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Researchers Develop Reactor To Make Fuel From Sunlight

A simple reactor that mimics plants by turning sunlight into fuel has been demonstrated in the laboratory, boosting hopes for a large-scale renewable source of liquid fuel.

“We have a big energy problem and we have to think big,” said Prof Sossina Haile, at the California Institute of Technology, who led the research.

Haile estimates that a rooftop reactor could produce about three gallons of fuel a day. She thinks transport fuels would be the first application of the reactor, if it goes on to commercial use. But she said an equally important use for the renewable fuels would be to store solar energy so it is available at times of peak demand, and overnight. She says the first improvements that will be made to the existing reactor will be to improve the insulation to help stop heat loss, a simple move that she expects to treble the current efficiency.

The key component is made from the metal cerium, which is almost as abundant as copper, unlike other rare and expensive metals frequently used as catalysts, such as platinum. Therefore, said Haile, availability would not limit the use of the device. “There is nothing cost prohibitive in our set-up,” she said. “And there is plenty of cerium for this technology to make a major contribution to global gasoline supplies.”

The fossil fuels used by vehicles, ships and aeroplanes pose the biggest challenge in the search for low-carbon energy, as they are highly energy-dense and portable, unlike alternatives such as batteries or nuclear reactors. An efficient, large-scale way of converting solar energy into a renewable liquid fuel could play a major role in reducing greenhouse gas emissions and tackling climate change.

The device, reported in the journal Science, uses a standard parabolic mirror to focus the sun’s rays into a reaction chamber where the cerium oxide catalyst breaks down water and carbon dioxide. It does this because heating cerium oxide drives oxygen atoms out of its crystal lattice. When cooled the lattice strips oxygen from surrounding chemicals, including water and CO2 in the reactor. That produces hydrogen and carbon monoxide, which can be converted to a liquid fuel.

In the experiments the reactor cycled up to 1,600°C then down to 800°C over 500 times, without damaging the catalyst. “The trick here is the cerium oxide—it’s very refractory, it’s a rock,” said Haile. “But it still has this incredible ability to release oxygen. It can lose one in eight of its oxygen molecules.” Caltech has filed patents on this use of cerium oxide.

The use of sunlight to make fuel is being explored by groups around the world, such as that lead by Daniel Nocera at Massachusetts Institute of Technology. His group’s technology works at room temperature but is more complex chemically. At the Lawrence Berkeley National Laboratory last year researchers found cobalt oxide could help sunlight create fuels, but only as nano-sized crystals. Imperial College in London is also exploring different catalysts.

Other groups are exploring the use of CO2 from power station flues to create liquid fuels, while a related research effort is testing how algae grown in sunlight can be used to create fuels.

—The Guardian, UK

The Guardian, UK

iPhone Snitch Network Launched

A new iPhone App with the misleading name ‘PatriotApp’ attempts to draw on the power of the patriot movement, turning smartphone users into a gigantic snitch network.

You might think an app with such a patriotic name might have useful functions like a pocket constitution or quotes from our forefathers. But contrary to the services one might expect, this app allows users to report any ‘suspicious’ behavior directly linking them with top government agencies.

Much like the new DHS program ‘If you see something, say something’ this app is meant to turn average citizens into a network of spies feeding information back to the federal government.

Citizen Concepts, a company formed by insiders from DHS, defines the use of such an app on their homepage.

Citizen Concepts announces the launch of PatriotAppTM, the world’s first iPhone application that empowers citizens to assist government agencies in creating safer, cleaner, and more efficient communities via social networking and mobile technology. This app was founded on the belief that citizens can provide the most sophisticated and broad network of eyes and ears necessary to prevent terrorism, crime, environmental negligence, or other malicious behavior. —Infowars.com

—Infowars.com
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24-Carat Gold ATM

Shoppers who are looking for something sparkly to put under the Christmas tree can skip the jewelry and go straight to the source: an ATM that dispenses shiny 24-carat gold bars and coins.

A German company installed the machine Friday at an upscale mall in Boca Raton, a South Florida paradise of palm trees, pink buildings and wealthy retirees.

Thomas Geissler, CEO of Ex Oriente Lux and inventor of the Gold To Go machines, says the majority of buyers will be walk-ups enamored by the novelty. But he says they’re also convenient for more serious investors looking to bypass the hassle of buying gold at pawn shops and over the Internet.

“Instead of buying flowers or chocolates, which is gone after two or three minutes, this will stay for the next few hundreds years,” Geissler said in a telephone interview.

The company installed its first machine at Abu Dhabi’s Emirates Palace hotel in May and followed up with gold ATMs in Germany, Spain and Italy. Geissler said they plan to unroll a few hundred machines worldwide in 2011. He said the Abu Dhabi machine has been so popular it has to be restocked every two days.

A bank in Vietnam installed its own brand of the machines in a country with a much poorer population but one that values gold more than paper money.

The gold-leaf-covered machine at Boca Raton’s Town Center Mall sits outside a gourmet chocolate store and works much like the cash ATM beside it. Shoppers insert cash or credit cards and use a computer touch-screen to choose the weight and style they want. The machine spits out the gold in a classy black box with a tamperproof seal.

Each machine, manufactured in Germany, carries about 320 pieces of different-sized bars and coins. Prices are refrigerated automatically every ten minutes to reflect market fluctuations. In December, a two-gram piece cost about $122, including packaging, certification and a five percent markup. An ounce cost about $1,442.

Buyer beware: A gram of the heavy metal is much smaller than you think, about the size of a fingernail. An ounce is a little larger than a quarter.

Florence Schneider, who checked out the machine Friday, said she might use it, but only if she needed a unique gift.

“I can’t see it being successful. Maybe for Christmas as a gimmick,” said the 78-year-old Boca Raton resident. “If I knew someone was having a big birthday coming up I’d buy it for something different.”

Owners said the machine, which will hold around $150,000 in cash and gold, will be flanked by an armed bodyguard for now. Several live security cameras are fixed inside and outside the machine.

Geissler, who plans to open a machine in Las Vegas by the year’s end, said the collapse of the Lehman Brothers investment firm was the impetus for the flashy ATMs. His customers refused to buy bonds, stocks and other funds from the financial industry, so they focused on precious metals.

Dave Jones, who brokered the deal to bring the machines to the U.S., predicts gold will become a parallel currency in the next five years. He said they plan to install about 40 more machines at upscale malls and hotels around the U.S.

“Gold has a place in everyone’s portfolio,” said Jones, of Boca Raton-based PMX Gold. “It’s a good hedge against inflation and it’s a good comfort level.”

Exercise Reduces Breast Cancer Risk

Numerous studies have suggested that exercise can help protect women against breast cancer. The latest study finds that women who engage in strenuous physical activity for six or more hours per week have a twenty-three percent lower risk of developing invasive breast cancer. Researchers at the University of Wisconsin Comprehensive Cancer Center in Madison conducted a survey among more than fifteen thousand women in three states. It did not matter whether the physical activity took place early in life, after menopause, or in recent years; women had a lesser risk of invasive breast cancer unless they had a family history of the disease. There was no effect on in situ cancers. Exercise is thought to reduce estrogen levels, which could mean less stimulation for cancers to grow. Other mechanisms could include prevention of weight gain, improved insulin sensitivity, or better immune function. “A woman’s hormone levels naturally fluctuate throughout her life, and we have found that exercise likely offers protection against breast cancer regardless of a woman’s stage in life,” said a statement by lead author Brian Sprague. “The take-home message for women should be that it is never too late to begin exercising.” The study appeared in the journal, Cancer Epidemiology Biomarkers & Prevention. —Women’s Health Advisor

www.earthstarmag.com
**Big Business is Watching You**

Two major initiatives have emerged this week that serve as harbingers of how Orwell’s and Huxley’s visions will come together as one.

The first is Microsoft (MSFT) Kinect, which is a special camera system for the **Xbox 360**. Kinect enables players to control game play with body movement, and also to “log in” via facial recognition.

Dennis Durkin, who is both COO and CFO for Microsoft’s Xbox group, told investors this week that Kinect can also be used by advertisers to see how many people are in a room when an ad is on screen, and to custom-tailor content based on the people it recognizes.

When you buy a Kinect, you’re bringing into your home a Microsoft “telescreen” that can recognize who’s in the room and interpret body language—and eventually even facial expressions.

Both Microsoft Kinect and the Aralia-UWE system ultimately will identify and monitor the facial expressions and body language of people as they consume content on a screen, all for the purposes of knowing who you are and what you are thinking.

**Why this is a real trend**

These are just two recently announced technologies that give us a glimpse into the Orwellian-Huxleyan future that goes online next year. The reason this is a real trend is because having one system that can both gauge audience reaction and collect audience demographics—and do so in real-time—is the Holy Grail of the advertising industry.

I would be surprised if Google isn’t working hard on a system that monitors user reaction to ads and Web sites using the webcams typically built into laptops and plugged into desktop PCs.

We’ve already accepted this kind of thing. Google’s (GOOG) Gmail, for example, reads all your e-mail and serves up advertising related to the topics you discuss with family and friends. If this doesn’t bother people, then an improved video-enabled version shouldn’t either. —PCWorld.com

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**Brain Only Fully ‘Matures’ in Middle Age, Claims Neuroscientist**

You might think that you become fully mature when you turn twenty-one but new research suggests that your brain does not stop developing until your late forties.

Scientists used to believe that your brain stopped physically evolving in early childhood but new research has shown that keeps changing well into middle age.

Brain scans have shown that prefrontal cortex—the area just behind your forehead—continues to change shape in your thirties and forties.

The discovery is particularly significant as the prefrontal cortex is a key area of the brain and is often thought said to be key to what makes us human.

It is said to be involved with decision making, social interaction and many other personality traits.

Professor Sarah-Jayne Blakemore, a neuroscientist at University College London, revealed the new thinking at the British Neuroscience Christmas symposium in London.

She said: “Until about ten years ago we pretty much assumed that the human brain stopped developing in early childhood.

But we now understand from brain imaging that that is far from the truth and that many human brains keep on developing for many decades.

The area of the brain that goes through the most protracted development is the prefrontal cortex right at the front of the brain.

It is the part of the brain that is involved in high cognitive function such as decision making, planning and social behaviour. It is also to do with understanding other people.

It starts develop in early childhood, is reorganised in late adolescence and continues developing well into the 30s and 40s.

It is the part of the brain that makes us human.”

—The Telegraph, UK
Oil has been the lifeblood of our modern civilization for the last hundred years, and we have become dangerously dependent on it. As demand ramps up in the developing world, easily accessible reserves continue to diminish. Experts and executives alike have highlighted a return to $150 per barrel oil in their predictions for 2011. If this price for oil becomes reality, it will virtually suck the remaining wealth out of an economy that is already in critical condition, just as it did before the financial collapse of 2008.

Oil presents other problems ranging from its location in unfriendly parts of the world, increased cost of extraction, cartel control over pricing and supply, costs of wars to secure it, its inherently non-renewable and polluting nature, to theories of Peak Oil. It is a fragile system, to say the least, which has driven new innovation into alternative energy.

Only good can come from such endeavors, so it is worth examining nine potential breakthroughs that will boost the energy revolution:

1. **Motion Power**: Power created by kinetic energy can come from a multitude of sources that occur in our everyday life, ranging from cars driving over panels, to pedestrians walking on sidewalks. Great promise is held in the area of small electronics, where kinetic energy can all but replace the need for rechargeable batteries, as well as offer a huge increase in battery life.

2. **Ethanol**: David Blume is an organic farmer leading the alcohol revolution. Blume counters the prevailing notion that corn is the only viable source for ethanol. With today’s news that corn rationing needs to begin, it is comforting to hear that there are other crops available, which also have the added benefit of the ability to produce on non-prime farmland.

3. **Bloom Box**: A “power plant in a box,” it is built with patented solid oxide fuel cell technology. It is a new class of distributed power generator that operates through a clean, electro-chemical process, rather than dirty and inefficient combustion. Each Bloom Energy Server provides 100kW of power, enough to meet the baseload needs of a hundred average homes, or a small office building . . . day and night in roughly the footprint of a standard parking space.

4. **Flow Batteries**: Companies are busy at work creating a home version of the energy storage system currently used in an industrial capacity. Flow battery technology in effect reverses fuel cells, using plentiful zinc bromide. They can store unused wind and solar energy for use later when it is needed.

5. **Thorium**: Thorium is a naturally occurring element, slightly radioactive, that is far more common in the ground than uranium. The first nuclear reactor fueled by thorium will be built in about five years, with more to come. Thorium has a lot of practical advantages over the more commonly used uranium, and it can churn out the same amount of emission-free electricity to power the United States. Thorium is safer, produces less waste, and is abundant in the United States. It is also less likely to cause accidents, and can’t be used by terrorists for dirty bombs.

6. **Spray on Solar Cells**: Anticipated to be in full production by 2015. University and private labs in the United States, Australia, Switzerland and Canada are developing cost-effective plastic coatings for weather proofing. When painted on building rooftops and exteriors, they’ll absorb sunlight and produce electricity just as bulky solar panels do now. The developers claim cell coatings could generate power even on cloudy days, making this solar catcher up to three times more efficient than today’s solar modules.

8. **Plastic into Oil**: This invention derived from one man’s desire to reduce the trash problem in Japan. A standard conversion unit can fit on a desk top, and operates as simply as putting trash in a garbage disposal. The converter heats up the plastic into its liquid boiling state which becomes gas. It then passes through a tube into a smaller container filled with tap water which cools the gas, forming oil. From there, the oil can be processed into gasoline, diesel, and kerosene.

9. **Magnetic Generator**: The idea of “free energy” has spawned inventions that range from the ridiculous to the plausible. It would be the ultimate revolution if anyone could harness such an energy source . . . especially right in their own home. There has been a revival of free energy ideas, and the magnetic generator is a promising invention. It uses Energy By Motion to harness the electromagnetic field itself, which is outlined in the video below:

---Activist Post
Studies Show Acupuncture Effective for Stress and Depression

Since the early seventies, studies around the globe have suggested that treating mental health disorders with acupuncture has a positive and holistic effect on depressed patients, particularly when used in combination with psychotherapy and herbal treatments.

Psychologist John Allen, from the University of Arizona in Tucson, and Acupuncturist Rosa Schnyer, conducted the very first pilot controlled study on treating depression symptoms with acupuncture in the Western scientific world. In a double blind randomized study, thirty-four depressed female patients who met the DSM-IV diagnostic criteria were assigned to one of three treatment groups for eight weeks.

The first group received acupuncture treatment specifically tailored to their depression symptoms. The second group received a general acupuncture treatment not specific to depression, and the third group was placed on a waiting list for acupuncture treatment, but received no treatment. Those in the tailored acupuncture treatment group experienced a significant reduction in symptoms, compared to those in the non-specific treatment group. Moreover, over fifty percent of the participants no longer met the DSM-IV diagnostic criteria for depression after the study.

Study findings suggest that using acupuncture alone could be as effective as other types of treatments for relieving depression symptoms typically used in Western medicine, such as psychotherapy and drugs.

Numerous studies have demonstrated the substantial benefits of acupuncture specifically in the treatment of stress.

In 2008, *Anesthesia & Analgesia* published a study finding that an acupuncture point alleviated preoperative anxiety in children while a 2003 study conducted at Yale University showed that ear acupuncture significantly lowered the stress level of the mothers of children that were scheduled for surgery.

A German study published in *Circulation* found acupuncture significantly lowers both systolic and diastolic blood pressure. The extent of the blood pressure reductions by acupuncture treatments was comparable to those seen with anti-hypertensive medication or aggressive lifestyle changes, including radical salt restrictions.

The University of New Mexico measured the affects of acupuncture on seventy-three men and women with post-traumatic stress disorder (PTSD). The researchers found the acupuncture treatments to be as helpful as the standard treatment of cognitive behavioral therapy.

If the stress or depression in your life is throwing you off balance, consider acupuncture therapy to regain peace of mind, regulate your immune system and stay healthy.

—Randy Martin, OMD, PhD, LAc

U.S. To Make ‘Wild’ Public Land Eligible For Protection

Environmental groups had called on the Obama administration to restore wilderness protections.

The U.S. is to make millions of acres of public land eligible for wilderness protection, officials have said.

The order reverses former President George W. Bush’s policy forbidding the government from doing so. Interior Secretary Ken Salazar on Thursday said the new policy would help to protect public land “for current and future generations to come”.

In 2003, the Bush administration opened million of acres in the Rocky Mountains to potential commercial development.

Under the new policy, announced in December, the U.S. Bureau of Land Management will have the authority to designate certain public land as “wild lands” and recommend they be roped them off from future commercial development.

If an area is designated as a “wild land” through the public land management planning process, that designation can be modified later based on a new public planning process.

“Americans love the wild places where they hunt, fish, hike, and get away from it all, and they expect these lands to be protected wisely on their behalf,” Mr Salazar said in a statement.

The order repeals a policy initiated by President George W. Bush’s interior secretary, Gale Norton, which effectively halted the Bureau of Land Management’s authority to recommend new land for wilderness protection.

Environmental groups said that policy left millions of pristine acres vulnerable to oil and gas development and off-road vehicle use. —BBC, UK
What is ‘Cloud Computing’?

Cloud computing is an Internet-based computing model. This is in stark contrast to the traditional model for computing where almost all processes take place on the user’s system. The cloud, a euphemism for the Internet, will provide all the software used by your computer. Users will no longer be the owners of software but rather tenants paying a subscription to use them.

In addition, all processing and related data will take place in ‘the cloud’ and not on the user’s personal computer.

Accolades have been building into a unanimous chorus and the general perception is that this new model for computing will save money on capital expenditures for hardware, software and services because users will only pay for what they use.

But when has any technological innovation ever been about saving the consumer money?

The answer must be a resounding never!

So what is cloud computing really?

Just like global warming, cloud computing is an attempt to create an entirely new market and subsequently a brand new revenue stream for multinational tech giants while allowing them to maintain complete control of their products. In the spirit of full spectrum domination ‘The Cloud’ also has many other lucrative uses in a ‘New World Order’.

In an article, How Secure is The Cloud, an argument is made in an attempt to counter fears that ‘The Cloud’ is insecure. Having all your personal data floating around in a cloud on some unknown server(s) raises obvious concerns over security and this article attempts to ease those fear shared by IT professionals.

Security of Cloud Computing Users: A Study of U.S. and Europe IT Practitioners Published, 6 May 2010

CA and the Ponemon Institute conducted a cloud security survey of U.S. and Europe IT and IT security professionals. The findings show that about half of the respondents don’t believe the organization has thoroughly vetted cloud services for security risks prior to deployment. It also showed that fifty-five percent of respondents are not confident they know all the cloud services in use in their organization today.

The overall study calls for a need for IT and Security professionals to embrace the cloud and help their organizations more securely adopt cloud services.

Of course, the ‘security’ they mention in this study is not to be confused with a question of privacy but simply denotes the security of ‘the cloud’ in terms of system exploits. While this allows protection from hackers, data is ultimately left wide open for the new war on terror spearheaded by events like wikileaks cable leaks. In other words, your information will be even more easily available to those agencies policing the web in the name of security.

Recently, examples of abuse have been uncovered where the FBI is under suspicion of planting backdoors in OpenBSD IPSEC stack. As if it weren’t completely obvious that our government is tightening the reigns, these moves show the real motives behind our government’s involvement in technology development. —Infowars.com

Onions And Garlic Reduce Cancer Risks

Seasoning your food with lots of onions and garlic might reduce your risk of colon, ovarian, kidney, and throat cancer. Italian researchers analyzed eight recent studies and found older adults with the highest intakes of onion and garlic had the lowest risks of cancer. The biggest reduction in risk was found among people who ate seven or more servings of onions a week, who had less than half the risk of colon cancer compared to people who did not eat onions. Garlic lovers were twenty-five percent less likely to develop colon cancer than people who avoided garlic, according to the November 2006 American Journal of Clinical Nutrition. While lab studies have found that the sulfur compounds in garlic and some antioxidant flavonoids contained in onions inhibit tumor growth, the reduction in cancer risk might also be due to an overall healthier diet among onion and garlic lovers. —Food & Fitness Advisor
A brace of stimulating, creativity inspiring Venus aspects gets February underway, promulgating a highly social impulse through the ethers.

February’s new moon on the 2nd, in 14° of gregarious Aquarius, builds upon this outgoing trend and will inspire bold new objectives in some, while others may find that they require a greater sense of freedom. As all new moons are imbued with the energy and attributes of Aries, new beginnings of one form or another will likely be in the wind, particularly with action planet, Mars, closely conjunct this lunation, prompting bold exploits and undertakings that could, in turn, inspire others.

