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KAREN McCALL

*Developing A Healthy
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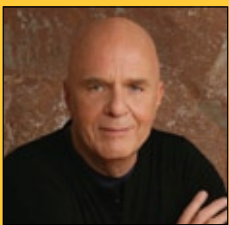
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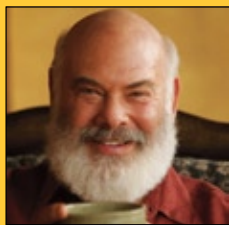
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Overcoming the Roadblocks to Wealth

An Interview with *Randy Gage*

By Randy Peyser

Randy Gage is the author of eight books on success that have been translated into more than 25 languages and have sold millions of copies worldwide. A former high school dropout, Randy rose from a minimum wage job and time spent in jail as a teen to become a self-made multi-millionaire who has inspired millions of people around the world.

In his new book, *Seven Spiritual Laws of Prosperity*, Randy helps readers overcome personal roadblocks to wealth and prosperity with warmth, wit and wisdom as he draws from his life experiences and rags-to-riches story. www.RandyGage.com

Randy Peyser (RP): You went from poverty to creating great wealth. What's your secret?

Randy Gage (RG): Prosperity is managed by living in accordance with universal law. In order to manifest true prosperity in your life, I believe there are 7 laws by which we have to live.

RP: Can you talk about these laws?

RG: The first law is the Law of Imaging. Prosperity is created in your mind first. Napoleon Hill taught this in *Think and Grow Rich*. You image things in your conscious mind through programming your subconscious mind. We know the subconscious mind doesn't analyze, rationalize or argue. It just does what it's programmed to do. So, the prosperity manifestation formula would be to plant the seeds, water them with emotion and repetition, and then harvest them.

Using the Law of Imaging, you can create visual images, such as a manifestation or prosperity map, or a dream board. Or put pictures on your refrigerator of what you want. By putting an

image in front of you, even if you don't look at it directly and it's just in your peripheral vision, it's slowly imprinted in your subconscious mind. If you see it every time you go into your clos-

going to make a million dollars. Is it possible to actually manifest a million dollars if you're coming from a place of struggle?

RG: Yes, it is possible to go from a place of struggle to mani-

I have more things I want to do.

Let that frustration pull you toward your dream or your goal that you want to accomplish. If your subconscious and conscious mind can believe it's possible, then it pulls you to it.

But if you're in debt and unemployed, and you say, "I want to be a millionaire by next week," you don't believe that. You can put it all over your dream board and affirm it, but your conscious mind is going to rebel like crazy against that and you probably won't program your subconscious mind with that.

It might be better to say, "I'm going to be out of debt by this date," or "I'm going to have a positive cash flow by this date," or "I'm going to be worth a million dollars by this date."

When you do it in believable stages, then you really can get that emotional anchor in your subconscious mind and it pulls you toward it. Your goal should be something exciting enough that you want it to pull you toward it. But it's got to be something that you really can do. Make sure what you're striving for is bold and daring enough to excite you, but is still practical enough that you can do it by stretching yourself.

RP: What do you mean by stretching yourself?

RG: Your goal or dream has to be bigger than you are right now. If you want a goal that is really going to excite you and pull you towards it, you need a goal that you are going to have to become more for in order to achieve it.

RP: I think one of the reasons people don't achieve prosperity is that, at some level, they have a sense of unworthiness that prevents them from being able to receive more.

RG: Ninety percent of the



Photo by Rennie Saliba

et or every time you wake up or go to bed at night, it's going to work on you.

You can incorporate other modalities as well. For example, you can make an audio for yourself. When you are in an alpha state, your subconscious mind is most conducive to programming. As you sleep you will go into an alpha state several times. That's why I listen to subliminal CDs that play all night while I sleep.

RP: Not all, but many people on a Mind, Body, Spirit path struggle. So they create a dream board and affirm that they are

fest a million dollars. I know because I did it. But that does not work for many people. Here's the key: success comes from frustration. Eric Butterworth called it "divine discontent" where you are not happy with your state of life and you have this guidance that's pulling you to want to do, have, or become more.

Successful people do a good job of managing their frustration. I'm really successful. I live my dream lifestyle, live in my dream home. I'm a multi-millionaire. I've got my dream cars. And you know what? I'm frustrated that I am not even more successful.

(Continued on page 6)



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Randy...

(Continued from page 5)

work I do with people regarding prosperity goes back to unworthiness issues. At a core level, many people don't believe they're worthy.

RP: How can we deal with this?

RG: It's about taking charge of your own programming. You get programmed through the movies you watch and the books you read. They are filled with memes, which is a term coined by author Richard Hawkins. A meme is a mind virus. Just like a computer gets a virus on a hard drive, we can get a virus in our subconscious mind. Some of the most prevalent mind viruses right now are things like, "money is the root of all evil," and "it's not spiritual to have money."

We have to identify these memes and eviscerate them. Then we need to replace them with a positive program. For instance, you could have the mind virus that "to be rich, I have to be a bad parent." Is that true? No, there are lots of wonderful, wealthy parents. You've got to change that core belief or you will continue to self-sabotage your prosperity.

RP: Tell us about more of the Laws.

RG: The Law of Circulation is based on the idea that hoarding leads to a recession. When you circulate prosperity, it's like a free-flowing river. For example, suppose you're down to your last \$200 and you want to hoard it. That won't make you prosperous. I recommend that you break it up and circulate it. Pay some money to the electric company, and some to the landlord, and tithe something. Put yourself in the circulating flow of prosperity.

This leads directly to the Law of Reciprocity, which states that what you give comes back to you multiplied. You can't "out-give" the universe. The more you give, the more you get back. It's a self-perpetuating increase situation.

RP: Can you give an example of how you've applied these laws yourself?

RG: Yes, I'll share an example about the Law of Tithing. I was down to my last ten dollars. I was at a church service and put a dollar in the basket. I watched that dollar go down the aisle. There was a part of me that thought I was crazy to part with that dollar. Another part of me said, "I have to do this!"

The following day, I received a refund check for \$75 from the power company, along with a letter that thanked me for being a long-term customer who always paid my bills on time. The truth was: I had never paid my bill on time, and my power had been turned off three times in the past!

There is no reason I should have gotten that refund, but I still say it had to do with my putting that dollar in the basket — even though the check had been sent to me before I made that tithe.

I took \$7.50 from that \$75 refund and tithed it. The next week, a guy who owed me \$200 and who had left the country three years before, hunted me down and paid me the money he owed me. I've been tithing 10% of everything I make ever since. For the 20 years I've been doing this, I've had an increase in my earnings every year.

RP: How did you accomplish all of this?

RG: I changed the way I think. Poor people think differently than wealthy people. Healthy people think differently than sick people. Happy people think differently than depressed people. I was sick, depressed and broke, and I realized that I had to change the way I think.

I spend time in daily self development every morning. I don't answer the phone or leave my house until I have my consciousness vibrating at the level I want it to be at. When you do this, you attract people who are vibrating at that level as well.

RP: What kind of practice do you do?

RG: I like to read or listen to audios or videos. Or I meditate or pray or do cardio.

RP: How much time do you do this every day?

RG: Thirty minutes. When you do it for a week or two, your life gets much more organized. You

actually wind up having extra time because you plan your day, you have a program of what you want to accomplish, and you're more productive.

RP: I'm curious about the Vacuum Law.

RG: The Vacuum Law is based on the idea that nature abhors a vacuum. If you walk along a sandy beach, a wave will fill in your footsteps. Because the universe is inherently good, when you create a vacuum, it allows the universe to fill it with good.

If your prosperity is blocked, ask yourself, "What am I hanging on to that I need to release?" If you're in a negative, dysfunctional relationship there's no room for the universe to give you a good relationship. If you want new clothes, clean out your closet. Give away what you are no longer wearing to people in a homeless shelter.

Another important law is the Law of Forgiveness. This is important: if you have revenge in your heart, there's no place for love. When you're holding onto revenge, that hurts you, not the person you are not forgiving. You are also holding your own prosperity away from yourself. You have to be willing to forgive others, and most importantly, you have to be willing to forgive yourself. That's where a lot of worthiness issues come from.

RP: Can you give an example from your own life as to how you have applied the Law of Forgiveness?

RG: I got shot in a robbery.

RP: Oh my god!

RG: I woke up in a hospital and a doctor told me, "We took the bullet out, and while we were there, we took out your appendix." I said, "Wait a minute. The bullet is on this side, and the appendix is on the other side. Why did you take out my appendix?" The doctor said, "It's just standard procedure whenever we open somebody up." I said, "You're telling me you cut an organ out of my body without even asking me?" I was apologetic.

The police then interviewed me and asked me where the bullet was and why the doctor hadn't turned it in. I told them,

"Why are you asking me? I was under anesthesia. Go ask the doctor!"

Then, for the next two years, I was constantly sick and my body wasn't healing. I saw specialist after specialist. Finally, I went to

a GI doctor who discovered the bullet was still inside of me. He mentioned it to me and asked if it hadn't been removed because it was right next to my spine.

It finally made sense why I'd been sick all that time: My body

was trying to get rid of the bullet. I had to pay cash for another operation to remove the bullet.

Can you imagine how I felt about the original doctor who

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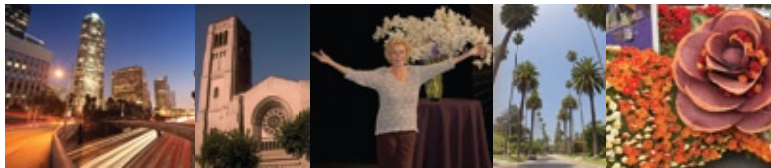


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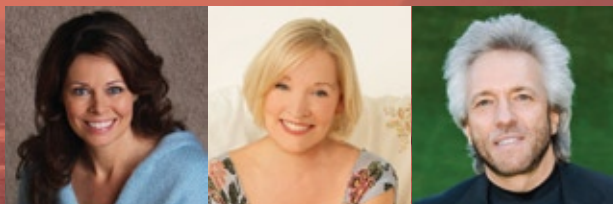
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Randy...

(Continued from page 7)

told me that he'd taken out the bullet and hadn't, and who cut out my appendix without even asking? I had personal injury attorneys lined up ten deep by this point.

Then I picked up Catherine Ponder's book, *The Dynamic Law of Prosperity*, and opened a page at random to see what message might be there for me that day. I opened to a page on forgiveness. There was even a comment saying that if you sue somebody, how can you forgive them?

The truth was that these doctors and nurses had saved my life. I was going to die. They did the best they could. So I forgave them. I also forgave the crack addict who shot me. He was hopped up and looking for his next fix. He was doing the best he could with what he had to work with. I had to forgive them for my own health and my own prosperity.

RP: Was that a turning point in your healing?

RG: It was. For two years, I'd have night sweats or wake up ten times a night. After I did this forgiveness work, I slept peacefully all the way through the night for the first time. I had the operation two weeks later, but I really felt

like the healing started as soon as I forgave them.

RP: Can you talk about the Law of Ideas?

RG: Charles Fillmore, founder of Unity, taught that our Creator has surrounded us with spiritual substance everywhere in the world. The way we manifest this prosperity into the physical realm is through the power of ideas.

I believe that nobody has a money shortage. The only thing they would have is an idea shortage. True prosperity is always a value-for-value exchange. You create value for the universe and the universe will reward you in multiples back. So, when you're not manifesting as much prosperity as you'd like in your life, you need an idea as to how to create value.

There is so much money, so much love, so much happiness, so much health — all true prosperity is infinite. We have to create a value-for-value exchange to attract it to us. The way we do that is through the power of ideas.

RP: What would you say to all of the people in fear around their financial circumstances or the state of the economy?

RG: Feel fear; profess faith. Take time every morning to read books and program your consciousness for the positive. Don't fake it until you make it; "faith it" until you make it. Build up your faith. Create that positive expectation. Then as you go into your day, you'll manifest more prosperity in your life.

To learn more about attracting prosperity, please visit Randy's blog at www.RandyGage.com and Randy's Prosperity TV channel on YouTube at www.youtube.com/randygage. You can also follow Randy on Twitter at www.Twitter.com/Randy_Gage

Randy Peyser is the author of *The Power of Miracle Thinking*, www.MiracleThinking.com. She also edits books and helps people find agents and publishers. www.AuthorOneStop.com

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— Teilhard de Chardin

Financial Recovery

Developing A Healthy Relationship with Money

An Interview with *Karen McCall*

By Randy Peyser

Are you “just getting by” financially or struggling to pay your bills? Are you buried in debt or careening over a financial edge? If you are lying awake at night counting your fears about money, instead of sheep, you will want to know about the work of Karen McCall.

She is the author of *Financial Recovery: Developing A Healthy Relationship with Money*, (New World Library). Karen helps people understand the underlying causes of chronic overspending, credit card debt, under-earning, and low or no savings.

Karen is the founder of the Financial Recovery Institute, which trains financial counselors to help individuals, couples, and businesses identify, understand and eliminate their self-defeating money patterns once and for all. She also provides money-planning tools that empower people to create spending and savings plans that meet their unique needs and support their dreams and goals.

Her program enables people to understand *where* they are, *how* they got there, how to *change* their financial circumstances, and how to *maintain* a healthy relationship with money for the rest of their lives.

In her new book, *Financial Recovery*, Karen offers practical and holistic tools that address the sources of financial pain and shame. In addition to uncovering your attitudes about money, Karen provides simple, step-by-step tools for healing the physical, emotional, and spiritual forms of deprivation that are related to your money issues. She also shares skills and strategies for experiencing financial fulfillment — even in the midst

of economic challenges. www.FinancialRecovery.com

In this interview, we discuss what you can do to begin turning a negative financial situation around.

Randy Peyser: *There are many people within the Mind, Body,*

tal, emotional, physical and spiritual faculties. It can be a very spiritual endeavor to explore your relationship to earning, spending, and saving money.

Randy: *I guess being mindful begins with one's underlying belief systems.*



Spirit community who struggle financially, so where do we begin?

Karen McCall: A lot of people struggle with what I call, “noble poverty.” They are confused about whether or not it’s alright to have money. Money is actually a great vehicle for healing the mind, body and spirit. You can use money as a means of noticing how you take care of yourself, and you can approach your issues around money in a mindful way by using your men-

serve something, you will internalize this message. And that’s what you create from.

Randy: *So, what can you do?*

Karen: Look back at how you developed your belief systems and attitudes — your mindset — around money. If you can bring what is unconsciously driving your behaviors around money into your awareness and become mindful, you can re-parent yourself and develop a new mindset around money.

Within the Financial Recovery process, you discover what your true needs are, and look at how you spend your resources — your time, energy and money. This is how we heal ourselves.

Once we can identify those needs, we also begin to look at the ways you are depriving yourself. For example, you may be driving a car with bad tires. That is a form of deprivation. Or you have clothes you don’t feel good about, so you sit at home. These are also forms of deprivation.

To identify signs of deprivation, here are three questions to ask yourself:

1) What are you doing without? In other words, what are you depriving yourself of?

2) Where are you making do? When you are “making do” you are never giving yourself the quality of what would really feel good to you. You are making substitutions while trying to satisfy your real needs.

3) Where are you overdoing? Overdoing is not only about overspending. Overdoing could also be about how you spend your time.

All three forms of deprivation can leave you feeling drained. Try to spend your time, energy, and money doing things that nurture you and feed your soul.

(Continued on page 10)

Karen...

(Continued from page 9)

Randy: *How can we get in touch with some of our underlying belief systems around money?*

Karen: I offer a free ebook on my website called, *The Money-Minder® Personal Autobiography*. It's a 95-page ebook that will take you from your earliest memories of money to your present day. The process of writing your money autobiography can be a great tool to gain insight into your old beliefs. It's a fantastic tool and I feel great about giving it away.

Randy: *Can you talk about some simple steps people can do to create their own financial recovery?*

Karen: Yes. Many people who are caught in the Money/Life Drain are in denial. They could be in a light "financial fog" or a in a full-blown "financial coma" where they refuse to acknowledge the reality of their financial situation. Whatever level of denial a person is in, the first step

is to state: "I want to be mindful. I want to be conscious of, and connected to, my money." Rather than running away, we are going to get our arms around all aspects of our money. So, the first step is really to make the decision and the commitment that you want to do this.

On a very practical level, I'm also a firm believer in tracking, although most people will resist this practice.

Randy: *What is tracking?*

Karen: Tracking is a way of getting conscious and connected to your money. It's important to track all money in and all money out. Every time you use a credit card, take a check register and write down every charge. Also think about how many times you've pulled money out of an ATM, and a week later, had no idea where it went.

If you make a commitment to track all cash in and all cash out — as well as your credit card expenditures — and you keep a running balance, you will become more conscious of how you are spending your money, and there will be no surprises.

Tracking is one of the best ways to become mindful.

Randy: *Doesn't tracking take up a lot of time?*

Karen: That's what people think. So they resist doing it. If you do your tracking every day, it doesn't take much time at all. It's only when you build up a whole pile of receipts that it feels like it's going to take up too much time.

Whatever amount of time it takes to track, I would ask you: Is your money, and the potential of having a healthy relationship with your money, worth your time? It takes time to exercise or to cook good meals and eat in a healthy way. Is your money a priority for you? Is this something you feel is worth making a commitment to do?

Making the time to track can become a habit, just like flossing your teeth or showering every day. Take care of yourself. You're worth it! Tracking will also give you data to help you create a spending plan, which is the next step. Most people do what I call, "Rearview Mirror Accounting," which means that they look at what they did after the fact.

When people manage their money this way, they don't have the opportunity to plan for what their real needs are or to know ahead of time what the consequences of their choices are going to be. Then the third week of the month comes and they have to pull out their credit cards.

Randy: *Is a spending plan the same as a budget?*

Karen: The idea of a budget conjures up a negative connotation for people who have a preconceived idea that a budget is like a diet. It feels restrictive. There are no goodies, and it's something that is imposed upon you. The diet mentality of losing weight, only to gain it back again, is what many people think of when they hear the word, "budget."

With a spending plan, we're just not just putting down the amount of money we need to cover our bills and food, we're going to get more detailed and create smaller subcategories. For example, you might want to look at where you get your greatest "return on investment" when

eating at a restaurant. You would categorize a pleasant luncheon with a friend or client as a better spending option than a lunch with someone who you didn't have a great time with.

