are the harvest

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Wheel of the Year...

...continued from page 29

of thousands of years of DNA. Our ancestors labored, loved, and died so we could be here now. We have inherited (read harvested) their traits, beliefs, patterns, talents, and maybe their possessions. It's a powerful act to revere one's ancestors regardless of your knowledge of them, or whether you did 23andMe, or not. We have direct access to them through our DNA — how magical is that? There's no doubt they lived by the Wheel of the Year (even though they didn't call it that.) So, as you take up practices to honor and revere your deceased loved ones, consider including the ancients as well.

More Bounty

I've certainly given you much to think about here and posed questions to inform your inner query. I'd also like to add suggestions of practices that tie together the sacred and mundane acts of life and pay homage to this very special time of harvest:

- Speak prayers of gratitude over your food, your bounty, your garden.
- Make an altar to honor your dead and ancestors — include pictures, mementos and other objects of meaning and beauty.
- On the Day of the Dead, host a Dumb Supper by setting table placements for those who are deceased. Plate food and pour libations for them. Dine and converse with them as though they're actually in attendance. (HINT: they are.)
- As you consider what you are letting go of, make a ritual of release where you make a sacred offering, or burn a small effigy. This can be a quiet, powerful, cathartic act.
- Journal, taking stock of your progress, lessons, what's working, what's not working. Chronicle your gratitude.
- Garden, weed, eat the food you've grown, compost, and share your abundance with others.
- Throw a harvest party where you get together with others and partake of the bountiful blessings of fresh garden foods. Allow each person a moment to express what they are grateful for.
- Get outside and look up at the sun, moon, and stars. Begin to track the moon's phases and sunrise/sunset.
- Breathe in the glorious spectacle that is Autumn's splendor — all the colors of leaves. Notice how each color makes you feel.
- Consider joining a CSA or buying meat proteins directly from local farms.
- Clean out your garden at the season's end, give it thanks, and lay it to rest for winter.
- Plan how you intend to stock up for winter and in what winter activities you plan to partake.

This article concludes my year-long series on the Wheel of the Year for *Pathways* magazine. I hope you have enjoyed these articles. You can look back through all of them and refer to them each year. My own practice of living in accordance with the Wheel of the Year began back in 1998 at Samhain. As living mystic, and spiritual teacher, I can emphatically say that of all the things I've learned and practiced throughout my life (I'm in my mid 50s) following the natural cycles of the Sun, Moon and Earth has taught me the most, guided me with loving wisdom, and brought me closest to the Great Divine. Thank you for taking the time to read these musings. ~Lisa Adams

Lisa Adams is a Spiritual Teacher, Wise Woman, Ritual Artist, and Transformation Mentor. She excels at guiding people through transitional periods of life with compassion and wisdom. You can find her sitting by a bonfire, gazing up at the stars with loved ones, or drumming to her ancestors. www.therenegademystic.com

Your Manifesting Practice & Adjustments for Abundance

BY PRAMELA THIAGESAN; EDITED BY CAM MACQUEEN

Manifesting is a concept of creating an outcome many of us embrace as part of our pursuit for what we desire — be it as broad as world peace, global parity, racial justice, preservation of the planet and all sentient beings, as personal as health and abundance, or as specific as a dollar amount.

The idea of manifesting was brought into the forefront of casual-speak with the popularity of the worldwide phenomenon of *The Secret* by Rhonda Byrne. The book invites the reader to consider the role the Law of Attraction plays in how the energy of our thoughts can attract positive or negative things into our lives. By being mindful of our thoughts, which then translates into our actions, the belief is we can achieve anything we imagine.

The awareness of the Law of Attraction birthed the conscious movement of the practice of manifesting. Manifesting is fundamentally applying the core principles of the Law of Attraction to a specific intention, and that intention is rooted in attracting, creating and receiving what we need to enhance our lives, or to bring into our reality what we feel is missing.

There are several ideas on how to manifest; and while there are many ways to be successful, the underlying commonality for success lies in the intention of what we want to manifest. Another important component we need to care for is who we are and how we show up in the world. The common notion that follows the Law of Attraction is we attract what we put out in the world. This can be controversial and somewhat of a crutch of unfounded accusation in some cases because it could undermine the journey of the human experience and the beautiful opportunities we have to grow and learn.

So, if we are going through a dark and challenging time, is it because we attracted that into our lives? Is this true all the time? How hurtful that must be for someone who is truly light-filled, kind and sincerely compassionate when they encounter betrayal, loss, hardship, malice or injustice. Does this mean they put that energy out there for themselves? I reject that idea. Horrible things can happen even when we are mindful, peaceful, and light-filled.

These experiences may be occurring because we happen to be in the path of someone else's path to realization and redemption. It could also be our path that serves as an opportunity and invitation to strengthen what is already good in us. Adversity isn't always a mirror of our inner vibration. Sometimes, hardship is the path toward affirmation of the best parts of ourselves.

When someone betrays us, the inclination is to perhaps trust less, or to exact retribution; but that reaction isn't an affirmation of our highest self. It is in fact a disconnect from the vibration of the Universe. When we allow the infraction to become a part of our lesser self and now define how we show up as a reaction, we are not showing up authentically. We are reacting instead of allowing for mindful response and understanding that honors our true and highest vibration.

The Universe favors light-filled energy, high-frequency vibrations, and the move toward a higher good. Sometimes, abundance is a vibration that shows up within the cracks of grace-filled grief. When we are able to continue to vibrate with love, gratitude, and light despite the hardest of times, that is when we begin to sync with the Universe. The energy of the Universe doesn't break. It isn't there to break us. It always moves to lift us toward higher ground. When there is a disconnect, it is because we stepped away from the language and code of the Universe. When what we want to manifest fits with outcomes that will lift the vibration of the collective, we receive with ease and flow.

continued on page 32

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Your Manifesting Practice...

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Manifesting Methods: Make Adjustments for Abundance

My journey with manifesting outcomes for myself and for those I coach has been nothing short of a revelation that is filled with awe, inspiration, and sweet enchantment. It has been a wonderful experience to see those who master manifesting in their personal life go out and apply these principles for good as they are inadvertently moved toward grassroots activism, social justice projects, and even community driven programming.

After nine years in this reality of conspiring to do big, bold and beautiful things with the Universe, I have a new understanding of the relationship I can have with the Universe that has made a profound impact on the process for me. First here are a few considerations:

1. Manifesting is a gateway to an outcome.

With manifesting being a gateway for an outcome, how we care for what we are blessed with does play a role in strengthening the code for an ongoing flow of reality. If we treat manifesting as a need-to-need event without caring for what we have been granted, then that is what it will be, i.e., we are always in a state of needing to create instead of just *having*. The peace, grace and alignment with just having is profoundly life-changing — for us, our causes, and the people we come in contact with.

2. How we ask, what we ask, and when we ask for what we wish to manifest matters.

When we ask for what we need with care and reverence using words that vibrate on a higher level, it is a language that aligns more

easily with the language of the Universe. Words like “need”, “want”, “deserve” vibrate on a lower energetic code than word sequences like “receive with gratitude”, “am worthy of”, or “embody and reciprocate”, for example. Slight shifts in the language we use within our inner world that spills into our external language creates different vibrations. This is like a tuning of the cords within us to be in harmony with the symphony of the cascading energy of the Universe.

3. Who we are and how we show up in the world can impact how quickly, easily and successfully we are in receiving what we need to manifest.

Who we are when we manifest plays an important role in the success of the outcome because we are energetic beings as well. Checking in on our personal toxicity, the lens with which we see the world, our compassion for others, and our ability to respect and care for all the Universe embodies within ourselves plays a key role in our ability to successfully, meaningfully, and sustainably manifest in our lives.

With that said, my most recent revelation has offered insight into upleveling the manifesting process that I use for myself and coach others through. When we decide to manifest an outcome, we are aware of a deficit — let’s use abundance as an example. You may feel the need to manifest abundance into your life. Why? Because you perceive there is a lack of it to feel fully supported and thriving in that area along with your current needs and situation.

When we say we need to manifest abundance, we are moving along the energetic transmission that abundance is lacking in our lives. While our words may seem like we are coding toward receiving abundance, in the language of the Universe, we are affirming we are in a state of lack. So when we say we need to manifest abundance, that is



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the mode we will always be in. True, we may receive the abundance we need for that season; but it will leak out of our lives and potentially create the need to manifest more abundance at a future date.

A small adjustment we can make with big impact is to change the transmission language. Instead of “I need to manifest abundance”, try “I AM abundance. Abundance flows endlessly through me and I easily find ways to tap into that flow.” This small shift changes our relationship with abundance. We are now asking the Universe to guide us to actualize the abundance already there. You see, abundance isn’t something that needs to be created. By its very definition, it is limitless and ever present. When we embody this innate understanding and inner language, it transforms into a vibration that is a part of who we are. We no longer need to ask for abundance. We have it and only need the guidance to be able to access it.

As this shift becomes the new normal, we could find ourselves in a state of ongoing, sustained and limitless abundance in all areas, and can access the signals, direction and mindfulness to recognize how we need to show up to have it be a part of us with ease and flow. We are now moving in synchronicity and are part of the abundance of energy blessings of the Universe. When we understand we are abundant, we not only flow with that energy for ourselves, we become the blessing of abundance for others who need it as well.

Pramela Thiagesan is a personal development/business coach specializing in Biofield Correction and Manifesting Techniques. Her clients find her through word of mouth and she has successfully practiced in this field with a constantly full client roster for almost a decade. She lives in Asheville, North Carolina, with her 2 children. To learn more, contact Pramela at 828.777.6787.

* * *

Cam MacQueen and “Cultivating Compassion” celebrate 25 years at Pathways! Way back in 1998, Cam approached Pathways’ original editor/publisher, Lou DeSabra, with the idea for the column and he gladly agreed. The next step was naming the column and that came after attending a Mindfulness and Vegetarianism workshop with Anh-Huong Nguyen in DC. She spoke frequently that day about “cultivating compassion” and the term resonated as the answer to the title naming question. After contacting her to ask her approval, which she joyfully gave, the title was set. Then, the next big decision was who would be the debut guest columnist. As spirit would have it, Cam’s dear, vegan friend, Colman McCarthy, a Washington Post syndicated columnist and pacifist journalist, who had recently started the Center for Teaching Peace, agreed to contribute. All the pieces came together beautifully and effortlessly. Ever since, it’s been an incredible, multifaceted journey with the simple goal of inspiring readers, using myriad topics and resources, to help make communities, and this world, more compassionate, just places for all beings, everywhere.

Cam is grateful for the many dynamic contributors she has met along the way, who have raised awareness on important, timely issues related to animal rights, rights of nature, peace and all matters of social justice, self care/compassion, and spirituality. She is looking forward to 25 more years of co-creating with Pathways Magazine and serving the Pathways’ community by discovering new contributors and amplifying the voices of unsung s/heroes, while providing informative, illuminating content for the dedicated readership across the DMV and beyond. Thanks to all who have been connected to this exciting experiment — especially those talented (and patient!) staffers working behind the scenes to bring the publication to life every quarter — for nearly half a century! Hats off to you!

If you have ideas for a column, please contact Cam at nem.advocacy@gmail.com.



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You Can Heal Yourself: 7 Ways to Take Charge and Do It Your Way

BY PATRICIA BONNARD

You can heal yourself.

In fact, patient-centered self-healing is the foundation of many ancient and modern holistic health and wellness modalities. Although shamans and traditional medicine women and men provided their assistance, people still ultimately had to heal themselves. Of course, some people bounced back, while others recuperated slowly or never fully recovered.

Although the numbers are still relatively small, some conventional practitioners within the medical and broader wellness communities have observed the benefits of patient centrality as well (there is good research available from the [National Institutes of Health](#) and reported in [Harvard Business Review](#).)

So how can you help yourself heal?

To start, get clear on what healing really is. According to the [Merriam-Webster dictionary](#), healing is simply the process of becoming sound, healthy, and well again; or, it is additionally defined as the restoration “to original purity or integrity”. Then, get beyond conventional thinking. Let’s set the record straight.

First of all, conventional medical and scientific literature can teach you a lot about the many factors that contribute to the rate and quality of patient recovery. And, secondly, conventional practitioners (e.g. medical specialists) offer many life-saving services. However, they often ignore or downplay the importance of patient behavior, preference, and mental/emotional status. In other words, they underestimate the role patients play in their own process and recovery.

This oversight, unfortunately, can lead to suboptimal care as well as delayed or incomplete recovery. Both are outcomes few people want to experience for themselves, although so many do. Perhaps you’ve had or are currently having this experience yourself.

7 Ways To Take Charge And Do It Your Way

Consider embracing a whole new strategy. Each of the following seven points reveals an approach, rather than a specific choice of care. Taken collectively, they will increase your confidence and self-reliance, and prepare you to make decisions and plans based on your own personal preferences and level of tolerance. This new mindset will support you no matter whether you choose conventional or unconventional care and treatments.

So, take charge. By adopting these seven ways, you can heal yourself — because how you choose to participate in your own healing determines how you progress on your road to full recovery.

1. You Are More Than Your Physical Body – Wellness Is Holistic

This can’t be stressed enough. You are a holistic and integrated being. That is to say the emotional, mental, spiritual, and energetic are also important. In fact, all issues and complaints have multiple sides or facets. Furthermore, these facets influence your physical expression, i.e., your physical health. Don’t ignore them.

More concretely, this means your emotional state and your beliefs about your ability to heal are significant (the [Journal of Behavioral](#)



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Medicine published research on the impact of emotional well-being on long-term recovery and survival in physical illness). They're a part of your rebalancing, healing, and life moving forward. A good holistic approach will address all relevant facets or combine various healing modalities and approaches.

Contrast this with conventional medicine, which is hyper-focused on the body, bodily systems, and what's physically wrong. This Cartesian approach is similar to auto mechanics: find the part that's broken and fix it. When conventional medical practitioners focus on the physical, they ought to integrate their advice and treatments with holistic modalities to provide important complementarities; but they typically don't.

If your healthcare provider doesn't do this, do it yourself. Find other practitioners who can provide complementary and supportive services you personally consider relevant to the type of care you want and deem essential to your recovery. The process can take time. Still, if you remain curious and engaged, you'll learn a great deal about yourself and about a wider range of care options in general. This is an excellent investment in your future well-being.

2. You Know Yourself Better Than Your Doctor Does

Standard super-quick (five-minute) consultations ignore or downplay significant parts of patients' stories that reveal what makes them unique and how equipped they are to shepherd their own healing process. Don't fall into this information void. Instead, fill the gap yourself.

Learn more about your condition, the causes, bodily processes involved, signs and symptoms, and various types of treatments available. Educate yourself on and understand how conventional and alternative modalities could work for you. This deeper and broader knowledge will enable you to articulate your pertinent questions and challenge

practitioners' views when appropriate. In addition, you'll be able to glean more from medical diagnoses, doctor opinions, and test results. Now that medical reports are stored online, you can access them and use the internet to decipher your records and test results.

Being more informed means you can make better decisions. And your caregivers and healthcare providers will undoubtedly gain greater insight into your needs and desires. Educating yourself is worth the time investment.

3. Healing Is A Journey – There Are No Magic Bullets

If you're like so many others, you look for magic bullets. They're quick, easy, and final. Unfortunately, there's rarely, if ever, a magic bullet for what ails you.

In reality, healing is a journey or a process that reestablishes balance, a holistic balance, meaning on a physical, emotional, mental, spiritual, and energetic level; and this balance is dynamic. Your job is to be personally aware so when you shift out of balance, you can quickly regain your equilibrium.

In a practical sense, you may submit to a specific treatment to introduce change (e.g., undergo surgery or chemotherapy). However, your various systems will still be tasked to bring about significant change in order to rebalance and heal; and you have to support that process yourself.

4. By Definition, Healing Implies Change, and Typically Behavior Change

More often than not, recovery without relapse necessitates behavior change. Findings published in the *American Journal of Lifestyle Medicine* support this. Allergies are common issues and illustrate this

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You Can Heal Yourself...

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point. If you find you have an allergic reaction to something, especially if the reaction is more severe, you avoid contact, i.e., you change your behavior. Similarly, cancer remissions seem to endure in those patients who change causal behaviors such as smoking, an unhealthy diet, unsafe sex, and chronic stress.

5. Good Health and Wellness Is About Healthy Lifestyles and Prevention

Good health is associated with healthy lifestyles and good health maintenance. In other words, it's about prevention and mitigation rather than interventions and emergency treatment.

While it's commonly known that healthy lifestyles are a key factor in what helps people heal, the average American makes reckless and unwholesome choices nearly every day. Just consider typical food choices, riding a bike or scooter without a helmet, or the hours spent lounging in front of a television or glued to a screen.

6. Enlisting Others' Help and Care Is A Good Thing

When you need help, ask for it. Even when you can manage on your own, you can benefit from others' help. With assistance, you can relax, rest, and restore your health. Plus your support team can share your burden, ensure you adhere to your treatment protocols, conduct research and advocate on your behalf, and uplift your spirits.

If you're thinking it's rude, embarrassing, or shameful to express your pain and suffering, think again. Loved ones genuinely want to help even when you're not at your best. And caretakers benefit from knowing you're in good hands and they've contributed to your well-being.

In addition, expand the universe of people you consider valid caregivers. Recognize that your physician or health practitioner offers just one angle on your health, especially in today's world of hyper-specialized healthcare. It's always good to get a second opinion. In fact, expand your search for information and helpful healing approaches to others in tangential medical fields, e.g., nutritionists as an expansion of the scope of gastroenterology, or somatic body alignment (Thomas Hanna) as it relates to managing and overcoming chronic pain. There are also many supportive specialists such as advanced physical therapists or grief counselors, alternative and complementary practitioners, therapists and coaches, and spiritual advisors.

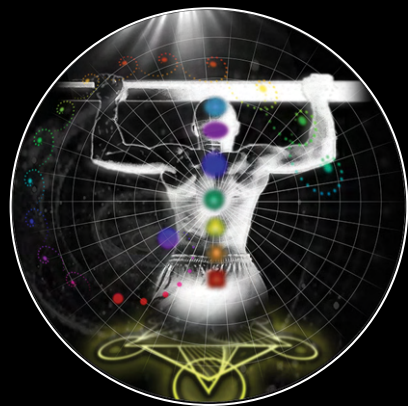
7. You're the Boss – Embrace Your New Self-Reliance

You can make overcoming the common misconceptions about healing, and their potential impact on your well-being, an integral part of your life and successful healing journey. Choose to play an active and more informed role. In doing so, you'll deepen your knowledge and understanding of your unique circumstances and options. Then, you can strategically account for your preferences and opinions and make more personalized choices. This will significantly increase your confidence and your chances of securing better care and more successful outcomes.

Start by adopting these seven ways you can help yourself heal. Embrace this information, approach, and the self-reliance that naturally arises from it. Embrace the responsibility for your own well-being and thrive.

Patricia Bonnard, PhD, ACC is an integrated life coach, embodied practitioner, and Master /Instructor energy healer. She offers virtual and in-person sessions and numerous short workshops on personal growth, natural healing, and wellness. Read her blog online for more tips and resources. For more about Patricia, visit her website Starchaser Healing Arts (www.starchaser-healingarts.com/).

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Become a Spiritual Activist: End Prejudice, Demonstrate Peace

BY TRISH HALL

The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate September 21st as its annual commemoration — a 24-hour period of non-violence and cease-fire for groups in active combat.

Through the years it has been realized that “active combat” is not limited to war zones. Active combat is experienced in cities and countryside aroused by fear, avarice, racism and other prejudices, politics, and contrasting ideologies.

The origin of the World Day of Peace can be traced back to 1967 when Pope Paul VI established it as a feast day of the Catholic Church. It was designated as a day of universal peace devoted to commemorating and strengthening the ideals of peace both within and among all nations and peoples. It has come to be a time to actualize those ideals — to promote and maintain peace.

The United Nations also celebrates the International Day of Living Together in Peace, annually on May 16th, to stir individuals to mobilize efforts within the international community to promote peace, tolerance, inclusion, understanding and solidarity.

Imagine people of all nations, cultures, religions, and backgrounds working side by side in harmony. The power of imagination has been the root of social change throughout the ages; however, if left solely in the imaginative realm, nothing happens. Change happens when our imagination inspires us to action — action that is uniquely our own — action that uproots us from our complacency and calls us each to use our Divinely imbued skills and abilities to support our world in rising out of violence into peace.

Some people who describe themselves as peace advocates have difficulty wrapping around the notion they can be both a powerful presence for peace and be an activist. Jesus was a Love activist — He came to teach love, and He was an unwavering stand for what he believed.

An activist is merely someone who is willing to stand by and for his/her values and beliefs. It is a willingness to engage on behalf of something that matters — equity, environment, health, welfare, education, to name just a few. Often that stand is taken vigorously, perhaps emphatically, and is the out-picturing of a passionate desire to do good. It can be extremely empowering.

Why Spiritual Activism: Outward Expression of Inner Work

Spiritual activism engages the power of spiritual consciousness and groundedness to guide individual actions. Spiritual activism takes myriad forms ranging from contemplative prayer to marching and picketing. How we each display our activism is as varied as humanity. Our shared common goal is to effect change based on spiritual principles and values. The outward expression of our activism emerges from our inner work.

Peace activists, generally, lean toward pacifism, choosing nonviolent methods to prevent or end violent conflicts, to end non-democratic rule, and to dissolve prejudices such as racism, homophobia, and gender biases. Spiritual activists, many of whom are peace activists, use peaceful means to achieve change. I am both. We express our views clearly, but succinctly and at a volume that doesn't have others reaching for ear plugs. We avoid winding ourselves into a frenzy over things we can't control. Instead, we draw on inner strength and guidance using attributes, such as our belief in the Oneness of all creation, Love as a universal principle, compassion and reciprocity, simplicity and optimism, harmony and humility, responsibility, and accountability. We set the intention to be kind and considerate, and refrain from criticizing others. We join together to make the world a better place. We are drawn to like-minded people wherever we are and connect spontaneously.

The question arises, why should I be an activist? Activism seeks to influence social and political outcomes by mobilizing citizens to take

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By Jill Mattson



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Become a Spiritual Activist...

...continued from page 37

actions that generate widespread or well-targeted public attention around specific issues.

The United Nations International Day of Peace and their International Day of Living Together in Peace are occasions in which Peace activists around the globe present public dialogues, peace meditations and vigils, and an array of educational offerings to heighten awareness and support of peace. Each of these is a form of "Peace Demonstration." We draw attention to the need to heal our planet and grow strong peaceful communities.