The Chinese New Year of the Metal Rabbit arrives as the sun rises on February 3rd. The Year of the Rabbit is traditionally a peaceful year, in which diplomacy can win the day, very much a welcome respite after the fierce, combative year of the Tiger. The easygoing influence of the Rabbit, however, tends to lead toward self-indulgence, where the pursuit of pleasure may supercede one’s sense of self-indulgence, where the pursuit of pleasure of the Rabbit, however, tends to lead toward more strength, resilience intensity, and determination, prompting bold exploits and undertakings that could, in turn, inspire others.

The Chinese New Year of the Metal Rabbit enters the serious, business-like realm of Capricorn on the 4th for a four-week sojourn. Its presence here demands that relationships be taken more seriously. Business interests may actually have greater appeal than pleasure pursuits now. A new source of investment or working capital could appear during this transit, or a present source might dry up. Emotional insecurities could manifest as a desire to go out and shop!

Constructive progress can be made towards career or educational goals as the sun aligns in a flowing trine with Saturn on the 5th, when advice from an elder, a mentor, or authority figure could prove helpful. Being both practical and creative achieves best results now.

Shortly afterwards, on the 6th, Mars also trines Saturn, when ambition is stimulated, and hard work and purposeful action win the day. Act on business or career options. Do work requiring physical stamina. A triple conjunction between the sun, Neptune, and the major asteroid, Chiron, occurs on the 17th, in 29° Aquarius, a celestial invitation to wander through your personal field of dreams regarding ambitions or career direction. Intuitive insights that can lead to the healing of old wounds are possible now, though it may not be easy to distinguish between genuine higher inspiration and the murmurings of the subconscious mind. When combined with other significant planetary alignments that are occurring concurrently, there is much potential at this juncture for the identification and subsequent release of emotional behaviors and response patterns originating in the distant past that no longer serve a useful purpose.

Mercury and Mars both head into dreamy Pisces over the next couple of days when unconscious desires are powerfully stimulated. Maintain contact with reality, as strong emotional turbulence and sensitivity could temporarily undermine one’s self-confidence. Even so, say what’s on your mind, do what you have to do, don’t repress anger or frustration now. Just be careful not to injure others in the process. Above all, stay focused!

Energize your dreams and cherished objectives for the future as the sun conjuncts Mercury on the 25th, in 07° Pisces. Communicate your bright ideas to those in a position to help you make them a reality. Trust your intuition now.
A growing need for something in which to believe and have faith may become more apparent as Jupiter squares Pluto on February 25th. (This aspect also occurred on August 3rd, 2010) It's also possible that religious or philosophical fanaticism might be in evidence. Personal transformation, perhaps through educational or self-improvement pursuits, could become a higher priority for some. There is a heightened potential for conflict now, and for deception over joint finances, so remain vigilant where money or investments are concerned. Be the epitome of integrity! Avoid coercion or contentious behavior, allow others to have their own points of view, as they likely will. Values and principles could fall by the wayside—especially in the corridors of power—as the overzealous pursue grandiose and unrealistic objectives. With the sun also sextile Pluto, corporate enterprise and joint financial concerns are emphasized and, in general, supported. Find creative ways to recycle or reuse discarded resources.

Venus enters outgoing Aquarius on March 1st, whilst harmoniously aligned with Uranus, the Aquarian ruler, eliciting a yearning for more excitement, and perhaps eccentric behavior, in the coming weeks. A growing desire to be with "kindred spirits" may incline some to join progressive groups, or to reconnect with close friends.

Will-power and assertiveness receive a huge boost as Mars sextiles Pluto on March 3rd, when a "no fear" attitude could quickly get you into hot water, so don't get carried away, or allow yourself to be coerced into doing something you know better than to do. This planetary pairing favors constructive activity, and improving efficiency wherever possible.

March's new moon arrives on the 4th, in 14° Pisces. In the weeks that follow, the quest for emotional and spiritual harmony could receive a higher priority, while creative artists find new inspiration. This is a good time to begin a dream diary.

A mentally stimulating conjunction between Mercury and Uranus perfects on the 9th, in 30° Pisces, when intuition is sharp, and sudden changes in plans could lead to an unexpected but potentially exciting encounter. Research innovative ideas which may be of use in a new venture. Review your natal horoscope for timely insights. Upgrade computer software to improve your efficiency.

Social activities could be particularly stimulating on or around the 10th when the heavenly "good guys" Venus and Jupiter align in sextile. Financial and educational activities are supported now, while philanthropic or charitable activities can be rewarding.

A major disturbance in the force occurs when Uranus enters tropical Aries on March 11th. It briefly visited Aries between May and August, 2010—its first visit to the zodiac's first sign since 1935. It will now remain in Aries until 2018. Freedom of action is important under this planetary influence, when the spirit of adventure is strong and can foster extremely individualistic, unconventional, even foolhardy behavior. A continual need for new experiences in order to feel satisfied must be assuaged. Be alert to compulsive actions and a "change at any cost" attitude, as this could undermine your efforts to improve your lot in life. A willingness to cooperate with others will be helpful in achieving your goals. This transit could provide an exciting period of innovation and invention geared towards the betterment of humanity.

Daylight Savings Time begins at 2:00am on Sunday, March 13th so remember to put your clocks ahead 1-hour on Saturday night! With a tense square between Mercury and Jupiter perfecting later the same morning, there could be missed appointments, difficulties communicating, and perhaps some heated disagreements. People may behave furtively or appear illusive. An extra measure of self-control may be needed now. Remain circumspect and avoid becoming confrontational.

A sense of responsibility prevails as a helpful trine between Venus and Saturn perfects on the 14th, making this an opportune time to implement ideas for organizing or stabilizing your business affairs. Constructive artistic work is also supported now.

Be sure to broaden your mind on the 15th, as Mercury and Jupiter align in conjunction, in 12° Aries. Enroll in higher education classes, a course of study, or a workshop. Forge alliances with like-minded individuals and groups. Communicate your thoughts and progressive ideas. Plan or take a trip abroad.

On the 19th, a full moon culminates in 29° Virgo. In Native American astrology, this is known as the Big Wind Moon, the last full moon of the natural cycle, which means it's time for spiritual spring cleaning. Allow the winds of change to blow through your life, in preparation for the new cycle of growth which begins with the vernal equinox tomorrow.

The vernal equinox arrives on March 20th, as the sun enters Aries (till April 20), when new beginnings, in one form or another could be high on the agenda for many. A new optimism and hopefulness is developing within the collective consciousness on the planet, and when coupled with the pioneering, risk-taking spirit now abroad, progressive, and perhaps revolutionary, activities will have greater appeal.

The sun then aligns in conjunction with Uranus on the 21st, in 01° Aries, a celestial augury to revolutionize business or career strategies... out with the old, in with new and improved methodologies. Investigate that new computer, electronic gadget, or software you've been promising yourself, perhaps to increase work efficiency. Allow creative self-expression free rein.

Two powerful planetary alignments dominate the day on the 28th. When the sun squares Pluto during the morning, an opportunity to transcend a behavior pattern that you've outgrown could arise. Much inner strength and determination will be called for to properly channel these powerful, transformative energies.

Then Jupiter forms a precise opposition to Saturn later on the 28th (reprising a similar alignment from May 22nd, and August 16th, 2010) when it may seem especially difficult to make professional progress, or you may feel that your ambitions are being thwarted, either by a lack of opportunity or simply bad timing. If you find yourself vacillating between optimism and caution, you most assuredly won't be alone. While this is not an ideal influence under which to begin a new venture, it can be quite helpful if you are in a position to expand a current business, as you would be more likely to do so with a higher degree of caution. The challenge here is to strike a balance between these two opposing forces in order to maximize the considerable potential for achievement that is, nonetheless, available. For Jupiter, when all is said and done, is still the planet most associated with good fortune.

Mercury stations retrograde (till April 23) on March 30th, in 25° Aries, so plans or arrangements of any importance should be implemented prior to this period. However, while Mercury is Retrograde, you may safely make revisions or otherwise go over previously covered territory for inconsistencies or errors.

Following is a general overview of how the planetary trends for February/March, 2011 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
**ARIES** (March 20—April 19)

You’re keen to move forward with personal projects that may have been on the back burner for a while, particularly an expansive venture or activity that would broaden your horizons and which might also involve travel. Set new goals and formulate plans for the future during this progressive, outgoing period, when you have the wind at your back and an element of good fortune to support your endeavors. If you need a favor or perhaps a glowing reference from a superior or authority figure in a position to help you further your ambitions, ask for it during February. Don’t be shy about blowing your own trumpet now, as you never know who might like the tune you’re playing. During March, ease back on the throttle and take some quality time out to survey the progress you’ve made towards your objectives, and to visualize, clarify, and energize the big picture, your game plan for success.

**TAURUS** (April 19—May 20)

Your prospects for professional attainment or career advancement are poised to take a significant leap forward during this forecast period, when the sun, Mars, Mercury and Venus all travel through your solar tenth house, bringing opportunities for you to demonstrate your talents, abilities and know how to peers, associates, or potential employers. Studying a new subject or discipline now can be both enjoyable and illuminating, while the possibility of travel to a distant locale could be educational as well as fun. Make plans for the future, set goals, and connect with friends and groups with whom you resonate during March, when your inspired, progressive ideas can border on the truly visionary. Be sure to pace yourself, and set aside some quality time in which to recharge your energies and to survey the progress you’ve already made.

**GEMINI** (May 20—June 21)

You are in the midst of an expansive trend in which you seek to broaden your horizons and reach out to progressive groups and individuals that share both your objectives and worldview. You sense the timing is right to move forward with an innovative project that could put you on the radar of some of the leaders in your chosen field of endeavor, and which might also lead to an elevation in your professional profile and status. Financial favors could be yours for the asking now, so if you’re in need of additional resources, make your pitch during this generally auspicious window of opportunity. Measure your progress carefully, taking time to ensure that you’re still on track, and keep those who need to know in the loop. By all means allow your visionary nature to come to the fore as you chart your course to success, but remain grounded and practical in your approach.

**CANCER** (June 21—July 22)

Now is the time to release that which you no longer need or that serves no constructive purpose in your life, particularly patterns of emotional behavior that undermine your efforts to progress towards your worldly objectives. By doing so you will experience an energetic quickening that can be harnessed to propel you forward, allowing you to rise like the mythical phoenix from the ashes of a phase of your existence that you’ve now outgrown, towards new horizons of opportunity that open up before you. Thus, the more unhelpful elements from the past that you release, the quicker you’ll progress towards the future you desire. Some Crab-clan members may consider returning to school, perhaps to enhance your credentials, or to retrain for an entirely new career path. The bottom line is that you’re now keen to broaden your knowledge, raise your sights, and to boost your potential for success, accomplishment and satisfaction. So what are you waiting for?

**LEO** (July 22—August 23)

It’s time to pay more attention to the significant others in your life, the friends, family and partners who help to make your world turn. For some Lion-clan members a longstanding casual relationship may evolve into a deeper, more meaningful connection, while others may be enjoying a new and rather special alliance, one that has the potential to withstand the test of time. However, Saturn, lord of karma, currently transiting Libra and your solar third house, is challenging you to maintain an honest, fair and open approach to communications in all of your relationships, particularly those of a professional nature. You’ll likely experience more than a few deep thoughts during March, when the heavens prompt you to process and purge unhelpful or unwanted elements from your life, particularly thought patterns that you’ve outgrown or simply don’t serve your best interests. You will then be more open to the stimulating new possibilities that will shortly appear on your horizon.

**VIRGO** (August 23—September 23)

After what may have been a fairly quiet time for many Virgo natives in recent months, where work is concerned, at least, you are about to experience the effects of a positive shift in the force. A new employment opportunity could appear on your personal event horizon, quite suddenly and unexpectedly during February, one in which your creative talents and people skills would be put to good use. For others, what was originally just a temporary assignment may now become permanent. Your energy, enthusiasm and charm will serve you well now. It might become necessary for you to make some adjustments to accommodate the needs of a partner or of another key relationship during March, with personal and mutual finances being part of the picture. What transpires will eventually lead to a greater sense of stability and security.

**LIBRA** (September 23—October 23)

Over the past year or two, many Scales-clan members have been coming to terms with elements from the past that may have inhibited your emotional growth and development. The good news is that this cycle will shortly conclude, and you’ll begin to feel more social and outgoing once again. Indeed, during
February, allow your inner child to come out and play at every opportunity. There will likely be plenty of wonderful playmates with whom to enjoy some fun and games, and perhaps even a potential suitor for those available! Play, you will rediscover, can also be very healing. Work or vocational activities become more of a focal point during March, cutting into your personal time when you’re in more of a mind to keep your schedule as free flowing as possible to take advantage of social opportunities. But you can do both. The emotional energies freed up by your recent inner work—both conscious and at the subconscious level—are now available to be applied to more relevant priorities.

**Scorpio** (October 23—November 22)

Home is where the heart is, and in February, your heart may be yearning for that ideal home you have firmly focused in your mind’s eye. Indeed, your thoughts seldom stray far from the notion of dramatically improving your domestic situation and the sooner the better, whether it’s a long overdue renovation project or relocating to an entirely new residence. There’s an inner restlessness that simply must be assuaged, stimulated, in part, by a gradual release of emotional patterns that originated in the distant past which you have now outgrown, and that your subconscious is now ready to purge. Your creative juices are beginning to flow more freely, also a result of a newfound lightness of being, as you emotionally detach from limiting beliefs and painful memories. Work on increasing your strength and stamina, and boosting your fitness in general.

**Sagittarius** (November 21—December 21)

For much of February, your thoughts and actions may be focused primarily on ways and means to secure your financial future. To this end, you may be formulating innovative plans aimed at increasing your sense of security. Ensuring a regular and substantial revenue stream will be high on your agenda, and at present, there appears to be plenty of opportunity for you to do so. Clever ideas and creative notions come thick and fast, so be sure to make a note of the best ones to follow up on as time and circumstances permit. Home improvement receives a higher priority in March, when you’re keen to make some necessary and perhaps radical changes to your domestic environment. It may be that you’re seeking to make better use of available space, or to re-purpose some of it for more creative uses, such as a workout room, or a home office, from which to operate a new financial enterprise.

**Capricorn** (December 21—January 19)

You may have reason to be more hopeful that your master plan for a professional enterprise, your career advancement, or a property acquisition is beginning to gain some traction during February, when some good financial news could come your way. You’re certainly up for the challenge, and ready for a change in any case, after a period of relative inactivity—by your lofty achievement standards, at least. It may even seem as though destiny is calling you to make your presence felt in the world, or within your sphere of influence and activity, anyway. You’re likely to be busy with a personal project during March, or making a concerted effort at self-improvement, as your mind goes into overdrive with all kinds of novel notions, not least of which are innovative ways to stimulate cash flow. Be sure to take adequate care of your health and fitness, in order to stay on top of what looks to be a busy schedule heading into spring.

**Aquarius** (January 19—February 18)

It’s time to turn over a new leaf and to expand your horizons in early February, when you’re primed and ready to move forward with personal plans. The new moon (2nd) in your sign puts the wind at your back, lending celestial support for your efforts to improve your lot in life. Your imagination may know no bounds now, so be sure to put it to good use, although a good measure of practicality will also help your cause. You’re keen to boost your income potential during March, and lady luck will be at your side to attend your efforts, with Venus now cruising through your sign and solar first house. Take advantage of an increase in self-confidence and turn on the charm in social settings, you might be surprised by the positive response you receive!

**Pisces** (February 18—March 20)

Your dreams and even daytime reveries during February could be a great source of inspiration upon which you might be highly motivated to act. Indeed, something you’ve wished for or dreamed of for some time could manifest now, in part by the sheer determination and strength of your desire for it to be so! Don’t underestimate the power—your powers—of creative visualization, because with focused intent and right action you can make magic happen now. Your personal finances show definite signs of improvement, with lucky Jupiter, your sign’s co-ruler, now in your solar second house till early June. Indeed, it’s possible that you could benefit from some information that comes to you from a friend. Your self-confidence and determination to be successful increases during March with a new moon (4th) and Mars now in your sign. Take the initiative now and put into place bold plans that could positively transform your future potential.

Tim Gunns is an astrological consultant, conference coordinator and producer, and formerly program director of the L.A. Conscious Life Expo, and the national Whole Life Expos.

Tim prepares personalized no-nonsense interpretations of Natal Horoscopes ($40), Future Forecast Transit Reports ($75 for 1 full year), and Relationship Compatibility Reports ($45). Shipping is free. Send: Name (as you’d like it to appear on the chart), Date of Birth, Time (as close as possible), Place of Birth (city/country, etc.) for each person, and your return address, phone# and check to: Tim Gunns, c/o 110 Hilltop Drive, Waynesville NC 28786. (828) 452-7885. Consultations by phone may also be scheduled.
In pagan Norse prophetic traditions, destiny is like a Time Line of rope weaved and divined by three ancient spinners, three daughters of the Earth Goddess Erda. They are called the Norns.

The First Norn is “The Past”. She bears witness to how our future is founded on habits and actions already established. She casts the time line rope to the Second Norn. She is “The Present”. She bears witness to our actions committed right now and how they will change the course of our fate.

The Second Norn throws her time line to Tomorrow’s augur, to the youngest daughter of Erda, the Third Norn. She sings a song of the year 2011. Waves of conflicting futures tug so harshly that the twisting, tangling line of time could break.

This rope of the future is now cast for examination by my “oracle” process, which recently divined its findings recorded in my 17th book, *Predictions for 2011*.

Some of you may know me for my many appearances on television documentaries about Nostradamus and other prophetic traditions and seers. Just recently I have been on a number of History Channel shows, such as *Next Nostradamus*, *Nostradamus: 2012*, the series *Nostradamus Effect* and just now, a spot for *Brad Meltzer’s Decoded*.

Along with the other e-Books I write each year—along with the 100 articles for Hogueprophecy.com paring prophecy with current events—I publish an almanac of prophecies for each coming year.

This new year is most challenging to divine. I found myself grasping like a concerned and perplexed Norn the chaotic threads of times coming in 2011. Thus, *Predictions for 2011* chronicles a year of destiny, when the old and familiar fabric of a now dying age—its beliefs and traditions all knotted, snagged and confused—ensnare a future that wants to break free.

History is quickening and tightening the stresses of future time. Out of this jumble of matted potential outcomes, I strive to set free a new future thread that favors the bold.

2011 is the year individuals can begin redesigning the human dream and knit together an as of yet undiscovered tapestry for a new destiny.

I would like to share with the readers of Earthstar a few forecasts from my book. Here are some glimpses of the future:

*In 2011, systemic flaws rust the structure of governance. There is a counterfeiting of federal reserves in America and Europe. The time has come to fix these and more financial flaws of Wall Street and Main Street. If the world’s economists and politicians remain stubbornly unreformed, probation runs out between now and mid-year!*  

*Watch! The systemic becomes sustain-ic failures in the next global economic crisis.*  

*And yet…there are fewer wars than in centuries. Shared economic success is putting a stake in the heart of extreme terrorism.*
Expanding wealth in the developing nations creates a climate of hope and creativity in formerly war-torn continents.

A global system of technology is spreading prosperity. And a new era of middle class dynamism now stretches across the world thanks to an emerging, exciting, interconnected global society never before seen.

What you do individually and what humanity does collectively in 2011 defines and launches us down a course of a new decade.

Act and solve many global problems. Understand that we can do this in a way that stimulates creativity and economic growth while sustaining ecological balance.

Yet be warned. My oracle foresees this window of opportunity closing.

My oracle redefines the current economic recession as a “Cold Depression”, akin to a Cold War between nuclear superpowers, ever poised to go hot. At any moment—especially through the first half of the year—a Cold Depression can be triggered by the wrong button pushed on a broker’s keyboard, the ‘pop’ of one-too-many returning economic bubbles bursting, the crash of banks too big to fail foundering in a sudden, hot, Depression of economic thermonuclear meltdown. Watch for the cause of collapse coming from a deflation in confidence in the US dollar and the US government that prints way too many of them in 2011.

The gigantic American military industrial complex seeks a reason-for-being in new war markets. The old markets in Afghanistan and Iraq are in decline. See an attempt by military arms building corporations in the US and Russia trying to take us back to a Cold Peace if not a Cold War just so they can keep in business. See new markets for war developing in the Western Pacific.

Peace in Palestine is coming sooner than anyone can imagine. So is war with Iran as consequence. Yes, you will see these little rocket fired wars between Israel, Gaza and Lebanon. These are short, sharp conflicts waged out of desperation by the allies of Iran as the latter loses its political grip of its proxies in a cold regional war with Israel. By the mid-decade, Israel will have achieved a two-state solution, taken itself away as a threat to the Arab world. That leaves Iran as the only remaining threat to Arabs and Israelis. Thus the many prophecies of Nostradamus indicating a war with Iran, astrologically predicted for either 2015 or 2016 could be fulfilled, though there is time for a peaceful solution.