A spending plan is a forward plan, rather than the rearview mirror. It's a livable plan that allows you to feel fulfilled while simultaneously meeting your goals. A spending plan is not about getting more stuff; it's about getting the "right" stuff. How do we nourish ourselves on all levels? How do we bring joy and satisfaction into our lives? How do we design the life that's going to give us the sense that our lives are worth living? We do this in small steps.

We also want to identify what our real needs are, as well as notice where we are living in deprivation. We've got to meet our needs first. That's why I recommend that people create a "Wants and Needs" list.

Randy: *What's the difference between wants and needs?*

Karen: As I say in *Financial Recovery*: "A need when filled sustains us, a want when filled entertains us, and attempting to substitute wants for needs eventually drains us." A want is something we could do without. A need is something that is deeply important to us. A need will give us a sense that we matter.

Once a person creates their plan, it can be easy to get discouraged because people find they don't have enough money. So we go back through the plan, and rather than erasing what we said was important to us, we ask ourselves if we can meet some of these needs in a less expensive way or in a way that requires no money.

When people are stressed about money, they can't tap into their creativity. But when people get curious, they come up with the most magnificent ways to get their needs met. They get creative and feel empowered because they are in charge. So now they are conscious, curious and creative. This starts a real shift.

Randy: *Let's talk about debt.*

Karen: I believe in "saving your way out of debt."

One of the ways people stay in denial about debt is by say-

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ing that they always pay more than the minimum or they pay it off every month. But the statistics show that people pay 23-30% more when they use credit or debit cards. All of the money paid on interest makes banks rich, instead of going to creating more opportunities for you.

The only way to stop the debt cycle is by exploring your relationship to saving money. Many people have had a negative experience with saving money. They've been taught that saving is a good thing, as in "save for a rainy day." But all of a sudden, they need that money for a car repair. If you are going to get out of debt, here are some steps you need to take:

The first thing to do is stabilize your debt. This means that if you're in a hole, stop digging. Life happens. Cars break down and people get sick. Create an exclusive savings account for your non-monthly "life happens" moments, and stop using your credit cards to pay for these kinds of events.

I call this a periodic savings

account. It's a "revolving door" savings just for those events. If you have money in this account and it's only for these kinds of events, you don't have to use your credit cards to create more debt that way. You can also use this account for fun things, like going to concerts or for other things you wouldn't necessarily do on a regular basis.

You can pay the minimum on your credit card while building this periodic savings account. It might feel painful or you might feel resistant at first, but this is one of the ways to eventually get yourself beyond debt. You will probably think about the percentage of interest that you are paying on your credit cards. On the surface, it won't make sense, but we're talking about building a foundation to stay out of debt, build up savings and keep it.

For starters, pick just one or two categories, and start funding those categories. For people who are self-employed, have seasonal work, or who have a career that feels unstable, it's important to build up even larger savings.

That way if "life happens" and it will take a while before your next check arrives, you have some income protection.

In addition to understanding the dollars and cents part of getting out of debt, I also want you to understand what your belief systems are around debt. I used to help people get out of debt, but they'd wind up back in debt. I realized it was important to create a level of support to change that pattern. A lack of worthiness, a lack of education around credit cards, or a feeling related to the use of credit could be causing you to repeatedly be in debt.

Once we understand the underlying beliefs that contributed to your debt, we can create a plan to get you out of debt. This may involve targeting your lowest balances or your highest interest rate. But now you will have a foundation and you can target your debt and pay it off.

You deserve to be debt-free! When you are debt-free and can get out of survival mode, you will have a more expansive

life and can contemplate doing something different. When you are in survival mode, you can't entertain the thought of your relationship with work and earning money. Exploring your fantasy of right livelihood is a natural outgrowth of the financial recovery process.

Randy: *Can you explain your Financial Recovery Certification Program?*

Karen: I offer a certified training program that teaches people how to become a financial recovery counselor or a money coach. It's very rewarding to help people create a healthy relationship with money, and you will get the satisfaction of making a significant difference in the lives of many.

For more information about The Financial Recovery book and The Financial Recovery Institute, please visit www.FinancialRecovery.com

Randy Peyser is the author of The Power of Miracle Thinking, www.MiracleThinking.com. She also edits books and helps people find agents and publishers. www.AuthorOneStop.com



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Are You Just A Blessing Away from Wealth and Wellness?

Exploring the Trivedi Effect™ on Personal Prosperity

By Laurel Airica

Like many readers of this magazine, I have spent years exploring a multitude of modalities in order to achieve freedom on all levels — including Time & Money Freedom. My greatest desire is to actualize my highest potential for divinely-inspired creative expression and mean-

ingful service in the world. It has been a slow and arduous journey of transformation against a backdrop of a world appearing to be in rapid decline.

Given the staggering challenges of our times and the need for all of us to be contributing the very best of ourselves to our

most worthwhile endeavors, it seems like this would be a perfect time for a Touch of Grace to help accelerate our evolution into the finest, fullest versions of our Selves.

Enter Mahendra Kumar Trivedi

Born with extraordinary capacities — and the recipient of a ‘divine download’ one night in 1995 — Trivedi’s abilities have been rigorously measured and scientifically verified in over 4,000 research studies in areas of materials science, microbiology, genetics, agriculture, and human health. These studies were conducted at universities in six countries, leading the internationally-renowned materials scientist Dr. Rustum Roy of Penn State University, to say of Trivedi:

“I see him as the completion of what India has brought to the world in modern scientific terms. Science is the religion of the world. It’s going to be very tough for the establishment to hold onto old ideas. I think with Mr. Trivedi’s potential, he may become a pioneer in loosening the grasp of old science.”

Though he is neither saint nor angel, Trivedi’s energy transmissions (or “blessings”) have the proven power to reprogram organic and inorganic materials on the atomic level. Crop yields from the seeds he has blessed have increased by up to 500% — without the use of pesticides or fertilizers. And the soil in which the seeds were planted became weed and disease-resistant through the “ripple effect.”

The bacteria have been transformed into different species. Many of the more than 120,000

people Trivedi has blessed over the last 16 years have reported alleviation and even elimination

of acute and chronic physical, mental, emotional and even spiritual disorders.

The effectiveness of Trivedi’s energy transmission led Mind-Body expert Dr. Deepak Chopra to describe him as “an amazing, extraordinary healer.” Author and spiritual teacher Ken Wilber,

who is considered by many to be the ‘Einstein of Consciousness,’ commented that “Guruji’s capacity to conduct and transmit universal energy (or ‘shakti’) is utterly remarkable.”

The physiological basis for this ‘utterly remarkable’ capacity has been explored but not explained by medical science. Dr. Shrikant Patil of India, in a report that is available on the Trivedi Foundation’s scientific research web site (www.TrivediFoundation.us), concluded that:

“Mr. Trivedi’s body should not be alive according to the laws of medicine and science. The variation from all other human standards is not small. It is a very large variation, beyond belief. Trivedi’s physiological systems and his structure are far beyond that of all other humans; and more importantly, the impact of Mr. Trivedi’s ‘Energy Transmission’ is miraculous.”

THE TRIVEDI EFFECT™ ON PERSONAL PROSPERITY

So how might receiving Trivedi’s energy transmissions assist us in our quest to live a richer, fuller, more prosperous life? I had the opportunity to ask him that question in a conversation we shared earlier. Here are some excerpts from his answers.



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"Happiness is the final goal of everything you do. So, the real question is, 'What can give you happiness in life?' And the answer is that you have to follow your life purpose on this planet. And that is more meaningful than money.

"Many think they are here simply to survive. Others go to spiritual masters, transformational leaders, and clairvoyants asking 'What is my life purpose?' But most of these 'guides' are confused and struggling themselves.

"You are born with a guide. All the information you need from birth to death is in your internal GPS system. But you have to learn to operate it. And most humans have forgotten how. That's why they are always stopping at spiritual 'gas stations' to get directions from spiritual masters, astrologers, and fortune-tellers — who often give opposite directions.

"This energy (that Trivedi transmits) allows people to find their life purpose by connecting the brain with the Spirit — individual consciousness with infinite consciousness — which improves the ability to listen to your inner guidance. Once you have that ability, you don't need someone else to tell you what you're here to do.

"This unknown energy, which scientists cannot understand, actually penetrates everything and transforms humans at every level — because when you change that energy field you change the character of the individual. It raises consciousness and enables you to bring higher consciousness into every day life.

"So it can help a lot in terms of monetary prosperity but also in terms of good health and the healing of emotional trauma and drama. Your knowledge, depth, attractiveness, your competence and ability to be trusted — all are affected by it.

"And you don't need to be receptive to it. No ritual or dogma or anything is involved. I call it the 'independent model' of happiness because you don't need anyone or anything outside yourself for direction or real happiness. You have it all inside. This energy helps you ac-

cess it. That is true prosperity."

THE RESULTS PEOPLE ARE EXPERIENCING

Blessings can be both subtle and powerful. If you are highly sensitive to energy, you will probably be more immediately aware of what you are receiving from these energy transmissions. And if you have access to medical testing, you may see significant differences before and after you receive a blessing.

Most often, benefits unfold over time as part of a process — rather than occurring instantaneously as in a sudden miracle. People have reported everything from better sleep to relief from allergies, from clearer thinking to diminished anxiety and depression, from improved relationships to increased income. As Trivedi explains —

"There is no need for me to know what someone needs. This energy knows what should be done for each individual so they can be happy. This energy has that amount of intelligence. ... One prominent scientist called it the 'Holy Grail.'"

Until the results of controlled studies with human beings are in, Trivedi makes no claims or promises. You'll need to rely on your own inner guidance — and the scientific research on the Foundation's website — to decide whether to experience the Trivedi Effect™ (in person or remotely) in your own life. If you are a healer, you may also wish to explore the Healing Masters program through which Trivedi assists participants to amplify their own blessing powers — in potentially measurable ways.

Up until last year, Trivedi provided his energy transmissions free-of-charge and still today takes no money from them for himself. All funds from the not-for-profit Trivedi Foundation are used to finance the research that will pave the way for the Trivedi Effect™ to accelerate advancement of science and elevate conditions worldwide.

For more information, visit www.trivedifoundation.org/wellness/wellnessprograms-print/

Laurel Airica, M.A., is a freelance writer living in Santa Monica, CA. Visit: www.laurelairica.com

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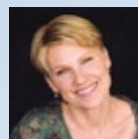
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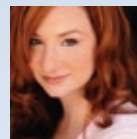
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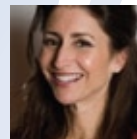
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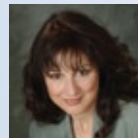
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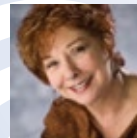
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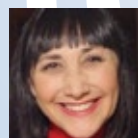
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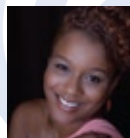
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The Mystical in the Cubicle

Stressful Times Call for Spiritual Measures

LAYOFFS... DOWNSIZING... RESTRUCTURING.

By Dawn M. Staszak

We have all been affected in one way or another by the economy — either you have been laid off or you have a loved one, relative, or friend who has lost his or her job. In times like these, abundance and prosperity seem like faraway goals that “other people” have and you wish you could have “someday.” I say, why wait?

Facts are facts, but they don't have to be your facts. Be smart and perform your due diligence, if you must, by working overtime (if you are still employed), updating your resume, and tightening your budget. After you have done all of that, let it be. Know that you have done your part, and have faith that all will work out. Don't let your fear overcome you.

When the outer world is hitting you from all sides, it's time to go within. This is easier said than done, of course. Practices such as meditation, journaling, exercise, and listening to relaxing music are all well and good, but if you're like me, when you get extremely wound up it is very hard to make time to do these things. This is why I had to trick myself!

I discovered a few ways to “sneak” spirituality into my work day, because that is where I spend the majority of my time, and that is where I have the most stress. This way, I am taking small, manageable steps to

enhance my well-being at the times when I feel the most out of control.

Although you may be carrying the burden of a skeleton crew or maybe left wondering, “Are the layoffs really over — or, am I next?” this is an opportunity to put some ideas into practice that will sustain you through the tough time and provide a solid foundation for when times are good again.

The following are a few simple ways to manage your stress level at work by “touching base” with your spiritual nature and helping you re-center and re-focus.

PASSWORDS

This is an easy way to do affirmations! This is positive self-talk. Make your password something like “iamprosperous2” or “thankugod” so each time you have to log in, you are forced to say something good to yourself and put a smile on your face!

TAKE YOUR LUNCHES

You can use this time to read inspirational/self-help books, do some journaling, meditate in your car, or go for a walk. Better yet, take advantage of sunny days and do these things outside on a bench or corporate patio, if

available. Don't worry what your co-workers will think of you sitting there alone. In fact, face away from the building. This is healthy for all the reasons taking breaks are, and simply because we all need time to ourselves to recharge our batteries and find our balance.

USING SOFTWARE

One tip that has helped me remember things throughout my work day is to use my Outlook Tasks feature.

I put private “appointments” on my calendar for myself (marking the time as “free”) with reminders to relax, breathe deeply, stretch, massage my shoulders, drink water, do an affirmation, etc. You can do this on your phone, your PDA/Blackberry, or any other kind of technical device you have with a scheduling feature.

This has proven invaluable for me because it is automatic and I can start or stop it whenever I like. I schedule my appointments, then I don't have to think about it again until I see the reminder pop up on my screen! I will continue to do this until it becomes automatic for me. Stretching at my desk, getting up for more water, and taking deep breaths have kept me healthy and balanced so that I am doing my job to the best of my ability. Be creative with your reminders and have fun with it!

YOUR SECOND HOME

Keep special items on your desk such as framed pictures of loved ones, a quartz paperweight, or postcards of beautiful landscapes and nature scenes hanging on your walls to center yourself and remind you of your path. However, don't keep

too much so as to be obnoxious or flashy about it (for example something that extends beyond your cube space).

For audio ambiance, listen to gentle, relaxing music, if you're allowed to do so. Wearing headphones (if feasible) is a nice way to enjoy your music without disturbing anyone.

For a daily lift, get a desk calendar with inspirational quotes. You can even share them with visitors, if they are interested, or set it in a place that passersby or visitors can easily see. In fact, you can put an inspirational quote on your screen saver to be shared with onlookers when you're away from your desk. These steps can be easily worked into your day without taking any extra time or effort. You can be creative with these suggestions, and come up with a few of your own. The point is to get to your center by any means available. For me, that means easy and quick.

You can't change outside circumstances, but you can change what you're feeling inside by getting in touch with your spirit. Abundance is a frame of mind, and prosperity is more than the size of your pocketbook. Just one step can make a difference, so try it today!

Dawn M. Staszak has worked in commercial and non-profit, large and small companies, both as a permanent and temporary employee for over twenty years. She holds a Bachelor of Science degree in Business Administration (Sales and Marketing).

Excerpted from A Guru in the Office: 50 Ways to Remember Your Spirit in the Corporate World, by Dawn M. Staszak, Reality Is Books, June, 2009, available at www.guruintheoffice.com, at Amazon.com, BarnesandNoble.com, and through most retail bookstores. Dawn can be contacted via her website, through her publisher at (866) 534-3366, or email publish@realityisbooks.com



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Money Does Grow on Trees

It's just paper after all

Article and Art by *Samantha Rosen*

Money is literally paper and we all know paper comes from trees.

When I drive down the street and see thousands of leaves on the trees, I often visualize them as \$100 notes and imagine myself picking them off the tree. And as soon as I pick them, more grow back instantly in their place.

It helps to expand my consciousness and shows me how much money there really is in the world and that there is plenty for everyone. Have you ever noticed that in wealthier neighborhoods the trees are much bigger and there are a lot more of them? I do not think this is a coincidence.

Money really does grow on trees. If we believe that money comes to us from all different sources and through different people, we will be much more open to receiving it unexpectedly.

For many years I thought the only money I would get is from my job, my weekly pay check. I had been taught that you have to earn money, meaning you have to do something in order to get something. You are paid for the hours you put in. I now understand this is not true. It is all a big illusion. Just because society has set up this system does not mean it is the only way to receive money.

Once I started believing that money could come from anywhere, I started finding it all over the place. Many times I would find coins or notes on the ground, or money would show up at just the right time. We think our supply of money comes from specific people but our true financial safety net is as big as the universe and therefore our money can come from anywhere.

If we are in financial stress our logical brain keeps trying to figure out how we could

possibly get more money. We do sums over and over in our head trying to figure out how we can "make ends meet." We take jobs we dislike, just for the money. What we need to understand is that to receive money, we don't have to act out of fear that there isn't enough.

We must come from a place of inspiration, do something you feel "called" to do.

Once you are living your truth and giving your gifts, money will literally flood into your bank accounts, you won't be able to make it stop!

I think one of the reasons actors, musicians and sports stars exist, is to show us that you can have so much fun doing what you love and receive lots of money for it. Actors often say "I love what I do so much, I would do it for free." How many office workers would say that?

I believe you don't have to work hard. Just be joyful in what you do, love it, be consistent and money will "magically" appear.

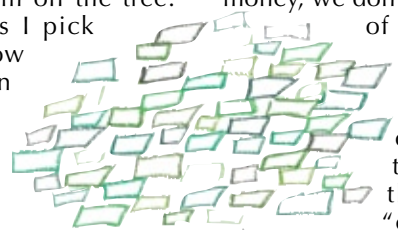
Honor your true self. What is it that you enjoy? What makes your heart sing? Finding your passion sounds easy, but for some it can take years. Nevertheless, you must keep looking for it, and when you find it you will realize that there is so much money in this world, as many leaves as there are on the trees.

Samantha can be contacted at messagemediagroup@yahoo.com

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Practice watering seeds of joy and peace and not just seeds of anger and violence, and the elements of war in all of us will be transformed.

— Thich Nhat Hanh



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ADEPT Prosperity More Than Bread Alone

By Hal Bolton

Transforming the workplace may not seem like a solution to the current global economic imbalance, but practicing prosperity consciousness at every level every workday, according to what I call the ADEPT System, can take the adventure of making money in a new, more democratic and humanitarian direction. The old war myth of corporate dragons operating on childlike or adolescent awareness becomes obsolete when we engage this more progressive model.

Although these times look bleak in regard to material prosperity, it may be the perfect moment for a long overdue new prosperity consciousness that encompasses not only money making, but the potential for increased equality and fairness, as well as human growth, in the workplace. In the current economic downturn, false inflated material prosperity is diminishing, offering a golden opportunity to embrace a prosperity consciousness that benefits all instead of only a few.