The actions we take are demonstrations of Spirit's call within us to do our part to manifest a world that works for everyone. Each of us has an inborn desire to experience peace. We sense the call to remove all obstacles to the free flow of peace and love. We respond affirmatively to opportunities to become radiantly contagious purveyors of peace, connecting with individuals, bringing them together in small groups that grow into larger and larger groups of individuals dedicated to peace — the essential foundation of a world that works for all.

Our efforts cannot be haphazard — we need to abide in and as peace, moment by moment.

This year marks the 42nd anniversary of the United Nations General Assembly declaration "International Day of Peace." Its purpose remains strong and essential to the wellbeing of our planet and all its inhabitants. Life is better in a world at peace.

Regardless of where we come from or what languages we speak, we are more alike than we are different. Honoring our commonalities makes peace possible. We draw on the wisdom and experience of the peacemakers and peacekeepers to learn how we can individually and collectively be catalysts for peace — how we can manifest a world that works for everyone, everywhere.

Violence is common in nations and communities that struggle with poverty, disease, and limited access to education and healthcare. Until we are willing to soften our own perspectives so we can catch a glimpse of someone else's experience, peace will remain beyond our reach.

Peace is possible. We have the opportunity to transform the world so that our loved ones can live in sustainable peace. We are called to step outside our comfort zones — to become Peace Advocates. The impact of each small act is immense.


Join me again in the imaginative realm. Envision and feel how different life would be if we all were simply kind and respectful of one another. We can all contribute to the worldwide culture of peace through generosity of spirit, prayer, advocacy, education and ensuring access to clean water and health resources. Every small effort makes a difference.

Today, more than any other time in history, peace relies on the commitment to not only achieve equality, but to secure equity for all persons — to fulfill our vision of a world that works for everyone, everywhere.

Trish Hall is an international best-selling author and acclaimed speaker. She is the Spiritual Leader of Center for Spiritual Living Metro (www.cslmetro.org) where you are empowered to live the fullest expression of you. We come together in Oneness, celebrate the uniqueness of each person, and invite you to "be you with us!" Hall is also the founder of Way 2 Peace, a grassroots, not-for-profit association of people around the world, who are committed to attaining and sustaining peace for everyone, everywhere by introducing this simple and amazingly effective Way 2 Peace. (www.Way2Peace.org)

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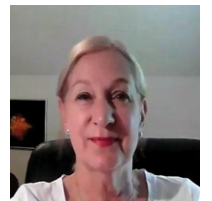
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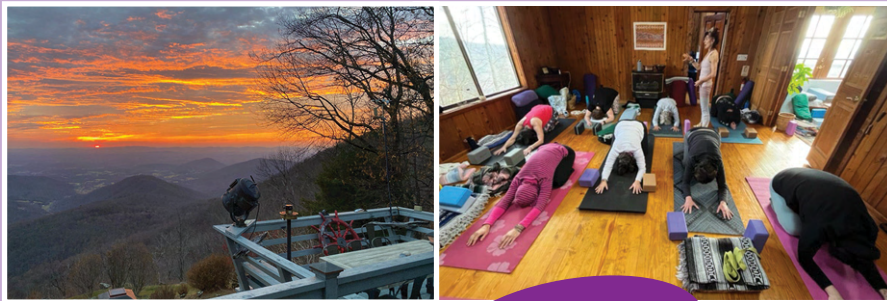
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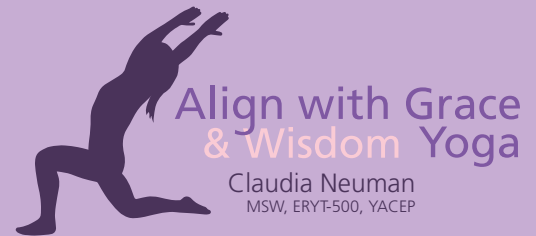
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Outdoor 10-person hot tub & decks overlooking mountain vistas
Fire pit and use of the grounds, area recreational activities
Hi-Speed WiFi

www.PathwaysProductions.com/retreats



Pathways Productions Presents...
FALL 2023 NATURAL LIVING EXPO

The Pathways Event of the Season!

Sunday, October 8, 2023 • 10 AM - 6 PM

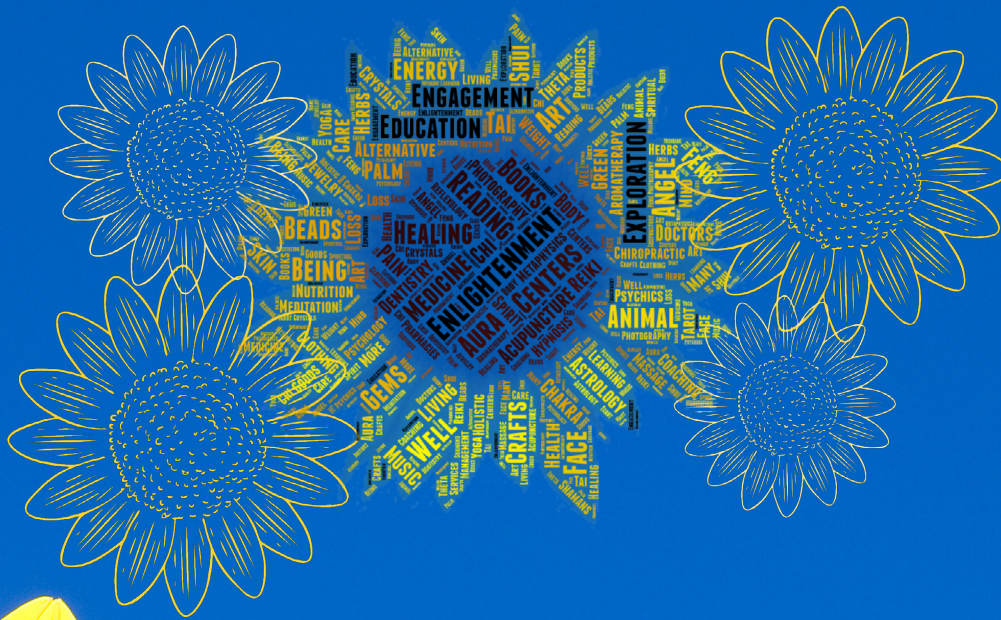
120+ EXHIBITORS ~ 40+ WORKSHOPS

Online Expo Marketplace
 Opens in Sept!
 More Deals
 Great Offers

COLLEGE PARK MARRIOTT HOTEL & CONFERENCE CENTER
 3501 University Blvd., East, Hyattsville, MD, 20783
FREE Parking Garage • Food Trucks On Site • ASL Interpretation Service



\$10 ADVANCE TICKET ONLINE WITH EVENTBRITE!
 \$10 TICKET WITH COUPON AT THE DOOR



The Premiere Mind~Body~Spirit Event in the DMV...

EXPLORATION

ENLIGHTENMENT

EDUCATION

ENGAGEMENT

More Information:

www.PathwaysProductions.com/expos-and-events/naturallivingexpo@gmail.com | 240-247-0393



NATURAL LIVING EXPO • FALL 2023 EVENT & VENUE INFO

SUNDAY, OCTOBER 8, 10AM - 6PM

Exploration • Enlightenment • Education • Engagement



AN INVITATION FROM OUR PATHWAYS TEAM

Please join us on Sunday, October 8th for the premiere mind-body-spirit event in the DMV! We look forward to seeing you at the College Park Marriott Hotel and Conference Center on the University of Maryland's campus in College Park, MD. It's a great day of shopping and discovery from a wide variety of mind-body-spirit-eco exhibitors — support local businesses by shopping small, not big-box. Plus you have the opportunity to attend over 40 workshops, where you can connect directly with the speakers, ask questions, set up appointments, learn new things, seek guidance, and generally interact with other like-minded attendees. Spend your money and time with purpose and intention to keep resources in the communities where we live and work.

Peruse the preliminary program here and plan your day. **THIS IS SUBJECT TO CHANGE!** Stay connected through our website for updates on the event.

Come explore, feel enlightened, get educated and engage with our Pathways Community. Bring your friends, and kids — 16 and under are FREE. We're excited to share the day with all of you! Thank you for the continued support.

OUR ONLINE MARKETPLACE!

www.pathwaysproductions.com/marketplace

Our Fall Expo vendors are sharing exclusive deals and discounts for this Mind-Body-Spirit-Eco seasonal event! Click on each offer to learn more — redeem at the Expo, online, or both!

The marketplace is a great opportunity to try something new, give a thoughtful gift, save money on services, or invest in self-care. These deals will remain online temporarily, so you can benefit from the savings before, during and after the event. (Note: Individual offer expiration dates may vary.)

Shop Small. Shop Local. Shop Mindfully. And let these businesses know you saw them through Pathways!

OUR FALL VENUE!

COLLEGE PARK MARRIOTT HOTEL & CONFERENCE CENTER

3501 University Blvd., East, Hyattsville, MD, 20783

FREE Garage Parking • Food Trucks • ASL Interpretation Service

Directions and lodging information at:

<https://www.marriott.com/en-us/hotels/wasum-college-park-marriott-hotel-and-conference-center/overview>

Admission \$10 - Get Online Advance Ticketing Available through Eventbrite! No Coupon Needed!

Tickets day of are still \$10 with our \$5 Off coupon, available here and at the door. You'll have access to our 120+ exhibitors, and attendance to any of the workshops is all included.

\$5⁰⁰ Off Admission to the Natural Living Expo
Sunday, October 8, 2023 • 10AM - 6PM

College Park Marriott Hotel & Conference Center, Hyattsville, MD • \$10 With Coupon

Please provide the following information to complete the coupon for admittance to the Natural Living Expo for only \$10. PLEASE PRINT LEGIBLY. Pathways does not sell or distribute this list externally. By providing your name and email, you agree to be added to our email list and receive our monthly updates and future notices about Pathways expos & events. You may unsubscribe at any time.

PRESENT THIS COUPON AT EVENT REGISTRATION - DO NOT MAIL IN!

NAME _____

EMAIL _____

I'm interested in getting more information about: (check all that apply)

- Expo Exhibiting
 Expo Workshop Presenting
 Pathways Retreats
 Pathways Advertising

PW



NATURAL LIVING EXPO • FALL 2023 EXHIBITORS

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The following mind-body-spirit-eco businesses are participating in our Fall Expo. This is subject to change. Visit our Fall Expo page online for the final Expo program: www.PathwaysProductions.com.

Alice Jones

Alice "Alicja" Jones offers Spiritual and Past Life Readings, connecting with your Higher Self, Source, Angels, Archangels, and Ascended Masters, investigating Soul path/relationships, and Akashic Records. www.AlicjaJones.com

Align With Grace / Para® Yoga - Claudia Neuman*

The practice of Yoga is expressed in many ways. Most don't realize the goal of a regular practice is mind purification. Through the ancient practice of Yoga Nidra, the Yoga of Sleep, the mind is deeply healed. Stop by the Pathways table to talk with Claudia, and to learn more and register for one of her upcoming Enlightened Rest 108 Yoga Retreats. www.alignwithgrace.com

&Beyond - Intuitive Readings and Energy Healing

&Beyond provides Pranic Healing to remove energy blocks and balance chakras, and provides guidance through angel and mediumship readings. www.andbeyond-healing.com

Angelic Wisdom

Cheryl Ganzer is a USUI Reiki master — and Divine Angelic Messenger — delivering powerful messages of love and light from The Archangels. In your 30-min. session you will learn how to cut cords with Archangel Michael and connect with the Archangels and Angels, and you will receive Divine messages on health, love, family, career, etc. A special gift from the Archangels... A mini Reiki attunement and gift Michael good luck medal. www.Angelicwisdom111.com

Animal Healing and Communication*

Awakening joy through loving connections with animals. As an animal communicator, Debbie shares this passion and bridges this human-pet connection with dignity and honor. www.debbiecarole.com

ARA Medical Cannabis Institute*

The Arthritis and Rheumatism Associates (ARA) Medical Cannabis Institute provides expert evaluation, consultation, and management for individuals seeking to safely incorporate medical cannabis into their treatment regimen for common rheumatology symptoms including pain, spasm and insomnia. www.arapc.com/mci

Art Well 4 Life

Creative Solutions to Reboot Your Life-Journey and Wellbeing. Looking to recalibrate your life-journey? Revitalize your wellbeing? Refresh and reframe with a "Back-up Brain Memo-

ry Chain," "Mindfulness Texture Toy," or "Life-Journey Decision Compass." Blending creativity, mindfulness, and neuroscience, my handmade Vivarta© — talismans, toys, jewelry, gizmos — work magic! www.artwell4life.com

Attuned to Health PEMF*

PEMF (Pulsed Electromagnetic Field) therapy is a more concentrated version of being barefoot on the beach, connected to the earth's magnetic field, giving your cells the energy they need to heal and repair. We offer high-powered PEMF therapy that can have you feeling better in minutes. Injuries? Pain? Fatigue? Headaches? Anxiety? Brain fog? Stop by for a demo. www.attunedtohealthpemf.com

Avillion Aura Photography*

The Ultra feature provides Polaroid Photo of Heart Chakra vibrations, a detailed Personal Chakra Report with 2 printed whole body pictures, and a comprehensive Avillion Aura Care Package to inspire elevation of consciousness. Available with brief Interpretive Spiritual Reading. www.avillion.org

Authentically Holistic*

Authentically Holistic helps empowered professionals manifest a holistic lifestyle transformation using Bio-feedback Technology and Quantum Health Assessments. www.AuthenticallyHolistic.com

Bambootopia - Bamboo Products

Bambootopia is known for their handcrafted bamboo walking sticks. We carry bamboo products from skincare, footcare, bamboo tea along with health and wellness bamboo items. www.bambootopia.net

Be Well with Nikki* // Spiritual Medium Rhonda - Soul Portraits

Your area resident & global Subconscious Program Eraser, Wellness & Life Guide, & Transcendence Catalyst using the power of science and woo woo to help you become more of who you are so you can fulfill your Soul's Creative Purpose. www.bewellwithnikki.com Rhonda is an Evidential Psychic Medium and Spirit Guided Artist. She blends Art, Music, and Mediumship while channeling only the highest vibrations to create a personalized reading experience. Offering Psychic and Mediumship readings and One-Of-A-Kind Soul Portraits. www.spiritualmediumrhonda.com

Becca's Brain Boosters*

Is your brain a little tired or slow? That's where Nootropics come in! They are special "brain vitamins", helping your brain work better — safe

substances, often found in plants, to boost your brain's energy, clarity, creativity, and memory power. www.succeedwithbecca.com

Beneventi Botanicals

We create natural skin care, metaphysical supplies, crystals, spiritual gifts, art, and jewelry. www.beneventibotanicals.com

Berooj Gems, Crystals & Jewelry

Lapis, calcites, rubies, and several stones from Afghanistan and Pakistan. www.berooj.com

Black Star Jewelry

Hand-tooled sterling silver jewelry with gemstones and designs never before seen. Himalayan Quartz Crystal Meditation Implements from Nepal. Carved Miniature Gemstone Deities. Specializing in unique Rings, Bracelets, Earrings and Pendants. Evocative Accessories. www.blackstarjewelry.com

Blended by Her

Blended by Her is a Maryland-based handmade product and service company, owned and operated by Angela Denise. Our mission is to connect you back to yourself. www.blendedsoaps.com

BN Wholistic Wellness + Thai by Linda + Quintessence Health & Wellness

Be immersed in Reiki, Thai bodywork & stretch, and/or Sound bath. Nourish with raw, organic wholistic food & sea moss drinks by Quintessence Health & Wellness. Support your physical, emotional and spiritual journey with natural products, sea moss. www.worldwidestretchtherapy.net

BrandArtYoga (BAY)

Authentic handmade products and unique decoration to promote spirituality, creativity and meditation. Private and semi-private Yoga classes (RYT-500), Aryurvedic Yoga Specialist, Reiki practitioner, Ionic Foot Detox. www.brandartyoga.com

Breathing Starlight, LLC

Small Veteran-owned business of handmade Pagan goods, services, and oddities. www.breathingstarlight.com

Cannabis Karma*

Cannabis Karma's mission is to provide good vibes events to the community in a relaxed chilled environment while normalizing the adult use of cannabis. We offer safe full service access to adults 21+. We provide Consulting and Cannabis event planning. www.cannabiskarma.org

Coffee Karma Cafe

We sell organic reishi mushroom coffee, tea and hot cocoa as well as coconut oil creamers. We will also offer products from our crystal jewelry division and our subscription box

division. www.homecafesubscription.com

Crown to Earth

Licensed Aesthetician and all natural skincare. www.CrownToEarth.com

Daring To Dream Now

Crystals, Gemstones & Gifts. Beautiful crystals in various forms. We have crystal specimens, raw stones, tumbles, spheres, points & towers. We also have a variety of carvings such as skulls, dragon heads, hearts, moons, stars and many more. www.daringtodreamnow.com

DDB Serenity Blessed Hands, LLC

We are an all-inclusive wellness center that treats the whole body. Our focus is on better health and making our clients feel relaxed and pampered. We specialize in full body massages, foot detox and scrubs, yoni steams and so much more. Let us design a spa party or women's retreat! www.divadannettboutique.com

della Terra Organics*

Wellness education and Self Care Consultations along with locally crafted (in the DMV), small batch, organic wellness products made 100% from plants! Self Care & Hygiene, Full Spectrum Cannabinoids & Plant Extracted Delta 8, Pet Care. Vegan, gluten free, eco-friendly. www.dellaTerraOrganics.com

Double Eagle Hypnotherapy, LLC*

What is your purpose? Listen to what your subconscious says with a clinical hypnotherapist & regressionist. www.doubleeaglehypnotherapy.com

Eckankar, The Path of Spiritual Freedom*

Simple spiritual exercises, such as singing the word "HU" can awaken you to your divinity as Soul. ECK-ANKAR offers classes and support to help you gain a deeper understanding of your unique spiritual unfoldment for your journey home to God. www.eckankarmaryland.org

Habeebah's Herbals

Habeebah Muhammad, Certified Reflexologist, Certified Aromatherapist & Certified Massage Therapist in traditional services and Sufi Unani preparation. She has a wholistic line of natural and organic body products that are spiritually heart-created and righteously made. "It's About Chemistry and Creativity." www.habeebahsherbals.com

Healing & Spirit Messages with Ella

Ella is a psychic medium and energy healer. Her experience with trauma, loss & chronic health issues prepared her for what is now her healing ministry — to guide others to heal in mind,



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body & spirit. After scanning your aura and body, your session is customized to the needs detected using a combination of energy healing modalities (Crystals, Sacred Geometry, Shamanic, Angelic, Celtic and more). As a psychic medium, she shares messages from your body, loved ones (living and in spirit), angels, animals, and other spirit guides.
www.facebook.com/ella.fales

Healing Through Your Akashic Records*

Akashic Records are the vibrational intelligence of every soul and its journey. You can clear your perpetual stories; heal long-standing challenges; and empower future choices! Unresolved experiences of your past lives can help you connect with your eternal Divine Self.
www.myakashichealing.com

Heartfulness Institute: Heart-based Meditation for Self-transformation & Peace*

Learn Heart-based Meditation for self-transformation, stress management and lasting inner peace. A simple, but profound non-denominational, non-religious spiritual practice that welcomes all of humanity to experience its powerful growth through Yogic Transmission.
www.heartfulness.org

Holistic Concepts*

Healing with sound through ancient Solfeggio frequencies. At our booth we will be offering 10-minute tune-ups and essential oil roller balls with the essential oil of your choice.

House of Adonis Blue

I am a Reiki Master who provides Reiki sessions to promote balance and healing while also providing tools to support that, such as gemstone jewelry, artisans and wellness items through House of Adonis Blue.
www.houseofadonisblue.com

Hypnotherapy for Everyday Issues*

At our booth, get a free consultation to see if or how hypnotherapy can help with an issue you are experiencing in your life.
www.joycheriebrown.com

Indigo Moon

A local business for over 25 years, Indigo Moon sells unique wares from the exotic lands of India, Thailand and Nepal. You can shop their clothes, tapestries and jewelry at local festivals and markets. Instagram: @tapestryluv

Integrity Research Institute*

Featuring new energy books, reports, DVDs and unique electrotherapy devices including the PREMIER Jr., EM Pulser, and the OsteoPad, with high voltage electrical or magnetic pulsations that can be applied directly to the body.
www.BioenergyDevice.org

Irigenics® Ancestral Eye Reading*

Discover the amazing treasure map your ancestors left you in your eyes, including your gifts, talents, abilities and unresolved traumas — as well as ancestral images! Your ancestors have waited your whole life for THIS moment...and you're next!
www.irigenics.com

Izzy's Apothecary

Spiritual self care items for the mind, body, and spirit! There's a little bit of Magick for everyone!
www.etsy.com/shop/IzzysApothecary

Joyful Bath Co.

Local women-owned business hand-crafting natural and organic bar soaps, bath and foot soaks, soy candles, gift baskets and more. Made with vegan, cruelty-free, sustainably sourced ingredients. Pure, natural and healing for the whole family. Baby bath and dog soaps too!
www.joyfulbathco.com

Knowles Apothecary*

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

Kripa Healing

We offer a variety of services to improve your physical, emotional, and spiritual well-being by helping you relax, reduce stress, and promote healing. We offer a variety of modalities, including massage therapy, Reiki, energy healing, and more. We also provide group healing sessions and workshops.
www.kripahealingcenter.com

La Amatista

La Amatista is a small family-owned business that sources amethysts, minerals, jewelry and other natural products from our home country of Uruguay. All items are fair trade, directly and sustainably sourced or created by our artisan partners.
www.lamatista.com

Lemuria

A Maryland-based company, we work with organic farmers and manufacturers committed to sustainable manufacturing practices. We invest in producers sharing a common goal of bringing healthy and nutritional herbs and personal care products to the world.
www.thelemuria.com

Lifewave*

Our X39 stem cell activation patch is a

patented, non-transdermal, drug-free technology. It uses the light from your own body to activate and mobilize your very own stem cells to repair, restore, and rejuvenate your body to a healthier state.