President Obama, like his favorite, President Abraham Lincoln, distinctly and unequivocally shares a critical need to see his fortunes change in “year three” of his presidency. The year 2011 is Barack Obama’s 1863. Will he have Lincoln’s “Battle-of-Gettysburg year” and turn the tide of his faltering presidency? I foresee a second term for Obama.

A new Global Aristocracy makes its move to take over the US government of the corporate, buy the corporate, for the corporate. Will there be push back? Will history repeat itself with a second American Revolution?

Prophetic astrology foresees Pluto’s return to the sign of Capricorn after 248 years as the death and rebirth of democracy as well as the decline of the American and European middle classes. Yet these parent middle classes of the past cycle will step aside to allow the children of a new and global middle class in Asia and South America gain room to arise, shine and ultimately push aside elites that would suppress their awakening in 2011.

This is the year of military crises caused by failed states, such as Pakistan and North Korea. The first salvos are not from guns but from floods and famine.

We have now entered “Year Two” of Nature’s World War on Humanity

This is a war against stupid.

In Predictions for 2011 I wrote, “In 2011, we enter year two of World War Three, Media’s war on us. This is not some pagan voodoo threat. The natural world is ill. It is fighting back madder than ever in 2011. Her fever chills will bury us in blizzards this winter, her fevers will then suddenly rise hotter this coming spring and summer, her floods of monsoon tears and cyclonic rages will redouble from what was seen in 2010.

“Nature is turning up the volume of her screaming gales. Her thundering quakes and waves mount until the alarm bells of an unsustainable abuse of the ecosystem begin their first ringing sound.”

As I predicted for 2010, the Hurricane Season was quiet in the Gulf of Mexico. Many an angry tropical storm and hurricane were corralled by offshore winds to boil harmlessly in the Atlantic Ocean. The signs are changing in 2011. Prepare for the stampede of the worst hurricane season in the Gulf and along the Atlantic coast in five years. Suffer the Haitians!

The planet Neptune (God of the Seas) returns to its home sign of Pisces in April 2011. Prepare yourself for a year of great worldwide ocean storms, tempests and monsoons never before experienced in living memory. The seas will be upset and rise up against our ecological abuses.

China has moved in five generations from being a dictatorship of the proletariat to a dictatorship of a plutocracy. Despite its breathtaking growth, its bold great pushes forward from socialist hermit kingdom to capitalist super giant; the People’s Republic of China is a totalitarian society, ruled by a communist oligarchic regime. When it eclipses American influence in the coming decade, China will push a totalitarian agenda upon the world at large. It expects “you” to bend and bow to “its” authority. The free peoples will push back.

Success in business and in life follows a path of an anti-hierarchical future in the Aquarian Age. Individuals work for mutual gain by free-associating and freethinking beyond the narrow and specialized mindsets of the dying Piscean Age. “Citizen Genius in Community” is the new leap forward. See how you can be a part of that future.

Hundreds more predictions can be found in the e-Book Predictions for 2011. I have an overview of the book you can read here:

http://hogueprophecy.com/predictions-for-2011.htm

You can contact me at: Hogueprophecy.com

And also, you can join my free newsletter bulletin:
http://hogueprophecy.com/emaillistsignup.htm
**Winter Reading**

**The Keys to the Universe**
By Diana Cooper and Kathy Crosswell

In *The Keys to the Universe*, Cooper and Crosswell reveal the 48 keys and 2 cosmic keys that open up the various energies of the universe. Along with the accompanying CD (with the sound of each of the 50 keys), the information in this book will enable readers to expand consciousness. Using these keys, readers can unlock the secrets of other realms, such as the animal and natural kingdoms, the elementals, different archangels and other angelic beings, cosmic masters, and wisdom centres. This is an exploration of spiritual laws, a fascinating and important look at energies that manifest as sound resonances, and what humanity can do to access them.


**Meditation for the Love of It**
Enjoying Your Own Deepest Experience
By Sally Kempton

Meditation is like a love affair with your innermost self. At times it can be ecstatic and entrancing, other times simple and still—and sometimes you might not even feel its profound effects until later. Now with *Meditation for the Love of It*, Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body.


**The Magical Path**
Conscious Dreaming Exercises for Healing & Growth
By Wendy S. Halley

*The Magical Path* workbook offers a simple and engaging way to steer your focus inward so that you can begin to directly experience the totality of who you really are. The exercises in *The Magical Path* workbook will not only give you access to your innate wisdom, but will also guide you gently through stages of self-discovery, exploration, and healing. Readers will learn how to consciously dream like a shaman, meet spirit guides and helpers, connect with your Higher Self, discover the places of healing and forgiveness, and to find and remodel your emotional house.


**A Course In Weight Loss**
21 Spiritual Lessons for Surrendering Your Weight Forever
By Marianne Williamson

What is the connection between spirituality and weight loss? Best-selling author Marianne Williamson is about to answer that question for you in this, her groundbreaking new book, bringing you 21 spiritual lessons to help you surrender your weight forever. These lessons form a holistic paradigm for weight loss, addressing the spiritual, emotional, and psychological elements involved in what Williamson refers to as “conscious weight loss.” If you are a food addict, a compulsive eater, or someone who for any reason sees food as the enemy, this book is for you.


**The Nine Eyes of Light**
Ascension Keys from Egypt
By Padma Aon Prakasha

The Nine Eyes of Light is an exploration into multidimensional being. This is the light-body guidebook for the spiritual traveler. The Nine Eyes, also known as Ascension Keys, are the nine levels of consciousness that served as the foundation for Egypt’s awakened civilization. Chapters include teachings on the science of vibration, sound, and perception; willpower, bliss, and the fuel for love; god consciousness; the shadow as a gateway to source, and much more. The Nine Eyes unite the mind, body, and spirit in loving wisdom and power.


**Atlantis and the Cycles of Time**
Prophecies, Traditions, and Occult Revelations
By Joscelyn Godwin

Beginning with a review of the rationalist writings on Atlantis, renowned scholar Joscelyn Godwin then analyzes and compares writings on Atlantis from many of the great occultists and esotericists of the 19th and 20th centuries, including Fabre d’Olivet, G. I. Gurdjieff, Guido von List, Julius Evola, Edgar Cayce, Dion Fortune, and René Guénon. Seeking to unravel and explain the histories and interpretations of Atlantis and its kindred myths of Lemuria and Mu, the author shows how these different views go hand-in-hand with the concept of cyclical history, such as the Vedic system of the four Yugas, the Mayan calendar with its 2012 end-date, the theosophical system of root races, and the precession of the equinoxes. Venturing broader and deeper than any other book on Atlantis, this study also covers reincarnation, human evolution or devolution, the origins of race, and catastrophe theory.

Inner Traditions. Paperback, $19.95.
Geomancy for Beginners
Simple Techniques for Earth Divination
By Richard Webster:

Geomancy, a three-thousand-year-old form of earth divination, can answer your questions about relationships, career, money, and all aspects of life. In this comprehensive, easy-to-follow introduction to the topic, bestselling author Richard Webster presents eight different methods you can try, from astrological geomancy to Arthurian divination to a version attributed to Napoleon. Each method is based on making a random number of marks, then interpreting the message based on the resulting pattern. *Geomancy for Beginners* also includes simple instructions on how to craft your own geomantic tools. With Webster’s sample readings and diagrams, it’s easy to begin practicing this age-old form of divination to receive guidance and insight.


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Secrets of Dragon Gate

By Dr. Steven Liu and Jonathan Blank

Secrets of Dragon Gate by Dr. Steven Liu and Jonathan Blank reveals the essence of Dragon Gate Taoism, an 800-year-old system of Chinese philosophy, martial arts, meditation, magic and mysticism, which revolves around the concept of spiritual alchemy—a tradition passed down through 14 generations to Dr. Steven Liu. The book brings to light ancient Taoist methods for manifesting health, wealth and happiness and includes information on chi (energy) development, sexual yoga, dream yoga and Taoist magic.

Tarcher/Penguin. Paperback, $16.95.

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The Spiritual Life of Water

Its Power and Purpose

By Alick Bartholomew

Alick Bartholomew explores water’s sacred uses, its role in our bodies and environment, and the latest scientific studies to reveal that water is a conscious organism. Examining new discoveries in quantum biology, he shows how water binds all of life into one vast network of energy, allowing instant communication and coherence. Covering the research of water visionaries such as Viktor Schauberger, Mae-Wan Ho, and Masaru Emoto, he examines the memory of water and reveals how the same water has been cycling through Earth’s history since the dawn of time, making water nature’s greatest recycling and reclaiming agent. With information on the energetics of water, water treatments, finding the best-quality water, and the perils of bottled and distilled water, this book offers us a path to reclaim the spirituality of water.


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Radical Self-Forgiveness

The Direct Path to True Self-Acceptance

By Colin Tipping

What’s “radical” about Colin Tipping’s approach to forgiveness? “It’s not about telling ourselves a new story about something that happened,” he says. “It’s about creating a profound shift at the spiritual level.” Based on his world-renowned forgiveness workshops, the *Radical Self-Forgiveness* book shares clear insights for resolving our deepest internal wounds using Tipping’s five-stage forgiveness process. Used alone or in combination for an integrated practice, the Radical Self-Forgiveness book and audio program open the doorway to the freedom and inner peace that come from true self-acceptance.

*Sounds True. Paperback, $16.95.

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Winter Reading

Dragon and Tiger Medical Qigong

A Miracle Health System for Developing Chi

By Bruce Frantzis

Dragon and Tiger qigong uses simple body movements to accomplish the same chi balancing as acupuncture. Each movement is designed to stimulate not just a single meridian but groups of meridians. In Chinese medicine, the tiger is a metaphor for a strong, healthy liver and powerful muscles, and the dragon is a metaphor for healthy and strong lungs. The Dragon and Tiger form accomplishes three major changes in the body necessary for healing: it releases stagnant chi energy; increases the speed, strength, and evenness of the circulation of chi, blood, and other fluids; and quickly raises the body’s energy levels to boost its natural healing capacities. With over 150 illustrations accompanying clear, thorough instructions, *Dragon and Tiger Medical Qigong* offers an accessible and effective path to health and healing.


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Why You Burn Out and How to Revive

By Joan Z. Borysenko, Ph.D.

In this timely and groundbreaking work, Joan Borysenko—a Harvard-trained medical scientist, psychologist, and renowned pioneer in stress and health—straddles psychology, biology, and soul in a completely fresh approach to burnout. Her deeply human (and often amusing) personal accounts of burnout and recovery help convey a clear understanding of the science behind helplessness, hopelessness, and empowerment. Plus, the rich wisdom of people who have gone from fried to revived—including many of Joan’s vibrant community of nearly 5,000 Facebook friends—makes this powerful and practical book a must-read for our times.

Hay House. Hardcover, $17.95.
The NASA Conspiracies

The NASA Conspiracies: The Truth Behind the Moon Landings, Censored Photos, and The Face on Mars
By Nick Redfern

The National Aeronautics and Space Administration—NASA—was established on July 29, 1958. Ever since that day, NASA has been at the forefront of efforts to explore outer space, resulting in the Apollo missions to the moon, the Skylab space-station, and today’s space shuttle. But behind the open face of NASA, there is a much more mysterious world. NASA has been linked to a wealth of high-level cover-ups, including claims that the Apollo moon landings of 1969 to 1972 were faked, the controversial face on Mars, and NASA’s deep and long-standing involvement in the famous UFO crash at Roswell, New Mexico, in the summer of 1947. The NASA Conspiracies throws open all the doors that the Space Agency has kept closed for so long.


Tibetan Sound Healing

Seven Guided Practices for Clearing Obstacles, Accessing Positive Qualities, and Uncovering Your Inherent Wisdom
By Tenzin Wangyal Rinpoche

The spiritual heritage of the Bön is rich with methods to guide all beings on the path to liberation. With Tibetan Sound Healing, readers are invited to learn from a master of this ancient lineage—and discover the power of sacred sound to purify your body, connect with your inherent perfection and completeness, and awaken spiritual virtue. In this integrated book-and-CD learning program, Tenzin Wangyal Rinpoche gives you the tools to access wisdom and compassion and use the vibration of sacred sound to cultivate the healing power within your body’s subtle channels.

Sounds True. paperback & CD, $14.95.

Gods of the Runes

The Divine Shapers of Fate
By Frank Joseph

Illustrated by Ian Daniels

This book reveals the long history of runes from their appearances in Paleolithic cave paintings to their modern resurgence as a popular tool of divination. It uncovers the original names and divinatory meanings of each rune by exploring the myths, personality traits, astrological periods, identifying colors, and gemstones of the rune’s corresponding god or goddess. It also illustrates and explains five ancient rune-casting spreads used by Norse adepts for divination as well as character analysis. By renewing their connection with the divine, Gods of the Runes shows how working with the runes can be a genuine mystical experience, enabling a personal connection with the gods and a rediscovery of their perennial truths.

Bear & Company. Paperback, $18.00.

The Map

Finding the Magic and Meaning in the Story of Your Life
By Colette Baron-Reid

In The Map, intuitive counselor Colette Baron-Reid invites readers to enter a deep journey into your inner landscape and meet the imaginary beings that hold the keys to the wisdom hidden in your subconscious: the Wizard of Awareness, the Gentle Gardener, the Bone Collector, and the spirits of the psychological terrain you traverse, who know where to find the treasure in each experience. Discover how to tame the mischievous trickster Goblin, who locks you into old habits. Each of these aspects of your psyche has lessons for you, and each responds to your directions, for you are in charge of your own map. The Map invites you to boldly claim your power to direct your journey so that you may find meaning, purpose, and joy.


Manifesting Michelangelo

By Joseph Pierce Farrell

Heralding a message of unlimited possibilities, Manifesting Michelangelo presents a compelling body of evidence that supports what science is now beginning to embrace, what the great artists have always known, and what spiritual traditions have long represented—that we all possess the capacity to manifest on the level of the miraculous. It is the first book, that asks us to believe—based not on faith alone, but on documented evidence—that we as a species have the capacity to literally manifest the change in the world that our conscience decrees and our hearts desire.


Kundalini

Divine Energy, Divine Life
By Cyndi Dale

Kundalini is one of the most talked about but least understood forms of sacred energy. But what is it, really? In Kundalini, Intuitive healer Cyndi Dale presents concise, yet comprehensive guidance to help readers truly understand kundalini energy and how it can be used to transform their lives. This illustrated book features the latest scientific research; mystical practices such as breathwork, tantra, and mantras; and illuminating first-hand accounts from Cyndi’s healing and teaching practice, all in an easy-to-follow format. Step-by-step exercises teach readers how to use this powerful energy to achieve vibrant health, have better and more meaningful relationships, and find their life’s authentic purpose.

Llewellyn Publications. Paperback, $17.95.
**Losing Control, Finding Serenity**

*How the Need to Control Hurts Us and How to Let It Go*

By Daniel A. Miller

Trying to control people and events harms you, and everyone around you. The very intensity of your controlling actions blinds you to options and choices that would significantly improve your life emotionally, spiritually, creatively, and financially. However, when you let go of control, your blinders are removed. You can engage in life’s currents in an intuitive and expansive manner. *Losing Control, Finding Serenity* offers tools and strategies for losing control in important areas such as parenting, friendship, work, and love. The book’s basic premise is simple: When you lose control, you’ll find freedom and contentment.


**The Cosmological Origins of Myth and Symbol**

*From the Dogon and Ancient Egypt to India, Tibet, and China*

By Laird Scranton

Great thinkers and researchers such as Carl Jung have acknowledged the many broad similarities that exist between the myths and symbols of ancient cultures. One largely unexplored explanation for these similarities lies in the possibility that these systems of myth all descended from one common cosmological plan. Outlining the most significant aspects of cosmology found among the Dogon, ancient Egyptians, and ancient Buddhists, including the striking physical and cosmological parallels between the Dogon granary and the Buddhist stupa, Laird Scranton identifies the signature attributes of a theoretic ancient parent cosmology—a planned instructional system that may well have spawned these great ancient creation traditions.

Inner Traditions. Paperback, $18.95.

**Waking From Sleep**

*Why Awakening Experiences Occur and How to Make Them Permanent*

By Steve Taylor

In this astounding book, Steve Taylor suggests that our normal consciousness is really a kind of “sleep” from which we sometimes “wake up” into a more intense and complete reality. He provides what is perhaps the first-ever clear explanation of higher states of consciousness, or “awakening experiences.” This work delves into the methods we human beings have used throughout history to induce awakening experiences, including meditation, sex, sports, psychedelic drugs, and sleep deprivation; how higher states of consciousness were normal and natural to some of the world’s peoples (and still are, in some cases); and how we can make “wakelfulness” our normal state again. By fully explaining awakening experiences, the author makes them much more accessible, which may lead to a revolution in our psychological development as human beings.


**The Secret History of Extraterrestrials**

*Advanced Technology and the Coming New Race*

By Len Kasten

This book surveys contact with E.T.s and abduction accounts, unexplained public and undisclosed military technology from aliens including anti-gravity devices, exopolitics (the influence of E.T.s in human affairs), the Iraq Stargate, the Hybrid Project of alien interbreeding by abduction, Nazi ties to UFOS and their secret underground base in Antarctica, government cover-ups of alien interactions including Roswell, and the transformation triggered by the Hale-Bopp comet. Based on interviews with people who are witnessing the coming changes as well as those visionaries who are actually bringing them about—including John Mack, Major Jesse Marcel, Paul LaViolette, Robert Bauval, Michael Salla, and Helen Wambach—this book sketches out a breathtaking vision of the planetary revolution just around the corner.

Bear & Company. Paperback, $18.00.
The story reads like an inspiring Hollywood screenplay … but it really happened … and it’s still happening!

Tom Shadyac made a fortune in Hollywood by making us laugh. As director and/or writer of such blockbuster films as Ace Ventura: Pet Detective, The Nutty Professor, Liar, Liar, and Bruce Almighty. But at one point, his life became … not so funny.

As the result of a bicycling accident in 2007, Shadyac suffered post-concussion syndrome (PCS). His symptoms included an intense and painful reaction to light and sound (the tools of his trade, of course), severe mood swings, a constant ringing in his head, and others. The worst aspects of this: there is no successful treatment for PCS—and it may never go away.

Shadyac tried all the traditional medical treatments; nothing worked. Then he tried a variety of alternative modalities, including biofeedback and a hyperbaric oxygen chamber; again, nothing worked. After several months of torture, he welcomed death. “I wasn’t suicidal,” he recalls, “but I knew I was done.”

Facing death brought an instantaneous sense of clarity and purpose. “If I was going to die,” he reflected, “what did I want to say before I went?” Suddenly, it all became very simple and very clear. “I wanted to tell people what I had come to know.”

Shadyac’s films had grossed nearly two billion dollars worldwide, making him one of Hollywood’s most successful filmmakers. This had brought Tom all the expected perks—a 17,000-square foot art-filled mansion and guest complex in Pasadena, private jets, exotic cars … the whole 999 yards.

“What I discovered, though, when I began to look deeply, was that the world I was living in was a lie. The game I had won at, which I thought would help to heal the world, might very well be what was destroying it.”

After months of isolation, with no visitors and virtually no communication with the outside world, suddenly, unexpectedly, Tom’s PCS symptoms began to recede. When he improved to the point where he could actually tolerate travel, he decided to grab a camera and a film crew of four and start a journey to find the people who had helped him question the life he had been leading and try to learn and understand more. And to spark a conversation around two challenging and rarely asked questions …

- What’s wrong with our world?
- What can we do to fix it?
“I AM” – The Underlying Problem, The Overarching Solutions

“Is there a hidden problem underneath that causes all the problems of humanity, all the problems of our world?” Shadyac asked as he pursued production of “I AM,” the new documentary feature that resulted from his exploratory journey.

There is, he determined: it is the separation of ourselves from the natural world … and the implications of that separation. All the result of “the particular scientific story” we’ve been telling ourselves for the last three hundred years. The story that grew out of both Newtonian science—that the universe is reliable and predictable because it is essentially mechanical, a giant machine—and Darwin’s *Evolution of the Species*, survival of the fittest as a result of competition.

What we know today is that these old assumptions simply are not true. The new, emergent understanding of the nature of the universe contradicts them. But they are still the most common informers of our belief systems and, therefore, our behavior.

What can we do to fix the world? Shadyac suggests we start by fixing ourselves. “Mother Teresa never thought about solving hunger or poverty,” he recounts. “She saw a sick, hungry person and reached out to help. What’s needed is an awakening of one’s own heart, a personal transformation. Our outside world is just a manifestation of what we’re holding inside. So the work is on ourselves.”

“*I AM*” is the film that could stop millions of people in their tracks, people who are still arguing—consciously or not—for the validity of Newtonian thought and the competitive survival of the fittest ethos.

In “*I AM*,” Shadyac uses his wit, warmth, curiosity and masterful storytelling skills to reveal what we are now discovering through quantum physics and other research to be among the truths of our nature –

• The universe is not a machine and neither are we.
• We are all connected to each other and to everything.
• Our #1 organ of intelligence is the heart, not the brain. Ninety to ninety-five percent of information flows from heart to brain, not the other way round.
• Our consciousness and emotions impact the physical world around us.