For decades, people with childlike awareness have been expecting money and goods to flow forever, while those with adolescent awareness — characterized by unfairness, refusal to take responsibility, and tendency to respond to conflict with domination and trickery rather than mediation — have been governing Wall Street.

Neither level of awareness reflects a prosperity consciousness that considers benefits to society as a whole. In fact, the lesson the great dragon mega-corporations, thrashing their way around the world, can teach us is:

If exclusive prosperity leads to social devastation, then inclusive prosperity can lead to social growth. And in casting off our childlike or adolescent awareness, rooted in narrow narcissism and focusing on the few, we can move to a

post-recession adult awareness engendering a prosperity consciousness that nourishes everyone, all-upmanship rather than one-upmanship.

The concept of prosperity consciousness has been circulating in New Age circles since the 1980s. It has been widely held that *Prosperity is a state of mind that creates abundance, and Prosperity can be manifested by thoughts, affirmations, and creative visualizations focused on abundance.*

But in fact it is possible, and even necessary, to go beyond affirmations and visualizations to build a new, more democratic prosperity consciousness that leads to abundance for the many.

As a longtime CEO and business consultant, I often thought about what it means to really prosper and be successful, not just as an employee or employer, but as a human being. I observed that people who typically spend one-third of their lives in the workplace, want to grow professionally and personally as well as make a good living.

Contemplating the workplace with carefully-segregated CEOs, management personnel, and workers, I pondered how I could create an environment in which people of all three echelons felt they were prospering not just materially, but in the broader sense of their human potential.

Ultimately I concluded that to change the workplace in these ways would involve altering business structures and processes, a mission I proceeded to undertake.

I tracked adolescent awareness and found it rooted in old workplace dominance myths — business as war games myths, corporate welfare myths, entitlement myths, captains of industry myths, corporate ladder myths, management myths, and above-the-law myths.

In one place of business af-

ter another, I watched as workers were treated like children, and management and CEOs behaved like rivaling adolescents. It became clear to me that such pre-recession myths and the awareness sustaining them precluded any possibility of turning the workplace into an environment where adults might not just survive but *thrive*.

Second, to change old habits in the workplace, I introduced adult awareness into meetings at all three levels by encouraging people to listen to all sides of an issue, to make more objective judgments by valuing analytical thinking, and to take responsibility for their propositions.

Finally, I presented a more advanced level of awareness — *life mastery awareness* — based on the desirability of working not only for profit but also for growth, a consciousness requiring unconditional love, fairness, wisdom, and resolutions that respect everyone involved. I envisioned people employing life mastery awareness for the purpose of expanding the goals of prosperity beyond our usual expectations for the workplace.

Whereas individuals using adult awareness identify with concerns close at hand, those who exercise life mastery awareness for the sake of prosperity consciousness are motivated by a vision that encompasses the global community, with the workplace as an economically and spiritually powerful jump-off point.

Pre-recession institutions dominated by war myths may be tempted to scorn such post-recession visions as too soft for a business context. But the political and economic mountains

moved by those whose life mastery awareness serves a prosperity consciousness indicate otherwise.

To generate a prosperity consciousness in the workplace using life mastery awareness, I recommend testing, and adapting as necessary, the ADEPT method, which stands for: Attention, Dialogue, Engagement, Practice, Transformation.

Attention is the gateway to adult awareness beyond procedural machinations born of war myths that have sucked the vitality from many workplaces.

Dialogue exposes questionable myths and procedures and gets productive energy flowing again. Whereas Attention and Dialogue assist in seeing problems,

Engagement allows alteration of everyday procedures, such as the way meetings are run, decisions are made concerning acquisitions, or how hiring and firing are implemented.

Practice then provides essential feedback that solidifies the changes or clarifies the need for additional alteration.

Transformation is the end result, reflected in enhanced interconnections on all levels, such as employees treating one another with greater respect and understanding, as well as policy and procedures that truly support growth.

Consciously using this method in the workplace can result in greater personal prosperity for all, beyond any materialistic gains.

Hal Bolton is a retired CEO and business consultant and author of The Dragon's Teeth: Transforming War Myths in the Workplace. He resides in Santa Fe, New Mexico.

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The Secret of the Mirror Universe

An excerpt from *The Soul Solution*

By Jonathan Parker

A while back, I saw the actor and comedian Jim Carrey on the *Larry King Live* TV show. One of the things he said stuck with me: "I believe everything that happens to you is the greatest thing that could ever happen to you. Everything — because that is exactly how the universe works. It gives you whatever you are in alignment with, and it's all designed to work on the weakest link you have."

This type of profound insight only comes from observing life closely, and I believe it's one of the most important insights a person could come to. Since life indeed seems to work this way, what, if anything, can we do to move things along so we aren't stuck forever dealing with our "weakest links"?

THE SECRETS OF MANIFESTATION

In his classic book *Think and Grow Rich*, Napoleon Hill wrote about a secret that many successful people have discovered: People attract what they think about. In other words, we're like magnets, constantly attracting opportunities, people, and situations to us. Or, to put it in the terms of an ancient principle: Like attracts like. You attract and become what you hold in your mind both consciously and subconsciously.

On the surface, this insight seems to offer a simple solution to all the shortcomings we experience,

since apparently all we need to do to be successful is to start thinking about success. But one of the biggest challenges of Hill's so-called secret is that what many people spend most of their time thinking about is what they *don't* want.

I often ask people, "What do you want out of life?" At first, this seems like an easy question to answer, but few people have really thought about it. So when I ask people, most pause and say something like, "I have to think about that, but I can tell you what I don't want!" And that's precisely the problem. People *attract* what they don't want because they spend most of their time *thinking* about what they don't want.

What Hill and others have called "*the secret*" is not a new idea. Buddha once said, "*All we are is a result of what we have thought.*" This is another way of saying that we are the creators of our reality. In order to better understand how this really works, we need to consider not only what we think, but also what beliefs we carry at the subconscious level and, even more important, what we *feel*.

Yes, our feelings provide important clues about what we hold in our subconscious mind — what we *really* believe, deep down. Our feelings are the force behind the manifestation process. So what we focus on with our thoughts and feelings is what we tend to attract and create in our experience. To put it in terms of the oft-quoted biblical verse Job 3:25: "For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me."

When we realize we draw to

us what we fear, or what we focus on, it may at first seem like a negative scenario, but when

we really grasp this fundamental process, it is actually quite empowering. As Joseph Campbell puts it on the DVD *A Hero's Journey*: "When you follow your bliss... doors will open where you would not have thought there would be doors and where there wouldn't be a door for anybody else... and the world moves in and helps."

Rather than living with fear, if we can find a way to live with bliss, wonderful things open up for us. And bliss is readily available; it's just that most people haven't yet figured out how to feel blissful. Your bliss is not only a wonderful inner feeling that generates positive outcomes; it's also a natural characteristic of your soul. Yes, your very own soul is always happy, so when you are connected with your soul, you feel happy and often even blissful, and therefore your life is an experience of goodness.

When you've integrated the bliss, happiness, and goodness of your soul, you can easily manifest the wonderful results you want in your life because your thoughts, beliefs, and feelings have come into alignment and harmony with your true goals.

THE INVISIBLE MIRROR

Here's how the process works: Most people's thoughts and feelings arise in response to their immediate experience. Since daily life is full of little challenges, such as bills to pay, meetings to attend, and issues to solve, people become preoccupied with solving problems rather than with thinking about or experi-

encing happiness and success. As a result, they create experiences to match their conscious and subconscious thoughts. Invariably, this leads them to experience even more challenges and disappointments.

If you want to know what you deeply believe, simply look at your life. It's a reflection in a perfect but invisible mirror of the beliefs you hold at the deepest level. Your mirror turns out to be your friends, your relatives, your family, your work, your talents, your possessions, your capabilities, your opportunities — everything in your life.

We've all heard the proverb "You reap what you sow," but most of us apply this concept only to negative situations. For example, we might say, "He wasted his life on gambling and alcohol, and now he's reaping what he sowed." But this proverb has a much broader application. It's far more than a warning about extreme or terrible consequences. Rather, it's a key to unlocking everything you could ever want.

The way this principle works is actually easy to understand: Life reflects what you hold at the deepest levels of your consciousness. This sounds simple, and maybe even obvious, but most people never think about it, and few live their lives as if it were really true. And yet, the very nature of life is that you get what you ask for!

This is why people of all faiths, praying to God by different names or no name at all, often have their prayers answered. If a call goes out with faith, belief, and the knowledge that God or the powers of the universe will answer, the sincerity, belief, conviction, and intention of the prayer cause a response according to the praying party's faith and beliefs.

This is the nature of how life works. This is the way *everything*



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works: The universe functions like a giant mirror, sending back to you what you project into it with your thoughts, beliefs, and feelings — and the past patterns you've established.

The reason people often don't have what they want, or don't get what they consciously claim to want, is that they have counter programs running deep within them that broadcast the opposite intentions into the universe. The forces of your past feelings and beliefs put into motion the creative currents that orchestrate the circumstances of your life today. Whatever has been energized in the past will find ways to manifest in the present and future unless something is done to change what has been energized.

THE KEY TO CHANGE

When you finally realize that the universe reflects back to you what you've been holding in your consciousness at the deepest levels, your life will change. For one thing, if you really take in what this means, you'll do some deep soul-searching to uncover how you have created your own reality. Once you see this, you can learn how to create other realities.

Being aware of the mirror universe also encourages you to become much more mindful throughout the day because you realize that you're in the process of creation all the time. This is a crucial and profound understanding because it affects every single experience you have. This understanding reduces everything to a very basic process.

If something in your life isn't working the way you want, you don't have to look outside yourself for the causes. This knowledge empowers you to create your life the way you want it to be. Can you see why this knowledge contains such tremendous power?

The universe contains all possibilities waiting to manifest, and it supports whatever you create through your inner beliefs and intentions. While many people continue to make excuses about why something is not working in their lives, many others are busy achieving success with

very nearly the same tools and circumstances. The universe responds to expectation.

Let's look at this a bit more deeply. Why are some successful, while others are not? The source of some people's lack of success may not be immediately obvious. The subconscious messages being sent out to the universe may date back many years. Beliefs may be so old or so deeply embedded that they seem to have no connection to current events.

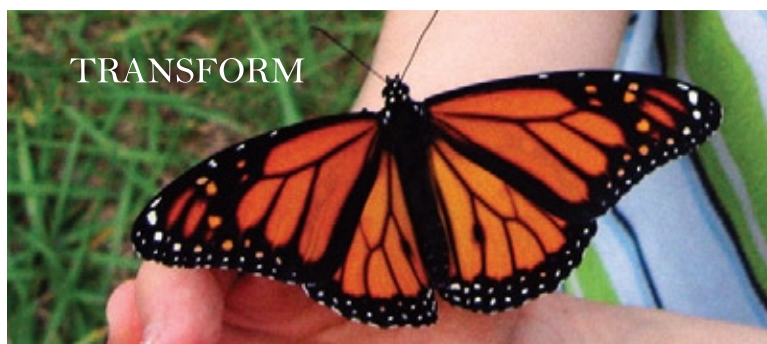
People may not believe they had anything to say about how they got where they are. They may think that they're merely victims of circumstance or bad luck, or that they were simply dealt a bad hand or were born at the wrong time to the wrong parents. Many people have had these types of thoughts, even if they don't express them.

Asking why you arrived where you are is important. Was it all blind chance, fate, or luck? It can be easy to think it was one of those forces, or to believe that you screwed up somewhere but now can't remember when or how. Rather than blaming yourself or external forces, you can instead engage the conscious and unconscious sources within you and shift or release the beliefs and patterns held there to change your life experience. Your soul is your ideal partner for this endeavor.

The mirror universe is the perfect system of justice and balance. The old saying "What goes around comes around" reflects an observation that goes back thousands of years. If your life isn't going the way you want, look inside; with the help of your soul, you can clear the patterns that aren't working positively and establish new beliefs and patterns that *will* work.

Jonathan Parker is the author of The Soul Solution. He is a spiritual counselor with more than 30 years of experience teaching energy healing and enlightenment. Founder of Quantum Quests International, Inc., he is the creator of one of the largest libraries of personal growth audio recordings with over 10 million copies sold worldwide. Visit: www.JonathanParker.org

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You Can Create An Exceptional Life

Conversations with Louise Hay & Cheryl Richardson

By Donna Strong

You Can Create An Exceptional Life chronicles the creative collaboration of two elegant and effective mavens of the New Thought movement, Louise Hay and Cheryl Richardson. An engaging and down-to-earth book on making a fulfilling life, it is rich with inspiration and can-do moxie. The synergy of these two wise women is a good part of its great appeal.

Written in the conversational style of two best friends sharing, it is sprinkled with stories of personal moments and epiphanies. This book is an enjoyable and easy-to-understand offering of affirmations and anecdotes to appeal in daily life.

The piece below is a selection of questions and answers from a recent Hay House interview roundtable with Louise and Cheryl.

Q: Louise, one of the things you really stress in the book is that how we begin each day sets the tone for our lives. Would you go a little deeper into this?

Louise: Well, you know how we begin our day is the way we live our day and the way we live our life. Not enough of us are aware of this, so the first question that I ask people is, what do you say when you first wake up in the morning?

I have learned over the years that the best thing that I can do is say, 'Good morning darling, I love you — you're going to have a really great day today.' This sets the tone of joy, just looking forward to the day. I think that's a very important time to do it.

Q: I'd like to ask Cheryl a question. I recognized in reading the book the passion that you both have for helping people really improve their quality of life and I wanted to ask, what do you most want the reader to get from this book?

Cheryl: The first thing that comes to mind is to experience emotionally the inspiring side of

Louise that I got to experience during our time together. You know Louise has written really terrific books that talk about her life and in this book I feel like both of us had a chance to go to an even deeper level and share some of the intimate details of



our own lives, how we go about thinking good thoughts and taking consistent daily actions that allow us to create an exceptional life. We've mapped out a plan for incorporating the changes that we're talking about and I'm hoping that people feel inspired and moved to actually do something with it.

Louise: I just got back from Australia where I was in Sydney and Melbourne at the *I Can Do It!* Conferences. At each one I spoke about the book. I call it 'conversations with Cheryl and Louise.' I said, you know you need to get a cup of tea and sit down and join the conversation so we can show you how life can be better and easier. The enthusiasm was just great!

Q: You briefly mentioned the quality of magnetism in the book, and I wanted to ask you both about any particular comments you have about developing it.

Louise: Well I think we all have magnetism, but you know it's like with affirmations, we think, oh, we have to *do* an affirmation, but every thought we think and every word we speak

is an affirmation about our life. It's the same with magnetism, it's a natural process, but what are we magnetizing towards ourself? *What we are giving out?* If we give out thoughts of complaining and grouching, then we'll find more to complain about. If we can love who we are — I say 'life loves me' over and over to myself during the day — then I magnetize to myself experiences that prove that it's true.

Cheryl: I included magnetism as the last bullet of the Lessons Learned because I knew it would be the most memorable one. It was one of the things that stood out as a thread throughout our conversations. Even if we weren't talking about the book, something would happen and Louise would say, 'Life loves me and it brings me exactly what I need.' I kept hearing that and it was exciting for me to see how much Louise was incorporating it into her life.

It's one of the helpful outcomes from having worked with Louise and having lived with this for the past year. I now know, beyond a shadow of a doubt, that when I focus my thoughts in a positive direction and pay attention to the doors that open, I will absolutely draw what I need to myself.

Q: Louise, one of the things I noticed is that you always have this sense of trust. Was it something innate in you, because you have a sense of allowing and accepting throughout your life like you were born with it?

Louise: No I wasn't born with it. I had a really rotten childhood and I survived it. After I got out of that, I could survive anything. Life got me out of that situation and life has been taking care of me one way or another, ever since. The more I trust life, the more extraordinary things happen.

Cheryl: Sometimes I think if we're faced with difficult life cir-

cumstances, we'll get on the bandwagon quicker. The times when I've been really challenged in my life have really forced me to reach out to a power greater than myself and I look for that support. The more evidence you get, the more you believe it.

Having spent as much time as I have with Louise, I'm inspired by the trust that she has. And yet there are times where something difficult is going on, or I'm really frightened and I find myself questioning that trust, or forgetting to have faith.

It's then that I might pick up the phone and call Louise and she'll remind me, or I'll call another dear friend that is on the same journey. When we can't find the faith, hopefully we can find a friend, and when we find a friend then we're reminded that we're never alone.

Louise: But you know I do the same thing, something happens and I go 'oh my goodness,' but then I catch myself as soon as possible and start soothing myself. I don't try to do anything about the situation. I soothe myself. I say, 'All is well, it's okay, it's going to work out.' I soothe myself. That way I can bring more positive energy into the situation. Then I let life take over and fix it.

Cheryl: Don't you feel like we have been doing that even more since we've been working on this book?

Louise: Oh, absolutely. We remind each other constantly — stay on the pathway. You know, we all get off the pathway; it's just a matter of how fast you can get back on.

Cheryl: Amen sister!

Donna Strong is a writer and author of Coming Home to Calm. For more, visit: www.donnastrong.com

You Can Create an Exceptional Life will be available in mid-September. For more on these two exceptional women, visit: www.hayhouse.com, www.louisehay.com and www.cherylrichardson.com

Women's Empowerment 'WE' Conference

Unites SoCal Community for Personal Growth, Inspiration & Support

Idea Evolves from One Woman's Desire to Share Her Good

By Janet Herin

A very familiar face to many throughout the U.S., television reporter and anchor Kaci Christian had just spent weeks trekking in the Himalayas in Nepal. The solo journey was one of reflection after her job contract ended last year and the station chose not to re-new.

The nine-week trip, which included a 10-day silent meditation retreat, brought joy and renewal, and left Kaci with rich memories. While writing a book about her experiences, she was suddenly struck by something she describes as much greater: "I have talked to people since I was a child, and I have never met a 'stranger.'

These people have imparted so much wisdom. I became aware that if I didn't share the information, tools, resources and relationships with which I have been gifted over the years, then, in effect, I was hoarding them, and that was unacceptable.

The idea to host an event — even the name 'The WE Conference' — came in a moment of inspiration. When I learned that the Governor's Conference for Women had been cancelled for 2011, I knew the timing was perfect to create an event to gather women together for an amazing day of inspiration, exploration and transformation."