Lydia Monroe Tarot

Tarot Readings, Moonwater potions, charm necklaces, and positive vibrations. Come by to see for yourself!
www.lydiamonroetarot.com

Magnetude Jewelry

Interchangeable bio-magnetic healthy fashion jewelry.
www.Magnetudejewelry.com

Mara Berman Psychic, Light Meditations*

Mara's Psychic information is derived from Aura colors, light sources using twelve dimensional rings, starseed energy, and the energy flow of the vortex. Readings involve Tarot cards, palmistry, and psychology to decipher complex questions.
www.maraberman.net

Mary and Nancy

Offering parents tools and support to help grow their child's spiritual practice. The Intention Teddy is the first product to help with this mission. The plush teddy has a zipper pocket that can carry crystals inside.
www.marynancy.com

Miriam's Guidance - Astrology and Gene Key Readings

Readings focusing on aligning you to your evolutionary path in this lifetime through the archetypal fusion of Astrology, Human Design, and the Gene Keys.
www.miriamsguidance.com

Molasses Sunshine Studio Designs

Molasses Sunshine Studio Designs creates timeless jewelry and t-shirt designs inspired by African culture and spirituality.
www.molassesunshinestudiodesigns.com

My Spiritual Consultant*

My teachings and practices are designed to help you develop and maintain Spiritual Hygiene — a conscious application of the sacred that includes deep cleansing of the self and our environment — as well as help develop tools to help manifest your potentials into reality.
www.MySpiritualConsultant.com

My Tibet Shop

Tibetan crafts and meditation supplies including Tibetan Singing bowls, incense, Mala Beads, statues and much more. We have been in business since 2006, helping Artisans of Nepal in a fair trade manner.
www.mytibetshop.com

Nature Gems

Natural Gemstone jewelry with 925 Sterling Silver metal. We carry all

birthstone jewelry with precious and semi precious stones; also have Bali jewelry.

Naturepedic

Welcome to the organic mattress revolution! Since 2003, Naturepedic has been on a mission to transform the lives of our customers through safer, healthier sleep. By eliminating materials like flame retardants and polyurethane foam from our line of certified organic natural mattresses, Naturepedic supports an organic holistic lifestyle while protecting the environment.
www.naturepedic.com

Nekhbet's Niche

Nekhbet's Niche is a custom creative solution... you dream it and I do my best to create it! I specialize in handmade healing crystal jewelry, organic body care products and services ranging from Tarot readings to doula and lactation.
www.nekhbetsniche.com

New Spiritual Horizons*

Reawaken your psychic abilities, unfold your life's purpose, and communicate with your team of spiritual helpers/angels. This is Practical Spirituality with the focus on helping you find your own answers and trusting your inner guidance.
www.NewSpiritualHorizons.com

OM Botanical Plant-based Skin Care & Beauty Products*

OM Botanical makes the safest and most effective plant-powered skin-care. They've combined the best of Ayurveda and science. Their products are always clean, vegan, cruelty-free and packaged in carbon-neutral sugarcane tubes. Every OM Botanical product sold also plants a tree.
www.ombotanical.com

Pathways Productions & Retreat Center

Magazine. Events. Retreats. Marketing. Stop by for: information about advertising & marketing options through our quarterly publication and events; to learn more about upcoming retreats; to find out how you can submit articles for future issues; and to pick up your free EXPO TOTE BAG.
www.pathwaysproductions.com

pHreshWellness

Our goal is to switch 5,000 women a year to natural, aluminum-free deodorant that works!
www.phreshwellness.com

Power Essentials*

Catlin Power helps you improve the ease and flow in your life through coaching, energy healing, and essential oils.

Powur Energy Solar

Powur is the fastest growing National Residential SOLAR Company in the United States offering extraordinary



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value & experience for homeowners, and an inspiring career path for Top Solar Professionals and Impact Entrepreneurs!
<https://powur.com/rcraig.blume/>

Reflexology and Beyond

Brigitte Wiss, Clairvoyant & Gifted Certified Holistic Reflexologist since 2000 will rejuvenate you physically, emotionally & spiritually through her unique practice. She will customize your session to your needs. Not a foot massage! Not your typical Reflexology! Best for STRESS and more!
www.reflexologyandbeyond.com

Relax Saunas*

Relax Saunas are portable, affordable, personal-use saunas that help to remove toxins, reduce body fat, boost metabolism, and slow down aging while providing deep relaxation.
www.relaxsaunas.com

Ritual Light - Divine Self Care

Products and tools to transform routines into self-care rituals with a deeper purpose to achieve a balance of the mind, body, and soul.

Sahaja Yoga Meditation*

Through Sahaja Yoga, you can achieve a state of meditation known as thoughtless awareness. In this state, you experience and enjoy the present moment without any distractions from the past or future. And, it is Free. www.dcsahajayoga.org

Salt On Main Wellness Center

Discover why everyone is talking about dry salt therapy! Halotherapy or dry salt therapy is a relaxing experience that detoxifies the respiratory system, soothes skin conditions, calms stress, and promotes an overall feeling of wellness. Visit our booth to sign up for a "Salty Preview" and enjoy a 15-minute session!
www.saltonmain.com

Sentient Metaphysical

Sentient Metaphysical offers a wide variety of supplies related to the alignment of chakras, clearing energies, manifesting and raising vibrations. We carry crystal jewelry, handbags and much more.
www.sentientcrystalshop.com

Shelly's Traveling Rock Shop

I sell some of the most beautiful tumbled stones you will ever see! I work with a master geologist who hand selects rough rock from around the world.
www.facebook.com/shellysrockshop

Shen Yun Shows*

We showcase the video of Shen Yun dance and music, and have info and tickets available for future shows.
www.shenyun.com/dc

SNS Wellness*

Shannon N. Smith is a speaker, author, coach, and healer specializing

in "whole body alignment." She helps you feel a deeper connection to your body and intuition to navigate life's challenges with confidence, clarity and calmness.
www.shannonnsmith.com

Sole Healing

Providing reflexology and massage for shows, conferences, meetings or seminars. A great opportunity to have a sponsored area of relaxation and rejuvenation at your event. On site Corporate Wellness programs, business and private events, and girls' night out parties.
www.solehealingglobal.com

Sonja Secrets Aromatherapy Wellness Lounge*

Handmade all natural products and wellness.
www.sonjasecrets.com

Souls Talisman Crystals

Souls Talisman Crystals include high quality gemstones in each hanging crystal, Mala Necklace, Gem Elixir, and Crystal grid. We also have a wide variety of loose stones available. Each beautifully balanced talisman is created with Intuition and deep soul listening.
www.soulstalismancrystals.com

Soulz Voice: Pure Essential Oil Blends

Soulz Voice has researched the perfect combinations for each remedy with the help of the best experts and has curated a number of products said to provide solutions for holistic well-being.
www.soulzvoice.com

SpiritSpeak with Virginia Lee

Virginia Lee is an intuitive reader, psychic and medium. Her focus is on your unique personality traits as they affect your life interests and purpose.
www.spiritspeak.net

Sukyo Mahikari*

Sukyo Mahikari provides free 10-minute energy sessions. Many find the energy to be relaxing and rejuvenating for the soul, mind, and body. Some achieve better clarity and sense of purpose in their lives.

SunPsychic Jean*

A Psychic Medium who facilitates connection with your loved ones and pets who have transitioned, with your Spirit Guides, Angels and other High Vibrational Beings to assist with your personal and spiritual growth.
www.sunpsychicjean.com

Susan Lynne's Mediumlink*

Susan Lynne is a gifted psychic & medium with over 30 years of experience. She uses all the clairs, angels, astrology, Tarot, numerology, spirit guides, and dream interpretation. Available for readings, consultations. CDs and other gift items for sale.
www.mediumlink.com

Takoma Metaphysical Chapel*

The Takoma Metaphysical Chapel is an Interfaith Spiritual Community of love. We support your spiritual growth and development with classes, meditation and prayer calls, workshops and an uplifting, powerful Sunday celebration service.
www.takomachapel.org

The Aquarian Team*

Presenting the teaching and books of Master Omraam Mikhael Aivanhov. Nutrition, reincarnation and sexuality — these 3 subjects concern every one of us. When explained in the light of the Science of the Initiates, we build the future solar civilization in line with the energies of Aquarius.
www.theaquarianeam.com

The Rounds*

Set sustainability on autopilot with The Rounds! We deliver hundreds of household basics, pantry staples, local goods, and sustainable services to your door in zero-waste, reusable packaging.
www.therounds.co

The Sanctuary Wellness Center*

We are a community of integrative health practitioners dedicated to the flourishing of your health and vitality.
www.sanctuaryberryville.com

The Soul Shepherd

Psychic Readings offered at 15 and 30 minutes. Mediumship Readings offered at 30 minutes and a picture of eyes from the person passed is needed (cell phone picture is OK). Spiritual Pottery and Stained Glass offered for sale.
www.TheSoulShepherd.com

The Winsome Apothecary

The Winsome Apothecary crafts holistic luxury body products for your higher self at an economically friendly price point. From our Clean Deodorant to our luxurious body oils, your rejuvenation and wellbeing are our top priority. Your self-care starts here.
www.thewinsomeapothecary.com

Third Eye Candles*

Reiki-infused candles and gifts for healing and meditation, including Chakra Healing candles, Mother Blessing candles, and energy clearing sprays. Handcrafted with love and intention to bring you healing whenever you need it, wherever you are.
www.thirdyecandles.shop

Tools for Self-Forgiveness & Self-Empowerment in Marriage & the Workplace

Finally stop censoring, compromising & abandoning yourself, find your voice, & live your happiest vision at home & work with Shawn Mahshie's NO-MATTER-WHAT Way. Get the *Wheel of Self-Forgiveness* book (NEW!). Learn about retreats/courses in The Work of Byron Katie.
www.shawnmahshie.com

Tibet Sky Emporium

Hand crafted and fair trade Tibetan Himalayan ethnic jewelries and Yoga clothing. As a social entrepreneur, I donate 10-20% of the profits to the village region in Tibet I left so long ago. Unique, mostly handcrafted clothes, jewelry, scarves, bags, and various accessories and cultural items from Tibet, Nepal and India.
<https://instagram.com/tibetskyemporium>

Total U

Copper Jewelry, Crystals, Gems and Minerals.

Touch N Heal*

Touch-n-Heal therapies are designed to manage pain & illness in a natural approach, with long-lasting results and no side-effects, and have taken a step ahead by combining various techniques such as Pyramid, Water and Color therapy (PWC Therapy). This helps in Chakra-balancing, thus eliminating a myriad of health-issues.
www.touchnheal.com

Transition Talks: Live Life-changing Speakers in Berkeley Springs, WV*

TransitionTALKS is a monthly live speaker series in Berkeley Springs, WV, that features world renowned presenters. Gregg Braden, Bruce Lipton, Regina Meredith, Penny Kelly, David Martin, Freddy Silva have all come to Berkeley Springs.
www.TransitionTalks.org

Vedic Health Ayurveda*

Ayurveda and natural healing center. We use ancient principles of Ayurveda to help people balance their doshas and promote healing within them.
www.vedichealth.org

Victory Nutrition International (VNI)*

Interested in trimming down and losing weight in a way that supports optimal health? Breakthrough nutrient delivery and absorption technology — an iron-free Patent Pending Disruptive nutraceutical technology — resets circulatory and metabolic systems, and restores the cellular ability to use and transport oxygen, water and nutrients. It also helps shift metabolism to safely activate FAT BURNING, to empower your journey.
www.VNI.life/victorious

VPS Stones

Crystals, Gemstones, Essential Oils.
www.vpsstones.com

Worldwide Stretch Therapy

Helping others increase their range of flexibility through specialized stretch techniques.
www.worldwidestretchtherapy.net



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

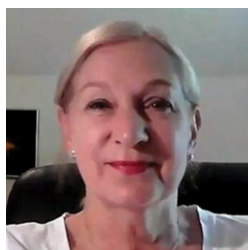
Pathways Expo Workshops bring mind-body-spirit-eco topics to life!
Our speakers represent some of the best and brightest in their fields.

10:30 AM



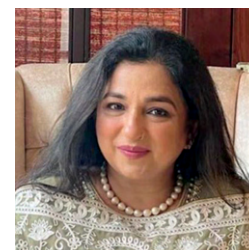
Experience the Light! *Bruce McBarnette*

Practitioners from Sukyo Mahikari will discuss how the “light” energy works and provide free 10 minute sessions for the participants. Many find the light to be rejuvenating for the soul, mind, and body.



Your Pet Deserves a Champion *Debbie Carole*

Debbie Carole, animal communicator and healer shares messages from animals about how their people can enhance their health and happiness. She offers practical tools for pet parents to assist in their well-being. Are you willing to be your Pet’s champion?



Sacred Aromatherapy *Bhartte Kapoor*

Meet Bhartte Kapoor: An Aromatherapy Virtuoso, Clinical Hypnotherapy Expert, Energy Enchanter, and Shaman with 18 years of mastery. She’s ready to captivate. Join us in the Universe of essential oil blends – it’s not talk, it’s enchantment.



Practical Techniques for the Wheel of Life *Kimberly Capps*

Provide a guided discussion on life categories with intuitive guidance and practical coaching — romance, career, finance, navigating the world as a solo traveler. Provide insight and humor for life coaching.



PEMF & EMF: Electromagnetic Literacy for Physical, Emotional & Spiritual Health *Jessica Hill*

What are PEMF & EMF? How can that knowledge help you optimize your physical, emotional & spiritual health? Learn how to maximize the beneficial electromagnetic fields in your life and reduce exposure to harmful ones.



A Holistic Approach to Better Health *Neelam Sethi*

Touch-n-Heal therapies are designed to manage pain & illness in a natural approach, with long-lasting results and no side effects, and have taken a step ahead by combining various techniques such as Pyramid, Water and Color Therapy.



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

11:30 AM



An Introduction to Medical Cannabis *David Wolfe, MD*

We will present and discuss the current science of medical cannabis, the symptoms and conditions for which it is used, how it can be consumed safely and effectively, and the advantages of seeking advice from a licensed healthcare professional.



Changing Your Story Through Hypnosis to Get the Life You Want *Joy Cheriel Brown*

The workshop will focus on how hypnotherapy is useful for a plethora of issues and problems found in everyday life.



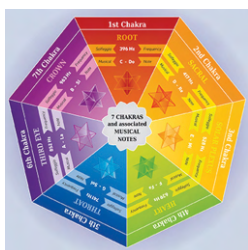
It IS Easy Being Green: Sustainable Swaps to Reduce Your Waste Footprint *Anthony Jacobsmeyer*

General overview of how much waste an average human produces and some easy ways to reduce your individual waste impact.



Meditation With Light and Auras *Mara Berman*

Meet your angels and spiritual guides in an experiential meditation. Learn aura cleansing and chakra clearing. Experience the comfort of nourishing white light and twelve dimensional rings infused with light splashing down on your aura. Feel comfortable in your own energy.



Healing With Sound Through Ancient Sacred Solfeggio Frequencies *Roxanna Weddle, Certified Natural Health Practitioner*

Change your frequency, change your life! This workshop will be 80% demos and 20% info. You will learn about the etheric field, chakras, negative energy patterns & how they are corrected as well as how they create an aligned life.



Your Body is Hardly Your Body – Gut and Skin Microbiome for a Healthy You *Sudhir Shah*

Our microbiota is the community of microorganisms (such as fungi, bacteria, and viruses) that exist in our gut and on our skin. We will explore these tiny organisms and how they can contribute to our health and wellness.



Science of the Initiates in the Light of the Age of Aquarius *Carmen Froment*

Nutrition, reincarnation and sexuality — these 3 subjects concern every one of us. When explained in the light of the Science of the Initiates, we build the future solar civilization in line with the energies of Aquarius.



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

1:00 PM



Past Life Regression Workshop
Elizabeth Austin-Benard, CHt

What is your purpose? Listen to what your subconscious tells you as you experience a light regression.



Energy Tools for Healthy Boundaries in Your Relationships and Beyond
Rachel Hartenstein

Healthy energetic boundaries are the key to feeling safe, supported, and understood in your relationships and every aspect of your life. Learn simple yet powerful energy tools and mindset tricks for holding strong boundaries no matter what comes your way.



Clearing Your Perpetual Stories Through the Akashic Records
Bill Sanda

Akashic Records are the vibrational intelligence of every soul and its journey. You can clear your perpetual stories; heal long-standing challenges; and empower future choices! Unresolved experiences of your past lives can help you connect with your eternal Divine Self.



Invitation to C.R.O.W.N. Yourself
Nicole Batiste

No matter how last year, yesterday, or even a few minutes ago turned out, each moment brings a new opportunity to CROWN yourself. CROWN stands for Creating your Reality Owning your Wins Next-leveling your life. What will you do starting today to next-level your life? A reflections workshop with prompts to get your mind thinking about where you are and where you want to be. And how to get there.



Using Biofeedback Technology to Get to The Core of Physiological Healing
Audra Kai Woodley, M.S., Q-HC

Biofeedback Technology informs us of vital information about our bodies. We use that knowledge to make changes to our lifestyle habits and to promote a healthier and transformative manifestation. Let's Learn To Heal From Within!



The Abundance Blueprint
Shannon N. Smith

What if there was a simple way to unlock the abundance we want? Learn how to use mindset to see how life is abundant so you can manifest what you want, increase your vibration and easily attract more good.



Modern Meditation in the Workplace
Tom Valone, PhD

In this one-hour training, learn how to meditate easily and quickly with a simple 3-step technique. Preserving the essence of an ancient practice, Modern Meditation is being offered free of charge. Studies show daily meditation provides stress reduction, brain longevity, increased youthfulness, a peaceful state of mind and amazingly, a "reversal of the usual cortical thinning that occurs with age."



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

2:00 PM



Explore Inner Wisdom Intuition and Psychic Development
Annie Larson

Learn how to develop your unique intuitive/psychic senses to tap into the energy of others. Medium Annie Larson has many incredible ways to bring clients guidance, direction, clarity, and healing on her journey as a revered professional psychic medium, featured in *The Washington Post*. See if one of the many upcoming retreats, or local classes in Annie's Virginia office, are right for you to begin or resume your spiritual path.



A Healing Message for Humanity
Dahlia Rose

During these times of uncertainty and searching, come to hear and feel a channeled message from beings known only as the Healing Collective. Sharing a brief message of hope and inspiration, let the message move through you and add to your healing.



Align with Grace Para® Yoga Nidra – The Yoga of Sleep
Claudia Neuman

If you thought doing Yoga was all about twisting and bending, think again. Yoga is the practice of stilling the thoughts and acknowledging one's connection to all. Through the practice of Para® Yoga Nidra we will experience some of the divine. This practice is suitable for all. Come ready to rest!



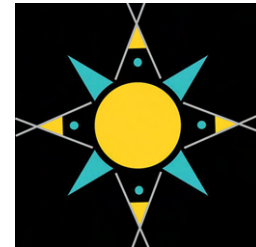
You Have Your Answers Within to Unfold and Live Your Life Purpose Abundantly
Mara Spencer

Discover the secret of your life purpose and if you are on track to accomplish it. Through techniques, experience the power of your spiritual energy and your four psychic abilities to create more joy, abundance and fulfillment.



Touching the Face of God
Steve Van Scoyoc and Jay Hensley

Join this interactive discussion of quotes from *Touching the Face of God* by Harold Klemp, spiritual leader of ECKANKAR. Our focus is on living the spiritual life daily, including attitudes, practices and techniques that support looking for God every moment.



Reconnecting with the Hemp Plant
Terra Saunders

An open forum focused on re-educating ourselves on the Hemp Plant — our oldest written record of Humans turning to plants as medicine.



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

3:00 PM



Channeled Messages From The Masters *Rev. Jim Webb*

One of Pathways' most popular workshops! This incredible channeled session provides you with a chance to ask questions of THE MASTERS of Planetary Healing and Transformation, and receive a powerful healing.



Your Ancestors Are Calling You! *Amy Gillespie Dougherty*

Discover the amazing world of your ancestors — how they show up in your life, and how you can create interactive experiences with them. Learn about Irigenics® Ancestral Eye Reading, *The Ancestors Within* book series and journals.



Ayurveda for Energy and Vitality *Meena Sankar*

Learn the causes of fatigue and tiredness, and how to have an abundance of energy everyday. Feel vibrant and boundless with ancient Ayurvedic techniques and additions to your diet and herbal regimen.



Self-Empowerment Unveiled: Spot & Heal the 9 Spiritual Misconceptions & Failed Promises Keeping You Stuck/Struggling *Shawn Mahshie, M.A., C.F.T.W.*

Still struggling in Relationship to Yourself or Others (despite much Inner Work)? Learn how thriving is as simple as getting out of your own way! Learn Shawn's NO-MATTER-WHAT Way to turn traumas, triggers, and regrets into your path to peace.



The Soul – A Master Gardener & Home Base *Ingrid Jolly*

Our special call during this crucial time is to truly meet our Soul. It consists of an unlimited energy, in supply and in application because its source is eternal. Let's find out how our soul can guide and protect us.



Let's Talk Supplements *Johnette Armstrong*

Do you need to take dietary supplements? Are you confused about what supplements to take? Did you know some medications deplete your body? Let's talk through all the options available to you when it comes to supplements, and get tools to help you decide how to choose the right ones for your needs.



Weight Loss, Metabolism and Cellular Health – Foundational Nutritional Pathways to Support and Strengthen the Body *Michael Ciletti*

What does your path towards optimal health look like — more energy, stamina, focus, a vibrant immune system and better physical fitness like improved fat burning? Are chronic health issues blocking you or your health goals? Peak health is dependent on your cells' ability to use oxygen and water effectively to make and manage energy, and eliminate wastes, aka 'metabolism'. To put your body back on track, addressing cellular and metabolic health is the very first step.



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

4:00 PM



Psychic and Medium Reading Demonstration *SunPsychic Jean*

SunPsychic Jean will demonstrate psychic and medium readings along with answering questions about her process and answering questions about your mysterious spiritual experience too.



Creating Magic Through Connection *Catlin Power*

Sharing the power of connection, what it can create and bring into a person's life and why it's so important to our human experience.



Cannabis 101: Educate & Alleviate *Princess Mirabal*

Cannabis Karma & Life-luxee present our Cannabis 101 workshop. It's a wonderful opportunity to learn about Cannabis therapy and CBD as an alternative medicine. Learn about your Endocannabinoid system and ask questions. We promote plant-based healing ideas.



The Future of Integrative Medicine *Geo Giordano, MSC, RH (AHG)*

Registered Herbalist, Geo Giordano, will walk participants through an introduction into the different modalities of healing and how you can take actionable steps to your own health and vitality.



Winter Cold & Flu Remedies Made On A Budget *Dr. Maria Talton*

All natural herbal remedies to cure the Winter Cold and Flu on a budget.