Science, it seems, is finally catching up with the ancient, basic principles of religion and spirituality. The *emerging* story is the *old* story!

Additionally, in “*I AM*,” Shadyac underscores —

• Materialism is not a path to happiness.
• Humankind’s basic nature is cooperation and democracy, not competition. Darwin knew this and used the word love numerous times in his book *Descent of Man*, while using the phrase survival of the fittest only twice! Research demonstrates that we’re hardwired for a compassionate response to the troubles of others.

Shadyac himself narrates the film and appears as an interviewer and good-natured guinea pig in some of the scientific experiments. He interviews some of the most informative,
enlightening and inspiring scientists, spiritual leaders, thinkers and experts in the world today, including –

Dr. Dean Radin – Senior Scientist, Institute of Noetic Sciences
Dr. David Suzuki – Academic, science broadcaster and environmental activist
Dr. Noam Chomsky – Institute Professor and Professor Emeritus, Massachusetts Institute of Technology
Dr. Howard Zinn – Late historian, author, activist, professor of Political Science at Boston University
Lynne McTaggart – Best-selling author, journalist, spokesperson for the new physics
Bishop Desmond Tutu – South African activist and Christian cleric
Coleman Barks – American poet and interpreter of Rumi
Thom Hartmann — American radio host, author, former psychotherapist and entrepreneur
Dr. Dacher Keltner – Professor of Psychology, University of California, Berkeley
Dr. John Francis – American environmentalist.
Marc Ian Barasch – Author, film and television writer, producer, magazine editor, and environmental activist
Daniel Quinn – Best-selling author of Ishmael
Ray Anderson – CEO, Interface, Inc.
Dr. Rollin McCraty – Director of Research, Institute of HeartMath
Dr. Marilyn Schlitz – President and CEO, Institute of Noetic Sciences

So what does Shadyac suggest each of us do to help solve the dire challenges we face at the beginning of the 21st Century?

“Give me a list of things that I can do!” But the solution is really about a deeper transformation that must occur in each of us. It’s not my calling to tell people what they should do. I’m about sharing the principles that awoke in me, affected me, and changed my life. Frankly, I prefer that each of us has a To-Be list!

“Change starts with consciousness and our own definition of ourselves,” he says. “Each of us has the power to make a difference. It’s the Power of One. Everybody has that power. Just do something. From moment to moment, everything we say or do … or don’t say or don’t do … makes a difference!”

Shadyac lets the film’s content speak for itself: democracy and consensus decision-making is the basis of life among many species, from insects and birds, to deer and primates; humans actually function better and remain healthier when expressing love, care, gratitude and cooperation; consciousness is linked to the behavior of the quantum world ….

“If everyone is intentional with their small acts, over time, there’s massive change. That’s the story of women’s suffrage, India’s independence, the American civil rights movement, the Vietnam peace protestors and the end of apartheid in South Africa.

“His Holiness, the Dalai Lama, says, ‘critical thinking followed by action’ is the most important thing we can do now. There’s no such thing as a tiny act.”

So what is Shadyac doing? He sold the Pasadena estate with its furniture and artwork and is now living in a mobile home community in north Malibu. He’s flying commercially now. He started riding his bike to work. He’s teaching at a local college, another venue for sharing his discoveries.

All proceeds derived from the release of “I AM,” in all media, will go to THE FOUNDATION FOR I AM, a not-for-profit established by Shadyac to fund various worthy causes and to educate the next generation about the very issues and problems explored in the film. And, if he ever directs another Hollywood movie, he plans to receive something like the Director’s Guild minimum directing fee—around $210,000—and have the rest of his usual eight-figure fee deposited into a charitable account.

“Whatever I don’t need, I no longer consider to be mine,” he says. “I just direct it to where it’s needed.” He’s also considering founding an institute in Telluride, Colorado, which would bring together high school and college students, along with adults, to begin a conversation around these ideas.

What makes the film a standout is Tom’s personal story, the intimate self-effacing way he tells it, his relentless pursuit of knowledge and wisdom, and the creative, yet accessible way he shares it with the viewer. There are also stunningly beautiful scenes of the natural world and compelling portrayals of our current human struggle. The music, too, dramatically and emotionally underscores the visual impact of the film.
Tom Shadyac — The Back Story

Tom was born and raised in Falls Church, Virginia, of Lebanese Christian descent. He graduated from J. E. B. Stuart High School where he was “the All-American student,” excelling academically, in sports, and in student leadership, including being elected Junior Class President. He made Junior National and National Honor Societies throughout his high school years and was included in Who's Who Among High School Students in both 1975 and 1976.

Tom’s father, the late Richard C. Shadyac, Sr., a Washington, DC attorney, was a long time friend of comedian, actor and TV producer, Danny Thomas. Thomas founded the St. Jude’s Children’s Research Hospital in Memphis, TN. The elder Shadyac served there in many capacities over the years, and as CEO of its fundraising arm from 1992 to 2005. Tom says of his father, “He was my model for personal integrity and service. He was an extraordinary man.”

Tom was drawn to spiritual matters early in life. He was “a fan of Jesus—not the dogma, but the power of his moral teachings,” then of Gandhi, St. Francis and Martin Luther King. He also read and studied the mystic poets—Rumi, Hafiz, Emerson, Thoreau, Rainer Maria Rilke, Mary Oliver—for more than twenty years. He was exposed to science later, when a friend turned him onto the recent discoveries of quantum physics. “I’d been talking spiritually about the unity of everything,” Tom recalls, “and in quantum physics I learned about the illusion of time, connection, quantum entanglement … it was all there!”

Tom graduated from the University of Virginia in 1981 and received his master’s degree in film in 1989 from UCLA. He moved to Los Angeles in 1983 and, at age twenty-four, become the youngest staff joke writer ever for comedian Bob Hope. His hit films with Jim Carrey include Bruce Almighty, Liar Liar, Evan Almighty, and the Ace Ventura: Pet Detective series. He collaborated with Eddie Murphy to write The Nutty Professor movies. He directed Patch Adams starring Robin Williams and Dragonfly with Kevin Costner. He was also the executive producer of the ABC-TV series 8 Simple Rules for Dating My Teenage Daughter.

As to plans for the future, he says “I’m just serving this film for now, seeing how far it’ll take us.” He does, however, have plans to follow-up with a TV talk show, “Shift Happens,” and possibly a feature film, “Planet Walker,” the true story of John Francis, an American environmentalist who, after witnessing an oil spill in San Francisco Bay in 1971, stopped riding in motorized vehicles for twenty-two years. He also spent seventeen years in voluntary silence, during which time he walked the entire width of the lower 48 United States. “He changed himself,” Shadyac notes, “and therefore changed the world.”

Shadyac has dedicated “I AM” to his father and to Howard Zinn, both of whom passed away in 2010. The film is set to open in selected cities in February, 2011, and nationwide shortly thereafter.

FILM REVIEW

Is it possible for a film to change the world? The Great Train Robbery, the world’s first full-length movie with a storyline did so in 1903. The world was never the same after it was seen by millions, everywhere. The Jazz Singer, the first “talkie,” did it in 1928. And film of the World Trade Center disasters did it in 2001. “I AM,” the new documentary feature by superstar filmmaker Tom Shadyac (Ace Ventura: Pet Detective, The Nutty Professor, Liar, Liar, Bruce Almighty, and others) stands to do the same. It is the first film by a major Hollywood writer/director to present the scientific evidence—from quantum physics and other disciplines—that humanity is One, that each of us is connected at an essential level to everyone—and everything—else. Furthermore, Shadyac presents evidence that cooperation is a more effective and natural survival tactic than competition, that our heart (not our brain) is our #1 organ of intelligence, and that our thoughts and emotions directly affect physical reality. In the face of our current global crises—economic, environmental, civil rights, governmental, etc.—this is the revolutionary, reality-shifting news that everyone needs to take in. If they do, the entire conversation about solutions to humanity’s problems could change. Most significantly, though, this film actually could reach those millions of mainstream moviegoers, precisely because it is Shadyac’s work, and he has millions of fans. Of course, it is also gorgeous and highly entertaining filmmaking, with stunningly beautiful scenes of the natural world, cogent and witty storytelling, and a focus that calls on us to examine our beliefs and our every action in life. Shadyac’s extraordinary film grew out of his own brush with death—post-concussion syndrome after a bicycling accident—that left him painfully sensitive to light and sound, experiencing severe mood swings, a constant ringing in his head and other intractable symptoms. This film, intended to be his legacy, addresses these questions: What’s wrong with the world and What can we do to fix it? “I AM” fills in these blanks in a provocative, enlightening and highly effective way. A must-see … and a potential classic!
Did you know your body has a secret language with which it communicates? By this I mean that your body is like a sponge; it will do whatever you tell it. If you constantly say that you can’t handle things, your hands will become stiff and clenched and you won’t be able to handle anything new. If you say, ‘my boss is a pain in the neck,’ you will manifest neck problems. When you think, ‘oh what a headache this will be,’ your body is listening. Because your body is so good at taking direction it immediately starts building tension in your head, so that you can feel your head ache.

Dr Robin Youngson, founder, Centre for Compassion in Healthcare says, “Livid, pissed off, torn up inside, heartache, bone weary, jaundiced, gut wrenching, blood boiling, pain in the neck, stab in the back, takes my breath away, a rash decision, sick to death - our language is alive with ancient wisdom about the origin of many illnesses.” He believes that by changing the way we think and speak we can free ourselves, “from the toxic effects of unconscious beliefs and emotions and start on a path of self-healing.”

Your Thoughts and Emotions Affect Your Health

In our culture, what many people don’t realize is that what we say and what we hear others say either has a negative or a positive effect on our health. For example, if you are around someone who is negative and who constantly criticizes or judges you, you are likely to feel upset, angry and fearful. Those emotions will cause your body to tighten, your immune system to weaken and your nervous system to come under stress and attack. If you don’t let go of the negative feelings, after a while your body will start to break down and you will get sick.

Psychoneuroimmunology or PNI research shows that negative thoughts, beliefs, attitudes and emotions weaken the nervous and immune systems and lead to disease. Dr Margo de Kooker wrote, “In the real world, what the field of PNI proves is that what happens in our minds at the level of our perception can have real effects on our immune system. This concept is not new at all, and ancient wisdom has always encouraged us to focus on maintaining a ‘healthy’ mind in order to maintain a healthy body. It is only now that we are able to prove and understand the connections.”

Petrea King, Founding Director of the Quest for Life Centre says, “Our issues are in our tissues. When we react to people or events in our lives we literally re-activate a physiology in our body that we have experienced before.”

If we want to be healthy we can not afford to buy into and suppress negative emotions.

Paying Attention to The Messages From Your Body

I have spent ten years researching how our thoughts and emotions affect our bodies, and have written a book titled The Secret Language of Your Body, The Essential Guide to Health and Wellness. In the book I explore how our thoughts, emotions and actions contribute to our health problems and what we can do to begin the healing journey. There is also a section on understanding and healing emotions, learning the secret language of colour and discovering what lessons we can learn from the systems of our bodies.
Best selling author, Dr Bernie Siegel states in the foreword for *The Secret Language of Your Body*, “If we do not pay attention to our feelings and the messages from our body then our body will assume we do not enjoy life and get us out of here as quickly as possible. So stop living your untrue self’s life, which others imposed upon you, and eliminate not yourself but what is killing you. Thus, by paying attention to the messages from within your body, saving your life.”

Even though we have more advances in technology, more drugs and more therapies than ever before, diseases like cancer, heart attacks, strokes, diabetes, chronic fatigue and many others are rampant and on the rise. I believe that that learning how to tune into our own bodies, understand the messages they are giving us has now become a necessity. We need to become empowered and participate in our own healing, rather than waiting for someone else to ‘fix us.’

**My Story**

Through my teenage years I suffered from enormous back pain, anxiety, psoriasis and stomach problems. I had visited many practitioners; both mainstream and alternative with little success.

By the time I reached my early twenties I was so unwell and felt so much pain in my back that for weeks I was barely able to walk. The turning point came when I was in agony and my body felt and looked like it was disfigured. When I finally made it into the chiropractor’s office, he took one look at me and said he could not help. I was distraught and angry and felt like giving up.

Later that day, sitting on my bed, contemplating my bleak future, I had an epiphany. I had relied on others to heal me, hope they could save me. The answer was clear. I needed to help myself. But how?

**Discovering My Ability to Heal**

I sensed that my body has an ability to heal. However, first I had to discover the purpose of my pain. I felt that my body was attempting to give me a message.

Though I was still in pain, I now felt I had a purpose. I didn’t know exactly how to begin self-healing, so I decided to meditate, which I had never done. I had read that a good way to start was to count backwards. Breathing deeply I began counting backwards from thirty.

I also placed my hands on my lower back, for support, not realizing that this was one of the ways to connect with my body and receive messages. I then asked that if there was something Divine out there, that I needed immediate help. I then felt a golden ray of light like sunshine begin melting the tension and pain I was carrying in my body.

This gave me the confidence to explore even further. I focused on my desire to understand what was really going on in my body. Within moments I saw exactly what my spine looked like as if I had x ray vision.

I understood that my spine was stuck because I had many unresolved issues from childhood, that related to my family, moving countries, feeling unsupported and alone. As well as some ancestral energies that I was carrying.

Having recognised the cause of the pain, I was then focused on letting go and changing. After twenty minutes of doing this process I fell asleep. When I woke up about seventy percent of the pain was gone. So I knew something extraordinary had happened. Within a few weeks my back, digestive problems and skin problems were healed and I was feeling more confident than ever.

Below is a healing process similar to the one I used to tune into my body and begin to heal.

**Exercise For Tuning into Your Body**

Find a comfortable place to sit or lie down.

Count backwards from thirty as you breath deeply and allow your mind and body to relax.

Focus on an area in your body that feels blocked or where you have pain.

Breathe into the area for a few moments, and then place your hand on that area.

Ask your body, ‘Is there any message you want to share with me?’

Take a few deep breaths as you allow any messages to come to the surface.

Write this message down.

Say: ‘I call on my Divine Healing Intelligence to help release all pain, blockages and density from this area.’

Allow yourself to watch and feel, as dense energy leaves your body.

Say: ‘I call on my Divine Healing Intelligence to infuse this area with healing energy. I command that all the immune mechanisms of my body be activated and my body now return to a state of perfect balance and health.’

Breathe in continuously for a minute, allowing the energy to build.

Imagine a gold light moving through your body and repairing it.

When you feel lighter, gently bring your awareness back to the present and open your eyes, knowing that you have activated your own Divine Healing Intelligence.

You can use this exercise on a daily basis, either to focus on specific problems or to heal your whole body.

**Commitment to Healing**

I believe that to experience incredible healing, you need to make a commitment to succeed and take responsibility for your actions. Responsibility does not mean blaming yourself for feeling unwell; on the contrary, it means discovering what choices or decisions you made which did not work. You can then decide to do things differently, and find out what would make your life and health brilliant.
Many people in our society live and operate from fear, anger, shame, guilt and deep mistrust of themselves, others and the spirit world.

In our lives, we are constantly expanding or contracting, opening or tightening, prospering or limiting. Often we don’t even know or realize when we are contracting, tightening or limiting, because we are so used to those kinds of experiences, and don’t recognize that there is another way.

Many people in our society live and operate from fear, anger, shame, guilt and deep mistrust of themselves, others and the spirit world. Often people project into the future or revisit the past, rushing, running and only slightly noticing the present.

In this state, depression, anger, suppression, fear and diseases grow and life loses its meaning. It takes an enormous amount of life-force energy to suppress our emotions and trauma we may have experienced. Some people become exhausted before they even get out of bed.

**Experiencing Our Feelings**

Along the way, many of us have also been told that it is not holy to express and experience our feelings, especially if those feelings are dense or heavy. Getting angry or upset is frowned upon, so we often invalidate ourselves and what we feel. Thus our feelings have nowhere to go but within.

Instead of feeling our emotions and letting the energy in our bodies and lives flow, the mind takes over and we start to think, dissect and judge. Often people tell me that they have thought, talked about and dealt with a particular issue. However, it still keeps coming up. The reality is that if the same thing keeps reappearing - you have not dealt with it, or there is more to deal with.

If this is not dealt with, we may start to die a little by little, age and lose our enthusiasm for life, because now life has become a mental concept instead of a spontaneous, creative, joyful experience. It can feel like the movie, Groundhog Day, where everyday appears the same.

**Deep Cellular Transformation**

I say to people that when you have released something on a cellular, energetic and emotional level you clearly know about it and it has very little to do just with thinking or changing your mind. If the release is that deep you simply cannot think in the same way, because your whole outlook on life changes and the charge or the pattern, which has controlled you, can no longer do that.

Deep cellular transformation often begins when we are allowed to acknowledge our hurt, anger, experience of being violated, misunderstood and misheard. At the same time, we can invite Spirit or our own Divine Healing Intelligence to help us release the density, blocks, deadness and exhaustion that has been created.

Through this process we get cleansed of the pain and released from the constraints we have placed on our Soul. This allows the Light to come through and shine.

**Hidden Pain**

My experience is that we often wipe the traumatic experiences out of our memory, and have no or little idea of what is underneath all the pain, tension, fear and patterns that rule our lives.

I had an experience of deep healing through the process at the end of this article, where I discovered a lot of hidden pain and trauma that I never even knew I had.

When I was innocent and emotionally wide open as a child, one of my relatives projected her own anger and shame on to me. Discovering this experience and clearing it has deeply transformed the way I react to life and experience it.

Interestingly, my relationship with this relative has transformed from deep discomfort to deep respect. It feels like there is more of me present to participate in life rather then disown it or fear it.

**Setting Up Patterns**

As a Visionary Intuitive Healing practitioner, I see many clients with similar issues. Recently, I was working with a man in his mid sixties who had a huge fear of commitment.

While tuning into his body, I discovered that when he was one month old, his father died. At that point, on a subconscious level, he thought that his mother was responsible. Thus a pattern was set up to keep women at bay, which he had done all his life. While releasing this memory, his whole body shook, and re-aligned and he walked away a different person. He reported feeling a lot calmer and at peace and no longer terrified of commitment.

**Subconscious Decisions**

Another client, Debbie, called me as a last resort. She said that over the last twenty years, no matter what she has done or who she has been to see, she could not lose weight. She sounded really deflated and fed up. The first thing I saw was barbed wire around her throat. She told me that she did not have throat problems anymore but used to when she was younger. In fact she had to have an operation to remove her tonsils. She reported that she put the weight on after the operation.

While tuning into the memories of her body, I discovered that she made a subconscious decision that to live she had to put on weight. I did not tell Debbie this, as it was a distance healing. When Debbie called me back she said she had an epiphany. She remembered thinking that she was going to die during her operation and making a decision that to live she needed to be heavier. So her body listened and complied.

It was amazing that pretty much everything I saw and
worked on during the healing, Debbie experienced. She said she was very intuitive with others, but could not get the information about herself. When I was working on her I saw a blockage in her higher chakras. Once the blockage was released, she could tune into herself, let go of issues and heal herself. Debbie said that she instantly felt lighter and that the heavy energy she had carried for years had shifted.

**Breaking Your Patterns**

The truth is that the patterns we carry can be broken if we are guided in the ‘right’ way and have the courage to face the shadow side of ourselves, learn the lessons and clear the heaviness. We can only bring the light in when the density is gone, otherwise the light cannot move through and we cannot truly free ourselves. Freedom and light is our right.

**Deep Cellular Transformation - An Exercise**

Find some time when you are alone. Allow yourself to take some deep breaths and become aware of what you are feeling in your body. Become aware of any blocks, tension, discomfort or suppression that you feel. Then call on Divine Intelligence, say aloud: “Divine Healing Intelligence, I ask you to come into my space and assist me to release any tension, density, stuckness, fear, impatience, distrust, anger and whatever needs to be released.”

Make sure that you feel and mean what you are saying, as this can be very powerful. Also, be aware of your breathing; are you breathing shallowly or deeply. You will usually connect to more feelings when you breathe deeper.

You can ask the Divine Healing Intelligence to go deeper and deeper into any pain, tension and fear and to bring it to the surface and release it. You can also ask that any members of your family, friends or people in your life, benefit from this healing.

Feel free to communicate with the Divine Healing Intelligence as much as you need. It never gets tired of helping you. In fact, it loves assisting you to heal.

It is your divine gift to clear any density and to expand into love. At the end, thank the Divine Healing Intelligence for the help it has given you.

*Inna Segal is the creator of Visionary Intuitive Healing® and the author of The Secret Language of Your Body. For more information visit www.innasegal.com.*

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**Life Extension® provides $2 million for new Age-Reversal Study**

Until recently, no one thought it possible to reverse the consequences of aging in severely degenerated organisms.