The WE Conference™ is a one-day women's empowerment symposium to be held Saturday, Oct. 1, on the beautiful campus of Concordia University in Irvine, CA, easily accessible from Orange County, Los Angeles, San Diego, Palm Springs and the Inland Empire. The event will include accomplished speakers, live entertainment, a delicious luncheon and exhibitor booths.



Kaci Christian

The mission of The WE Conference is to inspire, educate and empower women to fulfill their greatest potential. The organization that Kaci founded to support the event and activities associated with it, is committed to connecting women with role models, new friends and tools to create authentic relationships, develop and sustain a supportive community and to facilitate positive change.

"The most powerful gift you can give is knowledge," says Kaci. "Our conference is intended to provide women of all ages and backgrounds with essential information on a variety of topics specifically affecting women. We emphasize the holistic approach, because I believe true empowerment comes when the mind, body and spirit are in balance."

EVENT HIGHLIGHTS

Academy Award-nominated actress Lindsay Crouse will speak about finding inner peace in a chaotic world.

Anti-aging expert Dr. Theresa Dale will reveal secrets on how to reverse the aging process naturally (i.e., without cosmetic surgery or hormones). Acclaimed authors (*The Feminist Manifesta*) and radio hosts Lily Hills and Karen Hudson will explain how to fire your "inner critic."

Katy Sullivan will inspire you with her story of overcoming obstacles. Born without any legs, Katy is a television actress and world-class athlete! Best-selling author, Shelley Stockwell-Nicholas, PhD (*Everything You Ever Wanted To Know About Everything*), will present her cutting-edge approach to wellness.

Community activist Jerri L.

Rosen, the founder of *Working Wardrobes*, will share what you receive when you give, describing how volunteering changed her life as well as the lives of thousands of others.

Kaci Christian will share her journey from the newsrooms of TV stations across America to the Himalayas and back.

A panel of acclaimed nutrition experts and celebrity chefs, including Lauren Von Der Pool, who works with First Lady Michelle Obama to address childhood obesity, will discuss their views on nutrition and health, talk about their culinary adventures and offer cooking tips!

"The conference isn't going to be simply a day of lectures, though," adds Kaci. "People need a mental break now and then so we will have performers take the stage between the speakers. I am so honored and humbled by the amazing talent we've been able to assemble."

Performers include Grammy Award-nominated songwriter Harriet Schock (*Ain't No Way to*

Treat a Lady), Emmy Award-winning writer and musician Tracy Newman, and stand-up comic Wendy Hammers. Other highlights include yoga and laughter breaks, a "sacred fan dance" and a spoken word performance.

"I'm extremely pleased with how this idea is coming to fruition," adds Kaci. "The call for speakers yielded an overwhelming response. Those who attend are in for a real treat. We're doing everything we can to make it a day of fun and inspiration."

Register online at www.theWEconference.com. Registration includes admission, a buffet lunch, vendor exhibits and free parking. **Awareness readers will receive a 20% discount (coupon code: AWARENESS).** Visit The WE Conference website for more information.

Janet Herin is an award-winning freelance writer and communications consultant handling public relations for The WE Conference. She can be reached at (310) 994-6808 or janet@theWEconference.com. For general information about the event, please visit www.theWEconference.com



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From 'What If' to 'What Is' with A New Breed of Eco-Festival

By Booth Vance

In the great cultural shift of the 1960's, the phrase "Turn On, Tune In and Drop Out" became a rallying cry for countless young people throughout the nation. And while this took shape in many ways, from the drug-fueled "Be-Ins" to organic farms and communes, the seeds of this counter-culture revolution quickly sprouted to forever change our society.

Part of this shift in consciousness has helped fuel our relatively recent awareness of the need to protect, nurture and care for our planet. We've gone from "Flower Power" to the "Power of Green" with a burgeoning industry of environmentally-friendly products and services now available. And despite the efforts of naysayers who claim that climate change is a hoax and eco-friendly products are a fad, the scientific and financial facts paint a very different picture. "Green" is here to stay.

But if the facts show that "going green" is better for the envi-

ronment and our health, while typically not sacrificing quality or effectiveness, then why isn't everyone making eco-friendly products, food and services their first choice?

A longtime event producer, Howard Mauskopf found himself returning to this question again and again. With more than 150 themed-events under his belt, he had developed a keen understanding of how best to engage the consumer and began questioning why there still seemed to be a disconnect between eco-friendly products and the mass market.

"Cost is a factor," said Mauskopf from his Santa Monica-based Live Green Events office. "And this is even more relevant in a down economy. But as more consumers turn to 'green' with their buying dollar, it drives more companies to focus on this market. The result is the cost differential decreases, the product revenue increases and the planet benefits."

Mauskopf knew live events could be powerful in spreading the word in support of renewable, sustainable and eco-friendly products and practices. He began researching many eco-friendly events and festivals held throughout the nation and saw they typically focused on specific sectors of business or dealt more with the "What If" than the "What Is."

In either case, the target audience was those who had already accepted the message of sustainability. Believing there could be a more engaging way to truly expand the market for green, Mauskopf set out to create his own "What Is." And "What Is"

will be displayed just steps from the sand in Santa Monica, CA from October 7-9 as The New World F.E.S.T. launches a new breed of eco-event.

The three-day festival will serve as a celebration of eco-friendly consumer products and forward-thinking science and technology in a way that moves beyond just a series of booths held in a florescent-lit convention center. "As an event producer I understand why so many eco-events are held indoors," said Mauskopf, "But sterile surroundings seemed incongruous with the overall message of the F.E.S.T. I knew this needed to take place outside amidst the very environment we're trying to protect."

So when the longtime Santa Monica resident began considering locations, he didn't need to look much further than his own backyard. Knowing the city's extraordinary commitment to sustainability, Mauskopf approached city officials to see about holding the event on one of their beach parking lots.

"Living in Santa Monica I know firsthand that the city doesn't just talk the talk when it comes to environmentally-sound policies," he said. "They instantly understood the importance of this type of event, not just for their residents but for the southland in general. We're thrilled with their support."

According to Mauskopf, what will set The New World F.E.S.T. apart is both location and content. With more than 150 exhibitors and six live performance stages spread out over nearly 100,000 square feet of space next to the Santa Monica beach,

he was intent on bringing the widest variety of green-focused products, topics and interactive demonstrations to an audience which is conservatively expected to draw 15,000 attendees over three days.

"Our audience will be able to move from a presentation by eco-superstar Ed Begley Jr. to a Q&A with the Oscar-award winning filmmakers of "The Cove," and then head over to take in a yoga workshop. After that they can enjoy natural food, purchase paper made from Sri Lankan elephant dung, try out the world's fastest solar oven and then have their minds blown by the latest in robotics and virtual reality," said Mauskopf. "With all this taking place next to the beach in one of the nation's most sustainable cities, I'm confident that we'll not only deepen the commitment of some but also engage the commitment of others."

Mauskopf's goal for the inaugural event is for it to become a yearly Santa Monica tradition. "The great thing about working in the world of 'green' is that there's a never-ending stream of content. Innovation isn't stagnant so each year we'll be able to provide something fresh, new and exciting," he said. And because the green lifestyle has no geographic boundaries, he hopes to see the F.E.S.T. appearing in many markets throughout the nation in the future.

The New World F.E.S.T. will take place on Santa Monica Beach, south of the pier (intersection of Ocean Park and the beach). Hours are Fri., Oct. 7 - 12pm-8pm; Sat., Oct 8 - 10am-8pm and Sun., Oct. 9 - 10am-5pm. Admission is \$12 adults, \$8 children 14 and under. For more event information, visit: www.thenewworldfest.com

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A Conference of Self Discovery and Inspiration

By Sarah McLean

It has been almost 20 years since Dr. Clarissa Pinkola-Estés changed women's lives with her best-selling book *Women Who Run With the Wolves*. Dr. Estes unveils her long-awaited new book, *Untie the Strong Woman* (Sounds True, Nov. 2011) at the inaugural Woman Arising event in Sedona, Arizona.



Clarissa Pinkola-Estes

On Sunday, October 9 and Monday, October 10 Dr. Estes will be joined by inspiring luminaries and educators including actress and advocate of human potential - Lindsay Wagner; Hay House author and intuitive counselor - Colette Baron-Reid; founder and president of Namaste Publishing - Constance Kellough; transformational leader and associate minister of Denver's Mile-Hi Church - Cynthia James; and acclaimed recording artist Kathy Zavada who will perform a heart-opening concert under the stars.

Woman Arising is an opportunity for women to take a personal journey to Sedona, one of the most glorious spots in the world, and delve deeper into the meaning of their lives, honor their own stories, and find tools to help them live their full potential. They'll be charmed by the dynamic speakers' personal tales and will discover practical tools for transformation.

"Women want to be inspired

by other women, I know I do! I want to hear from women with whom I can connect, identify with, and relate to. I want to hear how these women transformed their lives." says Sarah McLean, the founder of Woman Arising.

Constance Kellough, president and founder of Namaste Publishing, a Canadian publishing house with a focus on mind/body spirit books, opens Sunday morning. She shares her story and how she has been able to live passionately, inspiring participants and sharing keys she has discovered to assist anyone in living a joyful, grace-filled life.

"You don't need to change yourself or experience something in order to experience love and peace and joy, because these are the characteristics of your true nature. They form the signature of your being," Kellough insists.

Lindsay Wagner shares her personal and professional journey as a woman on the path of integrating body, mind and spirit and a journey of discovering the oneness each one of us can tap into. Wagner now leads *Quiet the Mind & Open the Heart* workshops and retreats internationally. She says, "Every one of us is so much more amazing than we even know."

Clarissa Pinkola Estés, PhD delivers the afternoon keynote sharing stories from her new book, *Untie the Strong Woman*. She will also be available for personal book signings.

In the evening, inspirational singer songwriter Kathy Zavada will perform a heart-opening concert under the stars. Zavada's recordings have appeared on Amazon.com's 10 Best List, in the top 50 most played on public radio.

On Monday morning, after a sunrise meditation with Sarah McLean, gentle yoga with Alisa Gray, or a hike in paths through the red rocks, Colette Baron-Reid will lead women through a series of "3-minute miracle shifts" based on fundamental concepts introduced in her new book *The Map, Finding the Magic and Meaning in the Story of Your Life*.

Transformational speaker and author Cynthia James then presents Sacred Woman/Holy Life, a presentation where she guides women with wisdom from feminine archetypes to embrace the strength and power of what it means to be the Divine Feminine.

"Every single person on this planet has, at the core of their being, the power to create a life of grace, ease and abundance,"

insists James, who also serves as an associate minister at Denver's Mile-Hi Church.

Amanda Christmann Larson emceeds the event. After leaving a career in publishing in search for more meaning in her life, Larson founded the non-profit organization, Compassionate Journeys, designed to transform lives through guided service trips to Africa." The weekend will close with a ceremony by Martika Gomez, an Andean medicine woman and sacred sound healer.



Lindsay Wagner

Participants will enjoy chef-inspired vegetarian lunches in an enchanting setting. Nestled on 70 acres of national forest land and the fabled Red Rock Secret Mountain Wilderness, Enchantment Resort is the perfect getaway. There is easy access to hiking and biking trails, award-winning restaurants, and a fabulous spa. Please visit: www.enchantmentresort.com

Woman Arising! is sponsored by Sedona writer/artist Victoria Nelson, The Sanctuary at Sedona, Stone Nation Rising, Namaste Publishing, Heart Wisdom Journeys and Sedona Meditation.

Tickets are now available at www.womanarising.com or by calling (928) 202-7995. Attendance is limited. Register early and save!

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La Costa Spa Courtyard. (Photo courtesy of La Costa Resort & Spa)

Spas of The Southwest

By Ann Nelson

Getting lost can be the absolute best way to discover a place through new eyes and get back in touch with ourselves. I know very few people who are not affected by the craziness going on in the world right now. Our bodies and spirits protest under too much stress and lack of rest. It's essential that we give ourselves a break and go to a quiet, spirit-filled place to recharge and renew.

Sometimes I go in my backyard and just sit, or swing in a hammock with a good book. Sometimes I treat myself and go to a spa for a few days. A spa is the perfect place to go to heal, rest and reflect. I wanted to choose a few spas that offer a variety of activities or off-season prices.

LA COSTA RESORT & SPA Carlsbad, California

From the minute my husband and I entered the gates of the long picturesque drive at La Costa Resort & Spa, we felt ourselves relax almost instantly as we immersed ourselves in the 450 acres of flower-filled rolling hills. There is so much space here, we wanted to make it into our own private paradise

and that is just what we did.

We found our way to our luxurious suite with a bathroom that is larger than our dining room. My husband, tired after working all day, headed straight to the Jacuzzi Tub. I explored the grounds and sat outside on our private patio, watching in wonder as wild rabbits were running around in search of their next meal.

We walked over to Legends Bistro, sat outside by the fireplace and had a fabulous dinner of Pacific Oven Roasted Salmon. We went to bed early and woke just as the light peeked through the windows. As we stepped outside for our walk, we felt the coastal fog wash over us as we headed along the winding paths from the golf course, tennis courts and restful meditation gardens. After a short while, a kaleidoscope of colors seemed to burst from every corner.

It is easy to understand why La Costa is rated the #4 Resort Spa in the U.S. and Canada by Travel & Leisure. La Costa has recently undergone major renovations, with many improvements focused on the spa. There is an Herb Garden in the Spa Courtyard, and a stone Reflexol-

ogy Path. And there are new spa treatments, including a Bamboo Massage.

I'd never heard of a bamboo treatment and was a little unsure of what this experience would be like. During this massage, stalks of warmed bamboo are rolled over your muscles to increase circulation and promote relaxation. After this treatment, I felt like melting into the table and didn't want to leave. Truly, one of the best spa experiences I've ever had!

The Chopra Center for well being is located at La Costa and offers an impressive variety of retreats and workshops, such as A Weekend Within, Free to Heal and Seduction of Silence. For detailed program information, call (760) 494-1639.

RED MOUNTAIN RESORT & SPA St. George, Utah

It's not unusual for outdoor adventure seekers to make a pilgrimage to the state of Utah on a regular basis. Utah is an outdoor paradise and Red Mountain Spa is right in the middle of it. I was looking for fresh air and an adrenaline rush when I chose this destination. I'd heard from a friend about the dozens of daily

classes available and the major hiking opportunities accessible from the spa, less than a mile away at Snow Canyon State Park.

I arrived in the evening, just in time to watch the sun set over the expansive red rock cliffs stretching across The Mojave Desert. From my expansive balcony, the entire sky looked as though it were on fire. I felt exhilarated and I knew I was lucky to be here.

I decided to take this trip by myself and discovered I was not alone in my thoughts. During dinner at the communal table I met guests who were returning for their sixth or seventh time. Some of the people I met were by themselves, others with a girlfriend, and a few were accompanied by their husbands.

This is very definitely a place where you can feel comfortable, no matter what kind of mood you're in. No pretenses, no makeup, just show up and be yourself. Classes include Chi Ball Stretch and Power Pilates. In addition to all the classes, Red Mountain Spa offers an entire array of wellness and personal discovery sessions such as Life Coaching Sessions, Actual Age Assessments and Body in Balance Detox. The Sagestone Spa & Salon is exquisite and the offerings are well thought out. Treatments range from Lymphatic Drainage Therapy to Reiki Therapy.

RANCHO LAS PALMAS **RESORT & SPA** Palm Springs, California

Now that my husband and I have discovered the romantic getaway of Rancho Las Palmas in Palm Springs, we decided that this is a place we want to go to again and again. Nestled at the foot of Mount Jacinto, the resort offers a perfect blend of beauty inspired by nature, combined with the magic of over 1,500 palm trees and an expansive golf course in the middle of the dazzling desert.

After checking into our luxury suite, we headed over to Las Palmas Spa and immersed ourselves into an atmosphere of the healing powers of sage, chaparral and lavender, organic botanical

of the desert. We spent the afternoon enjoying the signature spa treatment, the Salty Mango Salt Scrub followed by a massage. A tasty frozen mango treat was the final touch of this blissful experience. The spa has recently experienced a \$35-million facelift and it shows! We were drawn to the sanctuary pool with stunning views of the mountain and that's where we spent the rest of the afternoon.

We decided to take a short nap before heading over to the bluEmber, the resort's signature restaurant. Chef Sean O'Connell, formerly the executive chef at The Fontainebleau, has blessed this space with his magic touch of subtle sophistication and incredible signature dishes. After much deliberation over dinner choices, we decided to try a miso-glazed Chilean sea bass served with sesame-wilted spinach and sake ginger broth.

Indoors and out, the atmosphere is sleek and alluring. The night was magical with the back drop of shadowy mountains and a jazz band playing in the background while we sat around the fire pit having an after dinner drink.

When choosing a spa, it's always a good idea to check out the website and review the treatments that are offered. Visiting a great spa truly has the potential of taking your vacation to a whole new level.

If you are watching your finances, you may want to consider putting a package together and traveling during the shoulder season when some spas offer reduced rates. All three spas are top-notch!

CONTACT

La Costa Resort & Spa,
Carlsbad, CA: (800) 854-5000
or www.lacosta.com

Rancho Las Palmas Resort
& Spa, Palm Springs, CA: (866)
423-1195 or www.rancholaspalmas.com

Red Mountain Resort &
Spa, St. George, UT: (877)
246-HIKE (4453), or www.RedMountainSpa.com

Ann Nelson is a freelance writer residing in San Diego, CA



Wayne Dyer at Celebrate Your Life.
Photo by Sean Kapera Photography.

Celebrate Your Life? Absolutely!

By **Bobbie Marsh**

More and more spiritual events and conferences are popping up all over the country. With technology, why not just stay home and do a conference call, or listen to internet radio shows or an online course? Having experienced both, it is easier to stay in my comfortable pajamas and cuddle up next to my computer and listen to an online course. But are we sacrificing a real life experience for convenience? You be the judge.

I went to a *Celebrate Your Life* conference that is organized by Mishka Productions, a company that was started about 16 years ago by Ariel Wolfe and her daughters Liz Dawn and Jaime Babs. Although Ariel recently passed away, the two sisters continue to organize a four-day conference with the country's top NY Times best-selling authors. It is the "who's who" of personal development and spiritual authors all in one place at one time.

I don't know how they do it, but they create an atmosphere

where even in a room filled with over 1,000 attendees, you feel like a member of the family.