Boosting Your Brain Power and Promoting Your Child's Financial Literacy *Becca Ferris*

Part One: Learn how to boost your brain's powers — energy, creativity, clarity, focus, and memory. Part Two: Learn a fun way to boost your child's or teen's (7-17) financial literacy and entrepreneurship through the LEAP program.



Free Meditation of Falun Dafa *Amy Hu*

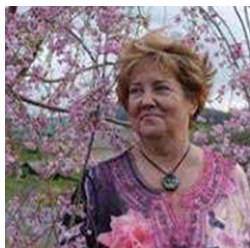
An introduction of the free meditation of Falun Dafa (a.k.a. Falun Gong), a self-cultivation meditation system, which is effective in helping to relieve stress and boost energy.



Fall 2023 Expo Workshops

EXPLORATION • ENLIGHTENMENT • EDUCATION • ENGAGEMENT

5:00 PM



Manifesting With Your Angels and Trusting Your Vibes

Susan Lynne

This informative workshop will show you how to manifest, contact and communicate with your Angels. You will learn to trust your vibes and listen for the messages that are being sent to you. Discover the best ways to communicate with your Angels. Guided meditations will be included.



Sahaja Yoga – Guided Meditation

Dr. Nirmala Srivastava

Participants will be introduced to a unique method of meditation, which is rooted in ancient spiritual knowledge called Sahaja Yoga. We will use simple affirmations to awaken the inner dormant energy within us to re-balance emotional, physical and mental states.



Living Through the Biggest Change in Human History: Preparing for the Next Three Years

John L. Petersen, Futurist

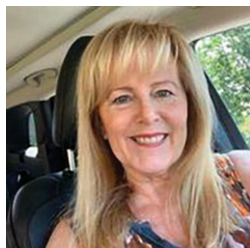
Internationally known futurist, John L. Petersen, illuminates the unprecedented events and trends driving the biggest change in human history. What's happening, where it's going, and what you can do to be prepared for this extraordinary change.



Creating Pure Far Infrared Light

Patricia Scott

Patricia Scott will explain the power and dynamics of the Relaxed Sauna's far infrared energy, how it works, and how to use it, as well as review the supporting research.



Repairing Your Body With Lifewave's Stem Cell Activation Patch

Nancy Cook

The Lifewave X39 stem cell activation patch activates and mobilizes the body's stem cells, naturally. Using our patented, non-invasive, drug-free technology, it helps the body experience rapid pain relief, faster wound healing, increased energy, better sleep, and much more!



5G, The Carcinogen Stealing Your Electrical Energy Without You Knowing

Dr. Tracey Diner

EMFs are the silent killer to your health. How to keep healthy in this new high tech world.

Inner Wisdom Intuitive and Psychic Development Retreat

October 13-16, 2023

Pathways Retreat Center • Charlottesville, VA

Develop your psychic senses to tap into the energy of another person, place, or thing. Through lessons, observations, and hands-on practice, you will learn how to start the flow of information.

This is a perfect immersive weekend for those who...

- ... Suspect they have abilities but don't know how to use them
 - ... Want a supportive environment to develop
 - ... Wish to go beyond their intuition
 - ... Look to enhance their energy healing practice, or
 - ... Desire ultimately to develop skills to offer sessions as a professional psychic.
- You will practice doing readings on others all weekend long.

Topics Include:

- Setting the Foundations for Information to Flow
- Working With Energy
- Developing "Clair" Senses
- Using Tools of a Psychic

Annie and the Pathways team have created a safe, comfortable, and gentle space to connect a community of other like-minded people in attendance. **Join us!**



RETREAT REGISTRATION

Space is limited!

Register early to secure your spot.

\$1195 — Single Occupancy

\$795 — Shared Occupancy (*Twin Beds*)

Lodging, Food + Beverage, Full Program Included

90-Minute Massage Add-on: \$150

To contact us: 240-247-0393
pathwaysads@gmail.com



Annie Larson is a celebrated clairvoyant and medium, who provides evidence of the survival of consciousness and messages from loved ones on the other side. She has been featured on television, radio, podcasts, magazines, and newspapers, including *The Washington Post*.

As an experienced professional medium, Annie has been tested, vetted, and certified by schools of mediumship, universities, metaphysical and Spiritualist churches, and professional forums.

Annie is a Reiki Master Teacher, published astrologer, past life regression therapist, and advanced yoga teacher who, for decades, has been helping clients with her insightful guidance, direction, clarity, and healing. Her extensive development and mentoring classes help others hone their intuitive voice.

With hundreds of glowing client reviews from live appearances, classes, and phone sessions, Annie has achieved recognition in the psychic and mediumship community.

www.mediumannielarson.com

Social Media:

Follow on Facebook and Instagram:
@MediumAnnieLarson

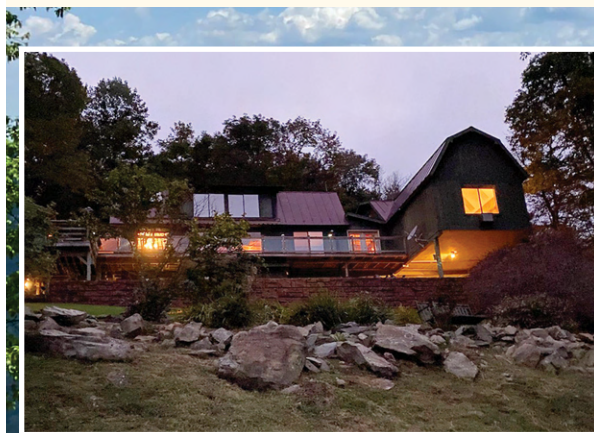
SPRING 2024 RETREATS

Mediumship Retreat • May 17–20, 2024

Begin your journey to tap into spirit and loved ones who have crossed over to deliver evidence of the continuation of life and messages. Through lessons, observations, and practice you will learn techniques to connect and boost your confidence with validations to trust the impressions and information you are receiving.

Psychic Detective Retreat • June 21–24, 2024

A long weekend filled with specialized training, and practical and enlightening exercises, that combine spiritual guidance with investigative skills to help locate missing persons and objects. The better you understand how to do this, the better the psychic you will become.



Pathways Retreat Center

Located outside Charlottesville, VA, within 2.5 hours driving distance from the DC Metro & surrounding areas. The 34-acre mountainside property boasts spectacular views, trails and streams.

HOME FEATURING:

6 Bedrooms (sleeps up to 16 ppl) + Den
3 Full Bathrooms
Full Kitchen & Dining Room
Living Room w/ Gas Fireplace
Wraparound Deck w/ Outdoor Seating
Finished Lower Level

Outdoor 10-person hot tub & decks overlooking mountain vistas
Fire pit and use of the grounds, area recreational activities
Hi-Speed WiFi

www.PathwaysProductions.com/retreats

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!**

Have an event to promote? Calendar listings are just \$5 per listing, and accepted any time to run online. Submit listings online at: www.pathwaysproductions.com/calendar/.

SEPTEMBER

— 9 —

Healing Through Your Akashic Records, 12:30pm - 4:30pm. What if you could access the energetic lessons of your past – the distant past of cellular memories and previous lives? Imagine how having this knowledge could change your life: provide clues to answer your dilemmas; resolve recurring issues; heal long-standing challenges in your relationships; and empower future growth! You can access this healing energy through the Akashic Records. Please join Bill for a powerful afternoon as he explores the healing and clearing power of the Akashic Records.

Bill will offer mini-healing sessions for those in attendance and close with a group clearing. www.myakashichealing.com. Hosted by Teal Center, feelbetter@tealcenter.com; 703-522-7637. www.tealcenter.com/

9/9-10 **Psychic Development Workshop: 2 Weekend Mornings Via Zoom**, 9:30am-12:20pm (EDT) via Zoom. Learn how to access extra-sensory information through your spiritual senses including clairvoyance, clairaudience, clairsentience, claircognizance. This dynamic workshop is full of processes to help develop trust in your spiritual perception. It's also a great foundation for those interested

in developing mediumship. Your teacher is Konstanza Morning Star, a renowned Spiritualist medium and author of *Medium: A Step-by-Step Guide to Spirit Communication*. Register at: www.mediumshamandc.com/psychic-development.

— 10 —

Ayurvedic Cooking for Healing Monthly Class, 3pm-5:30pm. Ayurveda believes that when diet is wrong, medicine is of no use and when diet is correct, medicine is of no need. Join us to learn wholistic cooking based on Ayurvedic principles to prevent and heal your imbalances. This course goes beyond just cooking and will teach skills such as setting up the ayurvedic kitchen, food sadhanas to energize food and so on. This course will feature dishes from a variety of international recipes. The recipes are selected and designed to serve as low-fuss, simple meals for the busy person on the go. No cooking experience and no spe-

cial equipment is required! www.vedicyoga.org/event-details/ayurvedic-cooking-for-healing-monthly-course

Secrets of Divine Creativity e-booklet discussion, 11am - 12pm on Zoom. Join a discussion of the e-booklet *Secrets of Divine Creativity* by Harold Klemp, spiritual leader of Eckankar. Through stories, inspiration and techniques, discover how using your divine imagination, the God Spark within you, can make your life more meaningful, reveal better ways to handle troubling situations, and lift you into truly becoming a godlike being. View and download for free this Eckankar Soul Adventure e-booklet at www.eckankar.org. Click on Engage, then e-booklets.

— 14 —

Sacred Rhythms New Moon Drum Circle, 6:30pm - 8pm. Drop-Ins Welcome, Berryville Wellness Sanctuary,



ECKANKAR

The Path of Spiritual Freedom

invites you to explore your own spiritual wisdom and freedom by attending free, online and in-person spiritual events:

- Spiritual Wisdom Book discussions
- Spiritual Videos with discussions
- HU, the Sound of Soul, events
- Light & Sound services

Information about all Maryland Eckankar events can be found at: www.EckankarMaryland.org



Upcoming events are also listed in the Pathways Magazine calendar.



Maryland Eckankar Center,
1738 Elton Rd, Suite 104,
Silver Spring, MD 20903

Energy and Wellness Place
Balanced Energy Leads to Better Health and Wellness



JOIN US
FOR AN ESSENTIAL
ENERGY WORKSHOP

with
Francine Thomas, MS
Certified Chakra Healer Master
with 30 years experience

ENERGY WORKSHOP
September 9, 2023
\$125

Learn how to detect and open Chakras with a pedulum, you will make in workshop.

Greencastle Lake Clubhouse
3661 Turbridge Drive, Burtonsville, MD 20866

www.reikionespirit.com

Contact Francine Thoms, MS at
yyesflow12@aol.com for registration

michellejoy.tsb@gmail.com.
<https://lovenotesmusictherapy.com/sacred-rhythms-full-and-new-moon-community-drum-circles.html>

— 15 —

9/15-18 **Enlightened Rest 108: Yoga for Serenity, Strength & Resilience Retreat**, at the Pathways Retreat Center. Enjoy a long weekend fortifying our bodies and spirits and learning to rest in sublime serenity. This retreat is suitable for all levels of Yogi. The retreat will include asana sessions (all levels), meditation instruction, prana yama (breath work), Para® Yoga Nidra (The Yoga of Sleep), and a special practice to harness the power of our subconscious minds. Space is limited ~ Register early to secure your spot! www.PathwaysProductions.com/retreats

9/15-18 **Reconnect to Magic Retreat**, 12pm - 2pm daily. If you are a multidimensional soul

ready to amplify your intuition, reawaken your passion, reclaim your ability to powerfully embody your magic on all levels - mind, body, and soul - then join us in Gore, VA, for a life-changing experience. This carefully curated 4 day/3 night adventure was designed to combine the wonder of nature and her wisdom, the magic of energy work to heal, and the unlimited aid of the cosmos. You will re-ignite your curiosity with life and be the inspiration you need to re-connect your energy, allowing your dreams and imagination to soar to new heights. More info & to register: www.shannonnsmith.com/events/reconnect-to-magic-retreat.

— 17 —

Video with Discussion: Love in Motion, 11am - 12pm. Join us on Zoom for a Video Talk by Harold Klemp, entitled Love in Motion. The spiritual leader of Eckankar tells us: "We are created of the essence of God,

and this is love... All that we're about is becoming more aware of this divine love that we are, encapsulated in human form. Love moves. It flows. It is the stream of God, the Voice of God. The Light and Sound. This is love in its purest form. This is a living thing - it gives life to all of us." This showing will be followed by open discussion, a time to share your own experiences and gain insights into life's many challenges. www.eckankarmaryland.org

— 19 —

The Bhagavad Gita Zoom Talks, 7pm - 8:30pm. *The Bhagavad Gita* or *The Song of God* contains 700 aphorisms, which deal with every question of self and the universe. Over 3 Tuesday evenings beginning on September 19th, Rev. James De Biasio will teach of the history and the beauty of this sacred writing of the Hindu faith. More info and to register: www.isd-dc.org.

— 23 —

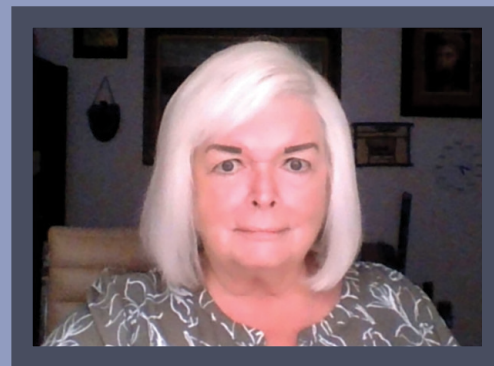
"All Hands On Deck - A Climate Action Community Fair", 9am - 1pm, An opportunity for the public to engage with up to 30 climate, environmental and disaster prevention groups and hear from the Matriarch of the Piscataway Indian Nation and the DC Chief Resilience Officer. In the lot at 4th and M Streets SW Washington DC; www.swdc.org.

Dr. Todd Ovokaitys: The Coming Revolution in Health, Longer Life-Superhuman Capabilities, 9:30am - 5:30pm. In Person AND Lives-tream. Extraordinary researcher, inventor, and global pioneer redefining the underlying science related to life extension, consciousness, agriculture, pharma and health, Dr. Todd Ovokaitys will describe his Qigenix process of stem cell laser treatment that has recently been scientifically shown to extend life by twelve years ... as well as a number of

Spiritual Activism Group

Come, join Spiritual Activism every Sunday at 12:15 PM ET on Zoom for **Your Free Soul Super Charger** featuring renowned speakers who are experts in their metaphysical and/or spiritual subjects

Spiritual Activism shines a light into the darkness humanity finds itself in at a time of uncertainty, confusion, and discontent with conventional beliefs by guiding seekers to deeper truths about themselves, the Universe, and a higher power so that they recover the magic of new-found faith and purpose, but above all, Oneness.



Rev. Sally Knuckles, CHT

Visit our website for more information and Zoom Meeting ID:

www.spiritualactivismgroup.com

or

www.facebook.com/spiritualactivismgroup

Contact email: spiritualactivismgroup@gmail.com

other leading edge protocols for achieving optimum health and even supernormal abilities. At Coolfont Resort, Berkeley Springs, WV. www.Transition-Talks.org

— 24 —

Divine Guidance book e-booklet discussion, 11am-12pm, at the MD Eckankar Center 1738 Elton Rd., Ste 104, Silver Spring, MD 20903. Join us in person for a discussion of the e-booklet, Divine Guidance: Gifts of Intuition, Dreams, Nudges and Signs by Harold Klemp, spiritual leader of Eckankar. Discover through stories, inspiration, and spiritual exercises how listening to your inner guidance, a divine gift, can bring answers on how to better navigate your days, give you confidence in your own spiritual compass, and inspire you to self-mastery. View and download for free this Eckankar Soul Adventure e-booklet at www.Eckankar.org. Click on Engage, then e-booklets.

OCTOBER

— 1 —

Light and Sound Service: Being Closer to God, 11am - 12pm on Zoom. Join us for this ECK service. Through singing HU, a love song to God, listening to stories and inspiration from a guest speaker and a video clip from Harold Klemp, spiritual leader of Eckankar, as well as uplifting creative arts, this service offers all attendees a chance to discover more about themselves as Soul, eternal, creative, spiritual beings, and to connect more deeply with their highest self. www.EckankarMaryland.org

— 8 —

10/8 **Pathways Fall Natural Living Expo**, 10am-6pm, College Park Marriott Hotel & Conference Center, Hyattsville, MD. Join 120+ exhibitors and 40+ workshops for exploration, enlightenment, education and

engagement at the premiere mind-body-spirit-eco event of the DMV. \$10 advance purchase online, and \$10 day of event. Free parking and food trucks on site. Exhibitor inquiries: naturallivingexpo@gmail.com. www.pathwaysproductions.com

— 13 —

Ayurvedic Seasonal 30 days Detox. Renew, reset and recharge. Feel light and vibrant after our guided, at home 30-day cleanse offered every year in Fall and Spring by Vedic Health. Do you frequently lack energy or feel exhausted? Do you tend to feel foggy? Do you have cravings or digestive difficulties? Do you struggle to manage optimal weight even with exercise? Reset, rebalance and rejuvenate your health with this time proven ancient panchakarma (cleanse). You will be guided step by step by our Ayurvedic experts and supported with various therapies and live classes. www.vedichealth.org/ayurveda-cleanse-detox-program

Sacred Rhythms New Moon Drum Circle, 6:30pm - 8pm. Drop-Ins Welcome, Berryville Wellness Sanctuary, michellejoy.tsb@gmail.com. <https://lovenotesmusictherapy.com/sacred-rhythms-full-and-new-moon-community-drum-circles.html>

10/13-16 **Inner Wisdom Intuitive and Psychic Development Retreat**, led by Medium Annie Larson in Partnership with Pathways Productions at the Pathways Retreat Center outside Charlottesville, VA. Develop your psychic senses to tap into the energy of another person, place, or thing. Through lessons, observations, and hands-on practice, you will learn how to start the flow of information. More information and to register: www.pathwaysproductions.com/retreats.

POETRY FOR SCHOOL GARDENS

A Hunger Action Day Online Event

Join us Online: Sept 23, 4 - 5:30 PM EST

Join us for this free online event to listen to original poetry and learn about initiatives to improve food security.



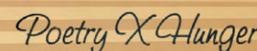
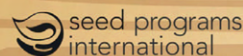
Poetry readings by: Taku Chikepe, Diane Wilbon Parks, Laura McGinnis, Christopher George, Willeena Booker, Patricia Asuncion

Event is free, but donations will fund a school garden program in Kampala, Uganda with SCINE.



Register online to attend via ZOOM. Go to: <https://seedprograms.org/event/poetry-for-school-gardens/>

Email info@seedprograms.org with questions.



Arlington Metaphysical Chapel

A Light On Your Spiritual Path

Worship Service, Sundays

All Message Service, 2nd Wednesday

Psychic Saturday, last Saturday

*** METAPHEST ***

OCTOBER 14-15, 2023

Two full Days of all things Metaphysical!

Workshops on:

Meditation ~ Spiritual Healing ~

Intro to Tarot: The Aces and Major Arcana ~

Awareness/Mindfulness/Consciousness ~ Psychometry ~

Past Life Regression ~ Ageless Aging ~

Consciously Clearing Clutter ~ Self-Soul Love ~

Animal Communication and Healing ~

www.arlingtonmeta.org
info@arlingtonmeta.org



5618 Wilson Blvd
Arlington, VA 22205

— 14 —

Edd Edwards, Healing with Bio Intrinsic Resonant Energy. 1pm - 5pm, In Person AND Livestream. All of his life Edd had an extraordinary ability to manipulate the energetic underpinnings of this reality with his mind. Edd's unique capabilities were featured on the Coast to Coast radio program and many others. The History Channel called him "The Alien Brain" in his "Ancient Aliens" appearance. Hear the story of Edd's life and descriptions of many examples of his healing & research work interspersed with hands-on demonstrations of his capabilities to all of those fortunate to be in the audience. Coolfont Resort, Berkeley Springs, WV. Register at: www.TransitionTalks.org.

10/14-15 **METAPHEST!** 9am - 9pm. Two full days of all things Metaphysical! Workshops on: Meditation ~ Spiritual Healing ~ Intro to Tarot: The Aces and Major Arcana Awareness/Mind-

fulness/Consciousness ~ Psychometry ~ Past Life Regression ~ Ageless Aging ~ Consciously Clearing Clutter ~ Animal Communication and Healing ~ Self Soul Love. With Private Readings available by appointment. Hosted by Arlington Metaphysical Chapel, 5618 Wilson Blvd, Arlington, VA 22205. www.arlingtonmeta.org/metaphest

— 15 —

Video & Discussion: Life is a Chancy Thing, 11am-12pm, on Zoom, a Video Talk by Harold Klemp. Through stories, insights, and prophecies, the spiritual leader of Eckankar will expand your vision and shed new light on the powerful, loving reach of ECK, the Light and Sound of God, into daily events. In this chancy world, his timeless words are something on which you can always depend. This showing will be followed by open discussion, a time to share your own experiences and gain insights into life's many challenges. More

info & to register: www.EckankarMaryland.org.

— 18 —

ESP Workshop Series, 6:30-8pm. Sharon Price presents powerful lessons from her transformation series that brings health, healing, and will help lead you on a path to Emotional, Spiritual & Physical Balance. 3 Powerful Workshops filled with Inspirational Messages & Tools from Sharon's best-selling book series *Your Tool Box for Life!* (Physical Balance October 18th, Emotional Balance November 8th and Spiritual Balance November 29th). Hosted by BrandArtYoga (BAY), Francis Scott Key Mall, Frederick, MD. www.brandartyoga.com

Mediumship Circle, 8 Wednesday Evenings via Zoom, 7:30pm-9:15pm. The mediumship circle offers aspiring mediums the opportunity to practice their gifts and gain

confidence in receiving evidential information from the spirit world in a safe and uplifting environment. Under the guidance of renowned medium Konstanza Morning Star, author of the book *Medium: A Step-by-Step Guide to Communicating With the Spirit World*. Info & to register: www.mediumshamandc.com/circle-in-silver-spring-md

— 22 —

Book Discussion: The Spiritual Life, 11am-12pm. Join us in person for this discussion of *The Spiritual Life* by Harold Klemp, the spiritual leader of Eckankar. This discussion will focus on some of the book's spiritual quotes that teach what it is like to live the life of spirit. Through these quotes and demonstrated contemplative techniques you can learn to listen for the Voice of God, maintain harmony and balance, gain new perspective on the law of Love, and recognize the divine in every moment of your life. Guest attendees will re-



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Rev. Trish Hall, Spiritual Leader
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Saturday, October 14, 1:00 pm – 5:00 pm and
Saturday, October 21, 1:00 pm – 4:00 pm

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In this two-part, in-person workshop, tap your own answers to the mysteries of life and embrace a lifestyle of spiritual freedom. Through techniques, slides and sharing you will:

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- Understand the life process and resources available for you to accomplish the life purpose you chose.
- Experience a number of techniques to help you master and direct your energy to achieve happiness, abundance and fulfillment.
- Team with your spiritual helpers (angels) for greater insight and consistent success.
- Maintain a buffer of clear energy and an inner pivot of balance and peace.
- Be the healing light of positive solutions that is the real you.