That all changed on November 28, 2010, with publication of a landmark report in the prestigious scientific journal *Nature*.

In this unprecedented study, Harvard-affiliated researchers lengthened telomeres in aging mice and achieved rapid reversal of genetically programmed organ and tissue degeneration caused by short telomeres. The aged mice showed new brain cell growth, restored sexual function and fertility, and regeneration in every tissue examined.

These senescent mice dramatically reversed genetically predisposed damage, in particular to the brain and central nervous system, after their telomeres were lengthened.

**Life Extension is funding similar research**

The findings of this *Nature* study were not a complete surprise to Life Extension scientists, as we have been funding similar research in conjunction with BioTime, Inc.

Just last year, this joint research succeeded for the first time in reversing the aging of human cells in the laboratory setting... including restoring telomere length in some instances. The scientists we funded transported aged human cells back in time to their original embryonic state, enabling them to differentiate into any cell the body might need to self-regenerate. This age-reversal study was published in the peer-reviewed journal Regenerative Medicine.

The latest study published in *Nature* demonstrates that it is possible to take mammals in a severely degenerated condition and systemically reverse aging pathologies using only one mechanism, i.e., telomere lengthening. — *Life Extension Magazine*
As the weeks went by and my bills started to pile up, I realized that I would need to find some source of income to keep me going until I decided which field of healthcare I would enter. When I walked down to the Garden deli on the corner of Seventy-first Street in Manhattan, I noticed a sign on the landing in front of a shop: INTerIor deSIGN & deCorATING. Beneath that were the words “Transforming ordinary into extraordinary” and “old world craftsmanship.”

The words appealed to me on a deep level. As a child, I had watched my dad, who was extremely handy with tools, build and repair all sorts of things. My mother ran a ceramics studio in our basement, where she taught local women, and she had conveyed to me the skills of shaping clay and painting and preparing a wide assortment of finishes. After our family moved from New York City to the suburbs of Long Island, I picked up the craft of boat repair from some Norwegian boat builders there. Whatever genetic aptitude I’d inherited from my parents seemed to stand me in good stead whenever I set my hands and heart to working with wood. Maybe this shop could use a skilled workman to help repair and restore antiques. Thinking I had nothing to lose, I rang the bell and went into the office. When I told the owner that I was interested in part-time work, he asked me to tell him a little about myself.

I mentioned my nautical and business training and my lack of enthusiasm for the real estate work I’d been doing. When I came to the part about quitting to pursue my longtime dream of a career in healthcare, I caught a flash of recognition in the owner’s knowing smile. He informed me that he had attended medical school himself but ironically had departed to pursue his calling in interior design. We seemed like a good fit.

“Well,” he said at last, “what can you do? Can you work with wood?”

I said that I had acquired woodworking skills from my dad and from working on boats and home repair. “Do you have any experience restoring antiques or frames?” he asked.

“My mother ran a ceramics studio,” I replied, “and I picked up a lot of art skills watching her shape the ceramics and paint them in various finishes.”

“Do you have a shop?” he asked.

“No,” I said, “but I have a lot of the tools you need for this kind of work.”

He looked me over for a moment. I realized that my résumé was a bit thin, but I hoped I made up for it with my obvious enthusiasm and the can-do air that I’d acquired in the Merchant Marine. He said he had a vacant basement that was quite a mess. “If you’d be willing to clean it up,” he said, “perhaps you could set it up as a studio and work there. I have plenty of small repair jobs if you can do the work.”

In a moment we were on our way downstairs. It wasn’t nearly as bad as he’d made it sound, and I knew I could tackle it. Indeed, I was eager for the chance to throw myself into something that would involve using my hands and some good, old-fashioned, honest labor. We struck a deal on the spot, and

The most beautiful and profound emotion we can experience is the sensation of the mystical.

—Albert Einstein

Knocking on Heaven’s Door

Excerpted from MANIFESTING MICHELANGELO

By Joseph Pierce Farrell

The most beautiful and profound emotion we can experience is the sensation of the mystical.

—Albert Einstein
I went home and used one of the templates from my past employment to draw up a simple lease agreement dated January 2000, titled “For the restoration and repair of Antiques and Picture Frames.”

It took me a few days to bring all of my tools from my mother’s home on Long Island and set up a modest restoration studio equipped with work lights and an exhaust fan. The whole arrangement felt like a situation orchestrated by heaven. Within a week the owner began bringing me jobs to do. As I passed each “test,” the work became more challenging, and my confidence grew proportionately. I purchased some books on restoration and brought in the big book that my father had given me on the work of the great painter and sculptor Michelangelo, upon which I drew for inspiration as I restored carvings and ornate frames. As my little library grew and the jobs piled up, I watched my smooth executive’s hands grow callused. I was thrilled that I was no longer aiding and abetting the mortgage industry by preparing appraisals to be used in foreclosing on people’s homes.

About a month into my new occupation, the owner called me into his office and said that he was doing a major job at the home of a prominent film director. The work he’d brought me consisted of a pair of antique carvings from an old European church. Carefully unwrapping the carvings, swathed in pieces of old linen, he began to tell me their history. They looked like gargoyles of the sort displayed on churches to ward off evil.

As he shared with me his vision to restore the carvings, he mused that they probably had not been worked on since the master sculptor created them centuries ago. One had simply lost its luster while acquiring layers of soot and candle wax. The other was a different matter altogether: in addition to being covered in layers of grime, its face had been so disfigured that the nose and part of one ear were missing.

The owner looked up to gauge my reaction. “What do you think?” he said. “Could you reconstruct the facial features of this carving? Don’t say yes if you can’t do it. If you do it, they must match, and the job has to look like old world craftsmanship. My future with this client depends on that.”

I surveyed the carvings, even in their distressed state, they were beautiful, made from some kind of European hardwood that had darkened over the centuries to a deep brown patina. Looking within, I asked myself if I could do it, because I knew that had darkened over the centuries to a deep brown patina.

I needed some insight, some inspiration on how to begin the procedure of reconstructing a nose and ear, something I’d never done before. As I glanced at my shelf, I spotted the book that my dad had brought back from Italy twenty years ago with shiny close-up photos of work by Michelangelo. I

ing that he was trusting me with his reputation and with a valuable work of art. It was Friday, so I said I would begin the transformation process first thing on Monday, with some reverence I picked up the designer’s treasures and transported them to my basement studio, placing them on a bed of burlap on my carpenter’s worktable.

I stopped at the florist’s on my way home and picked up some flowers for a date. I showered and shaved and then called my date to confirm. Her roommate answered and informed me that she had left town after receiving a last-minute invitation to go golfing. That hurt. I began moping around my apartment feeling sorry for myself, and then thought, Hey, let me try to make the best of this. I now had the night free, and I could get a head start on the challenging restoration project.

Besides, I couldn’t blame the young lady for changing her plans without notice. Our last time out together I had told her that I’d quit my white-collar position with no new work lined up to, in essence, follow my bliss. The dream job I laid out for her must have sounded vague at best. I said that I had had some exposure to medicine as a medical corpsman in the Merchant Marine but that I had also been interested in spirituality, meditation, and tai chi. Now I wanted to follow my bliss, to pursue complementary and alternative healthcare. She looked at me indulgently before asking, “As a hobby, you mean?” That question should have been enough to make me see the writing on the wall. I pictured her out with some aspiring financial wizard, and I didn’t expect to see her again.

So I hung up my dress shirt and put on my paint-splotted jeans and an old business shirt with frayed cuffs. I paused in my kitchen to collect the dozen salmon roses I had intended to present to my date. I didn’t want to be reminded of my humiliation, and as I passed Memorial Sloan-Kettering Cancer Center, I handed the flowers to the surprised receptionist and asked him to give them to someone who might appreciate them.

By the time I got to my studio, it was nearing ten o’clock. I descended into the calm of my basement, and the smell of sawdust and furniture wax distracted me from my career challenges and the disappointment of a failed relationship. I pulled up my stool and unwrapped the old carvings, with no premeditated plan. I simply meditated on them for a good half hour, picking them up, turning them around, and seeking a solution. I sipped some coffee. It was going to be a long night, and once I got into a project, I seemed to lose track of time.

I needed some insight, some inspiration on how to begin the procedure of reconstructing a nose and ear, something I’d never done before. As I glanced at my shelf, I spotted the book that my dad had brought back from Italy twenty years ago with shiny close-up photos of work by Michelangelo. I
propped open the book and let my eyes take in the inspired
genius. I tried to comprehend how this man had so profound-
ly captured human flesh in marble, making it come alive with
a luminescence that belied the cold stone. That ability to defy
nature had attracted commissions from the financial titans of
his time, the Medici family, and even the Pope, who commis-
sioned him to memorialize God’s accomplishments on the
ceiling of Rome’s Sistine Chapel.

I drank in the fluid grace in the nose of perhaps the most
famous statue in the world, his Florentine David. As I studied
the sculpture of the young David, I recalled his story. Goliath,
the champion of the Philistines, had been challenging the
Israelites to send out a warrior to decide the outcome of a bat-
tle in single combat. Saul, the king of the Israelites, couldn’t
find anyone to fight the towering Goliath until an unlikely
candidate, a teenage boy named David, stepped up and said he
was not afraid. David approached the enemy with only
his sling and five stones taken from a nearby stream.
Encouraged and inspired by a
noble cause, David went up against seemingly impossible
odds. Aiming his primitive
sling, he cast a small stone at a foe who had terrorized great
warriors, and he brought Goliath
crashing to his knees.

As I meditated on the pho-
tograph of the statue, I was
moved by the complexity of
Michelangelo’s work. I tried to
connect to some insight into the
consciousness of the artist and
the secret of his inspiration.
what was it that enabled
Michelangelo to do what no
human had done before? He
somehow captured a complex
emotion in David’s face: the boy
doesn’t exactly look fearful, yet
he appears concerned, almost
sad. He isn’t taking the challenge lightly. And with that I read
the humble words that the artist had left for those who sought
to understand how he achieved his inspired work:

 . . . beauteous art, which, brought with us from heaven,
will conquer nature; so divine a power . . .

With that enigmatic quotation resonating in my head, I
sought to comprehend the consciousness of a man who
deflected praise and offered it up to heaven. Like the inspired
musical geniuses Mozart and Bach, he gave the credit for his
inspiration to a divine Source. And with this emotion in my
soul, I embarked in the shadow of the master with a tiny seed
of faith that I could restore the art before me. So began the
process of restoration on my first commission.

I put on my apron, set out my implements—the Navy sur-
plus medical corpsman tools, the delicate files and old
scalpels and natural sponges—and adjusted my overhead
lights. I turned on the exhaust fan and opened the doors to
Second Avenue to allow the cool air to ventilate the studio.
Placing the carvings on their backs side by side, I tore off a
piece of the old linen they’d been wrapped in and dampened
it with nail polish remover. I used the acetone to strip away
the grime and candle wax that had accumulated on the faces of the
carvings over the years, and then I quickly dried them.

With the cleaned carvings before me, I could assess the
extent of their damage and decided to begin by making a new
nose for the defaced carving. I closely examined the face from
all angles and imagined how the nose should look. Even
though it wasn’t a human figure, to the designer it was
extremely valuable. Then I reached to the top of my bookshelf
and pulled down a book I had come to rely on, The Furniture
Doctor by George Grotz, with its easy-to-follow illustrations. I
searched for a solution and soon found it in the concept of dowels
used to join pieces together seamlessly.

I looked once more at the
face of Michelangelo’s David,
and, like a diamond cutter about
to split a priceless gemstone, I
didn’t move a muscle until I had
conceived the new nose clearly
in my mind. Without taking my
eyes off the sculpture, I picked
up my drill and carefully bored a
slender pilot hole into the face to
accommodate the post, exactly
as I had seen oral surgeons do on
a television program, inserting a
titanium screw into the jawbone
of a woman in preparation for
anchoring a prosthetic tooth after
a car accident had dislodged the
natural one.

I could feel my perspira-
tion building, and I wiped the
sweat from my brow. Then I broke off a large hunk of artist’s
restoration putty, shaped a rough mass, gently anchored it to
the screw, and allowed it to set. The technical aspect
addressed, I moved on to the aesthetic part. I studied David’s
nose, the intricacies that formed the nostrils and the perfect
symmetry of the whole, losing all concept of time. Before I
knew it, the artist’s putty had set, and I picked up my delicate
curved rasp and began to shape first the bridge, then the nos-
trils, staring at the nose from the front and dropping my face
to table level to gauge its length. Finally I rounded the tip of
the nose.

I was flying by the seat of my pants, an untrained sculp-
tor, as the shapely nose was released from the rough lump of
putty. I was thankful, and my gratitude grew as I realized I was
having fun again, maybe for the first time in years. The per-
fect nose that I saw in the mass of putty was set free, as if I
were drawing on divine inspiration, and I carved away to create the vision of the nose in my mind’s eye. Once the nose was fully formed, I sanded it smooth with fine emery paper. Then I heated a sewing needle to a glowing red and pressed it into the hardened putty, making random dots to mimic the wood grain in the sister sculpture.

Finally, I stained the gray putty of the nose to match the deep amber tone of the rest of the aged wood.

When that was done, I applied amber paste butcher wax to the pair and buffed each one perhaps a hundred times with rapid strokes, the friction melting the wax and allowing it to become transparent. As I polished away, each buff revealed more of the wood’s lovely warmth, allowing it to regain its original radiance.

It was now about three in the morning, and I was hot from all the buffing. I released the carvings from the clamps holding them steady and propped them up against a chair whose legs I had been restoring earlier in the week. I grabbed my camera and took some photos to remember this job by. Just looking at the formerly disfigured carving, as the amber wax filled in the imperfections and allowed the new nose to blend seamlessly with the rest of the face, I couldn’t discern where the break had been and where the new nose I had shaped began.

This was clearly the finest work I had ever done, and it seemed way better than I should have been able to produce based on my experience. I recalled the words of a woman I’d known named Marion Simons, who had graduated from the University of Virginia with a degree in architecture and was now on staff at Sotheby’s. A native of Charleston, Marion possessed a grace and old world charm beyond her years. She told me one day that it was a revered tradition in architecture and art that, after manifesting something from within you, you take a moment to feel gratitude for being blessed with the capacity to channel the inspiration of art.

Deciding to take her advice to heart, I sat up on my stool and looked at the carvings with a feeling of thankfulness in my heart. After a while, as I sat in that meditative state, I became aware that the sadness that had hung over me so heavily at the start of that night had evaporated. I realized that my restoration job might not have been a great accomplishment. It wasn’t as if I had restored...
away, a shape started to appear like little bits of iridescent sand forming into a solid mass. I was transfixed as the shape gradually took form, growing denser, until it resembled a freshwater pearl. This pearl of light rolled upon itself as if around an unseen center. And then it pulsed. It seemed as though a tiny chick were trying to break out of its shell with its beak. Suddenly, a ray of illumination shot straight up and down and to the left and right, forming a pair of axes. My heart began to beat very fast, yet I didn’t blink. I couldn’t have taken my eyes off what I was seeing if I had wanted to.

Then the pearl pulsed again and exploded, like a cloud in a lightning storm, the energy passing through my face and into my skull, searing the backs of my eyes with energetic lightning. My hair seemed to stand up on my scalp and the back of my neck, and then, boom! Everything went pitch black. There was not even a faint glow, nothing but complete darkness. My heart was beating so fast that I could hear the blood pulsing in my ears and my heart beating in my chest. I sat perfectly still. I couldn’t see. I was ... blind! My first thought was simply How did that happen? I tried to stay rational. It must have been the acetone on the rags that I had used earlier that evening to remove the old wax. The label had a warning that it could be harmful and said to use it in a well-ventilated room. But I had opened the double doors to the street and turned on the powerful commercial exhaust fan in the back.

As I sat in silence, rationality waned and my anxiety quickly accelerated. My God, I thought. I’m blind. I’m alone, I have few friends. Who will take care of me? Who would want to marry me? Why was I so stubborn? Why didn’t I compromise? Why did I have to pursue my bliss? Couldn’t I just forget the two-thousand-year-old wisdom found in the desert that had inspired me to bring forth what was in me? Stupid, stupid me!

Minutes passed, and I grew more anxious and frightened. Who could I call? And then, at the height of my panic, I began to see what looked like the flickering of an old black-and-white TV. A snowy haze started to flicker before me, then blotches of light sparkled in my periphery. Shadows of black and white gave way to wisps of color. And then, as mysteriously as it had vanished, my vision returned. I could make out the familiar confines of my studio, my books, my tools, the carvings in front of me. My God, I’m not blind!

Relief gave way to curiosity and wonder. What had just happened to me? I looked at the church carvings standing there, and a curious feeling overtook me. I recalled the article about the farmer in Egypt who had discovered the ancient vessels containing the lost secret teachings, and how he had hesitated to open them at first for fear that they might contain an evil genie. What if the sculptures that I had rubbed back to life had released some long-held negative energy? It sounded preposterous in a technological age, but I was still shaken from my experience and needed to do something to combat my admittedly irrational fears.

There was a church across the street next to the coffee shop I frequented. I had never been in it, but an idea occurred to me. Taking off my apron, I put on my work jacket, grabbed a clean Portuguese natural sea sponge from my box of art supplies, and headed up and out. I had been at work so long that it was nearing sunrise; the streetlights were still on, and the traffic had slowed. I approached the front of the church, St. John’s, wondering if I would be welcome there. I hadn’t been in a church since I was a boy, when the priests had frightened me with their intimidating faces. Then I saw a small sign: THERE ARE NO STRANGERS—JUST FRIENDS WE HAVEN’T MET. I took that as a valid invitation and went to open the solid red center doors. Locked.

I went around to the smaller side door, where a wrought-iron gate with a chain and an open padlock dangling from it seemed to offer entry. Odd, I thought, if they were concerned about security, but maybe the cleaning crew had come in early and left the gate unlocked. I opened the gate and looked up the stone stairs. A small, round stained-glass window pictured a dove diving down from a brilliant blue sky, lit by a single bulb behind it. I bounded up the four steps, grabbed the handle, and tried again. This time the yellow oak door gave way. In my work shoes and paint-splattered pants, I might have looked like a homeless person, but I decided to chance it. The vestibule was perfectly quiet and still, as a church at five in the morning should be. Spotting what I came for—a small glass vessel mounted on the wall containing holy water—I reached in my coat pocket, removed the sea sponge, and dipped it in the pool. I drew it back and cupped it in my hand, fighting a childish fear that some priest would seize me by the ear. I skipped
down the stairs and dashed back across the street and into my studio.

Laying the beautiful old church figures on their backs, I gave each of them a healthy dose of sacred medicine. I squeezed the holy water from the sponge right into their open mouths; the old, dried wood drank in the water completely. I felt a bit silly, but even if they held no negative energy, I would sleep easier now.

The next day I presented the sculptures to the designer, who was thrilled to be reunited with his treasures. He looked down at the two carvings before him and picked up one of them. A grin broke out on his face. “You did such a wonderful job,” he said, “that I can’t even see where the broken nose used to be.”

Unknowingly, he had picked up the carving that had not been restored! I didn’t have the heart to point out to the proud art expert that he was admiring the unbroken carving. As an afterthought, he glanced at the other carving and smiled approvingly, “I can barely tell which one was damaged,” he said. I thanked him for his compliment and said it was a rewarding experience for me, too, to have the opportunity to work on the old sculptures and learn from the inspired master who had carved them so long ago.

Unbeknownst to me, that experience in my basement studio had been far more rewarding than I could possibly have imagined. on the morning that I climbed the stairs to the street, passing beneath the hanging sign that read TRANSFORMING ORDINARY INTO EXTRAORDINARY, my life had been irrevocably transformed. I learned in the weeks that followed that something momentous had happened to me during the interval between evening and dawn of that January day. As my sculptor’s hands had busied themselves, and my mind immersed itself in the meditative process of restoring the damaged nose of that old church carving, I had allowed myself the momentary luxury of imagining as a child does. My imagina-

At that moment, my dream had climbed the stairs of my basement studio, had risen up through the morning sky, ascending to heaven, and had knocked on the door to the Unseen. And the Unseen had responded so overwhelmingly, so profoundly, that I was soon after witnessed by medical doctors to have realized the capacity to transform human tissue in a matter of minutes, which enabled me to actualize my dream of restoring people’s limbs and facial features. Within a few years I had joined with a cross-disciplinary team of brave doctors, scientists, and theologians who were as eager as I to study, record, and educate the public about the profound potential of the mind-body-spirit connection to benefit health and healing, not only for the patient but also for the community. Among other things, they advised me to document the details of the events following my discovery and to record the events in my life that shaped my thinking up to that moment in my studio. In the following chapters I have set out to record for you the significant steps along the journey I followed to ignite the latent human potential to manifest physical change. In the tradition of other pioneers in all fields of exploration, I hope to create a map for others to follow. This is the Five Step path that is laid out in Part II.