Celebrate Your Life happens twice a year, Chicago and Phoenix. At the Chicago conference I attended, some of the speakers included: Deepak Chopra, Neale Donald Walsch, James Van Praagh, Caroline Myss, and the list goes on.

I attended over 12 workshops within four days! It was energy and information overload, but truly extraordinary. This conference is by far the best event I have ever been to and I have attended many spiritual conferences. It has heart. This was not like one of those large events where you feel like just a number, I felt like family had come together. Liz and Jaime strive to create a loving and nurturing environment at *Celebrate Your Life* and they definitely achieve it.

I spoke with some attendees about their experience and why they came to the event instead of doing online classes. Mary H. flew in from Massachusetts

to attend, she stated "This is my third *Celebrate Your Life* conference. The impact of this event is meeting all the authors in person and the joyous feeling created in being with so many like-minded people!"

Susan from Salt Lake City, UT said "Celebrate Your Life is an amazing experience! All these inspiring authors in one place at one time. Something like this cannot be conveyed through a computer screen or listening to a lecture on my iPod."

James has attended the conference before. "I only live a few miles away, however I met a couple who flew in from Russia. Celebrate Your Life has a strong impact on so many people's lives including me."

I think Elva R. from Mexico summed it up, "The energy is so high! The workshops are so inspiring and powerful.... this event has changed my life. I'm so glad I came," she took a deep breath as tears began streaming down her face.

This was the overall consensus and I could not agree more. There is a sense of community and joy at this event that can't be experienced with an online course. The energy is magnificent! I met people who traveled from all over the world to attend *Celebrate Your Life*.

Perhaps between my visits to the *Celebrate Your Life* conferences, I will use the online resources for support, but it will never take the place of being at this event.

The next *Celebrate Your Life* conference will take place in Phoenix November 4-7, 2011. Some of the featured speakers include: Dr. Wayne Dyer, Dr. Andrew Weil, Doreen Virtue, Gregg Braden, Neale Donald Walsch, Dr. Jill Bolte Taylor and the list goes on.

For more information visit: www.CelebrateYourLife.org or call Mishka Productions' toll-free number at (877) 300-7352.

Life's most urgent and persistent question ...

What are you doing for others?

— Martin Luther King, Jr.

Reconnective Yoga™

A Stronger Connection to the Higher Self and Spirit

By Cathie McGill

The word “yoga” comes from the Sanskrit root *yuj*, which means to yoke or unite. Liberation is the ultimate goal of Yoga, also known as Samadhi. This experience arises through the union of individual Self and Universal Soul. How do we unite what we perceive as a small individual self with something expansive and un-seen as the universal soul or consciousness?

Yoga can be experienced through physical practices, our actions, Meditating and breathing. We can begin our practice from any starting point, however to become a whole complete being, Patanjali’s Yoga Sutras emphasise that we include all aspects of our human life to achieve this.

How often is this understanding of Yoga relayed in classes today? If you visit various Yoga studios you may find that the emphasis of teaching Yoga is Asana (posture). It may be suggested that the Western world is not ready for more internal practices. However, as human beings have you noticed that we are evolving faster than ever before? As practitioners of Yoga perhaps we have become too involved in this one aspect of the Yoga Path.

Life force (Prana) is the power that breathes life into everything. Prana is a real, measurable

and palpable force that sustains everything on our planet.

The energy body, which is made up of energy pathways (Nadis) that deposit prana within each of the Chakras to create a powerhouse of energy, can be recharged by directing our thoughts (mental strands) forming an intention that we are energy. Also with the integration of the palpable energy frequencies with the body, as in Reconnective Healing and Reconnective Yoga, our practice and evolution, as Yoga practitioners, is accelerated.

Dr. Eric Pearl, a Chiropractor from LA, went through an energetic shift in 1993 and began accessing Reconnective Healing frequencies. He has visited over thirty countries sharing Reconnective Healing with over 65,000 people. This non-touch method of healing brings us into direct contact with Atman/God/Universe and helps us to connect to the perfection of Health. Healing is now becoming a priority in our lives.

Reconnective Yoga is a new Yoga practice that joins these two disciplines to create a powerful tool of transformation with *Healing* on all levels. Reconnective Yoga can help all Practitioners of Yoga experience the deeper layers and learn to “feel” the Life force internally and externally. During practice the fre-

quencies flow in a directed way to help heal, restore and lift the vibrational body, as well as creating a connection of Self with the Universal Mind.

Various concepts are explored such as hands-off and hands-on

experience becomes more expanded and we are able to experience deeper layers of our innate being known in Yoga as “The Koshas”; the five layers which support the gross subtle-causal bodies.



healing, feeling the frequencies (energy), charging or conditioning the room and using healing for the individual while lying in Savasana. During practice the student is encouraged to experience the subtle body, which seems easier to connect with when the healing frequencies are introduced.

While assisting students, no physical force is applied: only the palpable force of the frequencies is used. Generally, when one student has experienced the connection it is like a domino effect in the class. Each Asana and Meditation is practiced with feeling, observing and connecting both to the inner experience as well as where the vibrations of the frequencies are present.

Engaging in Reconnective Yoga, we become more able to transcend Yoga practices by consciously experiencing our internal energy sources and the external force that sustains us simultaneously. The outcome of this, is a state of Oneness.

We open up opportunities for self-healing that can accommodate our own evolution. Our

Since the demand for Yoga classes has increased in the Western world, the heavy physical practices seem to have overcome any experience of the layers of self. In Reconnective Yoga, the Chakra system appears to become charged and balanced, and the Asanas are easier to hold and can be held for longer without struggle. Students are beginning to experience a connection to universal source and transcending the Asana to join to the Oneness of their own light, their own true selves, reconnecting, expanding the experience of Yoga.

What is interesting is that an Asana practice is the first step in helping us to achieve a state where we are able to transcend beyond and through each layer until one reaches Samadhi, however currently this is rarely experienced by the Yoga practitioner. Now we have been given extra support in this process by fusing Reconnective Frequencies with all of our Yoga practices, from Physical Asanas and in Meditation and relaxation (Nidra).

During the first Introductory Workshop in Adelaide, three

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students reported instantaneous healings of pain in their bodies, and the majority said Yoga practices were easier to hold and that they felt a deeper sense of relaxation at the end. One student describes that her healing went beyond the "normal" experience of healing, as her whole life has shifted.

You do not have to change your yoga practice, however you may find that it will evolve into something more when you engage in the Reconnective Healing frequencies. When I see this in class I realize just how much more we are. It is a wonderful feeling to see people connect within, and to feel the supportive energy of the frequencies. This is truly an amazing evolution in our Yoga practice and Teaching.

Swami Satyananda says, "Ego can never be removed by intellectual persuasion, it can never be subdued or eliminated unless you develop the highest form of love."

To achieve this one must induce the awakening of Anahata (heart) Chakra. He also tells us, "A person who is in Anahata has the ability to heal others. With Anahata awakening, one develops nonattachment to worldly things and a constant feeling of optimism, understanding that good and bad co-exist, but there is also a world beyond this duality." This is also part of the Reconnective Healing philosophy.

Collectively there seems to be an urgency of healing and wholeness. More people are seeking Yoga as a genuine way for creating greater health and well-being. Reconnective Yoga allows the integration of the Nadis and Reconnective Healing frequencies to create a deeper experience. As a Yoga Community it is time to begin building our Yoga Philosophies and introducing concepts of the energy body, as this is where deep transformation takes place. We were born knowing we are so much more... we can reconnect.

For more information about upcoming Reconnective Healing and Reconnective Yoga events visit www.TheReconnection.com or call (323) 960-0012.

Cathie McGill is a Hatha & Reconnective Yoga Instructor and a Certified Reconnective Healing Practitioner.

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Crystal Skulls found in the ruins of past civilizations have now surfaced and are coming together again in Los Angeles on 11.11.11. Some people say they are alien to this world, contain hidden knowledge, or contain miraculous healing properties. SHA NA RA-SYNERGY- EINSTEIN- AMAR- ET- RAINBOW- MAYA just to name a few of the ancient and sacred quartz Crystal Skulls gathering plus a world premiere showing of THE MYSTERY SKULL. Mayan Priests will assist in a group activation at this momentous event to wake up our cosmic memory. Join us for this incredible event. Bring your Crystals and your Crystal Skulls for three days of ceremonies, lectures, exhibits & energy healing. Registration/Info at: www.crystalskullsevent.com or call 520-304-2558.

Produced by Oracle Stone Productions www.CrystalSkulls.com is the head sponsor of this event

Fibromyalgia

Symptoms, Causes and Holistic Treatment

By Dr. Juliet Tien (Dr. J), D. N. Sc.

Fibromyalgia is one of the most common types of chronic pain. It affects over 5 million people in the United States alone. Fibromyalgia was once thought to be a mental disorder. It was first described by doctors in the early 1800s as "muscular rheumatism." In the 1900s the term was changed to "fibrositis." In 1976, the name of the condition was changed to "fibromyalgia." In 1981, the first scientific study formally confirmed fibromyalgia symptoms were medical conditions.

Fibromyalgia affects both men and women, although the majority of reported cases are women. Fibromyalgia is also seen in all age groups, including children, teenagers, and the elderly. Fibromyalgia occurs around the globe, and it affects all ethnic groups and cultures.

Symptoms of fibromyalgia include stiffness, widespread aches and pains especially in the extremities, fatigue, and sleeping disorder.

Causes of fibromyalgia have been considered as "unknown" by most health professionals. Based on my more than three decades of clinical experience working with people from many different ethnic origins and geo-

graphic locations, the following is a list of probable causes:

Yeast and parasitic infections: When your body is infected with yeasts and parasites, they suck your energy and also deposit their toxic wastes in your tissues, muscles, and joints. This in turn, causes inflammation and pain.

Dampness: A damp environment such as a beach-front apartment or a house in the woods can worsen symptoms of yeast and parasitic infections.

Lack of exercise: Our brain, tissues, muscles and tendons all need nutrients and oxygen. Lack of exercise will cause a "delivery problem" for the nutrients and oxygen. Also, yeasts and parasites love a still environment. A still environment makes it easier for them to populate.

Psychological stress: Psychological stress, if not managed properly, can weaken your immune system. When your immune system is weak, all kinds of invaders such yeasts, parasites, bacteria, and viruses can take over and cause many diseases including fibromyalgia.

Deficiency of vitamin L (L for Love): When you feel "unloved," or "unapproved," that's the time the symptoms of fibromyalgia worsen.

Luckily fibromyalgia is treatable. Let's take a look at the holistic treatment methods that have successfully eliminated fibromyalgia symptoms for my clients:

1) Yeast-Free Nutritional Program: As some of you may be aware, my "Eight Commandments" contain no wheat, no dairy, no sugar, no yeasts, no alcohol, no caffeine, no chemicals nor nicotine. When you indulge in any of these no-no's, you feed the yeasts and parasites in your body. When your little enemies are well fed, they have a rock 'n roll party and deposit toxic wastes that can cause aches and pains in your tissues, muscles, and tendons. The more you follow the yeast-free nutritional program, the more relief from pain you will get. To learn what to eat and what to avoid, follow my yeast-free cookbook, *Healthy and Tasty: Dr. J's Anti-Yeast Cooking* available in your local libraries in Southern California.

2) Herbal Therapy: When clients with fibromyalgia symptoms came to see me for consultation, they usually had suffered for years. Therefore, it's important to use herbal formulas that build immunity and control the inflammation right away. The focus of herbal therapy should be on removing toxins and regenerating the hormonal system. This will help build up the immune system, increase energy and improve mental clarity. Sugar craving is usually one of the symptoms because of the overgrowth of yeasts and parasites. A high-protein herbal drink rich in digestive enzymes can effectively stop the sugar craving.

3) Keep Your Environment Dry: Many of my clients experimented with different kinds of dwellings and climates, such as beach fronts, woodlands, and the desert. Most of them found that dry climate in the desert helped them experience relief of fibromyalgia symptoms because

a damp environment provides an incubator for yeast overgrowth.

4) Exercise Regularly: It is common sense that exercise improves blood circulation, and facilitates the efficient delivery of nutrients and oxygen to tissues, muscles, and tendons. You don't need to go to the gym to exercise. Low-impact exercise such as walking around the block in your neighborhood, shopping mall, or simply jogging in place at home can yield great results for people with fibromyalgia.

5) Manage Stress Effectively: Stress is part of life. No one is immune to it. If managed properly, stress can be a motivating force for you to move forward. Daily meditations, prayers, affirmations, emotional releasing techniques, etc. can all help you release stress. For details, read my book, *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing*, also available in your local libraries in Southern California.

6) Replenish "Vitamin L" (L for Love): ALL my clients with fibromyalgia felt the frustration or disappointment of not being loved or approved by their parents, spouses, partners, or children. Learning how to love yourself, and how to reprogram the script in your mind will help tremendously in releasing the frustration and disappointment, and in turn, replenish "vitamin L." And, don't forget, SEXERCISE is great for blood circulation, self-esteem, and eliminating fibromyalgia!

For more information on fibromyalgia, yeast-free nutrition, herbal detox, hormonal imbalance, weight control, and stress management, please call (800) 715-3053, or (818) 472-2213, or send an e-mail to drj@drjsbest.com. Visit: www.drjsbest.com; Blog: www.drjsblog.com Facebook fan page: http://www.facebook.com/drjsbest (Become a fan to read updated articles regularly on alternative, holistic treatment for various health issues.)



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Please see her article in this issue.

We can do no great things — only small things with great love!

— Mother Teresa

\$100 for 1,000 Trees Helps Defend Brazil's Rainforest

Planeterra, the global non-profit sustainable development organization, is engaging individuals around the world to help preserve the Atlantic Rainforest of Brazil. By raising awareness for its Community Reforestation Project and funds to plant thousands of new trees, they hope to help stabilize the remaining 7% of rainforests, which just a few hundred years ago spanned hundreds of miles north-to-south along Brazil's Atlantic shore, reaching west to the Amazon jungle.

Three key tactics are being employed to help reverse this trend before it is too late. They involve the areas of improved agricultural production, enhanced plant nutrition, and conservation of soil and water resources.

It is Planeterra's goal to help enable people from local communities earn an income from first preserving and then man-

aging forests sustainably. Outside contributions are critical to successfully carry out these initiatives.

"Individuals can get involved and play a key role by providing critical financing for this important project. We met our Earth Month goal of \$5,000, but there's still a long way to go to protect this environment and the community," said Paula Vlamings, Associate Director for Planeterra.

Contributions support planting of trees at \$100 per 1,000 trees and supply farmers with seeds and the knowledge to practice sustainable agriculture and soil conservation while improving forest health. Individuals can donate online by visiting www.planeterra.org/pages/projects/19.php?id=34.

"In 2010 the International Monetary Fund ranked Brazil the 7th richest country in the world

in terms of GDP, but millions of people in this country live at or below subsistence level, a level that too often means stripping away more forest and fertility to survive," said Vlamings. The result is centuries of low agricultural production, rural poverty and environmental destruction.

"We think by communicating and helping implement agro forestry techniques we can stave off overgrazing and deforestation of waterways that would further erode the remaining 7 percent of the forest," Vlamings said.

Forty percent of South Amer-

ica's 20,000 tropical plant species are endemic to this forest. Soil cleared and cultivated for farming loses its fertility in two decades or less, requiring the farmer to clear more land to maintain his level of income.

Demonstrating its ongoing cultural, social and economic commitment to responsible tourism, Gap Adventures established the Planeterra Foundation, as a way the company and its passengers can give back to the communities visited.

Visit www.gapadventures.com/ and www.planeterra.org/

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The Richness of Fall Equinox

By Rev. Dr. Patricia Gallet

As Mother Nature shifts and changes it is rational to assume we, as humans living upon her, would benefit by making ad-

justments. Autumn equinox is a midpoint, a daily opportunity to review and rebalance personal spiritual practices. A time

to prepare for what winter may bring; be it cooler weather, hectic holidays or ongoing everyday stresses.

Being outside and exposing your eyes, (the windows of your soul) during the first 15 minutes of sunrise and 15 minutes prior to sunset, has a direct effect on your physical, biological body (especially beneficial for fibromyalgia ailments).

Ancient Mystery schools, and some of modern day, teach that witnessing the green flash (dramatized in the movie, "Pirates of the Caribbean: At World's End") in the moment when the sun sets on the horizon has an alchemical effect on the body allowing it to absorb and metabolize all nutrients within for maximum nutritional benefit.

As natural light dims earlier quiet, still, and peaceful about lighting a candle (which attracts Spirit) and allowing the gentle warmth and glow, devoid of electricity, to fill and rejuvenate your spirit.

Consider partaking in the timeless practice of lighting a flame, giving voice to prayer, be it a religious one or something whispered from your heart, and allowing the smoke to carry your words into the Infinite ether. Beeswax candles have long

been used upon Catholic altars and are natural ionic air purifiers. When burned for a minimum of two consecutive hours these candles assist in creating a cleaner, more sacred space.

Dinner bells are a practical ritual, used to break up stagnant energy and set a vibrating "tone" for coming together at a meal. How magical, to take food that was grown or walked upon Mother Earth into your body every day and have it become a part of YOU. Transforming edible ingredients into nutrients to build physical, mental and etheric bodies. Now imagine boosting that alchemical process even further by blessing the food as you cook, or prepare to eat it. Can you feel a difference? Does it bring you closer to your inner being?

There are ancient practices that can assist even in times of shifting and realigning. Take 15 minutes daily to breathe deeply, to consciously let go, surrender to nonjudgmental love and relax into "being." Feeling connected and safe is your birthright. In honoring your body and the seasons upon earth you have the means to meld with the Divine.

Time, as we have known it, has accelerated. Many are remembering that we are infinite and that time can no longer hold us captive. Each of us have blood ties back throughout existence and now remember the power of who we truly are and what we are capable of as individuals when we connect.

Consider acknowledging that the wheel of life is turning in your personal world, and find a way to welcome, embrace and celebrate each new milestone in this ever-changing and vast new landscape. Claim and enjoy your rich, abundant blessings in this Autumn Equinox.

Rev. Dr. Patricia Gallet, a continuing student of mystery schools, is an ordained minister with doctorates in Metaphysics and Divinity. She has explored ancient sites on four continents and is a first-born daughter of the thirteenth child in a bloodline of psychics.