Visit inspiringbelief.net/events for more information and to register or contact Mara Spencer via email at Mara@InspiringBelief.net

ceive a free copy of the book but reading it ahead of time is not necessary. Hosted at MD Eckankar Center, 1738 Elton Rd., Ste 104, Silver Spring, MD 20903. www.EckankarMaryland.org

NOVEMBER

—3—

11/3-6 A Weekend of Messages and Learning to Channel. 4-day retreat that will elevate your spiritual journey and empower you to connect with your higher self and spiritual guides. Immerse yourself in a sacred space of enlightenment, healing, and inspiration as you discover the profound art of receiving and channeling messages. Join spiritual teachers and thought leaders Dahlia Rose and Angelica Blackmoon who will share their wisdom, stories, and guidance to ignite your inner light and empower your spiritual journey. Pathways Retreat Center; info & registration at:

www.pathwaysmagazineonline.com/expos-and-events/retreats/.

—4—

Authors & Artists Festival 2023 (online), 10:30am-5:30pm. A free annual event hosted by NatureCulture. Featuring the theme of Rewilding with headline speakers CMarie Fuhrman, Catalina Cantú, John Davis, and Manoj Gautam, this year's event promises to be the biggest and best one yet! Concurrent poetry workshops are also available, sign up now since space is limited. To learn more about the A&A Fest: www.nature-culture.net/authors-artists-festival.

The Spiritual Awakening Holistic Expo, 10am - 7pm, presented by Remnants of Magic, Loudoun County's premiere crystal and metaphysical store. This yearly event combines over 30 local artisans who are hand selected as the best-of-the-best

in their craft. Join this magical event full of crystals, jewelry, mediums, reiki healing, and so much more! www.thespiritualawakeningholisticexpo.com

11/4-5 Ancestral Healing Workshop, 2 Weekend Mornings Via Zoom, 9:30am-1:30pm. Led by Medium Konstanza Morning Star, this workshop will help you connect and work with your loving and wise ancestors for the purpose of healing and clearing issues and patterns that have been passed down in your family through generations. Discover the unique gifts of your ancestors. Heal events that happened to your ancestors and transform your life. Discover the bigger picture of your life, including soul lessons that you have been working on. Ancestral healing work has many

positive consequences. It often leads to profound healing in our relationships with existing family members, including descendants. More info & to register: www.mediumshamandc.com/ancestral-healing-workshop.

—12—

Podcast and Discussion: Inner Peace & Wisdom - Gifts of the HU, 11am-12pm. Join us in person at Ruscombe Mansion Dining Room (4801 Yellowwood Ave., Baltimore, MD 21209) to listen and discuss this Eckankar Podcast. Authored by Harold Klemp, the spiritual leader of Eckankar, this podcast focuses on the benefits of spending a few moments in contemplation every day to let the Sound and Light of God enliven you with spiritual impulses. In addition, a number of resources are given to

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S. Alice (Alicja) Jones is a psychic, medium, and intuitive healer who gives spiritual and past life readings. These messages many times include Past

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assist you in diving deeper into the many ways HU can help you. This podcast can be listened to at www.Eckankar.org. Click on Engage, then Podcast, episode 9. Info & to register: www.EckankarMaryland.org.

—13—

Sacred Rhythms New Moon Drum Circle, 6:30pm - 8pm. Drop-Ins Welcome, Berryville Wellness Sanctuary, michellejoy.tsb@gmail.com. <https://lovenotesmusictherapy.com/sacred-rhythms-full-and-new-moon-community-drum-circles.html>

—19—

2023 Soul Adventure Seminar Talk: The Power of Grace, 11am-1:30pm. You are invited to join us to hear and discuss this talk by Harold Klemp, the Spiritual Leader of Eckankar. Always spiritually enlightening and filled with many down-to-earth stories about everyday

spirituality, Harold's talk will have as its theme, *The Power of Grace: A Secret to Spiritual Living*. Info & to register: www.EckankarMaryland.org.

—26—

Book Discussion: The Loving Heart, 11am-12pm, at MD Eckankar Center, 1738 Elton Rd., Ste 104, Silver Spring, MD 20903. Join us in person for this discussion of *The Loving Heart* by Harold Klemp, the spiritual leader of Eckankar. Through some of the book's many spiritual quotes that focus on love and compassion as well as demonstrated contemplative techniques, you can learn to listen for the Voice of God, maintain harmony and balance, gain new perspective on the law of Love, and recognize the divine in every moment of your life. Guest attendees will receive a free copy of the book but reading it ahead of time is not necessary. Info & to register: www.EckankarMaryland.org.

DECEMBER

— 12 —

Sacred Rhythms New Moon Drum Circle, 6:30pm - 8pm. Drop-Ins Welcome, Berryville Wellness Sanctuary, michellejoy.tsb@gmail.com. <https://lovenotesmusictherapy.com/sacred-rhythms-full-and-new-moon-community-drum-circles.html>

UPCOMING

4/25-28/2024 **Enlightened Rest 108: Yoga for Serenity, Strength & Resilience Retreat**, at the Pathways Retreat Center. Enjoy a long weekend fortifying our bodies and spirits and learning to rest in sublime serenity. This retreat is suitable for all levels of Yogi. The retreat will include asana sessions (all levels), meditation instruction, prana yama (breath work), Para® Yoga Nidra (The Yoga of Sleep), and a special practice

to harness the power of our subconscious minds. Space is limited ~ Register early to secure your spot! www.PathwaysProductions.com/retreats

ONGOING

2023 Drum Circles! 6:30pm - 8pm, live event. Join us in a year of intentional drumming for harnessing the new moon energy; tap into the power to manifest your best life! Circles are every month, check the website for dates! lovenotesmusictherapy@gmail.com; <https://lovenotesmusictherapy.com/sacred-rhythms-full-and-new-moon-community-drum-circles.html>

Adams Morgan Farmers Market, Saturdays, 8am-1pm, Washington, DC. Saturdays starting May 6 through December 23, 8am - 1pm, at Unity Plaza (across from The Line Hotel, Columbia Rd and Euclid

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Sunday Services:

- 1st Sunday: 12:30 pm (In-Person & Zoom)
 - The Palisades Hub
5200 Cathedral Ave NW, Washington, DC
- 2nd - 5th Sundays: 11:00 am (Zoom)

Upcoming Virtual Offerings:

- Guided Meditation - 1st Wednesday of each month
- Autumn Equinox Service - Sunday: 9/24
- The Bhavagad Gita - Thursdays: 9/19, 9/26, 10/3, 10/10
- Numerology - Thursdays: 9/7, 10/12, 11/9, 12/7 & 1/11

St, WDC). Sustainably grown, affordably priced fruits, veggies & more. RAIN OR SHINE. CSA Memberships pick up at this location. Email Licking Creek Bend Farm to join, for more info, or to volunteer: info@lickingcreekbendfarm.com, 301-587-1739. www.lickingcreekbendfarm.com

A.R.E. Study Group (Edgar Cayce): "A Search for God", FREE, monthly on the third Wednesdays, 6pm-7pm, via ZOOM. Accessed through Akashic records/psychic readings, "A Search for God" is Edgar Cayce's historical, bio-psycho-social Soul Work. Led by Denise Horton, Ph.D., Director, PILGRIMAGE: A Center for Spiritual Healing. drdenisehorton@icloud.com.

Brookland Farmer's Market, Tuesdays, May 2 to October 31, 2023 (CSA also available) Brookland Metro, 10th and Otis,

under the bridgeMarket hours: 4pm-7pm. Sustainably grown, affordably priced fruits, veggies & more. RAIN OR SHINE. CSA Memberships pick up at this location. Email Licking Creek Bend Farm to join, for more info, or to volunteer: info@lickingcreekbendfarm.com, 301-587-1739. www.lickingcreekbendfarm.com

Cannabis 101, every 3rd Saturday monthly from 2pm-4pm, presented by Cannabis Karma & Lifeluxee. It's a wonderful opportunity to learn about Cannabis therapy and CBD as an alternative medicine. Learn about your Endocannabinoid system. Ask questions? We promote #plantbased healing ideas. Hempstress onsite for sampling. Hemp kettle tea provided onsite. LifeLuxee, 825 Upshur St NW, Washington, DC 20011. www.cannabiskarma.org

Elevated Brunch, 2pm -4:20pm, the last Saturday of

every month. Cannabis Karma is known for creating an impeccable vibe and its friendly, yet chic atmosphere. Our monthly Elevated Brunch is a must-try brunch experience if you're in Washington, DC. The menu includes delicious, hearty all-day breakfast items with everything from infused waffles, home fries, crispy fried chicken, elevated syrups, HiTea and so much more! The Karma lounge, located in the back of Lifeluxee is the ultimate destination for like-minded friends to connect and consume in a beautiful serene environment. Info & registration: <https://cannabiskarma.org/index.php/product/elevated-brunch-2/>.

The Mary Jay Party! Join us on the first Thursday of every month for an open smoke session sponsored by Cannabis Karma. Join us for an evening of complimentary food, quality smokes and good vibes. Weed love to host you! Tickets include:

Complimentary pre-roll; Food and drinks; Unlimited hashish bar; Hi-tea; Pre-roll station; Smores; Raffle ticket (\$50 value); Ganja inspired games; Cake; Flowers, rolling supplies and lessons provided by the Cannabis Karma weed fairies.. #askaweed-fairy *while supplies last www.cannabiskarma.org

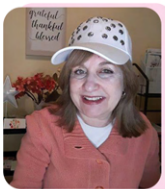
Meditation for Peace and Well-being, every Monday and Thursday, 7:30pm - 8:30pm. Meditation for peace and well-being. A portion of each session is specifically designed for healing. Join us on Zoom. For beginners and experienced meditators. For reservations: 301-452-7780 or savitri@newfuturesocietycenter.com. For more information: <https://newfuturesocietycenter.com/offers-events/#meditation>

Online Spiritual Book Discussion, 1st Sundays, 4pm - 5pm. The stories in *The Book of ECK Parables Volume 3* will



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- ② Feeling fatigued, stressed and down on yourself - Day after Day
- ③ Feeling confused and overwhelmed with all the diets out there and not knowing, the RIGHT ONE FOR YOU
- ④ Having lots of ideas about improving your life - in areas of Career, Money, Fitness, Family & Friends-but have no idea where to Start



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touch your heart with lessons just right for your spiritual development – and send you looking for the miracles in your own life. Miracles happen every day – if we look, we can see evidence of the hand of the Divine in our daily lives. How can we learn to make the best decisions? Build a better life for ourselves? Discover better ways to solve our problems and find help that strengthens us? No book is required to attend this discussion; stories will be summarized. www.Eck-va.org

Sacred Cacao Ceremonies, 6pm - 10pm, EVERY NEW MOON AND FULL MOON - \$45. Intention setting meditation supplemented with heart-opening cacao and hape. Cacao has been a sacred part of various cultures for centuries. As a plant medicine, it is considered to be the ultimate heart opener and mood enhancer. Filled with healing properties that aid in opening your heart as you go deep into meditation, cacao is gentle and carries a love-filled energy. Bring a Yoga mat, blanket, and a pillow – along with the crystals you

would like to meditate with – and enjoy the healing of journeying into your own heart! Led by Aurelia - Enlightened Path, aurelia.enlightenedpath@gmail.com. www.enlightenedpath9.com

Spirit Vigilante Club, 6pm -7pm monthly on the first Wednesday. Become a Spirit Vigilante and attend monthly virtual mind/body group check-ins and access to our online community. Weekly emails including a wellness lesson, meditation, and mantra to keep you healthy and focused. Monthly one-on-one sessions to develop personalized suggestions and plans of action, and set intentions to meet your goals, and track your progress. 11% off all Spirit Vigilante offerings – retreats, workshops, online programs, etc. Bonus surprises. To join: www.thespiritvigilante.com/join.

Yoga experience. We invite you and your like minded friends to a serene, mindfully curated event for the conscious cannabis consumer. All levels welcomed. The first and last fifteen minutes are dedicated to mindful cannabis consumption. We will guide you and your fellow “stoners” through forty-five minutes of intuitive flow. <https://cannabiskarma.org/index.php/product/stoned-salutations/>

Voice of the Gatekeeper Molly Rowland 33 New releases on YouTube in Sept. After a long wait I am able to add to my YouTube Channel. Watch for Moon Rituals, Teachings from St. Germain and much more, beginning in September. More information: www.voiceofthegatekeepers.com

Stoned Salutations Yoga, 2nd Saturday of every month, 1pm - 2:22pm, for an elevated

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Our November intensive is titled **Healing Your Mind Begins with the Heart and Soul**. It will be November 12, 13 and 14. For more information go to Facebook or my website.

Our Personal Growth program continues. “Faith and Feeling Will Bring You Home to Self” is being well received. We have had a great response. Call or email Molly to sign up.

Check our website for more info on all activities.

mollyrowland22@gmail.com
www.voiceofthegatekeepers.com

A Weekend of Messages and Learning to Channel

November 3-6, 2023

Pathways Retreat Center • Charlottesville, VA



If you seek a deeper connection with your higher self, yearn for healing and transformation, and are eager to embrace your authentic power, then this retreat is calling you.

Learning to channel is a transformative and empowering journey that holds the keys to unlocking the vast reservoir of wisdom, healing, and guidance within. This weekend presents a unique opportunity to immerse yourself in this sacred practice, guided by experienced mentors and teachers, Dahlia Rose and Angelica Blackmoon.

RETREAT HIGHLIGHTS

Channeling Workshops: Learn ancient techniques to open your intuitive channels, communicate with your guides, and receive channeled messages with clarity and confidence.

Group Sessions: Participants support and encourage each other on their spiritual journeys. Share your experiences, insights, and breakthroughs in a nurturing and inclusive environment.

One-on-One Guidance: Experienced mentors will help you deepen your own connection with your spiritual guides, assist you in overcoming and healing blocks, and amplify your intuitive abilities.

Empowerment and Healing:

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Take that leap of faith and join us on this extraordinary journey of self-discovery and spiritual growth. The universe awaits your response — the time to ignite your inner light is now.



RETREAT REGISTRATION *Space is limited!*

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• 1st Installment due by September 23

• 2nd Installment due by October 14

**To contact us: 240-247-0393
pathwaysads@gmail.com**



Retreat facilitator **Dahlia Rose**, founder of **The Conduit School**, serves her community as a healer, teacher, and conduit for high vibrational energies. She is a certified Energist, Sacred Pathfinder, Ordained Priestess in The Order of Melchizedek, Meditation Teacher, Embodiment Coach/Practitioner, Oracle, Crystal

Intuitive and Specialist, Certified Angelic Healer, Multiple Lifetimed Shaman, Multiple Certified Reiki Master/Teacher, Pranashakthi Master/Teacher, Medical Intuitive, Soul Realignment Practitioner, and Crisis Counselor.

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Angelica Blackmoon
and
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Angelica is an intuitive conduit who brings through Siddhartha, an ancient cosmic being who shares messages of healing, hope, inspiration, and the spiritual advancement for attendees.



Retreat collaborator **Angelica Blackmoon** has spent her life as an intuitive, seemingly with roots in her family genetics. As a child she had precognitive dreams and the

ability to connect to and communicate with some animals. With maturity she studied metaphysical texts and learned to meditate, often from the perspective of some Eastern cultures. Today she is an empathic intuitive, serving as a conduit for a very compassionate being who himself is gentle and kind with profound wisdom. Angelica treats her abilities as a sacred trust and speaks to others with the utmost sincerity and as much clarity as possible. **Find her on Facebook and Instagram under Angelica Blackmoon.**

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Pollinator Plant Picks

BY KATHY JENTZ

When we usually think of pollinator plants, we think of those native perennial workhorses like Black-eyed Susans and Coneflowers. However, there are several other pollinator garden plant choices for our gardens that can help support bees, butterflies, beetles, hummingbirds, and many more beneficial creatures in our region. Here are a few to consider adding to your home landscape.



Butterfly Weed

Butterfly Weed (*Asclepias tuberosa*) is a perennial plant that is native to much of the Eastern and Southern United States. It is also known as Butterfly Milkweed or Orange Milkweed.

The flowers of Butterfly Weed are commonly orange or yellow. The blooms are a nectar source for many kinds of butterflies, bees, and hummingbirds. The leaves are narrow and bright green. The foliage is a food source for the caterpillars of Monarch, Grey Hairstreak, and Queen Butterfly.

Butterfly Weed prefers to be planted in full sun and does well in poor soils. It is drought-tolerant once established. It is hardy to USDA Zones 3 to 9. It is deer-resistant like other members of the milkweed family. However, it doesn't produce the milky sap that other milkweeds do.

Butterfly Weed can self-sow if allowed to go to seed, but it takes a few years for a new plant to flower. It has a deep tap root, so does not

transplant well. It has a long season of blooms, making it one of our more showy wildflowers in the garden. It is also a good cut flower.



Bronze Fennel

Bronze Fennel (*Foeniculum vulgare*) is an ornamental perennial herb whose ferny, soft foliage and bright yellow flowers make it a favorite background plant for many gardeners. Its wispy, tall stems look great in combination with other plants such as rose bushes. The cultivar 'Purpureum' is especially attractive with a darker, smoky plum coloring to its foliage.

Plant it in full sun and it will grow to up to 6 feet high. It does not need staking or fertilizing. It is hardy to USDA zones 5 to 9 and is native to the Mediterranean and southwest Asia. It is not the kind of fennel that produces a large edible bulb at its base. Instead, it looks and grows more similarly to dill or anise.

Bronze Fennel is also a great addition to the pollinator garden. The flowers attract many kinds of bees and hoverflies. It is also a host plant that supports the Black Swallowtail butterfly's caterpillars. You can collect the fragrant fresh leaves to use in fish dishes; and the dried seeds can be used in a variety of savory or sweet recipes.

Bronze Fennel is also deer-resistant and it has no serious disease issues. It will self-seed around, if you let it, but it is easy to pull and transplant it when it is at the seedling stage to another place in your garden.



Baptisia

False Indigo (*Baptisia* spp.) is a low-maintenance, deer-resistant plant that looks wonderful in a mixed perennial garden. It is also known as wild indigo. The common name stems from the fact that the Native Americans and early settlers used the plant to create colorful dyes.

The genus *Baptisia* is a US native that occurs naturally east of the Rocky Mountains. They are hardy from USDA Zones 4-8. *Baptisia* is known as a long-lived plant with deep roots, so be sure you place it where you want to keep it for several decades. Those deep roots also make it a very drought-tolerant

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and tough plant. It prefers to be planted in full sun and is not picky about soil type, as long as it is well-draining.

It can take a few years for a young plant to fill out on top, while it establishes those roots. But after year three in the garden, it should be about three feet wide and four to five feet high. It dies back to the ground in the winter and reemerges with tall flower spikes in the spring. By summer, the flowers have turned to seed pods, which are quite attractive themselves and make a satisfying rattle-like noise in the breeze.

Baptisia is a terrific addition to a pollinator garden. It is the host plant for several caterpillars of moths and butterflies. In 2016, the Mt. Cuba Center published the results of their Baptisia trials and the top-rated plants included 'Screamin' Yellow', 'Lemon Meringue', 'Ivory Towers', 'Blue Towers', 'Purple Smoke', and 'Cherries Jubilee'.



Vitex

Chaste Tree (*Vitex spp.*) is a small tree that is native to the Mediterranean and Asia. It has been cultivated for thousands of years both for its ornamental value and herbal uses. The tree blooms profusely in mid-July. The flowers are fragrant and the leaves are also scented. It also produces a fruit, which is technically a drupe, but is commonly

referred to as a berry. The seeds from the dried fruit are ground and used as a pungent peppery spice. The seeds, the roots, and bark are all used in traditional medicine.

Vitex is a great addition to the butterfly garden. It is reported that our native pollinators all visit the Chaste Tree. The Vitex flowers also make the most valuable and best varieties of honey.

This is a fast-growing tree that grows to a height of about 20 feet within a few years and then expands to about 20 feet in width. Vitex is often mistaken for Butterfly Bush (*Buddleia spp.*) as the flower panicles are similar. They are light purple and upward-pointing, but their leaves are very different looking. As a matter of fact, the foliage of the Chaste Tree is often mistaken for Cannabis, because of the fine-toothed leaf pattern!

It is also known as the Texas Lilac tree or the Arabian Lilac. Vitex can thrive in heat where real Lilacs would wither, so it is widely available and popular in the Southern US.

Chaste Tree prefers well-drained soil and full sun. Once the root system is developed, Vitex is drought-tolerant. It is best to plant it during the spring, after the soil has warmed up, to give it plenty of

time to develop its root system before the winter season. Prune it in early spring to remove any crossing and dead branches. Also remove any upright sprouts. Then train it to be a tree form or shrub shape as you wish.

Vitex can also be a good container-grown tree. Snip off the spent flowers right after they start to lose their color to encourage a rebloom about six weeks later.

Vitex is deer-resistant due to the fragrance. Wear gloves when handling this plant. As with many aromatic plants, skin contact can cause an allergic reaction.

Vitex agnus-castus, the straight species, and the cultivar 'Shoal Creek' are available in tree form at many area garden centers. Among the newer cultivars are compact shrub forms like 'Pink Pinnacle' and 'Blue Pinnacle.' Also, look for the dwarf 'Blue Diddley'.

Warning: the round-leaved Vitex (*Vitex rotundifolia*) was brought to the East Coast in the 1980s for use as a coastal soil stabilizer. It has now naturalized in some states and is an aggressive spreader. It is not available for purchase commercially.

Kathy Jentz is editor/publisher of Washington Gardener magazine. She is also the host of the popular GardenDC Podcast. All photos by Kathy Jentz.

Washington Gardener magazine is the gardening publication published specifically for the local metro area — zones 6-7 — Washington DC and its suburbs. The magazine is written entirely by local area gardeners. They have real-world knowledge and practical advice. They share their thoughts on what to plant in deep shade, how to cover bare spots, which annuals work best throughout the humid DC summers, and much more.