Following the advice of my mentors, I will start at the beginning, when I thought with the limitless mind of a child.
I am honored and proud to be a voting member of The Academy of Motion Pictures Arts and Sciences that nominates and then votes each year for the Oscars. I have said often, however, that I have absolutely no idea how to judge a “Best” film or actor or screenplay or anything else. To attempt to do so seems akin to going into the Louvre and picking out the “best” painting. So the Van Gogh is “better” than the Renoir or Gauguin or any other painting?

Oh, please!

In addition, movie politics (as compared to Washington politics) always play a role in the selection of Oscar nominees and winners. “Best” very often means “most personally popular” or even “least personally unpopular”. In addition, some voters think that commercial success is a sufficient reward in and of itself for a film (Avatar in 2009) and steer more toward lesser-known fare (The Hurt Locker in 2009), so, for them, it’s more like “Best least-known film”.

Anyway, my point is that I hope we get to a time when the Academy changes “Best” to “Favorite” so as to more accurately define the process.

My favorite films list is indeed just that: films that I particularly enjoyed, not ones that I necessarily believe that the Academy will embrace. In addition, I’m not a big fan of dark, depressing films. I know, however, that my aversion to them puts me in a distinct minority (what else is new?) with many filmgoers, a good portion of my Academy brethren, and even members of my own family who consider me a major “mush pot”. So, please add your own list, dark, light, and everything in between, and let’s have fun with this!

That being said, I look forward to your responses and to seeing a list of your favorite films of 2010. Here are mine:

1) *The King’s Speech*. My absolute favorite film of 2010. Brilliantly acted, written, directed, produced, photographed, and designed, *The King’s Speech* is an Old Hollywood movie at its very best: intensely human, poignant, heroic, and fiercely funny, with character development that has become all but a lost art in recent years. Lastly, I’m not sure I remember a year in which the Acting Oscar seems so assured as it is this year for Colin Firth in his role as King George VI.

2) *Hereafter*. Clint Eastwood’s direction seems to get better, deeper, and more emotionally vulnerable with each film and *Hereafter* just may be my favorite of all his films to date. The film itself is a fascinating and engrossing exploration of two stories that ultimately intertwine: the effect that a near-death experience has on a television personality (lovely and talented French actress Cecile de France) and how a psychic (Matt Damon) runs away from and then ultimately reembraces his gift. Having produced two films that deal with the subject matter of life after life (*Somewhere in Time* and *What Dreams May Come*), I was deeply moved by everything about *Hereafter*, a truly haunting and beautiful film.

3) *Inception*. Writer-director Christopher Nolan has created one of the most imaginative, complex, intricate, and original films of this or any other year. *Inception* is an experience that is almost impossible to describe. I’ve seen it three times now and each time I see something in the film that I hadn’t noticed before. Only *Avatar* and *The Matrix* series of films come to mind when trying to find a comparable film world that illuminates new horizons of consciousness. *Inception* is brilliant in every aspect, with an unforgettable last shot that will provoke conversations for years to come.
4) The Social Network. A totally entertaining, “are-you-kidding-me” account of Mark Zuckerberg’s creation (with a LOT of help from his “friends”) of Internet phenomenon Facebook. It’s almost surreal to note that Facebook, now with over 500 million subscribers and an estimated value of more than $25 billion, only began as recently as 2003 when Zuckerberg and his business partner and best friend Eduardo Saverin were attending Harvard.

In a year that didn’t include Colin Firth’s brilliant performance in The King’s Speech, Jesse Eisenberg’s performance as Mark Zuckerberg would almost certainly earn him his first Oscar. The Social Network chronicles the meteoric and controversial success of Facebook which shattered friendships, led to lawsuits and bitter confrontations, and is a classic American success story, framed perfectly by the scandal-ridden first decade of this new century.

5) The Company Men. Beautifully and sensitively written, acted, and directed, The Company Men is an important and timely film for anyone who has been fired from his or her job and descended into fear and guilt. Expertly and compassionately written and directed by John Wells (prolific executive producer and writer of such television landmarks as ER and The West Wing), the film follows three men (Ben Affleck, Chris Cooper, and Tommy Lee Jones) who are fired from what they considered safe career jobs after the economy went south in late 2008. The movie delves into the psyche and home life of each man as they cope with the shock, shame, anger, and desperation that anyone who has been fired feels to their depth of soul.

Having been fired several times myself, I was deeply touched by each man’s experience as he struggled to regain his self-respect and dignity. The Company Men illuminates the same playing field that Up In The Air did in 2009 but where that film focused on the people doing the firing, The Company Men focuses on the people who were indeed fired, and is full of love, compassion, and ultimately redemption. If you’ve been fired, or know someone who has (which covers almost everyone everywhere, yes?), The Company Men (which opens nationwide on January 21 after a short Academy qualifying run in December) will resonate deeply and also give you hope that tomorrow is indeed another day.

6) Secretariat is an inspiring story of faith, love, trust, redemption, and hope. Secretariat is also this year’s version of The Blind Side in that it is touching, poignant, uplifting, life-enhancing, and based on a true story about a determined and powerful woman. Secretariat focuses on Penny Chenery Tweedy’s relationship with her father and a very special horse that became perhaps the greatest race horse ever.

It’s also the kind of film that the Old Hollywood used to make with regularity, the New Hollywood makes only occasionally, and the Academy usually overlooks because of its unabashed sentimentality. So grab your kids, your parents, your grandparents, and anyone else you can find, and go see Secretariat, a film that the whole family will enjoy.

7) Joan Rivers: A Piece of Work. Never has a film been more appropriately titled. Joan Rivers’ sheer courage and honesty is simply heroic. At 77, Ms. Rivers has been entertaining and outraging audiences for over forty years which in and of itself speaks volumes about her talent, appeal, and perseverance. In an industry as fickle as show business, that kind of longevity happens only rarely and, when it does, it means the entertainer in question has equal doses of talent and determination. (Content warning: the language is as salty and profane as you can imagine!)

Rivers is so vulnerably honest and forthcoming about herself that it’s almost impossible not to walk away from the film with a deep sense of respect and affection for her. Near the end of the film, Rivers is walking off stage after a performance and simply says: “Look, I’m a performer. That’s all I am and all I ever want to be.” Personally, I hope she lives to be 100 and does a show that day. If she does, and I’m still ambulatory myself, I wouldn’t miss it.
8) Wall Street: Money Never Sleeps. The devastating (and continuing) financial crisis that first exploded in 2008 is one of the seminal events of the last several decades. Wall Street: Money Never Sleeps is the second film on my favorites list that focuses on the effect that crisis continues to have on people’s lives. While The Company Men revolves around those who were fired, Wall Street: Money Never Sleeps focuses on how the Gordon Gekko character that Michael Douglas made famous in the original 1987 Wall Street film has “evolved” after spending 8 years in jail, leaving his family in ruins. What makes the Gekko character so relevant and even more disturbing now is the eerie similarity to Bernard Madoff, a real-life Gekko on steroids, now serving a life sentence for his crimes. In this fascinating sequel, we see how many lives were devastated by creatures such as the fictional Gekko and the real Madoff. In another chilling similarity to Madoff, Gekko’s son has committed suicide and his daughter (Carey Mulligan) won’t speak to him.

The film plays out as Gekko uses his daughter’s fiancé (Shia La Beouf) to get back in his daughter’s life. Michael Douglas is, of course, brilliant as always in one of his signature roles and his performance feels particularly poignant because of the courageous battle he is now waging against throat cancer. Wall Street: Money Never Sleeps is an engrossing drama, played out against a compelling real life crisis that we all are still facing every day.

9) City Island is a totally charming, funny, and down-to-earth comedy about the consequences of the deceptions that families often use when they are afraid to tell each the truth. As the film plays out, and the deceptions (none of which are illegal or immoral) become harder and harder to conceal, each member of the family learns the truth of the brilliant ad line for the film: “Truth is stranger than family.”

How great is that? Who of us doesn’t have a family we consider strange in at least some way? In City Island, a wonderful cast led by Andy Garcia and Julianna Margulies (star of the brilliant CBS series The Good Wife), show us how absurd we are when we tie our lives, our loved ones, and ourselves into emotional pretzels when the truth always does “set us free”. City Island is an absolute gem.

10) Disney’s wondrous Tangled hearkens back to the classic Disney days when they made magical movies like The Little Mermaid, Beauty and The Beast, and Aladdin. Putting a new musical and comic spin on the Rapunzel story, Tangled is a wondrous mixture of fun, adventure, romance, heroes and heroines, a charismatic horse whom you won’t soon forget, and sensational music. Special mention goes to the amazing Alan Menken who wrote the score.

Mr. Menken has been nominated for a mind-boggling 18 Oscars, won 8 of the gold statues, and also wrote the scores for The Little Mermaid, Beauty and The Beast, and Aladdin. Tangled is a wonderful family film.

So that’s my list for 2010. What’s yours? Please join our community and join the conversation!

Your mobile phone can actually be a life saver or an emergency tool for survival. Print this information and keep it in your car, purse, and wallet.

Check out the things that you can do with it:

1) Emergency
The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an Emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

2) Locked Keys in Car
Have you locked your keys in the car? Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone:

If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other “remote” for your car, you can unlock the doors (or the trunk).

3) Hidden Battery Power
Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell phone next time.

4) How to disable a STOLEN mobile phone?
To check your Mobile phone’s serial number, key in the following Digits on your phone: *#06#.

A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe.

If your phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won’t get your phone back, but at least you know that whoever stole it can’t use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

5) Free Directory Service for Cells
Cell phone companies are charging us $1.00 to $1.75 or more for 411 information calls when they don’t have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: 800-FREE411 or 800-373-3411 without incurring any charge at all.

Program this into your cell phone now!
CALENDAR

events workshops festivals classes

FEBRUARY

2/3-2/5: Points of View, 5 Playwrights Tell Love Like They See It will be produced by Another Country at the Boston Playwrights Theatre, 949 Commonwealth Ave, Boston, on February 3-5, Thursday-Saturday at 8:00pm - Saturday matinee at 3:00 pm. Tickets, $17, 1-(866) 811-4111 or www.anothercountry.org.

2/24 & 2/27: Benjamin Zander, Music Director and Conductor of The Boston Philharmonic, will present the orchestra’s winter concert series featuring Vaughan Williams’ Fantasia on a Theme By Thomas Tallis; Karol Szymanowski’s Second Violin Concerto and Sir Edward William Elgar’s Enigma Variations on Thursday, February 24 at 7:00pm and Sunday, February 27 at 3:00pm at Sanders Theatre in Cambridge and Saturday, February 26 at 8:00 PM at Jordan Hall in Boston. For full information and tickets, call (617)-236-0999 or visit www.bostonphil.org.

ONGOING

Food As Medicine Workshop, Sharon A. Kane, Instructor. Live Superfoods can repair the intestinal damage associated with celiac, gluten intolerance, candida, IBS, leaky gut and food allergies. This 8-session course teaches simple techniques to create low cost live food at home. Kombucha, kefir, gluten free bread, lacto-fermented pickles. For complete info call Sharon A. Kane, (508) 881-5678 or email Gpath2003@yahoo.com.

Exquisite Energym for Healers. Relax and get a dose of the good stuff for yourself. Easy movements from qigong and hands-on healing with Cerridwen. Third Saturdays 7:00pm-10:00pm. Aquarius Sanctuary, Littleton, MA. (978) 486-0248. $20. Call ahead.

Buddhist Meditation Group with Peg Travers, Ordained Priest, Buddha Heart USA, Sunday evenings, Haverhill, MA, 5:00pm-6:00pm. Learn and practice the ancient arts of meditation, chanting, QiGong, Buddhist Yoga & Reiki. Call the Center for Spiritual Development, Haverhill MA, (978)-372-5173 or online at www.uuhaverhill.org/happenings.

Drumming Circle with Kristine Malpica (of Imagine Studios) on third Friday of each month. 7:00pm-8:30pm. Center for Spiritual Development, 15 Kenoza Ave, Haverhill, MA. (978)-372-5173.
Shamanic Drumming Circle, founded 1993. Usually Second and Fourth Fridays of every month, 7:00pm. Quaker meeting-house, Cambridge. Open to all, but please call first for full details and directions. Terrence (978)-952-2704 or Emily (781)-641-3980.

Workshops for Pain Management and Improved Wellness. Offerings for Bodyworkers, athletes, Personal Trainers, Coaches and general pain-sufferers. Please visit our website: web.maynard.ma.us/biz/bmassage, or call Barry Bailey at (978)-897-0110 for information and brochure of current offerings.

The Labyrinth Ladies Spiritual Empowerment Workshops, go to www.thelabyrinthladies.com for our latest programs and walks or call (401)-847-6551 for more information. Facilitator Trainings, site consultations, workshops for schools, hospitals and businesses.

Christ Church Unity - Experience the healing power of music, prayer and meditation, every Wednesday at 7:00pm. Daily Word Discussion Sundays at 10:00am. Sunday Service, 11:00am. Corner of Colchester & Chapel Streets, Brookline, MA 02466. Call (617) 232-4548 for more information or visit: www.unityboston.org.

Free Energy Healing in Arlington. Johrei healing is available each Wednesday evening from 7:00pm-9:00pm at 81 Cleveland St. in Arlington, MA. Johrei purifies the spirit through the channeling of divine light, restores inner spiritual balance and eases physical, mental, & emotional distress. There is no charge for Johrei. Please call (781) 646-0614 for directions or information on other area locations.

Stress Management, Imagery, and a range of Reiki programs, with CEUs for nurses, led by holistic nurse educators. Centered in Amesbury, MA with other locations in Maine, New Hampshire, and Massachusetts. Visit www.LymanCenter.com or call: 1-(888)-TLC-8485.

2/1: Jazz composer, arranger and woodwind instrumentalist Art Felluca & his group are appearing at Scullers Jazz Club in Allston, MA, on Tuesday, February 1st, at 8:00pm. Tickets at $20.00 can be purchased online at www.scullersjazz.com or by calling, (617) 562-4111.

3/17: Discovery Ensemble Presents: Three Faces of Romanticism with Courtney Lewis, conductor, on Thursday, March 17, 7:30pm, at Sanders Theatre, Harvard University, Cambridge. For tickets and info call (617) 496-2222.
Dragon and Tiger Qigong is a fifteen-hundred-year-old self-healing exercise that strengthens the immune system, mitigates the effects of chronic illness and reduces stress. Over the centuries, it has proven to be an extremely effective health maintenance program that has withstood the test of time. This medical form of qigong (also transliterated as chi gung, ch’i kung or chi kung) is grounded in the ancient spiritual traditions of Buddhism and Taoism.

Today, Dragon and Tiger is practiced by millions of people in China to maintain a vigorous level of health, relaxation and vitality. It is also known for its powerful ability to help prevent and heal cancer and to mitigate the effects of radiation and chemotherapy.

I studied energetic healing systems for eleven years in China, during which time I also worked as a qigong tui na doctor. Dragon and Tiger was the most effective medical qigong system I found that was not only easy to learn but also provided all the main health benefits generally associated with qigong as well as many specific ones.

Because Dragon and Tiger is a low-impact exercise that is easy on the joints and knees, almost anyone can do it, regardless of age, weight, body type or fitness level.

One of its great strengths is that even if the movements are done inaccurately or within a small range of motion, it is still extremely effective.
Dragon and Tiger: Using Chi to Heal

Dragon and Tiger is especially renowned for simultaneously accomplishing three major changes in the body necessary for healing:

- Helps the body get rid of stagnant chi that cannot move freely. Stagnant chi can be located anywhere there is a physical, emotional or psychic blockage of energy.
- Increases the speed, strength and evenness of the circulation of chi, blood and other fluids. This balances the body’s energy.
- Quickly raises the energy levels of the body to boost its natural healing capacities.

Tools for Healthy Aging

Qigong such as Dragon and Tiger is a longevity exercise that can help restore the functionality, vitality, stamina and flexibility of youth. Many people start qigong when they begin to feel the effects of aging, have reduced sexual vitality or suffer from a severe illness or injury.

Qigong provides the self-healing tools that can keep people balanced, relaxed and healthy until well into old age. It delays or eliminates many of the diseases of aging and the resultant stress and misery that accompany them.

Dragon and Tiger Qigong can change your internal environment so that life becomes a joy to live and not a burden to drag into old age. It can allow your body to let go of the past and your mind to slow down and cease churning. These practices encourage your internal focus to shift toward cherishing and remembering all that is wonderful in your life. They predispose you to look for ways to make life better. By helping your mind, body and spirit to relax, qigong helps older people lessen the stress and fear that surrounds the subject of death and dying in the West.

Reducing Stress

Dragon and Tiger is an effective method to reduce stress and tension, and promote physical, emotional and spiritual relaxation. The link between stress and disease has long been established by both Eastern and Western health studies.

For many Westerners, tension is the norm. Jangled nerves are the roots of anxiety and they can affect everyone, from babies to the elderly.

The ability to let go and relax—physically, emotionally, mentally and spiritually—is at the heart of qigong energy practices. These techniques directly train the central nervous system—the intermediary between the body and the mind—to relax. This increases stamina and intellectual performance as well as promoting good health.

Improving the Performance of Athletes, Dancers and Martial Artists

In China from the seventeenth century onwards, internal energy techniques were adapted and developed as extremely effective internal martial arts known as tai chi, bagua and hsing-i. Practitioners developed the skills to move faster with more strength and less effort. Warriors on the battlefield would need these high-performance abilities to be able to fight with a calm heart and mind and eliminate the rush of adrenalin that accompanies anger, aggression and other agitated emotional states.

Nowadays this kind of hand-to-hand combat ability is less necessary, but the same skills are very valuable to those involved in high-performance activities. Athletes and dancers who are trained in qigong energy practices such as Dragon and Tiger find that their performances improve and injuries are minimized. Moreover, when they are injured, they heal faster.

You Don’t Have to Feel Your Chi to Benefit

Dragon and Tiger’s seven physical movements develop and strengthen chi and make you healthier. You do not need to feel your own chi to benefit from these movements. These movements enable you to feel all parts of your body, which might otherwise remain relatively numb, while helping you become more physically and possibly more emotionally sensitive.

Over time, this increased sensitivity will help you naturally develop a personal and experiential sense of your chi moving along the pathways. As this happens, you will begin to learn to use your intent together with your movements to more strongly direct your chi. As you practice, your chi, body and mind will begin to move in harmony.

Dragon and Tiger—Layers of Meaning

The words “dragon” and “tiger” have many layers of meaning. In Chinese medicine, the tiger’s immense strength and respon-
siveness are traits that derive from the liver—hence the tiger is a metaphor for a strong, healthy liver and powerful muscles. The dragon’s ability to fly is a trait that resides in the lungs—hence the dragon is a metaphor for healthy and strong lungs. Metaphorically, Dragon and Tiger Qigong helps you develop the agility and flexibility of a flying dragon and the relaxed power of a moving tiger.

In ancient Chinese culture, the dragon usually represents the yang or male forces of nature and the tiger the yin or female forces. Balancing those energies inside yourself is an essential part of this ancient self-healing system.

In China, the words “dragon” and “tiger” appear in many branches of qigong and in various martial arts.

Taoists brought Dragon and Tiger Qigong to China’s Shaolin temple, where it was preserved intact by Chan Buddhists. This was the original form of qigong from which the usage of the words “dragon” and “tiger” entered into the world of martial arts and qigong. Dragon and Tiger Qigong was commonly taught only to the Shaolin high clergy and not to the general public or ordinary monks. For this reason, many people in China still refer to it as a form of Buddhist qigong. However, because Dragon and Tiger develops and integrates the internal energetic principles of neigong, it is deeply rooted in Taoist qigong.

After China’s Communist revolution, Dragon and Tiger spread rapidly for a variety of reasons. First, it encompassed only seven movements and was therefore easy to learn. Second, it proved to be extremely effective in healing all manner of ailments and formed the basis for a hands-on qigong bodywork/massage system. Third, qigong and tai chi were sanctioned and promoted by the government to help the country solve its health crisis.

Today Dragon and Tiger is most well-known in China as a form of medical rather than martial art qigong.

From Dragon and Tiger Medical Qigong: A Miracle Health System for Developing Chi by Bruce Frantzis, published by North Atlantic Books, copyright © 2010 by Bruce Frantzis. Reprinted by permission of publisher.

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**Can Practicing Tai Chi Protect You From the Shingles Virus?**

The 2,000-year-old Chinese martial art may provide a boost to your immune system. Shingles is caused by the same virus (varicella zoster) as chickenpox. Once you’ve had chickenpox, the virus doesn’t go away completely—it remains dormant in your body and can reemerge later in life, causing a red, painful rash, typically only on one side of the body.