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- **9-Session Series ~ Introduction to the Enneagram, with Lisa Morrice:** Thursdays, September 15 & 22
- **Karie Hillary ~ Guest Vocalist:** Sunday, September 18 ~ 10:30 am Inspirational Service

OCTOBER

- **9-Session Series ~ Introduction to the Enneagram, with Lisa Morrice:** Thursdays, October 6, 13, 20 & 27
- **Debra Barbe ~ Guest Vocalist:**

Sunday, October 16 ~ 10:30 am
Inspirational Service

- **Reverend Leo Booth: Sunday,** October 30 ~ 10:30 am Inspirational Service
- **Spirituality & Recovery Celebration with Reverend Leo Booth:** Sunday, October 30 ~ 7 pm

NOVEMBER

- **Daniel Nahmod ~ Music as Message Program:** Wednesdays, November 2 & 16 ~ 7:30 pm
- **9-Session Series ~ Introduction to the Enneagram, with Lisa Morrice:** Thursdays, November 3, 10 & 17

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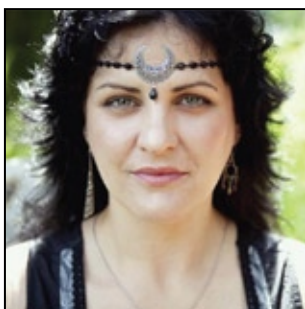
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Making Magic—Tues. Oct. 11, 6:55 p.m., Dr. Margaret Cochran, Ph.D. speaking on "Wisdom, Love, and Magic" with world-renowned musician, Nadine Risha.

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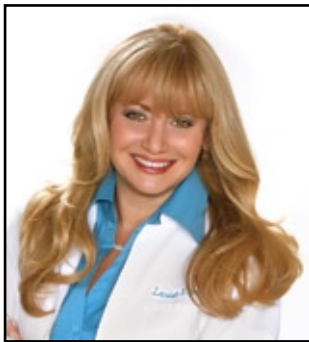
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MUSIC Reviews

By Michael Diamond



BLACKMORE'S NIGHT

Autumn Sky
www.blackmoresnight.com

On their eighth studio release ex-Deep Purple guitarist Ritchie Blackmore and award-winning songwriter and vocalist Candice Night, along with their band of minstrels have created an earthy stew of folk rock with Celtic and Renaissance influences, lovingly called "Ren-rock" by fans.

In addition to the impressive vocals of Candice Night, the album features acoustic and electric guitar, keyboards, bass guitar and drums, along with a host of historical instruments from their vast collection. The music, which bridges the 16th and 21st centuries draws inspiration from nature, mythology, and fairy tales, as well as from their travels.

The album opens with a rousing rocker entitled "Highland." There is an excellent video of this song available for viewing on their website which gives a good feel for the vibe of the band, and highlights the charismatic persona of Candice Night.

Tracks like "Journeyman" and "Keeper Of The Flame" give Richie's electric guitar fans a taste of what they've been waiting to hear as he breaks into a fiery finger dance on the fretboard of a Stratocaster... only to turn around and play a lilting folk ballad on the mandolin, showcasing his musical dexterity as well as his evolution as an artist.

"Autumn Sky" definitely cast its spell on me and I appreciated the band's commitment to their roots without being bound by them. From authentic Renaissance sounds to Jethro Tull-type rock, the music of Blackmore's

Night reflects a creative spirit that infuses centuries-old music with fresh energy and vision.

DEVA HALEY

Sacred Alchemy
www.sacredalchemyalbum.com

Although "kirtan" or Indian devotional singing has existed for centuries, it has been enjoying a new-found popularity, especially in the new age community. The music of Devaa Haley, which finds some of its roots in this ancient tradition, also brings a contemporary perspective to the mix. The thematic vision of "Sacred Alchemy" is the exploration and expression of wisdom and power of the sacred feminine.

The album musically reflects 13 faces of the Goddess, including Tara, Kali, Mary Magdalene, Isis, Aphrodite, Pele, and others. While some of the songs lean towards the traditional, others include ambient grooves, electronica, and world percussion.

In addition to Devaa's heavenly heartfelt vocals and harmonium (an Indian pump organ), the album features a cast of incredible musicians and singers including Suzanne Sterling, Sarah Eden Davis, Sonja Drakulich from Stellamara, and others.

Also of note is an all-star group of producers including Geoffrey Gordon, Christopher Krotky, and Ben Leinbach, who also lent additional music support on keyboards, guitars, percussion, and more. The music has been described as ranging "from sexy and untamed (great for dancing) to reverential and tender (perfect for yoga)."

As one might expect from a CD with the title "Sacred Alchemy" there is communion, not only of ancient and modern, but also of diverse spiritual and cultural traditions such as Hindu, Buddhist, Sufi, Christian, Egyptian, Greek, Hawaiian, etc. This album certainly achieves its goal

of "expressing the glory of God/Goddess and love for Spirit embodied in all that surrounds us."

ANCIENT FUTURE

World Without Walls
www.ancient-future.com

It has been said that "history repeats itself" and this is certainly the case with Ancient Future and their "World Without Walls" CD. Initially released in 1990, it has very recently been re-released by Capitol Records, and is available for the first time in digital format on Amazon, iTunes, etc.

This coincides with a current reunion tour of the exact members of Ancient Future who played on this album at that time. The group played at the world-famous Yoshi's jazz club in San Francisco, as well as continuing on to other venues. A video of this performance can be seen at: <http://www.youtube.com/watch?v=Ro0VAo7a9BY>

The reunion show features Matthew Montfort on scalloped fretboard guitar, Jim Hurley on violin, Doug McKeenan on keyboards, and Ian Dogole on percussion who perform their first concerts together in over 15 years. A highlight on the album is a guest appearance by legendary tabla master Zakir Hussain on three songs.

Bandleader and founder Matthew Montfort coined the term "world fusion music" to define the band's sound, which at the time of their formation in 1978 was pretty much uncharted territory compared to today.

In fact, the prestigious Billboard Magazine cited them as "trendsetters" for their early contribution. Their music has been described as "an exhilarating fusion of exciting rhythms and sounds from around the globe." It's gratifying to see this timeless classic album being reincarnated in this fashion, as well as the fact that Ancient Future has continued its musical evolution over a span of three decades.

PETER STERLING

Circles Of Light
www.harpmagic.com

For this album Peter Sterling traveled from southern Califor-

nia to Wiltshire, England to record in the famous crop circles that are found in that area. Peter is an award-nominated recording artist who has produced approximately a dozen albums of new age music, as well as being a workshop leader and lecturer on various aspects of metaphysics including the power of sound, vibration, sacred geometry, and more.

This focus is evident in this latest CD release "Circles Of Light." The primary instrument used in the crop circles was the wind harp, along with crystal bowl, zither, and Tibetan bell. The sound of the wind harp (in which the music is created by wind blowing through the strings) is one of the most fascinating I've ever heard.

I listened to this album through headphones with eyes closed and was transported by it. In the liner notes, Peter talks about how the sound of the wind moving through the strings creates high-frequency harmonics that interact with our subtle energy fields and elevates our state of consciousness.

It should be noted that this recording is more about sonics, vibration, and sacred space than about "music" in the traditional sense of melody, harmony, rhythm, etc. although there are a bit of those elements present, especially in the second half.

But as Peter states, it is "optimally used for meditation, healing, and spiritual activation." This is a deeply metaphysical endeavor created by a visionary recording artist who is devoted to the evolution of consciousness.

GERA

Migration Of The Soul
www.migrationofthesoul.com

The album's subtitle, "A Meditative Journey," illuminates the purpose Gera had in mind when she created her new CD, "Migration Of The Soul." Her primary "voice" is the Native American flute, which blends with percussion and synthesizers by T.M. Dubas, and with nature sounds — recorded by Gera herself on her extensive world travels.

(Continued on page 41)

Music produces a kind of pleasure which human nature cannot do without.

— Confucius

BOOK Reviews

By *Sonia von Matt Stoddard*



THINK YOUR WAY TO WEALTH

By *Napoleon Hill*

Originally published in 1948 and out of print for decades, the publisher is reintroducing this treasure chest of secrets, a vivid account of a 1908 interview by author Hill and legendary American industrialist Andrew Carnegie.

The application of certain fundamental principles ensures success to everyone who makes use of them. The theories, and the entire law which consists of seventeen principals of success, gleaned from interviews with the wealthiest men of the time, are set forth here in their entirety.

We start by defining our purpose in practical terms, i.e. when do we want to retire and how much money will we need. Carnegie states that a sound philosophy of individual achievement must present a clear understanding of the principles that bring success, as well as those that lead to failure. We go on to hear discussions about developing an attractive personality and how to eradicate negative mental attitude as a starting point.

Every man gravitates where he belongs in life, much like water seeking its own level. Organizing your endeavors, nourishing creative vision and maintaining self-discipline are all included here.

The latter part of the book goes into detail with subjects such as learning from one's past experiences and defeats, to budgeting our time and money and maintaining and nurturing our health and spirit. Finally, Carnegie reminds us that free enterprise is the source of our success, but it is also the product of time and evolution. Achieving perfection is through trial and error, and it is entirely what we choose to make of it.

Published by Tarcher/Penguin, this book is available at your local bookstore or at www.PenguinGroup.com

WORK WITH PASSION IN MIDLIFE AND BEYOND

Reach Your Full Potential & Make the Money You Need
By *Nancy Anderson*

With all of our baby-boomers nearing midlife, the timing is certainly good for this guidance

through the process of recognition and realization, then assessment, progress and fine-tuning, to guide us into happiness and profitability, despite the current downtrodden economic condition of the world around us.

Finding your niche in midlife is akin to solving a mystery. The author, who has cofounded two career counseling firms and hosts her own radio show, places her focus on identifying and realizing our passions — finding clues about our passion path — then working to achieve success and money, doing something you will master and thrive with.

Transition into a second stage of life takes courage and persistence and here we are given the tools to overcome primary obstacles, nurture personal and professional relationships, avoid negative criticism and self-doubt, then clearly define and recognize objectives and opportunities.

Now that we've taken control of our personal assets, both spiritual and practical, we find our perfect niche, and re-write our personal story to find the ideal career and life goals. The end result is that we learn to live and function wholly and holistically and savor success on our own terms.

Published by New World Library, this book is available at your local bookstore or at www.newworldlibrary.com

THE AWAKENING COURSE

The Secret to Solving All Problems
By *Joe Vitale*

Are you thriving or just surviving? What would you dare to do if you could not lose? Getting the motivation necessary to change your life often starts with a bonafide program that teaches us how to start. The missing secret to success is identifying and clearing the pre-existing, negative beliefs you already hold in your life. Letting go of fear is the first step to finding the door to awaken ourselves and achieving our desired goals.

Fears can be turned into catalysts for success. This book provides the program and the inspiration for finding and achieving goals by first finding out what it means to be awakened and its importance to seeing new perspectives on life, money and the power of self.

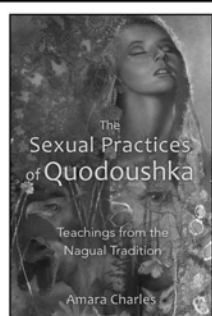
The author, a marketing consultant, combining spirituality into his acumen, and also a contributor in the film *The Secret*, starts off with his own story, struggling from a life that literally crumbled around him. Vitale then discusses four stages of transformation, starting with our unconscious storehouse and victimization, gaining empowerment from this realization, surrendering to it, then finally awakening. He combines his experience in a thoughtfully-worded and inspiring life-script so the reader can stop surrendering to fear and move on to the next level of awakening.

Published by John Wiley & Sons, this book is available at your local bookstore or at www.wiley.com

HAPPY CRAP

8 Tools to Choose Your Thoughts for Prosperity, Productivity and Peace
By *Erika Oliver*

As humans, we have a tendency to make hundreds of assumptions to fill our minds, based on our experiences, without all the facts. While some of these are helpful, many of them are negative and serve to hinder and paralyze us instead. In eight easy steps, this book shows us how to unleash the power of positive assumptions, so we stop



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AMARA CHARLES

Based on ancient Mayan, Olmec, and Toltec teachings, Quodoushka offers practical tools to increase the intensity of your orgasms, understand your partners' desires, and show you how to bring the passion of sexual intimacy back into your relationship.

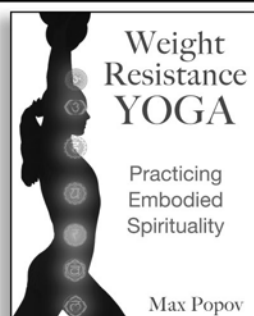
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57 b&w illustrations, 978-1-59477-357-0

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wasting our energy on the wrong things.

Author Erika Oliver is a positive communication expert and a self-avowed recovering pessimist, so you will immediately see that she has been inundated by the same negativities she talks about, and the book is a continuous learning process for her as well.

Oliver starts off by reminding us about the nature of negative assumptions and how easy they are to identify and reverse. Negative assumptions are merely challenges to overcome. And, hiding from outside negative elements is not a solution.

Here, we find a detailed way to deal with everyday stresses. We replace them with positive actions and affirmations. In the process, we creative more time, happiness, joy and positivity, which has a tendency in and of itself to gain momentum and pass on to others around us.

There is nothing tremendously new here, except for the upbeat clear directions and honest approach to practical solutions within our daily lives.

Published by Affirmative Publishing, this book is available at your local bookstore or at www.erikaoliver.com

UNTIE THE STRONG WOMAN

Blessed Mother's Immaculate Love for the Wild Soul
By Clarissa Pinkola Estes, PhD

In this book, the author hopes to re-introduce us to the Blessed Mother, and once again open the door to her, by illustrating the viewpoint that all souls will be accepted; all of us are worthy of being comforted and protected, even if we have lost touch or foolishly believe we are unworthy.

Even though, throughout the ages, our ancestors have lived through the unspeakable and unbearable, there is forever a golden field alive and flourishing to feed the soul of all who live there. If we can imagine our-

*Another world is possible,
she is on her way.
On a quiet day I can hear
her breathing.*

— Arundhati Roy

selves as plants in fields tended by the Blessed Mother, the giver of life, we will benefit from her life-force.

Estes, an internationally-recognized scholar, poet, diplomate senior Jungian psychoanalyst and *cantadora*, approaches the Blessed Mother with a fresh perspective, from a personal point of view as opposed to a theological. While she does include much background and history from old world Europe to the present, she points to the ironies of religion, conquest and domination by certain groups.

She also goes on to explain the archetype of a holy woman who is a mother, who is found through all cultures and known by many names, yet always displays the same fierce compassion for her children, no matter how it is translated.

Filled with stories, prayers and images, from ancient through modern times, we are allowed to once again experience the joy and love through "Her" re-inspired devotion.

Published by Sounds True, this book is available at your local bookstore or at www.soundstrue.com

MUSIC Reviews

(Continued from page 39)

She has studied the instrument for seven years with some of its preeminent masters, including R. Carlos Nakai. Another famous name associated with this production is multi-Grammy Award-winning producer/engineer, Elliot Scheiner, who has worked with some of the biggest names in music, including Sting, Eric Clapton, Steely Dan, The Eagles, and many others.

Elliot lent his expertise in the producing, recording, and mixing of the album in NYC — however, the music evokes the painted canyons of the Southwest more than the concrete canyons of Manhattan.

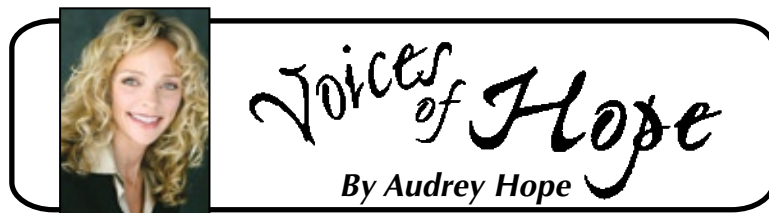
Each composition is created as an inner journey and the liner notes provide context and description of the song's inspiration. Reading the notes first

helps set the scene for the listener's sound voyage. The release of this CD is perfectly timed to coincide with the September 2011 World Flutes Festival in Argentina where Gera has been chosen to represent the United States as a performer and lecturer at this auspicious event.

In addition to being a musician and registered nurse, Gera is a true renaissance woman with experience as a yoga enthusiast, energy worker, and professional

masseuse. So, of course, it is not surprising that this music makes a nice background for these activities.

Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines and more recently worldwide on the internet. He currently has five CD's including two with new age music pioneer Steven Halpern. For additional reviews of CD's, DVD's, and more, visit: www.michaeldiamondmusic.com



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I AM A SUNBEAM,
I do not pull towards me with a law of attraction,
Instead I radiate outwards from my center source,
And flood the world with light.
And those who can share it with me will find me.

Finally the world makes sense.
Invisible balance sheets
That figures the real price of things-
Getting and having,
Does not the winner make!

A different bank weighs the gold:
To heal the soul,
To overcome this place,
To be a gem.

The test of riches —
What have you become through all the days of your life?
Can you simply thank the morn for coming?
Does your rhythm go day by day?
And sing — I have enough.
I am enough.

The serious manifestation code —
I am the true expression of my soul,
My desires gleam out from the divine,
I know my value to share the lamp,
And the return is deserved peace.

Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: www.hopesrealwomen.com Her CD, The High Voltage Hope System, is now available on amazon.com

KID'S Reviews

By Lyda Whiting

CHILDREN'S SPIRIT ANIMAL CARDS

Written by Dr. Steven D. Farmer
with Jesseca Camacho
Illustrated by Pamela Anzalotti

The turtle counsels you to take your time. The lizard suggests you spend some time dreaming. The horse encourages you to trust your feelings. The swan reminds you that you are beautiful just as you are. Each animal offers guidance in its unique way.

This set of animal spirit cards is a lovely tool for children to connect with the gentle spiritual guidance of totem animals. Each card has a simple message and an evocative image of the animal in its natural environment. There is also a booklet with card layouts, an expanded message for each card, and suggestions for activities to integrate the message into every day life.

The images on the cards are colorful and appealing, and can provide a focus for meditation on the qualities and wisdom of each animal. Each animal is pictured in its natural environment. The paintings are realistic and yet evocative of the magical essence within each creature.

The booklet offers suggestions for drawing one card, and for doing simple two-card and three-card spreads. A guide for parents is also included.

Children will be enchanted by the images and the gentle guidance from the animals on these cards. Parents and children can help each other reflect on the messages from the animals and feel their connection to the beauty and spirit of the natural world.

For ages 6 and up.