The magazine is published monthly online and includes timely information such as a local garden events calendar and gardening to-do list for that month. A year-long digital subscription is \$20.00. To subscribe to the magazine: Send a check/money order for \$20.00 payable to "Washington Gardener" magazine to: Washington Gardener, 826 Philadelphia Ave., Silver Spring, MD 20910 OR to pay via Paypal/credit card click on the "subscribe" link at www.WashingtonGardener.com.

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World Food Day and Poetry's Work to Alleviate Hunger

BY HIRAM LAREW



WORLD FOOD DAY - OCT 16

Water Is Life. Water Is Food. Leave No One Behind
– 2023 World Food Day Theme

Each year since 1979, the world has commemorated World Food Day on October 16 — the day in 1945 when The United Nations Food and Agriculture Organization (UNFAO) was founded. And, because food, hunger, water, soil, farmers, consumers, weather, and a host of other related topics continue to be so important to us all, the Day's importance keeps growing. This year, the focus will be on the importance of water as a precious resource — one that affects our ability to cultivate food in many, many ways. The Day also typically spotlights the prevalence of hunger around the world, including in the U.S. Many folks pitch in on that day to redouble efforts to fight hunger.

In fact, World Food Day was a key reason that *Poetry X Hunger* was founded — as one more way to recognize the Day's significance by bringing a world of poets to the anti-hunger cause.

Here are a few ways that *Poetry X Hunger* is fighting hunger. Of

course, the backdrop to what follows is the sobering news that rates of hunger continue to climb in the U.S. and around the world. Climate change, conflict, COVID and a host of other factors have contributed to the spike. A recent [CNBC segment](#) on “Why the U.S. Can't Solve Hunger” offers one well-reported account of the most notable challenges that are the confluence of issues at the root of food insecurity, including the following highlights:

- According to a 2021 report by the USDA, 33.8 million Americans didn't have adequate access to food.
- Experts believe income inequity and affordability are the largest drivers behind food insecurity.
- The USDA also found that food deserts, or areas that have limited access to affordable and nutritious food, are another main cause; in the U.S. some 53 million people live in these areas considered food deserts.
- The last 2 years has seen a rise in food inflation, largely due to the pandemic and the supply chain issues as a result.
- Despite exponential growth to spending on food assistance programs like SNAP (Supplemental Nutrition Assistance Program) — reaching a record of \$182.5 billion in 2021 — food insecurity has remained relatively the same as it was in 2001.
- In 2014, the Bread Institute reported that hunger had cost the U.S. \$5.48 billion in lost productivity.

So like World Food Day, the work of *Poetry X Hunger* is as important as ever. With help from food banks, arts councils, community

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leaders and the United Nations, we created a website (www.PoetryXHunger.com) that showcases many powerful poems. All of the poems on the site are freely available for use. And that's a key point — the poems are *being used*. Here are just a few examples of the work poetry is doing to support anti-hunger efforts such as World Food Day.

Fundraisers. In partnership with The Poetry Project (<https://poetry.org/>), we paired *Poetry X Hunger* poets with visual artists, and then held an online auction of the artwork. The result: In November, 2022 we raised more than \$5,000 for Feed the Children (www.feedthechildren.org/). Soon afterwards, we partnered with the Washington, DC-based anti-hunger group, Roots for Life (www.roots-for-life.org/about-us-2) to offer a poetry reading fundraiser — again, showcasing some of the amazing poets and their work online — and raised more than \$1,000 for needed refrigeration systems — the largest fundraiser Roots for Life has held. We're in the process of working with other anti-hunger groups to organize similar fundraisers that will, for example, support school gardens in Uganda.

In Classrooms. *Poetry X Hunger* poems are being used in K-18 (elementary and high schools and colleges) to engage students in discussions of food, agriculture, nutrition, hunger and the like. Pennsylvania State University's *Global Learning in Agriculture* community continues to tap *Poetry X Hunger's* inventory of poems to develop teaching modules for teachers. Oregon State University Honor's College has drawn on *Poetry X Hunger's* bank of poems to offer a Colloquium focused on the poetry of hunger with students designing poetry-focused anti-hunger activities.


Poets at Food Banks. Several food banks have enlisted the help of poets to write about the important role that Food Banks, Community Gardens, Food Pantries and the like play in the community. The result: The Poets-in-Residence have written poems and/or produced videos of their poems, which have then been shared widely with Food Bank partners. For example, the Anne Arundel County (Maryland) Food Bank featured poet Patti Ross at a key fundraising event (see [Poetry at the Food Bank – Anne Arundel County Food Bank \(aafod-bank.org\)](http://Poetry at the Food Bank – Anne Arundel County Food Bank (aafod-bank.org))).

Amplifying the Message. In the Spring of 2023, *Poetry X Hunger* was featured on a national Food Justice panel sponsored by No Kid Hungry/Share Our Strength and The Aspen Institute in New York City's Historic Roosevelt Mansion.. The discussion centered on the use of the creative arts in food justice work. Other panelists at the well-attended session included a renowned fiber artist and an Emmy-winning videographer/documentarian. *Poetry X Hunger* used the microphone to call on national poetry organizations and governmental agricultural agencies to support poetry-of-hunger programming in their grants. (The 90-minute program, Conversations on Food Justice: Art and Food Justice - The Aspen Institute, is available online.)

In the coming months, we hope to announce the outcome of a collaboration between a musical composer and a *Poetry X Hunger* poet in the creation of a stringed instrument choral piece for young voices. We are also looking forward to the results of a partnership with a global anti-hunger group as it uses *Poetry X Hunger* poetry in Public Service Announcements that are widely aired in the US and around the world.

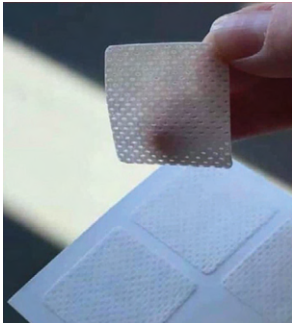
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World Food Day...

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So yes, more and more poets are stepping up and speaking out about all aspects of hunger. And, they are being heard. Is there more to do? Yes, of course there is. As long as hunger exists, we'll need to continue to fight it. Until that Hunger-Free Day occurs, *Poetry X Hunger* will be there to prove poetry has a role to play in the struggle — to help raise awareness, to encourage donations, and to change people's minds and hearts.

Join us! Write, Read or Share a Poem about Hunger. And as you have a chance, pause for a moment on October 16 — World Food Day — to consider the importance of food, water and other life essentials.

Here are some links to more information about World Food Day and to organizations that are fighting hunger wherever it occurs.

- World Food Day — official website, www.fao.org/world-food-day/en/
- Blue Ridge Area Food Bank — serves 25 counties and 8 cities on either side of the Blue Ridge through distribution centers in Charlottesville, Lynchburg, Winchester and Verona; www.brafb.org/
- United Nations' Food and Agriculture Organization — works globally on all aspects of agriculture, food security, and hunger. FAO Publications offer useful worldwide overviews; www.fao.org/home/en
- Bread for the World — a faith-focused organization, works in the U.S. and overseas to end hunger. Bread's website includes lots of useful background info; www.bread.org
- The Alliance to End Hunger — a collective of organizations from

across the hunger prevention landscape, including groups that work primarily in the US and those that focus on hunger overseas; <https://alliancetoendhunger.org>

- Supplemental Nutrition Assistance Program (SNAP) — as administered by the U.S. Department of Agriculture, is the federal government's food assistance program (formerly called food stamps); www.fns.usda.gov/snap/supplemental-nutrition-assistance-program

Hiram Larew is a retired food security specialist. He founded Poetry X Hunger to bring poetry to the cause of preventing and eliminating hunger. His latest book of poems, Patchy Ways, was published in 2023 by CyberWit Press.

Celebrate World Food Day by taking a look at a poem or two on the *Poetry X Hunger* website! Here's one example of such a poem, published on the *Poetry X Hunger* website. (A live reading by the poet is available online.)

CHARGE

By Christina Daub

After the lion finishes grooming
his singular body with rough licks,
after the porcupine waddles away,
after night devours the sun,

the dark tail twitches, new scents
worry the air, the lion stops resting
under his rock, his large claws
scraping the dust.

Hunger moves with the pride.
It leaps and drags, and chews
until the bones dry inside.
A lion may outrun a goat, or not.

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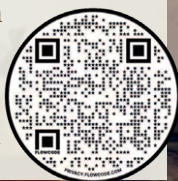


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Creative Interventions: Social Change as Holistic Transformation

BY CAROL BURBANK

If you're like me, watching the news shakes up your equilibrium a bit. Even the best publications, with the most detailed and accurate reporting, demonstrate that the world is struggling, at tipping points in so many arenas.

To quote Albus Dumbledore, from *Harry Potter and the Goblet of Fire*, this feels like a time "when we must all face the choice between what is right and what is easy." And there are so many places where our activist energy can begin to set things back into balance, if we face that choice with purpose. Our own purpose, that is, specifically translated into informed action with focused intent.

Informed action and focused intent are pretty obviously needed for effective activism, right? But the alchemical ingredient that makes social activism transformative is something that aligns itself with our inner purpose and the complexities of a tipping system: holistic understanding.

Holistic understanding sees the world as an interconnected system, in which every action pulls at a web of social relationships and beliefs. Many of us understand this connection as multi-leveled and non-linear, requiring both spiritual and cultural sensitivity to navigate. Holistic change combines organic shifts and intentional transformation.

Systems thinking infuses leadership in change initiatives with a powerful blend of intuition, presence, and layered impact. This combination is particularly important for activism designed to increase equity and support innovative, sustainable solutions to meet tipping points in all their complexity.

It's a fact: social change happens gradually. Legislation, coalitions, and personal change are all necessary parts of those gradual movements towards balance. But a holistic approach allows us to be present to the now, even as we assess the past and hold a vision for the future.



Photo 117282328 | Activism © David Edelman | Dreamstime.com

Think about women's suffrage, the 100-year movement for women to legally vote. In 1920, after some limited voting rights were granted in a few states, all women in the US were enfranchised. The movement accomplished many milestones along the way: building coalitions across class and gender; increasing employment opportunities for women; promoting safety in milk and food production; building coalitions for the support of the abolition of slavery; increasing educational institutions and resources for girls; and supporting more equal marriages between men and women. Then, when WWI brought female workers into wartime factories, full citizenship became so widely accepted the vote was granted, a change that felt, finally, inevitable.

All of these milestones were part of the ultimate intention, resulting from the holistic transformation of gender assumptions over years

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Creative Interventions...

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of varied, evolving activism. If social change activists had been shut down by the fact that legislation was so long in coming, the equity in the law would never have been achieved. These social activists, in growing numbers, understood the path to balance is a marathon, not a sprint. Each step mattered; and even the ultimate goal achieved became momentum for further social change.

There are other examples of creative and holistic activism that can inspire us as we choose the steps that call us to action. Gandhi's non-violent Salt March in 1930, protesting the British government's tax on salt, was a twenty-four-day journey to the ocean, where marchers made their own salt, renewing the non-violent resistance movement that ultimately led to Indian self-rule after many interrelated actions. This movement also inspired Martin Luther King, who used non-violent civil disobedience to fuel an inter-racial, inter-generational civil rights movement in the United States — a movement still active and striving for balance.

Why are these forms of social change more effective than linear thinking? Holistic coalitions and the networks of activists created across causes and nations generate immediate challenges to crises as well as energy for problem-solving. They shift cultural beliefs through three key aspects of activism:

1. Creatively engaging people in new ideas that show the status quo is neither permanent nor always right.
2. Honoring and asserting more balanced and healthy ways of being and becoming.
3. Acknowledging we are all interconnected, and must grow together.

Becoming a Social Change Agent

Each of us will choose one node of the cultural web to start our

activist work, as our purpose and calling leads us. As you undertake your own journey as an agent of social change, there are many steps to prepare you to be both persuasive and adaptive, sustaining both the energy to persist and the solutions to bring balance.

Your first step should be building your knowledge, understanding, and awareness of the complex web of beliefs, facts, and historical patterns that shape the cause you embrace. Ask good questions, gather verifiable information, and expand your awareness of the reasons this focus can ease the crisis that signals a tipping point. This serves as your why, a doorway into systems thinking.

Your second step should be to get creative in your thinking about what you want to do, and how you want to be present as an activist. They're related intimately, in a holistic view of social change. It helps to find coalitions of like-minded folks who can be partners and support us as we work towards the changes we want to see. These allies will help us remember what we're building towards, and celebrate momentum along the way. They also keep us alert and aware of the complexity of social change.

Your third step is less an action than a way of moving forward. Enhance your activism with creativity, reframing your ideas with play and improvisation, learning through change, observing with flexibility of mind, spirit, heart, and soul. Your voice is an important one. Make sure it's authentic and energized as well as informed and focused. Play is a serious gift, for yourself and the world, opening up the complexity of observation, pattern-recognition, and creative problem-solving.

Of course, all of these steps are "lather, rinse, repeat!" You'll need to recharge and claim every resource to sustain your momentum, because systemic change and social change are interlocked.

And along the way, it's important to remember what the last words of that now famous Dumbledore quote are: "Remember this.... You have friends here. You're not alone."

Carol Burbank is a writer, writing mentor, and teacher, a specialist in the arts and social change. She teaches at Pacifica Graduate Institute, and is working on a book about creative leadership and personal/social change. She also trains educators in building equity for at-risk students, and researches systemic and organizational change in education. Find out more at www.storyweaving.com.

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Frequency Healing

BY JILL MATTSON

The body heals itself when each frequency or vibration of something in your body (within a broad frequency range, including tones out of hearing abilities) is in equal proportion.

This is what health sounds like.



When the body is healthy, it has an ample smorgasbord of frequencies to choose from. Therefore, all chemical processes have the ingredients to digest food, build the body, process emotions, combat viruses and even counteract overabundant harmful tones from cell phones and electric currents. But the body needs its raw ingredients.

Likened the body to an orchestra. There is a time when the oboe has a critical solo, but the oboe player is absent. The whole orchestra suffers.

When short on a frequency, the body craves a (linking-frequency) biochemical, say, one found in broccoli. The brain releases a hunger signal, like the body is going fishing, and it hopes to get some broccoli. If you don't eat this nutrient-frequency, your body searches for a nearby frequency. Some processed food may have a similar frequency matrix and you munch on junk food; but crap is never used in the chemical formula. Close but no cigar.

The body wants broccoli as it needs glutathione, which has a precise frequency. When it doesn't get it, the brain signals more hunger —

even for something with a close frequency. Meanwhile someone opens a bag of candy. After we binge on something that has a “close but no cigar” frequency, the GMO is stored, or eliminated. *The body is extremely precise and particular.* It wants exactly the correct frequency, or its body chemical formula simply does not work. As we respond to hunger with eating junk food, we gain weight. Our health erodes as regenerative body processes don't have what they need. Meanwhile, we buy lunch meat.

Nutrition in Sound: The Tuning Fork

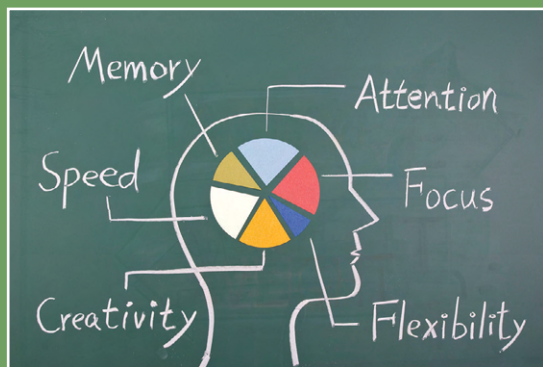
People assume the only way to get nutrients is through food. That is the best and a natural way, but not the only way. *Newsflash: You ingest frequencies through sound.* You hear frequencies that go into your ears and then through your central nervous system, reaching the far-reaches of your body. Sound resonates with items in your body with the same frequency. Ever hear the bass tones of a subwoofer rattles your very bones? The vibrating bones are ingesting that frequency.

Subtle energy does not unfold in a linear way, but it resonates — like attracts like. Think of your dreams where things are not sequential and logical, but one similar feeling easily flips into another — as if there is no time or space. Subtle energy, such as sounds, feelings, fragrances, thoughts, prayers and so on, are not bound by time and space, but travel through like frequencies — resonance!

All of this preamble is to set the stage for how and why a tuning fork is beneficial to you!

The strongest feature of the tuning fork is that it creates a precise frequency. A piano, for example, can have a note that is in a range of

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Frequency Healing...

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frequencies known as the musical note A. Most pianos slip out of tune. We think we play at 440 Hz. A, but the pliable string has stretched, and unknown to us, it is 438 Hz. It happens all the time. When the body wants a specific frequency, there is no leeway. Only the correct frequency makes a body formula work. A metal or crystal tuning fork is not going to slip out of tune.

Let's look at the organ tuning fork set. When healthy, an organ has a specific root frequency and harmonics that are produced precisely on a live tuning fork. We can allow the body repair system to do its work, but we must figure out exactly what frequency is needed and how to get it. Or, we can listen to the sound of the healthy organ.

There are three ways to get the frequencies from the fork into your body. Live sound is always best as it includes the root frequencies and all harmonics. Both are needed by your body.

One way is to listen to the live tone. The sound goes into our body in a digital format, to the central nervous system and spreads around. The second method is to sound the fork near the organ and allow the skin to soak up the vibrations. This also alters the aura. As we continue to sound the fork, the aura ingests the frequency, which slowly interacts with the physical body. Finally, the precise vibrations of the fork radiate throughout the entire fork, including the stem where we hold the fork. The bottom of the stem is like a radio antenna, radiating the fork's frequency. After striking, place the fork stem on the area of the body nearest the organ and the frequencies go into the body. Another place to put the vibrating stem is an acupuncture point or meridian that runs to the organ.

The following are the frequencies of the organ tuning forks:

- Blood – E 321.9 Hz
- Adrenals – B 492.8 Hz
- Kidneys – Eb 319.88 Hz
- Liver – Eb 317.83 Hz
- Bladder – F 352 Hz
- Intestines – C# 281 Hz
- Lungs – A 220 Hz
- Colon – F 176 Hz
- Gall Bladder – E 164.3 Hz
- Pancreas – C# 117.3 Hz
- Stomach – A 110 Hz
- Brain Eb – 315.8 Hz
- Fat Cells – C# 295.8 Hz
- Muscles – E 324 Hz
- Bone – Ab 418.3 Hz

Edgar Cayce predicted that the medicine of the future will be in the form of frequencies. The future is here. And thanks to Barbara Hero, a pioneer in the usage of the Lambda Harmonic Keyboard, for disseminating these frequencies.

Jill Mattson is a prolific Artist, Musician and Author. Jill is a widely recognized expert and composer in the field of Sound Healing! She has also produced thirteen musical CDs with intriguing, magical tracks using ancient & modern techniques, & special healing frequencies to achieve profound benefits. Jill has been featured at hundreds of teleseminars and on over a thousand radio shows and magazines! She offers an online Sound (& Color) Healing School. Jill presents new ways of approaching health and everyday issues using the benefits of sound and color! School of Sound Healing, free music, and an organ tuning fork set are all available online at www.jillswingsoflight.com.



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

Expanding Your Ability...

...continued from page 11

surrendering to the flow of higher energies, one can experience deep emotional healing, liberating ourselves from the chains of past traumas and conditioning. This is similar to the way that Reiki flows through a practitioner. When Reiki energy is pulled through the practitioner's body, they too receive healing alongside whomever they are supporting. Healing for your mind, body, and energy field is possible when you are working in harmony with yourself inside and outside of the channeling process.

When worked with properly and in balance, channeling can shift blocks and pains out of the body. This is because channeling requires a level of openness and trust that requires the body to release restrictions. When you are working within your ability to channel, your heart and mind align in such a way that eases life's challenges, as well as sets you up to better handle inevitable obstacles that come to help us grow. One of the most empowering aspects of learning to channel is the realization that we are not mere victims of circumstances but co-creators of our reality. Through channeling, we understand we have the power to shape our lives and manifest our desires in alignment with our higher purpose.

Am I A Channel? Seven Ways to Know

For your consideration, there are 7 ways to know that you are a channel and have connected consciously or unconsciously:

1. It seems that messages flow to you from the most mundane of sources. You may also see or experience codes/symbols that lend themselves to deeper, more expansive information.
2. You feel drawn to pass energy or information that you receive onto others through learned healing modalities or innate intuitive gifts.
3. There are times when you feel compelled to write or draw without a real sense of the outcome.
4. You can feel the energy, and occasionally information, move through your physical body whether you are trained in a healing modality or not.
5. When you speak or share with others, some will share that it seems like you always know just what to say or you have the right words for various scenarios.
6. Your energy gives off a sense of being in-between, as opposed to favoring any specific type of person, energy, or embodiment. It's as if you hold a neutral space around you that is adaptable to different environments and crowds.
7. You have the ability or feel a sense of engaging with the larger picture and that there is a connection to the minute details of life.

So, what does all of this mean for you?

If anything explained or listed above resonates with you — or perhaps you just have an inner knowing that you ARE a channel — it means part of your path and your wellness needs to include understanding how to apply channeling in your life. It may seem that most fall out of balance in their lives due to major life events or mishaps. However, there is a third occurrence where imbalances and blockages happen from a build-up of not being and honoring who we truly are at a soul level. Taking the time to explore your abilities to channel with mentors or people you trust, taking hands-on healing courses, or finding ways to express the information that comes through you are beautiful pathways to consider.

The journey of learning to channel and embracing spiritual growth is often more profound when undertaken in the company of like-minded individuals, so group events can be very supportive. You are here to add your light to the world personally and globally. Let us move together toward the light of who we came here to be in this life!

Dahlia Rose, founder of The Conduit School (www.theconduitschool.com/), serves her community as a healer, teacher, and conduit for high vibrational energies. She is a certified Energist, Sacred Pathfinder, Transcendental Counselor, Ordained Priestess in The Order of Melchizedek, Meditation Teacher, Embodiment Coach/Practitioner, Oracle, Crystal Intuitive and Specialist, Certified Angelic Healer, Curandero, Multiple Lifetimed Shaman, Multiple Certified Reiki Master/Teacher, Pranashakthi Master/Teacher, Medical Intuitive, Pattern disrupter, Empathic Mirror, Soul Realignment Practitioner, and Crisis Counselor. She does all of this because she believes we need to expand the way we look at healing, reconnect with our bodies, and feel empowered to be more than we ever thought possible. Email: pleiadiancouncils@gmail.com.