Scientists say that the increased prevalence of shingles in older adults correlates with a decline in the immune system’s ability to fight off the varicella zoster virus with age. Tai Chi, which involves slow movement, meditation, and deep breathing, is believed to boost this immune response.

To see whether the exercise technique might increase immunity to the varicella zoster virus, UCLA researchers equally divided 112 healthy older adults (ages 59-86) into two programs. One group took Tai Chi classes; while the other group took general health education classes (covering stress management, diet, and sleep habits) three times a week. Sixteen weeks into the program, the participants were injected with a live varicella virus vaccine (Varivax).

Even before they received the varicella virus vaccine, the Tai Chi group developed significantly higher levels of immunity to the shingles virus, researchers reported in the April issue of the Journal of the American Geriatrics Society. The immunity increase (24%) was nearly double that of the health education group (13%). After getting the vaccine, the Tai Chi group had a combined increase of nearly forty percent in shingles immunity. What’s more, those seniors had improved physical function, greater vitality, and less pain.

“Tai Chi is a wonderful exercise that helps with balance and flexibility,” explains Amy Shapses, a physical therapist at Weill Cornell Medical College.

“And because it’s slow, it’s helpful for older people:”

The results indicate that practicing Tai Chi can significantly increase your immunity to the shingles virus, while also improving the benefit of the shingles vaccine.

**What You Can Do**

Ask your doctor about getting the shingles vaccine if you’re sixty or older, especially if you had chickenpox as a child.

Check with your local YMCA, health club, or community center to see if they offer Tai Chi classes.

As with any new exercise program, make sure that you have your doctor’s permission before starting Tai Chi.
You probably read this chapter title over a couple of times thinking that you’d caught a typo. Perhaps you thought I must have meant end your love affair with food, not start one. But nope, you read it right the first time. It’s time for you to start a real love affair with food.

What you’ve had up to this point has been an obsessive relationship, and an obsessive relationship is not love. Whether with a substance or with a person, an obsessive relationship is a dance of the wounded... a carnival of pain... but not a real love affair, because there is no love there. To think you need food that you don’t really need, to practically inhale food, to crave food, to obsess about food, to binge on and then alternately avoid food, to control food and need to be rigid around it—none of these bespeak a love affair. Pain and compulsion and self-hate are not love.

The true lover of food is able to take time with it. She can savor food, and non-neurotically delight in it. She can chew it thoroughly and actually taste it. She can eat without guilt and stop eating without too great an effort. She can celebrate how food is contributing to her health. She can wonder at it and appreciate its beauty. She can linger over a fruit stand and study the curves of a pear. She can gaze at a pomegranate and feel awe at the fact that thousands of years ago, people ate these, too. She can shop for groceries without wondering if anyone is watching her or judging her. She can gaze at a pretty bunch of grapes and consider whether she’d prefer them in her stomach or in a crystal bowl on her table. She can take one bite of something delicious, ecstatically breathe in the taste, and enjoy waiting before taking another bite. For her, the spaces in between each bite are part of the joy of her experience.

No, the compulsive eater is no lover of food. When it comes to your enjoyment of eating, your best days are not behind you but ahead of you!

The eating patterns of an overeater are chaotic, fearful, furtive, and out of control. And yet, these dysfunctional patterns are not your deeper problem. They are symptoms of the problem. Your deeper problem is the hysteria in your gut—the silent, traumatized shriek of “I’m empty! Fill me! I’m empty! Fill me!”—the irrational and irresistible energy that’s wormed its way into your brain, stationed itself in your nervous system, and won’t let go until you’ve eaten the whole thing. This course is a plan in dissolving your hysteria and filling your emptiness by replacing it with love.

Years ago, after a spate of horrifying incidents in which high-school students perpetrated acts of violence against teachers and classmates, I noticed an interesting but, I thought, disturbing kind of discipline imposed at my daughter’s school. All of a sudden the students had not five minutes between class but only two. Passing notes in class was punishable by serious time in detention. Outdoor activities of all kinds were forbidden, and “downtime” of any sort became verboten.

I lobbied the school administration, arguing that while I myself worked hard all day, every once in a while I needed to get up from my desk, stretch, do something silly for five minutes, go get some air... take a break! Kids are human and need that, too! In encountering the school’s resistance to my argument, I realized what had gone on here. This school—and perhaps others as well, I don’t know—had come up with a plan to prevent and discourage negative socialization by suppressing any socialization whatsoever. Don’t let kids meet each other; something awful might happen! Don’t let them

Taken from A Course in Weight Loss: 21 Spiritual Lessons for Surrendering Your Weight Forever, by Marianne Williamson. Published by Hay House (Nov. 2010).
form relationships; they might hurt each other! Don’t let them relax; they might use the time to hatch some awful plan! So, what is the plan here? I thought. Train them to be dehumanized zombies and then all will be well?

My daughter left that school soon thereafter, but what stayed in my mind was the odd irrationality of trying to keep children separate from each other at school. The answer to antisocial behavior among our children is not that we suppress socialization, but that we teach and model positive socialization for them. For me, that’s a really big “Duuuuuuhhhhhh!”

So it is with dysfunctional eating. The solution to overeating is obviously not to deny yourself food altogether; the answer is not to deny yourself at all (exception: the addict’s need to abstain from foods, at least temporarily, that trigger biological cravings). You don’t need to forget food, run away from food, deny yourself food, or avoid food. And the last thing you need to do if you want to stop thinking obsessively about food is to tell yourself not to think about it! Doing so is an invitation for such thoughts to overwhelm you.

It is often said in Alcoholics Anonymous that “every problem comes bearing its own solution.” Food is not only your problem, it is also your teacher. It is a reflection of an even deeper problem, an opportunity and an invitation to face that which underlies your compulsive eating. Your only real problem—everyone’s only real problem—is a separation from your divine Source and thus separation from who you really are. Every step taken in love is a step back to your true self.

This course aims to put genuine love back into your relationship with food: not counterfeit love, not substitute love, but genuine love. Love and gratitude that food nourishes and sustains you. Love and gratitude that meals can build bonds among families and friends. Love and gratitude that food is something you have the right to enjoy, once you learn to relate to it with divine detachment.

Detachment means that you can take it or leave it; you can enjoy food if you’re hungry, but you can leave it alone if you’re not. Love, as always, is the key to making things right. By learning to love food, you will stop obsessing about it. And the obsession, not the food, is your actual problem. Obsession, whether toward a substance or a person, occurs when you’re open to give and yet don’t know how to receive. You keep grasping for more because you’re not feeling what’s coming in. As a child, perhaps, nothing was coming back, so now you keep trying to get more of something you’re already convinced isn’t really there. As you build a relationship with food that does give back, you’ll begin to experience a relationship in which love has replaced obsession.

The only way to attain healthy neutrality toward food is by learning to love it, and the only food you can really love is food that loves you back.

Does a hot-fudge sundae love you, do you think? It’s true that it can give you a momentary high, but so can crystal meth. For me, a special charge from hot-fudge sundaes was connected to the fact that when I was a child, my mother would always take me to Howard Johnson’s for a sundae to celebrate things like making a good grade or winning a contest at school. Unfortunately, my brain was then imprinted with the message that big wins should be accompanied by a hot-fudge sundae. It took me years to disconnect from that, and only recently did it occur to me that my mother came up with this celebratory ritual as an excuse to indulge her desire for ice cream! (Once you’re a mother yourself, you understand your own mother so much better. . . .)

No, hot-fudge sundaes do not love me and they do not love you. They are full of sugar and processed chemicals that bring us anything but love. Those things feed cancer, increase cholesterol, decrease growth hormones, weaken eyesight, interfere with protein absorption, cause food allergies, contribute to diabetes, cause cardiovascular disease, impair the structure of DNA, cause difficulty in concentrating, reduce defense against infectious diseases, contribute to osteoporosis, and more. I wouldn’t call any of those things love.

At the same time, this is not to say that eating a hot-fudge sundae is forbidden for the rest of your life. It’s simply to say that as you evolve to your highest sense of self, you won’t even want to eat a whole hot-fudge sundae; the experience will no longer feel like love to you.

Foods that love you are those that contribute to your well-being. From fruits to vegetables to whole grains, they make your body strong, fight illness, produce great skin, and keep you functioning normally. Vegetables make brain cells grow and function correctly, fruits provide healthy sugar and give you energy, and whole grains can help reduce risk of cancer and cardiovascular disease. And in today’s world, there are more and more ways to find healthful food that is truly tasty. There might be healthier stores and restaurants you pass by frequently that you just never thought of a food revolution, and that is very good news for the coming celebratory ritual of life. It’s simply to say that as you evolve to your highest sense of self, you won’t even want to eat a whole hot-fudge sundae; the experience will no longer feel like love to you.

Your problem may not be that you eat so often, but that you do not eat well. Particularly in today’s world, while it’s easy to eat poorly, it’s unnecessary. Today we’re in the midst of a food revolution, and that is very good news for the compulsive eater. Restaurants feature the best in nutritious, organic, even vegan, meals. And even when they don’t, you can learn to order in a way that benefits you. Beautiful magazines feature healthy recipes and food displays. Raw food, organic produce, and other optimal food choices abound. Is it always easy, convenient, or inexpensive to make wise food choices? Perhaps not. But let’s be very clear: it isn’t easy, convenient,
or inexpensive to be a food addict either.

It’s not time for you to give something up so much as it is time for you to take something on. It isn’t time to deny yourself but rather a time to gift yourself. Once you know what it is and how to do it, healthy eating is not a punishment but a reward.

It’s sad to realize, but people who spend the most time with food tend to not be those taking cooking classes, learning creative recipes, or eating the best meals. Even if the overeater is going to a fine restaurant in the evening, the chances are good she’ll have stuffed herself with so much junk food by late afternoon that the actual succulence of eating a good dinner and truly enjoying it will be denied her. By the time she eats the meal, she’ll be feeding her psychological appetite, perhaps, but not her stomach, because it’s already full. When it comes to the actual joy of eating, the overeater tends to be deprived.

It’s time to change that. Let’s begin your love affair with food.

This lesson comes with assignments, and all that matters is that you do them. Even if you’re still eating unwisely while performing them, that’s all right. Don’t wait to do these tasks until your overeating is under control, since doing them helps stop the overeating! You’re not repudiating old habits now, but rather building new ones. And it takes time to build new habits. The changes being ushered into your life with these lessons will take a while to trickle down from your intellect to your nervous system, and developing patience is part of the process.

Impatience is nothing but the fear-mind trying to convince you it’s hopeless and therefore you shouldn’t even try. It’s also the voice that tells you to eat the next bite before you’ve even finished chewing the last one, so remember that that voice is not your friend. You must be your friend now. And a friend is kind, so despite whatever self-disgust you feel, it is important that you be kind to yourself. This isn’t a course in self-discipline, but in many ways it is a course in self-love.

You’ve turned unhealthy eating into a ritual, a kind of magical and secret ceremony in which you’ve looked to the darkness for what darkness cannot provide. You will learn to build a new ritual now: the ritual of healthy, wise, nonsecretive, and loving eating.

It all begins with a beautiful napkin.

Now in addition to thinking that’s the dumbest thing you’ve ever heard, you might also be thinking that you already have plenty of napkins, thank you, and you do not need another one! Your drawers might be brimming with napkins—you might have inherited linen from your grandmother or bought an embroidered set from Italy or France. None of that matters now; you need a new one. For the ones you have belong to the old you.

It serves you at this point to understand the power of ritual. This course is asking a lot of you . . . from making lists, to writing out feelings, to procuring new items, to doing ceremony, and so forth. It is very much a to-do kind of book. Yet these actions are not gratuitous; they form a specific curriculum in fundamentally altering your mental habit patterns—thought-forms that have had you forever looping back to very self-destructive behavior.

It does not matter how quickly you move through these lessons, but it does matter how specifically and thoroughly you do them. You are giving a tremendous gift to yourself—even when you can’t help thinking, Oh come on, I have to do that?—if you simply do the lessons as they are described. If they don’t work, then they don’t work. But if they do work, your life will change forever.

A new napkin is important; you can’t build new rituals using tools that represent the old. And the last person in the world who should be discounting the power of ritual is someone who regularly performs the rituals of secret and excessive eating: driving around in the middle of the night aroused by the thought of food the way a heroin addict is aroused by the thought of heroin; opening and closing the refrigerator a hundred times in order to check whether Mommy’s love might be in there now; and scanning supermarkets for hours in a heightened emotional state just looking at all the food, whether or not you’re going to buy anything. No, don’t try arguing that you’re not into ritual. Nor should you discount the notion of brain triggers, when it clearly doesn’t take too much of a stress factor to send you straight into the arms of food most likely to give you a temporary high and then long-term despair.

You will undermine your negative rituals by replacing them with sacred ones. These will naturally lead to healthy eating, which will naturally lead to weight loss. Amen.

Back to the napkin. It must be beautiful, as beauty is divine. And this needn’t cost you much money; you can buy a beautiful napkin for very little, definitely less than you would spend on your next binge. Choose any color and any style. Just make sure it’s something you love.

Next you’re going to buy a plate, and no, once again, the plates you already have will not do. Just as Orthodox Jews have a different set of dishes for Sabbath and holiday dinners—meals consecrated by God—so you are going to obtain a sacred plate for use during this process. You are rehabilitating your food appetites by making them holy.

I know you might feel that your relationship with food is so dysfunctional . . . that your addictive patterns are so ingrained and have gone on for so long . . . that there’s simply no way to turn things around at this point. Once again, if you had only yourself to rely on in order to make these changes, then your anxiety would be justified. You are not alone, how-
ever. You have placed your problem in divine hands, and divine power is transforming you. That is why you are turning every step of your rebuilding process into a sacred experience. You’re taking every step with God in mind.

You will interrupt old patterns by replacing them with something beautiful and good. For where there is light, darkness cannot be. Where there is a connection to the sacred, compulsion cannot stand. In the presence of the real you, all that is not you will simply fall away.

The elements that make up this lesson are these:

One new, beautiful napkin
One new, beautiful glass
One or two new, beautiful plates
One new, beautiful knife
One new, beautiful fork
One new, beautiful spoon
One new, beautiful place mat
Two candlesticks (they can be ones you already have)
Two new, beautiful candles
One beautiful piece of music, especially wonderful to play while dining

Your family members, friends, or whoever you might live with are not being left out of this exercise, and you might wish to tell them that. The act of dedicating a single place setting is simply a response to the demands of your own healing, and not anything you’re doing to separate yourself from others.

What is not allowed here are paper napkins; a paper or rubber place mat; paper or plastic plates; or a plastic knife, fork, or spoon. All of those suggest eating on the run, and one of the patterns we’re moving away from is quick eating. Quick eating is a dangerous trigger for the compulsive eater. It triggers more quick eating, and quick eating means more food. Quick eating is a way of triggering a chemical rush and achieving an addictive high. It is very important, in laying the foundation for the new you, to cultivate a slower life. For by slowing down certain aspects of your life, you’ll become a slower eater. And by eating more slowly, you are more likely to eat well.

A friend of mine told me about a dinner party she once attended in Los Angeles, along with a woman who was eating so quickly that she could hardly stuff the food in her mouth fast enough. Referring to a city about an hour outside L.A., a man at the table whispered to my friend, “She’s eating like Hitler’s in Pomona.” There are many reasons, certainly, for why you might eat like an army is chasing you. Maybe you feel guilty about eating whatever you’re eating and want to get it over with fast so no one sees you. Maybe you have so much despair associated with eating anything that you eat quickly in an effort to eat the despair. Maybe as a child you had to eat quickly simply in order to get enough food.

It doesn’t matter the reason. Sacred ritual moves molecules, transforming energy in both your mind and body. A beautiful napkin, a beautiful plate, a beautiful glass, a beautiful knife, a beautiful fork, a beautiful spoon, and a beautiful place mat will help you. Candles will help. Beautiful music will help. And they are not immediately going into your kitchen or even into your dining room. They are going onto your altar, until you are ready to inhabit the energy they represent. You will place them there in a beautiful array, as you prepare a feast for the real you...the eater who has not quite arrived yet, but is being beckoned as you read this. The you whose appetite is elegantly aligned with the divine within you. And part of how we beckon her is by laying out her table setting and placing it on the altar.

To paraphrase a well-known adage, set the table and she will come.

**Reflection and Prayer**

Closing your eyes, see your altar and the table setting you have placed upon it. Now see with your inner eye a vision of an angel arriving and sitting before your new table setting. To witness the beauty, to enjoy the experience, to bless what is happening, to merely be. Allow yourself to witness this for as long as you can. Perhaps the divine being will invite you to sit as well, or perhaps you will find yourself merely witnessing what is happening. Whatever you see, simply allow the images to live within you.

Dear God,

Please help me begin anew,
to rebuild my temple
and restore my body.
May I learn to eat well.
Please send angels to guide me
and transform my mind.
May food,
which I have so used to hurt me,
now become a blessing
and a blessing only
in my life.
Amen
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Hope’s Harvest Extra Virgin Coconut Oil is completely natural and unrefined. Using a traditional cold-press process, this coconut oil is made from wild coconuts grown along the beautiful coastline of rural Kenya. The oil is produced using the direct micro expelling (DME) method with the oil being produced in small batches, within one hour of opening a nut, where quality can be managed with great care. No part of the coconut goes unused when producing Hope’s Harvest Extra Virgin Coconut Oil, including the husks, shells and pressed meat. 16oz, $12.99. www.hopesharvestcoconutoil.com

**Tauá Trainer**

The Veja Tauá leather sneaker is a premium, slim-profile trainer from fair-trade footwear manufacturer Veja. The Tauá Trainer perfectly compliments your recycled shopping bags, bicycle, organic cotton jeans and your trip to the organic fair-trade coffeeshop before stopping off at the farmer’s market. They feature ecological leather uppers, raw natural latex detailing and come with additional contrast laces. Additional color schemes. $143.00. www.veja.fr
Noted designer Samant Chauhan supports weavers in India, preserving local traditions of silk production—not to mention the silk-worms—to create couture garments like this dress from his latest collection. www.samantchauhan.net

Fashion designer Natalie Chanin makes handcrafted garments, like this camisole dress (Right), rooted in traditions of craftsmanship and quality. Her company, Alabama Chanin, operates on a sustainable model, employing local sewers, creating hand-finished garments built to last, and striving to run a zero-waste operation by “upcycling” (re-using) production leftovers. alabamachanin.com

The Eco Shopper

The Eco Shopper bag by Handmade Expressions can be used for any occasion and are machine washable. It is lightweight, colorful, and 100% naturally dyed. The fabric is hand block printed and these also can be customized with your logo and other information (see below for details) as a means to promote your company amongst your customers. This bag is made by a group of artisans that specializes in wood block printing in north west India. www.handmadeexpressions.net

SUPER-THIRSTY DOORMATS

It may be hard to believe, but these doormats will hold up to 1-1/2 gallons of liquid per square yard! The waterproof rubber backing and “water dam” edge keep moisture, mud, and grit contained. Just vacuum clean when dry. These super-tough polypropylene mats, made from 20% recycled materials, have raised, crushproof nubs to scrape boot bottoms clean. Gripper nubs on bottom keep mats from slipping or skidding. They can also be personalized with up to 10 characters. $39.95. From, www.gardeners.com
This is truly a fascinating time in human history. Over the last several decades tens of thousands of people have shifted away from the dogmatic constraints of conventional religions in order to explore the vast, esoteric worlds of mysticism and earth-based spirituality. This movement is giving birth to a new kind of broad based spirituality—one that centers on personal freedom, empowerment and responsibility.

The foundation of this spirituality surfaced with the unearthing of ancient, pre-Christian beliefs and practices and continues to evolve as these old philosophies are restructured to fit our contemporary minds and lifestyles. Traditions that were once shrouded in mystery and available only to a fortunate few are now making their way into the mainstream.

The indigenous spiritual practice of the shaman is a perfect example of this phenomenon. Traditionally, a shaman is a gifted visionary who can expand his or her conscious awareness to access non-ordinary reality, also known as the spirit world and dreamtime, for the purpose of healing or divining information. While in this non-ordinary reality, the shaman connects with helping spirits who are willing to be of service to those in need.

Thanks to anthropologist Michael Harner, who successfully reintroduced core shamanic practices to the Western world, we are witnessing the development of a new kind of shamanism—one that can be incorporated into any spiritual tradition and lifestyle.

Borrowing from ancient shamanic beliefs and the practice of conscious dreaming, this workbook will assist you in learning a safe and easy way to journey to the inner realms of the self to boost your personal power, gain awareness, heal emotional wounds and develop your connection to spirit. The process you’ll be learning is akin to daydreaming with intention.

I’ll also introduce you to the indigenous concept of the three souls: The Body Soul, the Mental Soul and the Spirit Soul. This idea provides a clear way to conceptualize the entirety of the self, making understanding yourself and the process of your personal evolution more tangible.