Published by Satiama, this card set is available at your local bookstore.

THE MEGASAUROUS

Written by Thomas and Peter Weck
Illustrated by Len DiDalvo

King Limalot and his bear subjects were in trouble. The Megasaurus had come to Beandom, and was eating his way through the kingdom. The king asked his wisest advisors, but ignored the suggestions of little L. Joe Bean. The bears tried making towering piles of pancakes, but that didn't fill up the monster. They tried shooting arrows, but that just made the monster mad. They tried building a huge

wall, but the monster just tore it down. Finally, the king listened to the plan of L. Joe Bean to trick the Megasaurus into believing that an even bigger monster was in the kingdom, and his favorite food was a Megasaurus. Will this new plan save Beandom?

This fun story is full of action and excitement. Children will love the colorful characters and the funny illustrations. The illustrations are large and vibrant, and are sure to appeal to young children. There is also an underlying message about following your own ideas even when others don't listen to them.

This is the first book in a series by this father and son writing team.

For ages 3 and up.

Published by Lima Bear Press, this book is available at your local bookstore.

HOW BACK-BACK GOT HIS NAME

Written by Thomas and Peter Weck
Illustrated by Len DiDalvo

Lima Bear and Whistle-Toe the rabbit got an urgent message from their friend Plumpton the opossum. Plumpton's back was suddenly invisible! The friends try to figure out what to do. But while they were trying to help, Whistle-Toe got caught in a cage.

The others could not get to him without being seen and trapped by the children with the cage. But Plumpton was invisible when he lay flat on his face. So he was able to get his friend to safety. Plumpton's problem had become an asset.

This book is full of silliness, as the friends try to help each other and keep ending up in one predicament after another. The large colorful illustrations add to the fun.

There are suggestions for activities, including writing disappearing messages with lemon juice, at the back of the book. There are also discussion aids to help children respect others, and

see how our differences contribute to our world.

This book is part of a series, featuring reoccurring characters and life lessons, by this father and son writing team.

For ages 3 and up.

Published by Lima Bear Press, this book is available at your local bookstore.

IT'S ALL ABOUT CHOICE: GETTING BACK IN THE GAME!

Written by Herb D. Trainer
Illustrated by Taillefer Long

Danny loved to play basketball, and he had been on the team at his old school. But a few months spent watching TV and eating too many sweets had affected his body, his game — and his confidence.

He wanted to play ball with the kids at his new school. But one of the boys teased Danny about his weight and refused to let him play. Danny felt miserable. He wanted to get back into shape and play basketball again, but he wasn't sure how to start.

And then he meet the Cardio Kid and his Fat Fighting Force. They helped him learn about healthy food choices, and exercises to help Danny build muscle and burn fat. Danny liked what they told him.

But before the day was out, he met up with the Blubba Hill Gang. The gang tempted Danny to hang out with them and eat junk food and watch TV. Danny had to make some tough choices if he wanted to get back in the game.

This book uses fanciful cartoon characters — the Cardio Kid is actually a heart with arms and legs — as a way of introducing ideas about fitness and healthy eating. This entertaining story will encourage children to make healthier choices so they can get in the game too.

For ages 7 and up.

Published by IAAC Media, this book is available at your local bookstore.



REFLEXIONS BELFEXIONIZ

By Robert Ross



on Southeast Alaska

To the lover of wilderness, Alaska is one of the most wonderful countries in the world

— John Muir

Question: (from friends and family members) How was your Alaskan trip?

Answer: Hmm . . . How was my trip, I thought to myself? How do I answer that? Cool? Awesome? Indescribable?

How do I describe in a few words, the experience of witnessing the largest “calving” (breaking away of a glacier) that we, and our naturalist guide had ever seen? And this was from 75 yards away!

Or hiking through pristine forests yelling “Yo Bear” to alert any coastal brown bears that we were in the area (a startled mother with cubs has been known to attack hikers). Or the calming effect of the sight of an area blanketed — as far as the eye could see — by lush green Sitka spruce, alder and hemlock.

And how do I convey the exhilaration of riding in a Zodiac (the same type of motorized rubber boat used by Jacques Cousteau) weaving in and out of the inlets spotting otters, bald eagles and sea lions. Or that the sighting of humpback whales breaching the surface in a rolling motion, leaving the sight of their tail fins as they headed down into the deep blue water. These were everyday occurrences. After a few days of reflection, I responded to e-mail queries with a few photos and the comment that the adventure was awesome; I also added: “do read my article!”

THE AWESOME ADVENTURE

We were on an eight-day “expedition” organized by Lindblad

Travel company in partnership with National Geographic. Our small ship — the Sea Lion — accommodated 60 passengers and a crew of about 30. Because of its size, we were able to navigate through passages that larger ships would have to avoid.

It had a lounge, where lectures were given and passengers socialized, a bar, restaurant and a covered deck on the back of the ship with fitness equipment and where the morning Yoga class was held.

Each passenger room had a window facing out toward the scenery . . . toward the snow-covered mountains, lush green islands, daunting glaciers or the undulating dorsal fins of an Orca whale.

Our itinerary: embark from Sitka, cruise to Point Adolphus, Inian Pass, Glacier Bay National Park, and onto Frederick Sound and Chatham Strait. While in Chatham Strait, dock and spend the day exploring the small Alaskan fishing village of Petersburg. Then onto the fjords of Tracy Arm, and on day-eight, conclude our cruise, in Juneau, Alaska.

Sitka, our embarkation point, has a population of approximately 8,000 and is the fourth largest city in Alaska. Anchorage is the first, with approximately 260,000, followed by Fairbanks, Juneau (the capital) and then Sitka.

One immediately notices the influence of the Russian Orthodox church, not only in Sitka — where, in the city center, an ornamental church dome reaches up to the sky — but throughout Alaska. Russia played a strong role in the early development of Alaska.

Sitka is also the home of the

indigenous people known as the Tlingits. The Tlingit history replete with shamans, totem poles and interacting with Russian traders, is reflective of European expansion into native lands throughout the western hemisphere.

Large cruise lines stop in Sitka, where passengers can disembark and visit the Raptor Center, hike in the Sitka National Historical Park, view the ever-present totem poles, or browse through the unique shops in town.

After leaving Sitka, our first stop was at Pavlof Harbor in the Tongas National Forest. The Tongas National Forest created by Teddy Roosevelt in 1907, is the nation’s largest national forest. It is considered a coastal temperate rainforest. Once on land, some chose to hike, and others to kayak, and still others, to hike for a couple of hours and kayak later in the day.



Bob and Ingrid Ross with ice from glacier.

That was our first opportunity (the first of many) to get up close and personal with the lush green Alaskan forest. With the help of our naturalist guide, we were able to identify the wild life, trees and plants.

On our way to Glacier Bay National Park, we stopped at Inian and George Islands to again explore for wildlife, hike and kayak. Glacier Bay National Park is a World Heritage site covering 3.3 million acres. The area is surrounded by snow-capped mountains and an abundance of wildlife.

Within a couple of hundred yards of the ship, on a short walk, we spotted a moose with two little ones. The cliché “teeming with wildlife” is often used describing areas like Glacier Bay National Park; it’s an accurate phrase — to say the least.

After a day stop in Petersburg (population 3,000), a small fishing village with a strong Norwegian heritage, we headed north by ship to Tracy Arm-Ford Terror Wilderness, a spectacular fjord system. This was to be what can only be described as a once in a lifetime experience.

I knew the day was going to be special as I headed to morning Yoga and saw huge chunks of the deepest blue mini-icebergs floating by the ship — most the size of small cars. Also, the bridge had been closed to visitors for the past 12 hours — the Captain needed to be fully focused to bring us safely to our destination. It was overcast which added to the drama of the day.

After Yoga and breakfast, it was on to the Zodiacs to get close to the source of the floating ice fields. As we approached the glacier, the chunks of floating ice were a bit larger — say the size of a house? Closer and closer — we were in the lead Zodiac — perhaps a hundred yards from the glacier — when it began to “calve.”

At first, small bodies of ice broke off, bringing a loud roar from the eight of us, then a larger piece, and another and then another. Each time — in unison — a “wow” was heard from the group. Finally, the crescendo, the grand finale — a **huge wall** broke off the size of a five-story building.

At this point I was in disbelief — speechless. There were yells from those in the Zodiac as it crashed into the sea. “Oh my God, this is unbelievable, wow, I can’t believe what I’m seeing, Oh my God . . .” over and over.

If that weren’t enough, the action of the huge calving triggered a mountain of deep blue

(Continued on page 44)

REFLEXIONS BELFEXIONZ

(Continued from page 43)

solid ice the size of a building to rise up from the sea floor breaching the surface reaching up and up toward the sky. It was other worldly, a Leviathan, a scene out of a science fiction movie. Nobody could believe what they were seeing.

We returned to the ship, like giggling kids, "Could you believe that?" "Wasn't that amazing?" "Unbelievable!"

The following day we docked in Juneau.

So, when someone asks: how was your trip to Alaska? I hesitate for a moment . . . should I try to explain?

Lindblad/National Geographic has a number of cruise adventures throughout the world. The trips are pricey, the food is excellent, accommodations adequate, the naturalists on board, invaluable, the experience — **priceless!**

Robert Ross can be reached by e-mail at: SanDiegoRoss@Yahoo.com

Those who fail to work for the Truth have missed the purpose of living.

— Buddha



Musings

By Mystic Trish[©]

Prosperity of Hope, Prosperity of Greed

Prosperity comes in many forms. When we hear the word we automatically think of money. How about prosperity of Hope? Hope is something we really need right now. The idea of Hope comes from ancient Greece. Pandora introduced the concept to humankind after she let loose a world of difficulty on humanity with her curiosity; or was that greed?

If you garden you have Hope. You have prosperity of Hope for your harvest even if your garden is a metaphoric garden of ideas and Hope is for the future. Are you harvesting anything from your garden this fall? Are any of those ideas you planted last spring Equinox ready to come to fruition? September is all about celebrating the harvest and enjoying the last of the bright days.

A lot of us are not happy with what we are harvesting this year. It has been a very difficult year. Maybe it is going to be a small

harvest? So what does that tell us? Perhaps it is time to make changes in the way we live our lives?

Are you fortunate to have a little extra this year? Don't forget to share what you have. My neighbors and I keep sharing smiles and vegetables from our gardens. After we take stock of what we have, we should share what we can with those who are not doing as well, even if it is just a smile and a friendly greeting.

How does one begin to talk about prosperity in this economic disaster, with foreclosure rates through roofs that some of us no longer own, with people just worried about keeping food on the table, with the current wars we are in? What is there to talk about? Hope? Hope or perhaps prosperity of the spirit when faced with adversity.

This would typically be a time of year when I would be writing about harvest festivals. Our ancestors knew about prosperity and the lack of it. They had no control over the environment and worked very hard to live in balance with the land that supported them. But still some years were not so plentiful; they were lean.

Is the current climate of adversity the result of humanity getting too greedy: greedy for power, for fast food, for instant gratification, instead of wanting a prosperous and well-balanced life? Is it the result of too many people listening to the Secret and visualizing a big house and a fancy car instead of planning for these in the mundane reality and about how to really pay for them all in the long run?

Prosperity with responsibility is what we should have been visualizing. There is always a

balance in nature — day and night, summer and winter, giving and receiving. Is this part of the great shift we are planning for in 2012? Is this a way for humankind to shed much of the excess we no longer really need?

In 2005 I wrote an article on the baby-boomer generation and how we were growing older and hopefully wiser, and what are we going to do with the extra years we have been given. Ah yes; a prosperity of years. Most of us are outliving our parents' and grandparents' generations by many years.

We are the baby boomers and we have been part of changes from our massive population explosion from the late 1940's into the early 1960's to now having to deal with Social Security and Health Care reform.

We are the generation of rock and roll, flower power and protest. In our youth we did not accept the wrongs of the world just because it was the way it had always been. We protested the Vietnam War, we marched for civil rights, and for woman's rights. Where is that passion now?

We have to reinvent our middle age! If fifty is the new 30 then retirement cannot be at 65. We have several more decades to go. Are we just going to sit in a rocker and watch the world go by? We are going to outlive our retirement if we still have jobs that have not been outsourced or downsized out of existence. I think our prosperity will be in how we reinvent our own lives and livelihood.

I optimistically called this period "The Renaissance." I should have said "The Reinvention." Because that is what we have to do. So I think we need an abundance of Hope. Prosperity of Hope is what we all need. When Pandora opened the box of disasters upon humanity the Gods were kind enough to leave her with one final gift in the bottom of the box and that was Hope.

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at mystictrish@cox.net or at (949) 493-0705. MYSTIC TRISH[©]

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Feng Shui Concepts

By Jenny T. Liu, M.A.

Trees Bring Permanent Prosperity

Isn't it nice to take shortcuts? The appeal of saving time, energy, and money is irresistible. Who doesn't want results quickly? From 30-minute meals, 20-minute abs, 5-minute face-lifts, to the 1-minute manicure, we live in a culture of instant gratification.

Although these capsule programs have their merits, they do not necessarily offer long-term results or the sustainable transformations we need and desire. Without a doubt, the lasting things in life simply cannot be attained in a matter of minutes. We are only cheating ourselves if we think that's possible.

Keep this idea of shortcuts in mind as we explore the law of cause and effect, which is at the core of effective feng shui. Did you know that you can tell right now if you have good or bad feng shui? If you feel financially sound, enjoy a good relationship, and are in good health, you likely have good feng shui and caused this by intuitively aligning your energy with that of your home.

By the same token, if you are broke, suffer in your marriage, or are in poor health, you likely have bad feng shui and have also caused this on some level.

The effect you experience is the result of a cause. The effort you put into something determines what you get out of it. We've all heard the adage, "You get what you pay for," however, you also have to pay for what you want.

This brings to mind Malcolm Gladwell's book, *Outliers*. Mr. Gladwell researched what it

was that made people like Bill Gates and J. Robert Oppenheimer so successful. According to Gladwell, being successful comes down to the "10,000-Hour Rule," which means practicing a specific task for 10,000 hours. This is equal to doing something 8 hours a day, 5 days a week, for 4.8 years; or 1 hour a day, 7 days a week, for about 27 years. In other words, to be successful at something, you must be persistent in your practice.

When your feng shui or environment supports your success rather than goes against it, it can feel like a shortcut. Being aligned with the earth's energy, connected to nature's wisdom, and surrounded by positive affirmations specific to your cause is like the effect of a living actualization meditation. But like the 10,000-Hour Rule, the natural law of cause and effect requires persistence to create sustaining results.

It is unrealistic to expect that quick, superficial, generic, one-time feng shui fixes will give you immediate long-lasting results. Adjusting your feng shui should be a mindful, consistent practice to truly help you achieve lasting success. Different levels of feng shui

adjustments create different results. The highest and most refined levels of feng shui adjustments engage your mind, body, and spirit and connect you to the dimensions of higher intelligence.

An example of high-level feng shui is Grand Master Chi Jen Liu's Chi Art. His paintings contain special symbols, the theory of the five elements, oracles of the Yi-Jing, talismans, and mantras, all of which are visual messages. Your right brain is especially receptive to these visual messages and connects them to your subconscious mind. This not only allows you to emanate a new positive energy that attracts similar energies, it triggers a physical response to take action toward manifesting what you want into reality.

Let me share with you a Chi Art that promotes wealth, peace, and nobility from generation to generation. "Trees Bring Permanent Prosperity" portrays blooming spring trees on the left and bare winter trees on the right of a flowing river. The trees are grouped in three and four. The numbers 3 and 4 are associated to the wood element and represent a commitment to growth and collaboration for peace all year long.

At the bottom of the painting are tree branches reaching for the earth like roots to absorb nutrients, they also have diagrams encoded within them to attract prosperity. At the center top, eight trees reach up to heaven to receive fantasy fortune. Their

blessings are doubled in the water's reflection. As you meditate upon this Chi Art, visualize yourself as the trees growing towards the sun and drinking in the earth's energy through your roots. As long as you are connected to heaven and earth, you will always enjoy abundance.

Being in any environment where you are constantly exposed to positive visual messages is a persistent, repetitive



Chi Art, Trees Bring Permanent Prosperity, by Grand Master Chi Jen Liu.

action that activates success in reaching your goals. Nothing can substitute for the infallible results of consistent effort, a supportive environment, and the reliability of accumulated experience.

Jenny Liu holds a Bachelors' Degree in Environmental Design from UC Berkeley and a Masters Degree in Architecture from UCLA. She is an expert in the 8,000-year-old Chinese philosophy of Feng Shui who shares her knowledge through seminars, workshops, periodicals and the Internet. Awarded for her Master's Thesis on Feng Shui, Ms. Liu is a fourth-generation practitioner with her own consulting firm. For info, please visit: Liu-FengShui.com or call (626) 272-4901.



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NEVER "Old!"

By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 67), author of the national award-winning book **Never "Old,"** plus **The Rejuvenator's Bible**, speaks out about a most stirring subject: how to personally control the unwanted effects of "aging."

Presently answering the question:

"Dear Jesse, According to a medical theory called "natural senescence," brain cells "automatically degenerate" with age, and thereby cause people to become "senile." But your research indicates that senility is quite avoidable. Can your Awareness column please tell us more about that?"

Dear Readers,

"Natural senescence" is the term given to the supposedly "built-in" degeneration of brain-cells, a condition that, according to pharmaceutical laboratory research, causes a "senility" that is "unavoidable without medication."

But if the truth be told, these "automatic senility" claims are largely spurred by "culturing" human brain-cells in laboratory glassware, thereby testing them

while they are **completely disconnected from the brain's cell-renewing energy.** All of which is like testing to see if an electric-powered device can function when unplugged from its power source!

Therefore, not only are these "natural senescence" notions quite false (by testing cells **minus** their energy-motivator), these experiments also deny the very significant discoveries of **Nobel Prize** winners such as Dr. Alexis Carrel.

The brilliant research scientist, Dr. Carrel, spent two decades studying the nature of human cell regeneration, whereby he uncovered the following truism (briefly quoted here in his **Nobel** acceptance speech):

"Due to their natural regeneration, the cells of the human body are, in ideal conditions, immortal, and it's only the fluid in which the cells float that slowly degenerates. But if that water-based fluid is renewed at proper intervals, and these cells are sufficiently supplied with the mental energy that keeps them regenerating, as far as we know, natural cell-renewal can go on forever..."