Dahlia is facilitating a 4-day Channeling Retreat at the Pathways Retreat Center this November. More information and registration online at www.pathwaysmagazineonline.com/expos-and-events/retreats/.



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Search Beyond, Seek Within: Spice Up Your Practice by Creating Your Own Adventure!

BY LINDSEY VAN WAGNER

These days, we are fortunate to have access to so many amazing healing modalities, especially in the DMV area. However, sometimes our routines can feel a little monotonous. While repetition and consistency are the keys to wellness and habit change, our practices start to feel stale if we do the same sequences in the same places with the same teachers over and over. So, being the spirit junkies that we are, we venture to Bali, Tulum, Hawaii, and many other getaway destinations for the latest and greatest wisdom and insight — whether it be movement, meditation, and a host of other alternative practices. These can be very profound and enlivening experiences.

But you don't have to wait until you have enough money or vacation time to quench that thirst. Some of us aren't ready to embark on a 20-hour-flight to an exotic location. Yet we are still looking to enhance our experiences and heighten our inner journeys. There are easier ways to get out of your comfort zone while staying in your comfort zone.

Take yourself on a getaway, perhaps a few days or a long weekend, to somewhere more accessible. Create your own retreat by checking things out on your own. Get curious. Our country is so diverse that you don't have to travel far to feel like you are in a completely different corner of the world. Do the activities you like in a different landscape.

Get Ready To Spice Things Up!

I recently participated in my own personal retreat to Miami, Florida. Through the help of Yoga buddies and online connections, I laid out a roadmap of studios and sights, and made the vacation mine. After a flight of only two and a half hours, I stayed in Miami for four days

and went to five different studios and took six classes! I also dined at a vegan restaurant and visited an animal sanctuary where the lovely owner let me interview her as we sipped homemade ginger shots. I was so encouraged by her sense of dedication and support for the community.

Stepping into fresh vibes, exchanging good energy, and meeting new friends and instructors, I felt invigorated and inspired. Each of these spots and studios had their own unique flavor and energy — even the tattoo shop was a special experience. (I've included a list of the names of the places I visited at the end of this article, in case you are interested in taking a trip there yourself!)

As you travel and explore new spaces, let Yoga instructors and other wellness leaders be your healers and tour guides. Learn new poses, get new ideas, move into flows you have never tried. Learn what you like and what you don't like. Take note of the commonalities of the practices as well as the differences — each region you visit will have their own vibe, and then each studio within those regions will have their own specialties, and then each teacher, each class will have their own unique gifts to offer.

Search beyond to seek within. Shift your perspective. Trust the synchronicities that occur... how you seem to cross paths with the right person at the right time, receive intuitive messages, stumble upon business opportunities. Yoga travel is about building peace, community, bliss, and love everywhere. Because wherever you go, there you are. Every day we aim to clear out and rearrange our inner space so we can better relate to our outer world and feel that sacred alignment with the Universe. Then we bring that knowledge back to our homebase and share this renewed energy with others.

Now, get to planning your next trip and reTREAT yourself!

Below are the names of my new favorite Miami spots and their Instagram handles.

Yoga Studios:

YoBk — www.yo-bk.com/miami; [@yo.bk](https://www.instagram.com/yo_bk)

Mimi Yoga — <https://mimiyoga.com/>; [@mimiyogastudio](https://www.instagram.com/mimiyogastudio)

Sol Yoga — <https://solyogaflorida.com/>; [@solyogaflorida](https://www.instagram.com/solyogaflorida)

Modo Yoga - Miami Beach — <https://modoyoga.com/miami-beach/>; [@modoyoga](https://www.instagram.com/modoyoga)

Hanu Yoga — <https://hanuyogamiami.com/>; [@hanuyogamiami](https://www.instagram.com/hanuyogamiami)

Vegan Attractions:

Aguacate Animal Sanctuary — <https://www.aguacatesanctuaryandrescue.com/>; [@aguacate_sanctuaryoflove](https://www.instagram.com/aguacate_sanctuaryoflove)

Love Life Café — <https://www.lovelifecafe.com/>; [@lovelife_cafe](https://www.instagram.com/lovelife_cafe)

Tattoo Shop:

Skye Ink Miami — <https://www.skyeink.com/>; [@skyeinkmiami](https://www.instagram.com/skyeinkmiami)

Lindsey Van Wagner is a writer, speaker, instructor, and lifestyle guide known for empowering clients to live with more intention, higher energy, and peace. She is passionate about behavior change and teaches graduate courses at American University. Her knowledge of health psychology and her own personal experience contribute to her passion to help others transform. Visit her on instagram [@spiritvigilante](https://www.instagram.com/spiritvigilante); or her website: www.thespiritvigilante.com.



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Youth-Led Activism...

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Action Youth Media: Supporting Community & Activism Through Filmmaking
BY ANNA MACLACHLAN, EXECUTIVE DIRECTOR

Action Youth Media, based in downtown Silver Spring, Maryland, envisions a world where young people shape communities of respect and diversity. Our contribution to this vision is to provide inclusive spaces where young people find their unique voices, gain self-confidence, and learn the media skills they need to be thriving community members. Action Youth Media promotes filmmaking to middle and high school students, as a life-giving creative activity and a path to rewarding and sustainable careers.

Students make web videos and short films primarily focused on nonfiction cultural, community, and social justice topics, to advance youth voices and their needs. Action Youth Media embraces narrative and documentary film, but always with a focus on a story or cause that matters to youth or affects their wellbeing.

Local parents need more free after-school programs, and students need a place to go where they are accepted and heard unconditionally. Action Youth Media's priority is for every class or event to be an inclusive, creative, and especially safe space where teens can thrive. More than 225 students join our programs each year, in our studio and in schools and Recreation Centers in the area.

"At a time when arts education is losing the battle for classroom time in schools, afterschool programs can offer much-needed support and provide students with an additional outlet to participate in the arts." — AfterSchool Alliance, September 2012, Issue Brief No. 56

"...what speaks to us in our current cultural moment is the power of institutional listening. When teens are immersed in non-school, arts-based programming, they feel they are listened to. The value of being heard is unquantifiable — and perhaps immeasurable." — Isabel Beavers, Institute of Contemporary Art/Boston, *Measured Impacts: Teen Arts Programs are Invaluable*, Apr 6, 2018

According to numerous interviews with our students and qualified reports, many students struggle to find wellbeing in the school environment due to the many different pressures they face, whether it's legacy trauma, generational health concerns, hunger, ongoing prejudice and racism, or untreated mental illness. In her July 2022 piece "Mental Health in Schools: The Kids Are Not All Right", Mary Ellen Flannery, a Senior Writer at *NEA Today*, reported, "Today, 17 million U.S. children struggle with hunger — about 6 million more than before the pandemic. On top of that, recent years have reinforced how much this nation still struggles with racism and anti-LGBTQ+ hatred.... In the past year, even as the nation has returned to 'normal' life, the latest research shows that many students are still living in a state of mental health crisis." They need inclusive, safe spaces where these challenges are acknowledged and respected. They need teachers and systems that have the empathy and resources to honor each student and the specific adversities they face.

The History of Action Youth Media

A group of students made the first films together in a church fellowship hall in 2005 with the help of local volunteers such as Richard Jaeggi. The organization was incorporated as a nonprofit in 2008 under Mr. Jaeggi's direction, with the name Gandhi Brigade, Inc. Hawa Toure, Juanita Bailey, and early teachers such as Ellen Daniels and Heather Bradley continued to expand the after-school and weekend activities through 2014 when Mr. Jaeggi died very suddenly of a brain tumor. Across Montgomery County, MD and beyond, neighbors, students, alumni, activists, teachers, parents, legislators, and filmmakers rallied together to save the organization that was eventually renamed Action Youth Media.

Students' documentary films such as *Juvenile Justice* and *We Are Now* have won numerous festival screenings and awards across the country. Films have featured community members, local artists, the students themselves, and pioneers and veterans such as Brigadier General Charles McGee and Congressman John Lewis. Evan Glass was the second executive director and Anna MacLachlan joined in 2018 as the third director when the organization was building its first permanent studio space.

Over the last four 4 years, the staff and Board have become actively anti-racist and continue to build equity and inclusion. Action Youth Media students, parents, and teachers are now building a community at 900 Wayne Ave in downtown Silver Spring thanks to a twenty-year

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Democracy At Home

WHAT ARE WE?

Young people organizing to provide more ways for young people to influence politics

WHAT HAVE WE BEEN DOING?

Building a coalition of youth and our allies committed to passing laws written by young people

WHAT'S NEXT?

Over the summer, we will continue to grow our coalition. This fall, we will begin to write legislation

HOW CAN I GET INVOLVED?

To join us or keep up with our work, visit demathome.com



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Youth-Led Activism...

...continued from page 73

occupancy that Montgomery County's Department of General Services donated in 2017.

Action Youth Media is part of a wonderful collection of fellow programs in the Silver Spring area, such as: Arts on the Block (www.artsontheblock.com/); Levine Music (www.levinemusic.org/); CREATE Arts Center (<https://createartscenter.org/>); DOCS In Progress (www.docsinprogress.org/); and Passion 4 Learning (www.passionforlearning.org/). We cooperate, share resources, and learn forward together.

How To Get Involved

Students and their families at Action Youth Media have made new friends, learned digital skills, built confidence, and published artworks and films at our studio, and new students continue to join the creative journey every week.

Students and parents can get involved by registering for free classes on EventBrite, applying to the Summer DOCS apprenticeship, or participating in the Fall Fest and Youth Film Festival events each year at AFI Silver. Students interested in film and activism can also participate through the Excel Beyond the Bell program in Montgomery County (<https://excelbeyondthebell.org/>), and soon at community centers in Takoma Park. Their films are screened and receive awards alongside professional, established filmmakers making short pieces on causes that are important to youth. All of our events and programs are free.

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**Democracy at Home: Letting
Youth Legislate Their Light**
BY GRANT PACERNICK,
OUTREACH & COMMUNICATIONS



Democracy at Home is a youth-led nonprofit advocacy organization working to amplify young voices in local Washington, D.C., politics by convening a coalition for them to draft, propose, and campaign to pass legislation.

The team is currently in the partnership building and outreach phase of the work, connecting with nonprofits across the District to build power behind youth-led legislation. Beginning this fall, the Youth Power Coalition will convene with the goal of drafting and advocating for the passage of legislation through the Council of the District of Columbia, driven by an intense advocacy campaign from the coalition and its partners.

Samuel Draisen, the 20 year-old founder and Political Director of Democracy at Home, envisions a collaborative environment where education advocates and social justice organizations can lend expertise and power to the young people at the center of the work. "Young people will be in the spotlight," says Draisen, sharing his vision for the Youth Power Coalition.

Draisen was deeply involved in youth activism and canvassing efforts in Boston before moving to Washington, D.C. to attend George

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Washington University. Prior to that, Draisen graduated high school in 2021 disappointed in what he had accomplished. He began to develop the idea to start an organization that could overcome the barriers to power that all young people face. Following a year of laying the groundwork, the organization successfully launched this spring 2023, growing to over a dozen team members working towards a shared mission of increased youth involvement in politics. You can follow along with their work or get involved [@dem.at.home](#) on Instagram.

Next Steps: Ramping Up Local Engagement

While Democracy at Home is made up primarily of GW students right now, the legislation will always be written by students native to the District of Columbia. Since much of the team is relatively new to Washington, they are taking steps to learn more about the District. The team will become better informed through their canvassing and outreach efforts, as well as through the Youth Power Coalition build-out process. Dem@Home is also seeking input from D.C. high school students specifically and invites them to join the Youth Power Coalition when it convenes.

Democracy at Home drafted a comprehensive policy platform on education and created guiding values for issues that matter most to the young people of the District, touching on topics from environmental justice to fair healthcare. These policies are held up by values that nobody should go without three meals a day, and climate change should be a focus of public school curriculums.

Nevertheless, the platform is a “living document” best informed by community members. Over the course of the next several months, the team will be ramping up canvassing efforts, connecting with people anywhere from online to Metro stops to right at their doors, to ensure this platform includes everyone’s voices.

Democracy at Home is employing proven tactics to help young people create meaningful change, combining traditional political campaign strategies with grassroots activism. This combination seeks to harness the power of collectivism in order to advocate for policies that benefit young people.

Drawing on his time organizing as a student in Boston, Draisen stressed the importance of “relational organizing,” especially in local political activism given the “lived experience” so many people in the city share. Draisen hopes to bring this energy into Democracy at Home when they start meeting in-person this fall.

In a region where so much of the focus is placed on our federal government, these young people believe that opportunities for impacting local policies are too often overlooked. What Democracy at Home seeks to accomplish is a bold mission, and it’s that trailblazing spirit that guides the organization towards its goal of producing and passing legislation. Merely creating the legislation will certainly be rewarding for youth. However, Draisen is even more excited for what comes after the legislation is drafted: An all-out blitz of community members taking part in direct action including rallies, dropping banners across the city, and lobbying the city council.

The team is dedicated to the work and is full of ideas, growing from a small team to establishing several partnerships with nonprofits in a matter of months. They hope to continue that growth, bringing more young people and allies into the fold.

Call to Action: Scan to Join

Democracy at Home is currently expanding their actions, press, and policy teams. Roles are varied, but may include planning actions, giving interviews, and writing legislation. If you are interested in helping young people across the city gain political power, scan the

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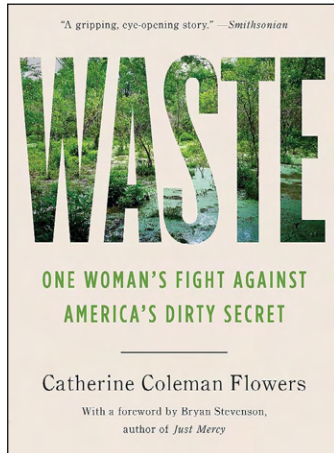
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REVIEWS BY ALYCE ORTUZAR



Waste: One Woman's Fight Against America's Dirty Secret

By Catherine Coleman Flowers
2020; The New Press
256 pp (HB); \$15.00
ISBN-10: 1620976080

This book is an exceptionally well written and powerful narrative that tells a remarkable story. The quality of life inequities among poor people throughout the United States that this book reveals, especially the absence of basic sanitation among the rural poor, should be viewed as a major national embarrassment.

This particular drama takes place in Alabama where “a failure to maintain a permitted septic tank is a criminal misdemeanor” that can put a resident living in poverty in jail. One noted example was a 90-year old man about to be evicted from a house that he owns, because he could not afford a septic tank. “It will cost the county more to take care of him after his eviction than it would cost to put in a septic tank for him, so he could stay in his house.” Individuals and families live without sewers or septic tanks, often in trailers “with waste running off into an open ditch.” The trailers “start losing value the day they are

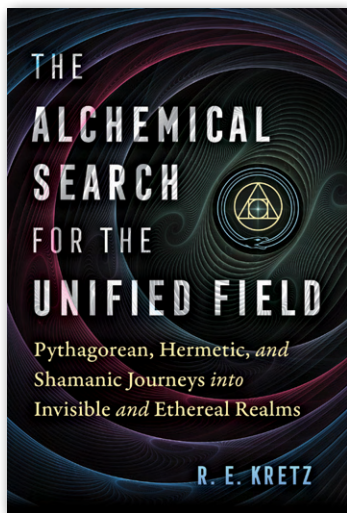
purchased.” Yet these residents can only get loans for trailers but not for houses on land they already own. “These disgraceful conditions often become intergenerational.” The kids attend “ramshackle schools with coal-fired furnaces that cause respiratory illnesses”, which then keep the kids out of school and falling behind.

The author describes these deficits as “a failure of government to address the needs of the rural poor, another chapter in a long history of the marginalization of poor minorities and rural residents.” Other inequities and forms of harassment are reflected in the case involving Reverend James Orange, who was thrown in jail in 1965 “for contributing to the delinquency of minors” who were helping him to register voters.

Similar conditions resulting from the absence of sanitation and related services can be seen in Allensworth, California, where most of the 471 residents live in dilapidated trailers amidst the typical deep green patches that “show where raw sewage is pooling, this time in wealthy California.” However, except for the reporting by journalists at the *Fresno Bee* newspaper, “few outside of these poor communities that exist without clean water would know about their struggles.” Other regions in the United States where similar waste water issues persist include Alaska, Hawaii, Illinois, Kentucky, and Puerto Rico.

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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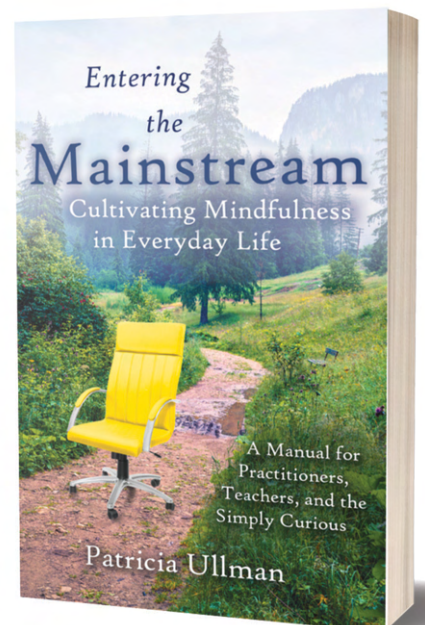
Entering the Mainstream:

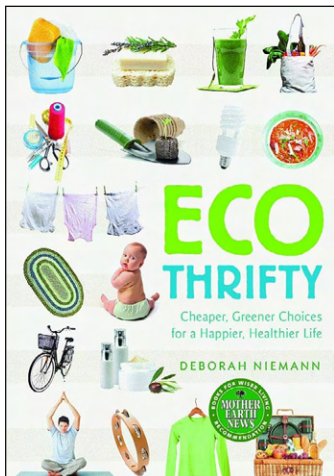
Cultivating Mindfulness in Everyday Life

(A Manual for Practitioners, Teachers, and the Simply Curious)

Lauded by critics as “brave,” “authoritative,” and “highly readable,” *Entering the Mainstream* features stories and guided meditations that are as stimulating to the seasoned practitioner as they are accessible to the novice. It is equally valuable for mindfulness teachers, offering guidance and a range of tools to help lead individuals and groups in urban settings.

This new book and Patricia's first book, *Eight Steps to an Authentic Life: Ancient Wisdom for Modern Times*, are available on amazon.com.





Ecothrifty: Cheaper, Greener Choices for a Happier, Healthier Life

By Deborah Niemann
 2012; New Society Publishers
 208 pp (PB); \$23.00
 ISBN-10: 9780865717152

“SAVE A FORTUNE AND SAVE THE EARTH” by “using it up, wearing it out, making do, or doing without.” It turns out that “grandma knew best after all.” Yet somewhere along the way, we forget what grandma taught us, and “we succumbed to the belief that we can get everything for next to nothing, have it shipped halfway around the world, and then more often than not, throw it away. This consumer binge has taken an enormous toll on our health, on our pocketbook, and our planet.”

Many people believe that the so-called greener choices are more expensive, but that does not have to be our only option. For example, an organic frozen dinner can cost more than one containing “conventionally grown and often artificial ingredients.” The ecothrifty meal, however, saves money and protects the environment because it is cooked at home from scratch with all organic ingredients. In the case of this author, she grows many vegetables in her own garden. Her book provides guidance in locating community gardens and farmers’ markets that have been increasing across the country. She also points out that a frozen organic dinner too often comprises “two to three layers of packaging, some of which are neither recyclable nor compostable or biodegradable.”

The enormous amount of useful information in this book manages to encompass every daily aspect of our lives. Her discussions on personal care products, for example, separately address creams and moisturizers, soaps, scrubs, toners, shampoos, dental hygiene, deodorants and antiperspirants, and shaving (for men, a double-edged reusable safety razor performs better than disposable counterparts). “The most important thing we need to do,” according to the author, “is to stop making excuses for ourselves to overeat and overspend on things we don’t need. If you are ready to save money, get healthier, and stop sending so much trash to a landfill,” this author has filled her book with ways to achieve all those goals. *Mother Earth News* includes this book in its Books for Wiser Living recommendations.



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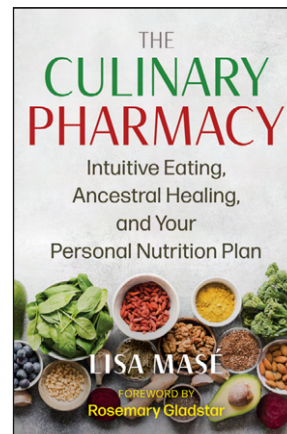


Bessie Stroman, founder of Crown to Earth
Licensed Esthetician

TO YOUR HEALTH

Organs, Seasons, and Systems: The Need for Food Rhythms

BY LISA MASÉ



Dietary therapy should be the first step when one treats a disease. Only when this is unsuccessful should one try medicines.

~ Sun Simiao, Tang Dynasty

Nourishment can take many forms. When we speak, breath and vibration combine to create sound, which feeds the spirit. Nourishment is not simply about getting the fuel needed to function. It is about satisfaction, enjoyment, grounding, as well as maintaining the health of the body's various organs and organ systems. The study of anatomy would like to chop us up into parts. However, we are intricate, somatic beings. What affects one system impacts all the others as well. Despite the current structure of our modern medical system, the body is not arranged according to medical specialties. Instead, both wellness and illness occur via intricate processes that involve all of the following systems working together, either in harmony or in dissonance:

- Energy (energy production, circadian rhythm, mitochondria)
- Assimilation (metabolism, nutrient absorption, gut microbiome, respiration)
- Biotransformation and elimination (detoxification, liver, large intestine)
- Defense and repair (immune, inflammation, infections, microbiota)
- Transport (cardiovascular, lymphatic system)
- Communication (endocrine/glandular system, neurotransmitters, brain)
- Structural integrity (from subcellular membranes to musculoskeletal structure)

The Institute for Functional Medicine refers to this concept as the functional medicine matrix, an inclusive framework of assessment and treatment that addresses root causes of disease, instead of symptoms.

There are many triggers for disease and many tools for restoring health. Food, however, is the foundation of wellness because we eat it every day. The food that is most digestible and health-promoting for each of us is part of our heritage and our genetic makeup. That said, the foods that are necessary for establishing and maintaining health are somewhat different for each of us depending both on our inherent makeup and on our life experiences. We can uncover our ideal foods through learning about ourselves on a deeper level.

