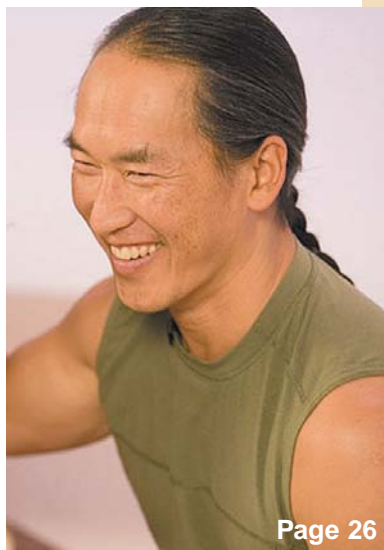


# EARTH STAR

## CONTENTS

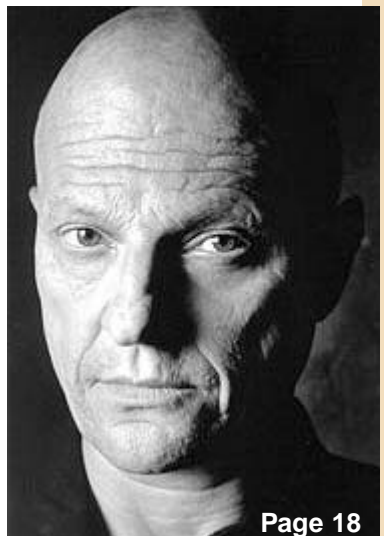
OCTOBER / NOVEMBER 2008



Page 26



Page 16



Page 18

### ON THE COVER

- 16 The Short Walk to Freedom**  
*by Rev. Evrol Officer, LUT*
- 18 Genetic Backaction**  
**How Dreams Influence Genes**  
*by Arnold Mindell, Ph.D.*
- 26 Discover This R & R Yoga Pose**  
*by Rodney Yee and Colleen Saidman*
- 36 Of Demagogues, Obamagogues and the Perils of Presidential Prediction**  
*by John Hogue*
- 42 The Dolphin: Story of A Dreamer**  
*by Sergio Bambaren*

### FEATURES

- 12 Down To Earth Astrology**  
*by Tim Gunns*
- 22 Random Acts of Kindness by Animals**  
*by Stephanie LaLand*
- 28 Everyday Ayurveda**  
*by Josh Liteky*
- 32 Whole Earth Landscaping**  
*by Jeff Barone*
- 44 The Movie Mystic**  
*by Stephen Simon*
- 48 Vision Tips**  
*by Rosemary Gaddum Gordon, D.B.O., M.A.*
- 66 Mystical Stones**  
*lolite*  
*by Robert Simmons & Naisha Ahsian*

### DEPARTMENTS

- 5 Up Front**
- 30 Yoga Listings**
- 38 Calendar of Events**
- 47 Green Living**
- 49 Directory of Professional Services**
- 68 Book Reviews**
- 72 Classified Marketplace**



Cover Art  
*Friends*  
by Jim Warren

From the wild & whimsical to the sweet & sensuous, for over 30 years Jim Warren has been painting his way into the hearts and minds of people the world over. Already considered a "living legend of the art world", Jim is ever-growing & ever-changing. His versatility ranges from his unique portraits for celebrities, CEO's and families, to his illustrations for books, movies and album covers. Most notably Jim won a Grammy award for his artwork on Bob Seger's 1981 album "Against the Wind". His fine art oil paintings are featured in some of the top galleries in the world. Jim's latest paintings and classics are now being produced as high quality, limited edition Giclee canvas print. You can visit his website at: [www.jimwarren.com](http://www.jimwarren.com)



Jim Warren