And so apparently, a fully-

functioning, highly-perceptive longevity is far more attainable than what "natural senescence" theorists lead us to believe — especially in light of the fact that, just as bodies need exercise to stay healthy, our minds need mental stimulation to perpetually renew.

As it becomes increasingly clear that a keenly responsive brain is dependent on a "use-it-or-lose-it"/sink-or-swim" process — a process that is one of the main benefits of learning about the positive approaches of life-sustaining, non-fiction.

But of course there is also the negative approach to this subject, a way of thinking that can actually **accelerate** brain-cell death, by fostering the belief that it's "normal" and "unavoidable." And there is a famous book that does just that, a controversial volume called **"How and Why We Age"** — authored by cellular biologist, Leonard Hayflick.

In that book, the author proposes what he calls "Hayflick's Limit," a theory derived from laboratory tested brain-cells ("cultured" in mind-power-disconnected glassware) — tests which supposedly indicate that "nature" designed brain-tissue to live within a "strictly limited" period of time, a duration that keeps "normal human lifespan" at 75 or 80 years. And the following quote is from Hayflick's **"How and Why We Age"** book, a piece that sums up his "predictable lifespan" theory thusly:

"Nature planned things so that we would die *well before* we become old, and any efforts to extend life are really attempts to fool Mother Nature."

However, I've found that efforts to extend life are actually **interconnected** with the re-creating ways of Mama Nature. Or as Jane Howard, author of some great books about natural healing put it: **"If nature can't sustain life, then nothing can"** — and I thoroughly believe that, because

here-forever Nature teaches us the **ALIVE-in-ALL-of-our-parts** dimension of longevity...

And yet despite the mentally depressing, "fooling nature by extending life" notion that "natural senescence" pushers try to popularize, I say **HOORAY** for the legions of people who **TRANSCEND** that claim — people so adept at natural self-renewal that they have lived **DECADES** beyond "normal" life expectancy.

For example, according to a list published by the world renowned (for accuracy) Gerontology Research Group, since 1985, some 256 people have lived longer than 110 years. And the following is a list of the ten longest living members of that highly eminent group, these perpetually-energized, praiseworthy people known as:

THE TOP TEN SUPER-CENTENARIANS

1. Jeanne Calment (of France), passed-on August 4, 1997, at the age of 122
2. Sarah Knauss (of France) passed-on December 30, 1999, at the age of 119.
3. Lucy Hannah (of the United States), passed-on March 21, 1993, at the age of 117.
4. Marie-Louise Meilleur (of Canada), passed-on August 29, 1998, at the age of 117
5. Maria Capovilla (of Ecuador), passed-on August 27, 2006, at the age of 116.
6. Tane Ikai (of Japan), passed-on January 18, 1995, at the age of 116.
7. Elizabeth Bolden (of the United States), passed-on December 11, 1995, at the age of 116.
8. Carrie White (of the United States), passed-on February 14, 1991, at the age of 116.
9. Komato Hongo (of Japan), passed-on October 31, 2003, at the age of 116.
10. Maggie Barnes (of the United States), passed-on January 19, 1998, at the age of 115.

As the Gerontology Research Group list of super-centenarians goes on and on, a list that documents the reality of those people who took the time to **LEARN** the **ART** of ongoing longevity, an art as significant and widespread as the Universe itself...

True Youthman Jesse will answer any questions (about real rejuvenation and protection-energy) by emailing him at jesseisforreal@yahoo.com

From the beginning of time to the end of time, the force of truth wins over violence.

— Mahatma Gandhi

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Are Animals Redefining Prosperity?

By Allen and Linda Anderson

Our adopted shelter dog, a cocker spaniel we named Leaf, grips his bouncy orange ball firmly in this mouth and races back toward us for another throw. He thrives on his success at running and catching the toy. Good fortune, health, and happiness are reflected in the shine of his black furry body and deep brown eyes.

Wikipedia defines prosperity as “the state of flourishing, thriving, success, or good fortune.” The online reference source goes on to state: “Prosperity often encompasses wealth but also includes other factors which are independent of wealth to varying degrees, such as happiness and health.” So by Wikipedia’s or anyone’s definition Leaf would be considered prosperous. As Leaf’s people, we see ourselves as prosperous, because he makes it possible for us to play, laugh, and share precious moments with our fun-loving dog.

A surprising theme we’ve heard expressed by readers of our books who write and call us is how happy they feel with the love of animals in their lives. No matter how shaky their financial situations may be, the great majority of them continue to thrive because an animal enriches their lives. Animals are redefining prosperous for them, not in terms of monetary wealth or materialism, but as leading the rich life of having a joyful spirit.

Children’s book author Louis Sabin wrote, “No matter how little money and how few possessions you own, having a dog makes you rich.” This can easily be expanded to all companion animals. The unconditional love mixed with living in the moment and play, give people peace of mind and emotional well-being. In other words, pets make people prosperous.

SPIRITUAL PROSPERITY

L. Gene Hicks from Crossville, Tennessee wrote to us after reading one of our books. The story he shared beautifully expresses how full of gratitude he felt for the birds who filled his home with joy. They made him prosperous in every way that counts. He tells about the birds below in his own words.

I had two birds, Kelly and Alex. Alex was a male Pacific parrotlet. Except for his first seven weeks, I had Alex for eighteen years. Shortly before Alex’s death about a year ago, when I saw he was in distress, I picked him up and held him in my hands.

For years, Alex had enjoyed sitting on my shoulder while giving me kisses on my cheek and talking to me. But on this day, he left my hands and slowly, with much difficulty, climbed up to my shoulder. He sat there about one or two minutes. Then he climbed back down to my waiting hands where he died within fifteen or twenty seconds.

All I could understand from Alex’s actions was that he wanted to be on my shoulder one more time for old time’s sake. I shed tears when I think of this. Alex was a great companion, and I really loved him.

Then there was Kelley, a male maroon-bellied conure. Except for the first four weeks, I had him for fourteen years. Kelly was a good talker and had quite a large vocabulary. I used to let him sit on top of his cage during the day whenever I was at home. When I left home, I would say, “I want you to go into your cage.” And he always returned to his cage upon hearing this command.

Later, when he saw me put on a coat as if I were going out, Kelly would ask, “Do you want me to go into my cage?” He would change the “I” to “you” and the

“you” to “my” on his own. No one taught him how to do this.

Kelly was a wonderful, intelligent bird I really enjoyed. I was honored to have both Kelly and Alex. Pets are people too.

A GRATEFUL AND PROSPEROUS KITTEN

By their actions animals have taught us the true meaning of prosperity. We had a lesson from a black-and-white tuxedo cat. Cuddles was a kitten we brought home from the animal shelter. She liked to scratch the couch in our living room. In no time, our lovely couch looked torn and sad.

One day we saw a photo of a tall scratching post that was made of rope. Shaped like an ice cream cone, the post was stuck into a stand that didn’t wobble. The directions said to rub catnip on the yarn. Then we were to get down on the floor and scratch the post. This would show Cuddles how to use it.

At the pet store we found a post that looked like the kind in the photo. We brought it home and smeared catnip on it. Then we called the kitten into the living room. With knees on the floor, we scratched the post. Maybe we even purred. Yes, we looked pretty weird.

Cuddles watched us for a few minutes. To our delight, she began scratching the other side of the post. We watched as something magic and wonderful came over her. She loved the sound of scratching yarn and enjoyed touching the twine. The smell of catnip made her go into kitty heaven. She scratched and stretched and rolled and purred.

Then Cuddles did something we will never forget. She stopped scratching and looked at us with gratitude in her eyes. It was as



if she were saying, “Thank you. Thank you. Thank you.” Then she returned to the joy of scratching.

Later that day, we found Cuddles alone with her new friend, the scratching post. The kitten lay on the floor with her cheek pressed against it. She had thrown her little arms around the post to hug it. It brought tears to our eyes to see Cuddles this way. We sat down on what was left of the living room couch. The gratitude Cuddles showed that day had reminded us to be thankful for the love our animal family brings to us. How are animals redefining your definition of prosperity?

Allen and Linda Anderson are founders of the Angel Animals Network and authors of a series of books published by New World Library about the spiritual connection between people and animals. Animals and the Kids Who Love Them: Extraordinary True Stories of Hope, Healing, and Compassion is the newest book in the Angel Animals series. Subscribe to the Andersons’ free, online newsletter at www.angelanimals.net and follow them on Facebook and Twitter @angelanimals.



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September 2-4 — Fire Ritual. Healing relationship with ancestors with Malidoma Patrice Some. Participants will journey through Dagara wisdom remembering that we are going somewhere purposeful in life. Learn the practice of "calling in the ancestors," and experience a deepening of that connectedness with the spirit world. Presented by the Temenos Center for Wholeness in Ojai. (805) 669-8874. info@temenosofojai.com, temenosofojai.com.

September 7-10 — Breath of Life - Biodynamic Craniosacral Intro. Continuing Education - Nurses, Acupuncturists, NCBTMB. www.LifeShape.org, (951) 677-0652, life.shape@aol.com

September 8-11 — Be immersed in essence of love and devotion at the third annual Bhakti Fest in Joshua Tree, California. Enjoy five days of continuous Kirtan with Krishna Das, Deva Premal & Mitlen, Bhagavan Das, Jai Uttal, Dave Stinger, Wah!, and many others. 200+ yoga classes offered by teachers including Shiva Rea, Saul David Raye, Bryan Kest Sara Ivanhoe, Seane Corn, and Duncan Wong. Inspiring workshops and presenters including Krishna Das, Radhanath Swami, Shyam Das, Coleman Banks, Dr. Christopher Key Chapple, and Howard Wills. www.bhaktifest.com

September 15 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday & Thursday 7-10pm, Tarzana, CA, Call (800) 479-9464, www.HMIcollege.org

September 15-18 — Traditions in Western Herbalism Conference. Ghost Ranch, NM. 49 classes with 29 teachers. Exciting concerts with Lunar Fire Tribal, Rising Appalachia and more. For more information, visit: traditionsinwesternherbalism.org

September 16 — Messages for the World - Sacred Sounds

Healing Concert in Claremont, at the Claremont Forum 7:30 pm. Beautiful encoded vibrational messages from the Angelic realm for physical, emotional, and spiritual transformation, channeled and transmitted through vocal tones, harmonies, chants and Crystal Singing Bowls. More Info and Registration: (909) 967-0246 / www.soundbodyarts.com

September 16-18 — Alchemy Conference, Long Beach Convention Center. Alchemy is all about transformation and change. We are celebrating the renaissance of alchemy at the conference expo with 100+ exhibitors, activities including Yoga, alchemical lab, Golden Pyramid of Peace, live demonstrations & entertainment. Conference includes 13 keynote, 20+ breakout sessions, 12+ workshops. Visit us at www.alchemyconference.com for more details.

September 16-18 — Learn Integrated Energy Therapy® in Sedona, AZ. Learn how to help facilitate self-healing at the physical, emotional, mental and spiritual levels. Learn how to give sessions in person or via distance. This intensive offers the Basic, Intermediate and Advanced levels. www.sedonaheartwalk.com or (928) 204-5589.

September 17 — Dr. David R. Hawkins - "Power vs. Force." Internationally renowned spiritual teacher, author and speaker! Join him for an all-day Saturday seminar from 10am-5pm at Tim's Toyota Center, Prescott Valley, AZ. \$125.00 Full Bookstore too! www.veritaspublishing.com, info@veritaspublishing.com (928) 282-8722

September 24 — Transmission: A Powerful Group Meditation! Hear Dick Larson explain how Transmission can change your life — and the world! Learn why Transmission is more potent than other meditations, and where to find a group. Bodhi Tree Bookstore, 8585 Melrose Ave, W. Hollywood, 7:30 pm. Free!

September 24 — The Love of God Is the Ascended Master Way of Life. Free Lectures &

Discussion Group. September 24: Being the Perfect Chalice for the Love of God. October 22: Gaining Freedom from Limiting Conditions; Becoming Love in Action. University Religious Conference Library, 3rd floor, 900 Highland Ave., LA 90024, 1:00 - 3:00 p.m. info@losangelesaltar.com

September 24-25 — Body Mind Spirit Expo, Pasadena Masonic Temple. Natural Health, Personal Growth, Psychics and Healers. Sat. 10-6, Sun. 11-5. \$12/weekend. Call (541) 482-3722 or visit www.bmse.net

OCTOBER

October 2 — Messages for the World - Sacred Sounds Healing Concert in Los Angeles at the Gateway Portal, 6:30 pm. Beautiful encoded vibrational messages from the Angelic realm for physical, emotional, and spiritual transformation, channeled and transmitted through vocal tones, harmonies, chants and Crystal Singing Bowls. More Info and Registration: (909) 967-0246 / www.soundbodyarts.com

October 7-9 — New World F.E.S.T. Featuring an eco-theater screening environmentally-focused film, video and documentaries, sustainable art exhibits, a 'spiritual oasis' with healing techniques, yoga, and therapeutic massage and futuristic technology. Over 150 exhibitors and six stages of entertainment. Live music, innovative demonstrations, lectures and seminars, panel discussions and symposiums, natural cooking workshops, product showcases, and family entertainment. Santa Monica Beach, 2600 Barnard Way. Visit www.thenewworldfest.com or call (855) 500-FEST (3378).

October 9-10 — Woman Arising at the Enchantment Resort in Sedona. A conference for inspired women, featuring Dr. Clarissa Pinkola Estes, Lindsay Wagner, Constance Kellough, Colette Baron-Reid, Cynthia James, Sarah McLean, Kathy Zavada and Martika Gomez. Call (928) 202-7995 or visit: womanarising.com

October 13 — Start a New Career Helping Others. Become a Hypnotherapist Today! Start working in a career doing what you really love. Classes starting NOW! Tuesday & Thursday 7-10pm, Tarzana, CA, Call (800) 479-9464, www.HMIcollege.org

October 14-16 — I Can Do It, Pasadena Civic Auditorium. Inspiring keynote lectures and workshops with your favorite Hay House authors on a wide range of enlightening topics. Opening remarks from Louise Hay. Speakers include Wayne Dyer, Marianne Williamson, Doreen Virtue, Gregg Braden, Dr. Christiane Northrup and Cheryl Richardson. (800) 654-5126 or visit www.icandoit.net

October 15 — Transmission: A Powerful Group Meditation! Hear Dick Larson explain how Transmission can change your life — and the world! Learn why Transmission is more potent than other meditations, and where to find a group. The Gateway, 2511 S. Barrington Avenue, West LA. 2:30-4:30 pm, Free!

October 17 — "Hearing the Voice of God." 7-9pm. Discover how God speaks to you! Huntington Beach. Call (714) 478-9561.

October 19-23 — Learn Integrated Energy Therapy® in Sedona, AZ. Learn how to help facilitate self-healing at the physical, emotional, mental and spiritual levels. Learn how to give sessions in person or via distance. This intensive offers the Basic, Intermediate and Advanced and Master Instructor levels. www.sedonaheartwalk.com or (928) 204-5589.

October 22 — The Mastery Conference with Joe Dispenza, Lynne McTaggart, Lee Carroll, Eric Pearl and Doug DeVito, LAX Hilton. www.TheReconnection.com (888) ERIC PEARL.

October 23 — Reconnection Level I Seminar: the Basic Truths of Healing with Eric Pearl. LAX Hilton. www.TheReconnection.com (888) ERIC PEARL.

October 24 — Reconnection Level II Seminar: the Ba-

sic Truths of Healing with Eric Pearl. LAX Hilton. www.TheReconnection.com (888) ERIC PEARL.

October 25-26 — Reconnection Level III Seminar: the Reconnection taught by the Reconnection Teaching team. LAX Hilton. www.TheReconnection.com (888) ERIC PEARL.

NOVEMBER

November 11 — The Legions of Light invite you to activate your Diamond Heart on 11/11/11. www.IAMFreeToBe.me

11-11-11 Crystal Skulls Event Comes To LA

By Kendall Ray Morgan

Oracle Stone Productions is organizing a three-day gathering to celebrate the convergence of ancient crystal skulls. The 11-11-11 Crystal Skulls World Mysteries Gateway Event will give attendees the opportunity to learn about the crystal skulls, the Mayan prophecies and the emerging shift in 2012.

The Crystal Skulls are one of the most enduring treasure myths of all time. The unfolding and story of lost civilizations and these mysterious relics are creating a new shift in thinking and creating a gateway to human transformation.

Because of the sheer number of people involved in the shift, and the growing magnitude of the crises that are driving us to change the way we think, we are standing on the threshold of human transformation at a level unlike anything ever before known on Earth. The event, which will be held at the Sheraton Gateway Hotel in Century City, opens Friday, November 11 and culminates Sunday, November 13.

Interest in the crystal skulls has increased ever since the 2008 release of Indiana Jones and the Kingdom of the Crystal Skull. According to Oracle Stone Productions, the Los Angeles crystal skulls event is the third in a series of four conferences.

The first took place in Phoenix, AZ on 09-09-09. The 2010

November 16-20 Indigenous African Spirit Technologies. Temenos Center for Wholeness, Ojai, CA. This two-year training is grounded in the experiential exploration of the 5 elements of Dagara cosmology: Fire, Water, Earth, Mineral & Nature. We will experience a deepening of our connection with purpose and Spirit. (805) 669-8874. info@temenosofjai.com, www.temenosofjai.com

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conference was held in Manhattan, New York on 10-10-10 and the final installment will take place at the Miami Circle in Florida on 12-12-12.

The conference will cover two days of speakers including ancient crystal skull guardians with their skulls, Mayan elders and crystal skull researchers plus prayers, ceremony, music and celebration.

Speakers include Stephen S. Mehler, archeologist, crystal skull researcher and co-author of *The Crystal Skulls: Astonishing Portals to Man's Past*, Raymond Tarpey, historian with Association for Research and Enlightenment (A.R.E.), founded by Edgar Cayce, and Hunbatz Men, member of the Council of Maya Itza Priests and Elders.

On November 13, attendees will have the opportunity to participate in breakout sessions and private sessions with individual crystal skulls of their choice, including SHA NA RA, SYNERGY, EINSTEIN, AMAR, RAINBOW, MAYA and many more crystal skulls, including a premiere showing of a Mystery Skull, an ancient crystal skull never revealed to the public.

This event will be held at the Sheraton Gateway Hotel, 6101 W. Century Blvd., Los Angeles.

For more information, call (520) 304-2558 or visit www.crystalskullsevent.com

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