What does a human being need to thrive? Because we are part of nature, our needs match those of the environment: air, water, protection from harsh elements, food, energy, and interrelationship. Carbon, water, nitrogen, oxygen — the same materials that comprise the Earth also make up our own blood and bones, our breath, and our brains. Our hair, skin, tears, and eventually entire bodies are all returned to the Earth, where they break down into these same materials. Since our bodies are literally made from Earth, we can use them directly to gain an understanding of the way Earth works.

Bill Mollison coined the term *permaculture* to mean a blending of permanent agriculture and permanent culture. This system involves



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the conscious design and maintenance of agriculturally productive ecosystems that have the diversity, stability, and resilience of natural ecosystems. It calls for harmonious integration of landscape and people to create a regenerative system, one that nourishes itself to maintain homeostasis. A study of permaculture tells us that diversity alone is not enough. For any system to achieve resilience and health, meaningful connections must exist between the diverse elements of the system. This stability principle, as it's known, is as applicable to humans as it is to a garden.

As a whole system, the body mirrors the principles of permaculture. A guild in permaculture is a combination of plants, animals, insects, and fungi that functions through collaboration. Similarly, the body is a blend of water, bones, organs, and bacteria working together. Each element contributes something valuable to the composition of the guild or body. For example, fungi recycle plants after they die and transform them into rich soil. If not for mushrooms, the Earth would be buried in debris and life would soon disappear. By the same token, the bacteria in our bodies digest food to produce waste. This waste nourishes the same soil that returns our food to us.

Anatomy and its concomitant medical disciplines would like to divide the body into its parts and examine them separately. The word anatomy comes from the Greek *tomia*, "to cut," and *ana*, "up." Anatomy is based on dissection, whereas somatics, the study of the body as a complex relationship between cells, comes from the Greek *soma*, "body." When we look at the body somatically instead of anatomically, we can see that we are complex beings, part of nature, and as much interconnected in ourselves as we are to our environment.

By aligning our bodies with the Earth's body, we can maintain the connections necessary to thrive and let our healing also become the Earth's healing. Since these systems are always changing, it is important to observe both seasonal changes and internal physical shifts so that we can respond to them. We can turn to centuries-old systems of using food as medicine as our guides to help us live with the flexibility that allows for resiliency.

Chinese medicine, Ayurveda, and the Mediterranean way, among other traditions, all ascribe to the principle of "as within, so without." They recognize the connections between body, mind, and spirit and the time, seasons, age, life circumstances, and interrelationships between these factors.

Lisa Masé is a board certified holistic nutritionist (BCHN) and a registered health and nutrition coach (RHNC) as well as an herbalist, intuitive eating coach, food sovereignty activist, and poet. The founder of Harmonized Living, a wellness coaching practice, Lisa lives on unceded Abenaki land in Montpelier, Vermont. www.harmonized-living.com/

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Menstrual Disorders...

...continued from page 16

approaches, gut healing protocols, and targeted supplements.

4. Thyroid Disorders: Thyroid imbalances, such as hypothyroidism or hyperthyroidism, can impact menstrual bleeding. FM involves assessing and treating thyroid function and optimizing thyroid hormone levels.

5. Nutritional Deficiencies: Nutrient deficiencies, particularly iron deficiency, can contribute to heavy menstrual bleeding. Once nutrient deficiencies are identified, corrections can be made through dietary changes and targeted supplementation.

6. Blood Clotting Disorders: Certain blood clotting disorders, such as von Willebrand disease or platelet function disorders, can lead to excessive bleeding. FM involves assessing clotting factors and working with a healthcare team to manage these disorders.

7. Medication Side Effects: Some medications, like anticoagulants or certain hormone therapies, can cause heavy menstrual bleeding. Treatment may involve exploring alternative medication options or addressing any underlying imbalances aggravated by the medication.

8. Lifestyle Factors: Stress, poor sleep, lack of exercise, and other lifestyle choices can contribute to hormonal imbalances and worsen excessive menstrual bleeding. Stress management techniques, quality sleep, regular physical activity, and other lifestyle modifications are emphasized to support overall hormonal health.

Polycystic Ovary Syndrome (PCOS)

According to the [World Health Organization](http://www.who.int), PCOS affects an estimated 8–13% of women of reproductive age, and up to 70% of cases are undiagnosed. The prevalence is higher among some ethnicities and these groups often experience more complications, in particular related to metabolic problems. Clinically, PCOS is viewed as a complex condition that involves multiple underlying imbalances within the body. FM aims to identify and address the root causes to achieve long-term resolution. Some of the various contributing factors to PCOS may include:

- **Hormonal imbalances:** PCOS is characterized by elevated levels of androgens, a group of male hormones. Factors that disrupt hormone balance include impaired liver detoxification, excess cortisol (stress hormone), or imbalances in other reproductive hormones like estrogen and progesterone.
- **Insulin resistance:** Insulin resistance occurs when the body's cells become less responsive to the hormone insulin, leading to elevated blood sugar levels. This can disrupt normal hormonal signaling, increase androgen production, and interfere with ovulation.
- **Inflammation:** Chronic inflammation can contribute to the development and progression of PCOS. Identifying and addressing sources of inflammation, such as a poor diet or gut health imbalances, is important.
- **Gut health:** There is emerging evidence suggesting a potential link between gut health and PCOS. Dysbiosis (an imbalance in the gut bacteria) and digestive issues may play a role in exacerbating PCOS symptoms.
- **Environmental factors:** Exposure to environmental toxins, such as endocrine-disrupting chemicals found in plastics or pesticides, can interfere with hormonal balance and contribute to PCOS.

A qualified functional medicine practitioner can help develop an individualized treatment plan tailored to tackle the list of possible contributing factors for PCOS. Alternative treatments in functional medicine for PCOS and similar disorders focus on addressing the root causes and rebalancing the body's systems. Here are some alternative approaches commonly used:

1. Diet and Nutrition: A nutrient-dense, low-glycemic diet is often recommended to stabilize blood sugar levels and reduce insulin resistance. This may involve reducing processed foods, refined sugars, and carbohydrates while increasing whole foods, fiber, healthy fats, and lean proteins. Some practitioners may suggest specific dietary protocols like the Mediterranean diet or the low-carb, high-fat (keto) diet.

2. Supplements and Herbal Remedies: Specific supplements and herbs may be recommended to support hormonal balance, reduce inflammation, improve insulin sensitivity, and regulate menstrual cycles. These may include omega-3 fatty acids, inositol, N-acetylcysteine (NAC), magnesium, berberine, and herbal remedies like saw palmetto, chasteberry (vitex), or white peony.

3. Stress Management: Chronic stress can disrupt hormone balance and exacerbate PCOS symptoms. Stress reduction techniques like mindfulness meditation, Yoga, deep breathing exercises, and regular exercise are often suggested to support overall well-being and hormonal health.

4. Exercise: Regular physical activity can help improve insulin sensitivity, manage weight, reduce inflammation, and support hormonal balance. A combination of aerobic exercise, strength training, and mind-body activities like Yoga or Pilates may be recommended.

5. Detoxification Support: Supporting the body's natural detoxification systems, such as the liver, can be beneficial for women with PCOS. This may involve incorporating foods and nutrients that promote liver function, such as cruciferous vegetables, as well as targeted supplements and practices like saunas or dry brushing.

6. Mind-Body Therapies: Techniques like acupuncture, acupressure, and Traditional Chinese Medicine are often used to rebalance energy flow, regulate menstrual cycles, and support hormonal health. These therapies aim to address imbalances in the body's meridian system.

7. Sleep Optimization: Prioritizing quality sleep is crucial for hormonal balance. Practicing good sleep hygiene, creating a soothing sleep routine, and addressing any underlying sleep disorders may be recommended.

Acupuncture Treatment for Menstrual Disorders

Acupuncture is a Traditional Chinese Medicine technique that involves the insertion of thin needles into specific points on the body. It has been used for centuries to promote health and balance within the body. Acupuncture can play a role in the treatment of various menstrual disorders by helping to regulate hormonal imbalances, ease symptoms, and restore overall well-being. Here are some ways acupuncture can be beneficial:

- **Regulating Hormones:** Acupuncture has been shown to have a regulatory effect on hormones, including those involved in the menstrual cycle. It can help balance estrogen and progesterone levels, which may be beneficial for conditions like irregular periods, PCOS, or hormonal imbalances.
- **Relieving Pain:** Acupuncture is often used to alleviate menstrual pain and discomfort, including cramps (dysmenorrhea) by promoting blood flow and reducing inflammation.
- **Balancing Energy Flow:** According to Chinese medicine philosophy, disruptions in the flow of Qi (energy) within the body can lead to menstrual disorders. Acupuncture targets

specific acupuncture points to restore the flow of Qi and promote balance within the body.

- **Reducing Stress:** Stress can contribute to menstrual disorders and exacerbate symptoms. Acupuncture has a calming effect on the nervous system and can help reduce stress levels, thereby improving emotional well-being, regulating the body's stress response, and positively impact menstrual health.
- **Improving Blood Flow:** Acupuncture can stimulate blood circulation, which is essential for a healthy menstrual cycle. Enhancing blood flow to the reproductive organs can improve the delivery of oxygen and nutrients, while also supporting the removal of waste and toxins.
- **Supporting Overall Well-being:** Acupuncture is a holistic approach that considers the whole person, not just isolated symptoms. By addressing the underlying imbalances within the body, acupuncture aims to promote overall well-being, which can have a positive impact on menstrual health.

It's important to note that acupuncture is typically used as a complementary therapy alongside conventional treatments for menstrual disorders. It can be most effective when integrated into a comprehensive treatment plan that may include lifestyle modifications, dietary changes, exercise, and other interventions. Seeking guidance from a licensed and experienced acupuncturist who specializes in menstrual disorders is recommended for personalized treatment.

Since half the world's population is female, their reproductive health and overall wellbeing is imperative to understand and safeguard. Functional medicine approaches to assessment, treatment and monitoring of all aspects related to the reproductive cycle, and the disorders that can occur during its lifespan, are important to consider as effective healthcare, and should be made available for women in need anywhere, anytime.

Helena Amos, M.Ac., L.Ac., is a licensed acupuncturist, European physician and Functional Medicine practitioner with 30+ years of clinical experience combining 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 free 20-minute in-office and telehealth consultations. Visit rockvilleacupuncturemd.com for appointments and to see her list of services offered and conditions treated.

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Youth-Led Activism...

...continued from page 75

QR Code and fill out the onboarding form or visit the link in their Instagram bio @dem.at.home. You can also visit the website (www.demathome.com/) to learn more about the organization's beliefs and legislative demands, read their blog, and join the fight. Together, we can create meaningful change across the city!

Other Youth Activist Groups in the DMV

DC Teens Action

— www.dcteensaction.org



DC Teens Action aims to unify students from all over the DC area for social action and civic engagement projects across a broad range of causes and experiences. Members hail from 90 middle schools, high schools and universities across the District of Columbia and its suburbs in Maryland and Virginia. Their current projects include:

- A **Digital Access Fund**, which provides students in need with items including earbuds, laptop cases, chargers, and printer ink/paper, to help them access their online classes and the organization's virtual programming.
- **Advocacy Trainings and Art Builds**, which includes sessions on how to phone-bank, how to write letters to your representatives, and how to plan/lead your own protest about student-centered issues; and past art-build events have been for March For Our Lives, The Palm Collective, and Queer Youth Assemble.
- **Local Actions and Mutual Aid Updates**, using social media platforms to connect the DMV with protests, mutual aid, petitions, and civic engagement resources.



Fridays for Future DC —
<https://fridaysforfutureusa.org/>
<https://fridaysforfuture.org/>

The local chapter of the Fridays for Future (FFF) network, a youth-led and -organized movement that organizes inter-generational strikes to demand urgent climate action to fight for our futures. FFF began in August 2018, after then 15-year-old Greta Thunberg and other young activists sat in front of the Swedish parliament every school day for three weeks, protesting against the lack of action on the climate crisis. She posted what she was doing on Instagram and Twitter and it soon went viral. Today, there are local groups in over 7500 cities globally, with representation on all continents.

On September 17th, 2023, FFF-DC will be among the local groups from along the East Coast who will be striking in New York City together with a mass mobilization all joining the “GLOBAL CLIMATE STRIKE TO END FOSSIL FUELS” to End the Era of fossil fuels. Other local groups across the US will also be holding actions on September 15th.

To learn more, and to join the different mobilizations, demonstrations, rallies, marches, and more happening across the globe, reach out to your local youth climate movement and stand up for climate justice at <https://fridaysforfutureusa.org/local-groups/>.

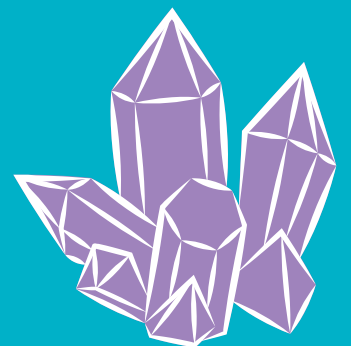


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Young People For Progress (YPP)
 — www.yppforprogress.org

YPP is a community organizing and social justice organization of young people, aged under 35, that strives to create power among youth and young adults through engaging in issue campaigns and voter education campaigns in Montgomery County, Maryland. Their core values are Social & Economic Justice, Diversity and Solidarity.

The group advocates for: real change to policing and public safety on the streets and in schools; for harm reduction, including diversion, decriminalization, and responding to nonviolent and non-emergency issues with non-police personnel; and investing in measures that strengthen communities and prevent crime, such as homelessness services and affordable housing, workforce development and youth programs, free, accessible, and safe public spaces. They also make Civic Action resources available to help increase local voter turnout.

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Photo by Ronan Furuta on Unsplash

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Women and Wilderness: The Vision Quest as a Rite of Passage

BY DENISE HORTON, ED.M, PHD

We stand at a crossroads — a parent dies; a treasured relationship ends; a once-satisfying career grinds into meaninglessness, lacks joy; a transition into mid-life; or parenthood — faced by challenges to all our expectations about how life is to be lived and why. At these times, we can be tossed into a sea of confusion, confrontation, anxiety, and self-doubt. What shall I do? Where shall I go? Who will be with me, and what will I have to leave behind? And what about the costs?

Shana's face has the fragile lines of a Botticelli angel... a concave chest, spine bowed like a question mark, all her energy drawn downward, a low-slung pelvis, knobby colt knees, dancing feet, and the thin expressive hands of an artist. She has trained for months, a time of fasting, prayer, and inward journeying. She has laughed, cried, learned how to rig a tarp, track a spirit, survive alone in the wilderness. She is hoping that she is ready.

Shana faced the Devil alone and early in her young life. I am hoping that this Vision Quest will bring her face-to-face with her transformed Shadow, so she may meet in the darkness of her denied Self a potential for regeneration and renewal. She selects an animal medicine card and finds Antelope: *"By looking at Antelope you become aware of your mortality and the short time span you have on the planet. With this in mind, you must act accordingly. Antelope medicine is the knowing of life's circle and the knowing of Death. With this knowledge Antelope can truly live."*

As Vision Questers, we are allowed to take with us only what we can carry on our own backs, a metaphor for simplifying our cluttered lives in order to clarify the nagging, troubling questions that can no longer be avoided. They will be starkly etched against a backdrop of hunger, loneliness, and geographic isolation, so that we might turn in our frustration and despair and hear...an invitation.

Enter non-ordinary reality... Instruction in shapeshifting, reading the signs and signals of the natural world. Fasting until the body drops away and Spirit dances free. Stalking the wild dream. Rocks, animals, the language of trees — as ungainly humans, we give ourselves over to the natural world and learn to listen closely to its messages. We learn to pay attention to the Edge of our waking consciousness. We build an altar, dance a graceful dance with our totem animal, our spirit guide... then wait. We hope something will happen.



Photo by Holly Mandarich on Unsplash

We hope nothing will happen. We witness our own death, and await rebirth. We miss our mothers. The future yawns before us, a two-faced Janus, at once terrifying and hopeful. We face the challenge of finding the path with heart, recognizing it clearly, and having the courage to claim it as our own. Our task, simply put, is to reinvent ourselves, to give birth to an expanded version of the Self that can bear us gracefully through Life's next passage.

But how to do it, and with whom, and...what if? These and more age-old questions of the Vision Quest challenge us: *What are my gifts? Who are my people? If not now, when?* We hear the voice of the ancient one, the Soul-self, *Rio Abajo Rio*, the "river beneath the river", reminding us that we don't have forever. It is almost always inconvenient: "Not now...wait...I'm not ready." But, no matter. We have heard, and we must go.

I turn, give Shana a final hug, and softly let her go. My job nearly done, I watch silently as she hoists her pack, and trudges onward into the forest.

Denise Horton, Ed.M., Ph.D. is a Harvard-trained Jungian psychotherapist, and a Vision Quest guide. She is also Director, PIL-GRIMAGE: A Center for Spiritual Healing.

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BY KRISTEN HAYES-CAMPBELL

About “Mass Exodus II (at Midnight)”:

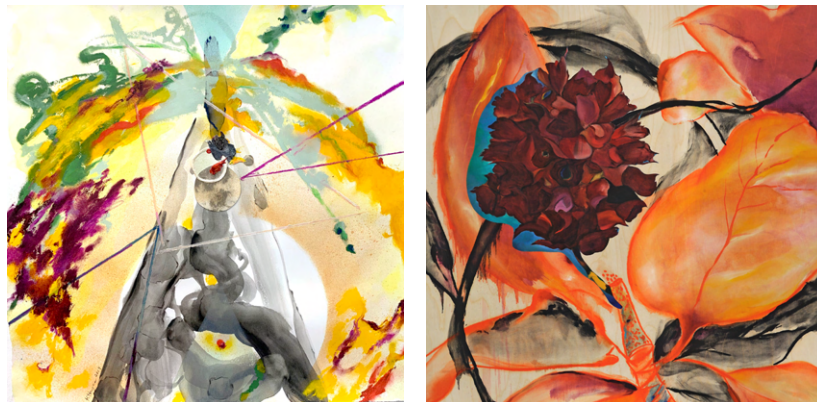
Through improvisational strokes of color, line and organic references that are symbolic of universal connections and the sacred energy, or Spirit, that resides in all living things, my work serves as visual space that encourages others to elevate, heightens positive emotions, and propels spiritual senses to achieve holistic reflection.

“Mass Exodus II (at Midnight)”, created in 2006, was highly inspired by Octavia Butler’s prophetic 1993 masterpiece, Parable of the Sower and is rooted in Black spirituality. Referencing the main character’s journey with other followers to migrate north due to extreme levels of poverty, environmental and racial injustices, and violence against all who are vulnerable, I aim to represent a through-line between escaping chaos and moving towards an elevated state of being - mentally, physically, emotionally, and spiritually in this work. With organic, circular shapes symbolizing diverse members of society, the group has collectively decided to move in the direction of the “Light”, onwards and upwards towards a higher consciousness that is surrounded by the protection of a higher source and our ever-present Ancestors.

A native Washingtonian, Kristen Hayes-Campbell is an Artist and visual arts educator residing in Accokeek, MD. An alumna of Hampton University and Pratt Institute, she has exhibited her work within New York City, Philadelphia, Chicago, Virginia, Washington, DC, as well as Panama, and was honored as a *Champion of Change* under former President Obama’s presidency in 2012. During her time in New York City, she spent five years as a Graphic Designer for Basic Books and Kensington Publishers, creating book covers for such laureates as June Jordan and Ishmael Reed. In 2016, she was invited to exhibit in a two-person show at P Street Gallery, where her work was featured on the Gallery Guide’s May cover and reviewed by *The Washington Post*. Additionally, in 2016 Kristen received the honor of sharing her artistic journey during an artist talk with the students of her alma mater in Hampton University’s Fine Arts Department.

She is presently a sixteen-year visual art educator, working with the Sidwell Friends Lower School community in Bethesda, MD, where she was recently awarded the *Goldberg Family Award* for excellence in teaching. In conjunction with maintaining her artistic practice in her home studio, she continues to conduct mindful painting sessions for others that provide space for self-reflection and the flow of one’s personal healing through the practice of art making.

IG: krishayesart WEB: www.khayesart.com



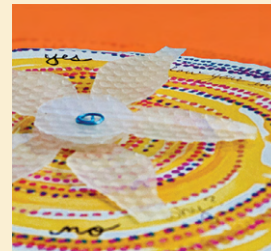
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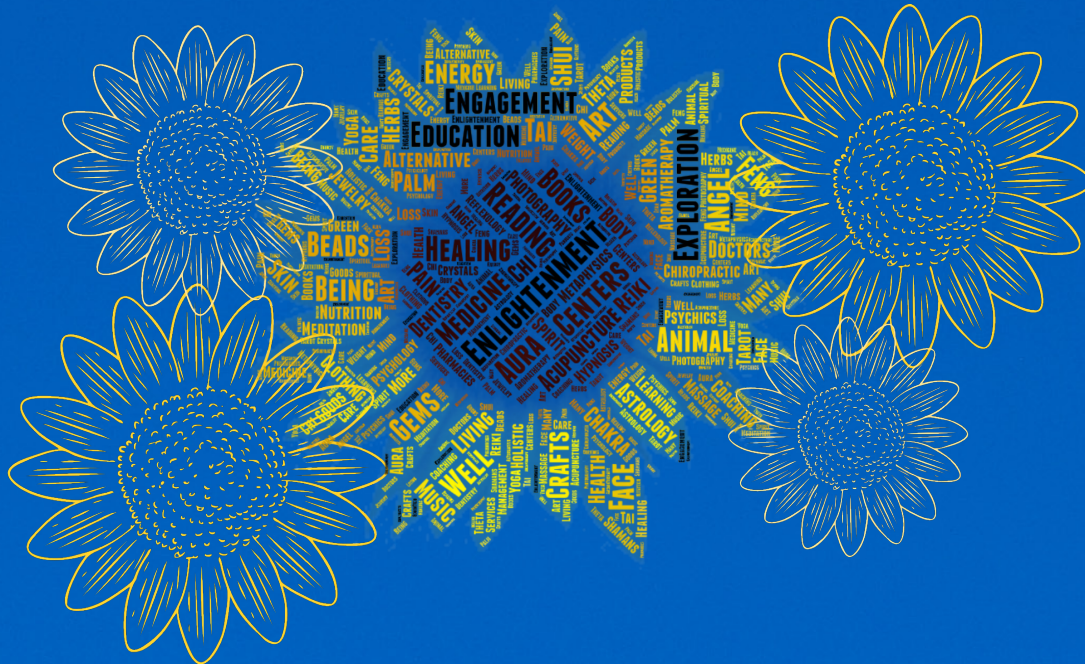
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