To me, wisdom and growth come not from gaining knowledge, but from experiencing life head on. After all, anyone can acquire knowledge from reading a book or attending a lecture, but true wisdom comes when you can speak from experience. The Magical Path is an invitation to experience yourself in a new way.
INVITING MAGIC BACK INTO YOUR LIFE

Life is bursting with magic when we’re young and open to possibilities. We spend our days creating enthralling worlds filled with promise and enchantment. When I was little I had two playmates named Natasha and Friend who were my constant companions. They were invisible to everyone but me. We played in the dirt and talked to ants. We explored the world of lightning bugs and fairies. We had tea parties on rainy days.

And then I turned six. With the advent of elementary school, my attention shifted to learning the skills that we’re told we need to know to survive in the external world. I learned how to read, write, add and subtract. Pretty soon Natasha and Friend stopped coming around. So did Santa Claus and the Tooth Fairy. Instead my rational mind began to swell with information – with the exception of algebra – and I gave birth to my logical self, while my magical self withered away.

The Western world doesn’t take magic seriously since magic is not logical or based in fact. The conventional view holds that belief in magic is the product of an uneducated mind, or could even be evidence of mental instability. Thus, in our society we’re groomed to be skeptics—to doubt anything not backed by empirical evidence or the endorsement of ‘experts.’ Now, I’m not suggesting that we slip into a drooling state of naiveté. But I do believe our skepticism might be better served by being open to all possibilities—even ones that defy logic. To be a close-minded cynic paralyzes the spirit over time. Plus, believing in a world without magic is simply no fun.

It’s my belief that magic is the very medicine that we large-brained Westerners need. Approximately eighteen million Americans are taking antidepressant medication, with two out of ten Americans reporting significant symptoms of depression and anxiety. What’s missing in our lives? What’s at the core of the emptiness that plagues so many people? As a psychotherapist, I’ve met with hundreds of people over the years and listened to thousands of painful stories filled with anguish and fear. Over the last several years I’ve started asking these folks, “What would make your life magical?” I watch their eyes light up as they begin to talk about possibilities and dreams.

It wasn’t until I started asking myself this very question that my life took some interesting turns. Not long after I turned twenty-two, my mom was diagnosed with cancer. When I found out that my young mother was turning twenty-two, my mom was diagnosed with cancer. My life began to feel right and I began to grow. It was through my connections to the spirit world and my helpers that I found the courage to heal my emotional wounds and the insight to discover my life’s purpose.

One of the truly wonderful benefits of doing this work has been my ability to reconnect with my mother in the spirit world. Connecting to my mom in this way has brought tremendous healing for me. I now know that all I have to do is call for her and she’ll be there for me.

The Magical Path is available to anyone who desires it. The exercises in this workbook will help you connect with your own team of spirit helpers. You don’t need to become a shaman to learn and benefit from these practices. All that’s required is a desire to invite magic back into your life . . .

THE THREE SOULS

Imagine spending an afternoon with a demanding, moody adolescent and a bossy parent who believes she knows everything and never shuts up. Sounds like fun, doesn’t it? This challenging scenario sums up what I believe is happening within most of us all the time.

The ancient Hawaiians believed that humans possess three souls. Authors Hank Wesselman and Jill Kuykendall refer to these souls in their book Spirit Medicine (2004, Hay House) as the Mental Soul, the Body Soul and the Spirit Soul.

The Mental Soul is your conscious soul, your ego. It is the “thinking” part of you responsible for goal setting and decision-making. Your Mental Soul is the source of your imagination. It is who you think you are.

The Body Soul is your subconscious soul. This is your emotional self and the aspect of you that operates and regulates your physical body, learns, holds memories, develops habits and addictions, and sends and receives psychic information. Motivated by pleasure and the avoidance of pain, the Body Soul does not distinguish between reality and illusion. It does what the Mental Soul tells it to do.

The Spirit Soul is your superconscious soul. This aspect is also referred to as the Higher Self or Oversoul. It is the part of you that is immortal and a source of great wisdom. Your Spirit Soul creates your experience and will never tell you what to do. This is who you really are.
Managing undisciplined Body and Mental Souls takes an incredible amount of energy. Throughout your life these two aspects of self are doing the best that they can to survive each day. Chaos becomes the norm when the habits, addictions and fears of the Body Soul and the incessant chatter and imaginings of the Mental Soul are given free reign over your existence. The internal noise this creates makes accessing the gentle wisdom of the higher self or Spirit Soul a tremendous challenge. It also creates symptoms and disease.

To lead a contented, healthy life means developing a harmonious relationship between all three aspects of self. To do this you have to find ways to quiet the internal rumblings so that you can tune into the refined frequency of your higher self and in turn, re-discover who you really are. The exercises in this workbook will help you jumpstart this process.

The world is what you think it is.

This statement is one of the core beliefs of Hawaiian mysticism. It’s a powerful statement because, in essence, it suggests that our thoughts create our reality. In other words, perception is everything. As children we develop intricate belief systems about ourselves, the world, and how we fit in the world based on the information we receive and the experiences we have. This is how our ego, or Mental Soul, develops.

Let’s say, for example, that while growing up you received the message from your parents or caretakers that you weren’t good enough. The message could have been direct (i.e., you were blatantly told you weren’t good enough or that you were a failure) or subtle (i.e., your parents rolled their eyes or sighed when you failed at a task). Your Body Soul, with all its perceptive and sensory abilities, took in this feedback while your Mental Soul analyzed it and created a thoughtform in response. This mental interpretation of your experience is the birth of belief.

Since, as a child, you have very little life experience, it’s normal to assume that your parents’ opinion of you is the truth. If the negative message is repeated by the people who love you your Mental Soul will create the belief system, “I am a failure.” This message becomes the foundation of who you think you are. The seed of low self-esteem has been planted. Your perception of yourself will create your experience. Every time you try something new, you might find yourself plagued by self-doubt, which in turn, will create a self-fulfilling prophecy. If you believe you’re a failure, you become one—even in the face of success.

In response to these beliefs and the feelings they evoke, we create coping mechanisms to help us survive this challenging existence. On some level we believe the coping mechanisms, which are typically unhealthy, help us get by. Although these survival methods can have similar themes, the specific way they’re carried out varies from person to person. Examples of coping mechanisms include addiction, obsessive thinking, ritualistic behaviors, negative thinking and anticipatory worry.

Continuing with our example, to cope with the belief that you’re a failure, you might find that you never finish what you started. The coping mechanism of “not following through” protects you from experiencing the humiliation and disappointment of failure.

When I was about seven years old, I created an interesting coping mechanism. I thought that if I worried enough, I would actually prevent bad things from happening. Pretty silly, I know. But as a child, this immature logic gave me the illusion of control. So I took this illusion and ran with it. I worried about everything under the sun—failing in school, not getting the teacher’s approval, no one liking me, disappointing my parents, the house burning down, my parents getting killed in a car accident. If it was within the realm of possibility for an imaginative seven-year-old, I worried about it.

The need to worry was born out of the belief that I was...
not safe. Beliefs like this are typically created in response to a traumatic event. In my case, my mom became very ill and was hospitalized for a month. In those days, kids weren’t allowed to make hospital visits and I wasn’t given much information about my mom’s condition or prognosis so my imagination filled in the blanks.

It was at that time that I understood that bad things could happen at any time. And in response I felt completely powerless.

As a kid, worrying seemed like a viable way to manage the new-found realization that “bad things can happen at any moment.” Needless to say, I was a pretty anxious kid. Saving the world from disaster took a great deal of time. I became an insomniac by age nine and developed an ulcer by the time I was eleven. And here’s the kicker—I believed that worrying worked. I got passing grades in school, the teachers and students seemed to like me, our house was still standing, and my parents were still alive. My “worry wart” coping mechanism, which was based on the belief that I was not safe, was reinforced. In response, my Mental Soul created a new belief: Worrying prevents bad things from happening.

Therefore, in my reality, it did.

As you likely know, the more you repeat a behavior, the more habitual it becomes. When a behavior becomes a habit, you’re no longer aware of it. So, as adults we end up engaging in old habits of reacting and behaving without even knowing we’re doing it. We might even believe that these habits define who we really are. To understand how powerful habits can be, think about the first time you were behind the wheel of an automobile. How aware were you of driving a car? I’m guessing you were probably hyper-aware—paying close attention to every gauge, mirror, how much pressure you needed to put on the accelerator and the brake. This awareness is an important part of learning.

Now think about how aware you are while driving at this point in your life. Not very, right? That’s because your Body Soul is in the habit of driving.

It wasn’t until I was in graduate school in my late twenties that I realized I wasn’t laughing nearly as much as I should be. In fact, I “discovered” that I worried A LOT. By then my need to worry was on autopilot (… a handy tool that afforded me the freedom from worrying about worrying!) It was an epiphany when I recognized that worry was not adding to my life in any beneficial way—that it was not even necessary.

To me, habits like these present the biggest challenge to growth because of their unconscious nature. Before I was exposed to shamanism I went about trying to change my habit of worrying using only my “conscious” Mental Soul—a very Western approach. I made the decision to become aware of the times I was worrying by paying attention to my symptoms (e.g., muscle tension, obsessive thoughts, stomach ache, etc). Once I was aware that I was worrying I tried to talk myself out of it. This was a painfully slow process since my “unconscious” Body Soul would have nothing of it. The bottom line was that, although the thought of not worrying anymore sounded really inviting, I had no reason to believe that the world was any safer than it was when I was seven. To put it simply, I had no trust in the world. Being that the world is what you think it is, what this really meant was that I didn’t trust myself. I still felt powerless.

My story is just one example of how fear and disharmony can lead to feeling powerless. Each one of us has our own self-defeating belief systems and coping mechanisms that contribute to feeling defenseless. When you feel powerless, whether you’re conscious of it or not, you’re vulnerable. When you realize that neither your brain nor the brain of a trained expert can really help you, you can end up feeling hopeless and alone.

Magic is the perfect medicine. It invites possibilities since your reality is defined only by the boundaries that you set. If you believe that dreams have meaning then you can look to your dreams for assistance. If you believe that things happen for a reason, then coincidences become miracles. If you believe that, like the shaman, you can journey to the spirit world and communicate with helping spirits, you now have access to guidance whenever you wish. For me, developing relationships with my spirit helpers and Spirit Soul and experiencing the benefits of these magical relationships gave birth to self trust, which in turn, released me from the need to worry.

The exercises in this book will help you expand your sense of reality giving you the opportunity to redefine who you are. Once you connect with your personal helping spirits and realize that these relationships are real, you’ll never feel alone again. And once you develop a relationship with your higher self, or Spirit Soul, you will learn to trust. This is power.

Put your seatbelt on . . . your world is about to get much bigger.

Sedona is the virtual center of Arizona and certainly its spiritual heart. Esoteric claims are made about the region, but no one has repeatedly demonstrated the Sedona Effect to a scientific standard, until now. Long hailed by Native Americans as the place where “Mother Earth speaks”, and more recently as home of the “mystical vortex”, Sedona with its redrock temples proves much more than a place of intense beauty. Many books have been written on the special “Vortex” energy field phenomena found in Sedona. Some say it cannot be measured while others claim it is electromagnetic in origin. Perhaps, both are true, because its ethereal effects are more than imaginal.

Electrical engineer Ben Lonetree began as a skeptic of Sedona’s metaphysical claims, so he decided to monitor Mother Nature’s heartbeat, take her pulse, and listen to what She had to say. After ten years of research using fluxgate magnetometers and large induction coils, Lonetree definitively states that intense electromagnetic activity abounds in Sedona. Proof of Sedona Vortex/Brainwave EEG synchronization can be demonstrated with portable equipment at vortex sites during “sudden magnetic events”. Over nearly a decade, Lonetree recorded inward, outward and circular magnetic anomalies in both known and unrecognized Vortex activity locations.

Sedona is rich in Fe₂O₃, (Iron Oxide), the element responsible for the red rocks, soil, and even the red color of the inner bark of trees. In addition to iron oxide the mineral Magnetite may also exist in large quantities. Concentrations of iron oxide and other metal/minerals have the effect of focusing the earth’s natural geomagnetism which is produced by Earth’s molten outer core.

Lonetree also observed a correlation or amplification of vortex phenomena with Schumann Resonance (SR). A respected scientist, Lonetree’s method for monitoring Schumann Resonance is cited by NASA in the 2003 report, “Investigations of Relatively Easy to Construct Antennas with Efficiency in Receiving Schumann Resonances.” Possible applications of these antennas are global weather prediction, earthquake prediction, planetary exploration, communication, wireless transmission of power, or even a “free” energy source.

The Schumann Resonance (SR) provides an orchestrating pulse for life on our planet. Contrary to the New Age meme,
SR is definitely not rising in frequency, according to Lonetree’s continuous monitoring. We all march to the cadence of this cosmic drummer—our planetary heartbeat, which sets the tempo for health and well-being. There is a harmonic relationship between the earth and our bioelectronic mind/bodies. Earth’s low frequency isoelectric field, the magnetic field of the earth, and the electrostatic field that emerges from our bodies are closely interwoven. Our internal rhythms interact with external rhythms, affecting our balance, REM patterns, health, and mental focus.

Lonetree added the human element when he began monitoring volunteers with a brainwave interface headset that replaces cumbersome electrodes for EEG. The average of the main Schumann Resonance is 7.8Hz, closely matching the human alpha/theta range (Alpha is 7-8 Hz -12 Hz, with an average value of 10.5 Hz. Theta and beta rhythm signals also occur, and are identifiable by EEG below the 8 Hz and above the 12 Hz frequencies). Adding this third measure of brain wave activity demonstrates resonance and amplification among them. Brainwaves are not monitored for subject-induced meditative states, but for direct correlation in shifts with magnetic flux. The subject remains neutral, relaxed and open but does not try to influence the readings in any way.

Using magnetometers and EEG, he recorded the synchronous signals of geomagnetic anomalies with human brainwaves. Parameters include SR (amplifies effect), brainwave frequency and amplitude, and sudden magnetic events from multiple vortex spots. Evoked potentials include high well-being, healing, nature mystic experiences, ESP or anomalous cognition, and other psychophysical phenomena.

We suggest tiny magnetic crystals, biogenic magnetite, makes the human being highly sensitive to ELF field fluctuations. Now that magnetite has been found in human tissues and brain, research has just begun to evaluate the role of magnetite in health and disease. Magnetic mineral crystal, aligned in chains, is embedded in biological membranes. Magnetite could act as a transducer of both low frequency magnetic fields and RF fields. Magnetite couples strongly to magnetic fields either through ferromagnetic resonance effects or mechanical effects on membrane ion channels.

Paramagnetism is a weak magnetic condition of substances that have a positive but small susceptibility to magnetism. The question remains, “can it carry regenerative instructions?” Biological forms follow the energy patterns laid down by the waveforms of the environment. Electromagnetic vibration can rearrange molecules and macro-molecules into patterned forms (sound, RF, microwave, heat, light, etc.). Are EMF-induced changes in biological sensitivity and sensory transduction a model for biological detection of EM fields?

Each of these compass-like magnetite crystals have been shown to have a mechanical coupling to a mechanoreceptor in the cellular membrane. Thus, they act as a sensor to magnetic fields and signal the inner “machinery” of the cell. Some theorize that these magnetic particles interact with magnetic and electromagnetic fields and transduce their response into their host cell. They are a means of responding to, and sensing our environment.

Trace levels of biogenic magnetite in virtually all human tissues examined suggests that similar biophysical processes may explain a variety of weak field ELF bioeffects. There may be more than a single electromagnetic coupling mechanism. For example, geomagnetic activity fluctuates most rapidly during upsurge of solar activity which alters brain rhythms and hormonal levels, or the downward part of the cycle, when sunspots are rapidly diminishing.

In arguably the first scientific verification of the SEDONA EFFECT, Lonetree demonstrated close correlation between Sedona vortex magnetic anomalies (sudden magnetic events) and spontaneous brainwave changes in frequency and amplitude, that is further modulated by Schumann Resonance and plausibly accounts for reported psychophysical and psychosensory phenomena. Geomagnetic brainwave synchronization occurs spontaneously at vortex points during sudden magnetic events.

STAGE 1 of this SEDONA EFFECT Experiment centered on natural effects, how geomagnetism affects SR in a given local geographical area. Lonetree noticed the anomaly that atmospherics were noticeably stronger (louder) at certain locations along the trail. This was not always the case, though. He began to wonder if the increase in the strength of the atmospherics had anything to do with the infamous vortex energy. The VLF receiver attributed the increase in strength to amplification of the atmospherics. This theory could not be correct though, for if it were, atmospheric strength would be enhanced all the time when he recorded at this particular spot. Such was not the case.

STAGE 2: Surveys conducted by the USGS (United States Geological Survey) indicated there were locations on this planet where there exist vortex-like acting inflows and outflows of non-polarized magnetic energy. Non-polarized means no North or South pole as in a regular magnet. The outward flow is simply pure magnetic energy in dynamic motion. Lonetree used a fluxgate sensor to prove his theory. It is used for monitoring the Earth’s magnetic field as well as any other source of magnetism.

STAGE 3: The first Schumann Resonance (SR) averages 7.83 Hz. This frequency also falls between Alpha and Theta brainwaves: Beta, Alpha, Theta, Delta. When our brain is functioning restfully in the predominantly alpha/theta zone, we are more relaxed or peaceful. The human brain acts like an...
electrical circuit called a phase-locked loop. A local external (outside the body) electromagnetic signal, as long as it is stronger than our brainwaves, initiates a resonance effect where the brain locks onto and resonates at that frequency.

Lonetree conjectured that if the first Schumann Resonance were in some way enhanced in the area where a large geomagnetic outflow occurred, it should be possible for the first Schumann Resonance to affect a person’s brainwave activity. Since that first signal again lies in alpha and theta range, simultaneously observing and recording the first resonance along with local field geomagnetic activity using the fluxgate instrument in vortex sites proves this theory. As others have long conjectured, Lonetree was able to demonstrate synchrony, conclusively.

He also recorded what he believed to be influencing magnetic energy. He saw the first Schumann Resonance increase in strength while the geomagnetic outflow of energy increased simultaneously. SR and ELF EM fields do have a provable influence on living organisms. SR changes over correlated circadian rhythms and other cycles of time. Physiological effects have been observed in a human subject in response to stimulation of the skin with weak electromagnetic fields that are pulsed with certain frequencies to excite a sensory resonance. Pulsed electromagnetic fields are capable of exciting sensory resonances in nearby subjects.

In “Schumann Resonances, a plausible biophysical mechanism for the human health effects of Solar/Geomagnetic Activity” König (1974) observed the close similarity of the SR signal with the EEG alpha rhythm, both of which dominate the daytime, and the local sferics 3 Hz signal with the EEG delta rhythm, that dominate the night. He postulated that ELF brain waves evolved to use these natural signals.

STAGE 4: Correlation exists between atmospheric oscillations, brain waves, and biological EM emissions. Understanding its nature may enable us to characterize and amplify various types of “healing energies”. Integral portions of biological systems have been shown to be semiconducting, ferromagnetic and piezoelectric. The biosemiconductor, together with the drift of charges, ions, and radicals, may be considered a form of “bioplasma”. Bioplasma may be subject to magnetohydrodynamic (MHD) control (Roffey).

The EM fields emitted by trained healers is coherent, resonant biomagnetic emission. The less coherent EM field of the patient is “tuned” to the specific frequency and phase, through which homeostasis can be “aligned” to induce “healing” (Roffey). Vortex energy may exert a so-called “healing” energy in much the same way, via subtle resonance effects.

Persinger and Ryan separately conducted research that shows apparent associations between extrasensory perception (ESP), geomagnetic activity (GMA) and local sidereal time (LST; based on the rotation of the Earth with respect to star positions). Persinger also links certain ESP phenomena to tectonic strain. The analysis of geomagnetic pulsation activity in relation to ESP success was initially conceived as a first step in a process of elimination in the search for an explanation for the reported associations between GMA and LST with ESP. Rather than eliminating the possibility, this factor emerges as a leading candidate for a solution to the problem.

Research suggests that some individuals experiencing extraordinary visionary activity in vortex spots may have a low threshold for kindling sub-clinical “temporal lobe transients,” (TLTs), micro-seizures which induce a host of psychosensory phenomena. Neural static and discharge are kindled by electrical instabilities in the brain. Typically, such experiences are assigned special personal meaning. According to neuropsychologist Michael Persinger, “God is a result of electro-magnetic stimulation of the temporal lobes ... the God Experience is synthesized during the temporal lobe transients.”

Further studies in magnetoreception may reveal new mechanisms. Questions remain: 1) What is the nature of magnetic sensory cells? 2). By what physical mechanism is the external magnetic field coupled into the organism (reception)? 3). How sensitive is the mechanism to small changes in the magnetic field (detection threshold)? 4). What physical mechanisms or chemical pathways convert the received magnetic energy into a nervous signal (transduction)? But we have defined the SEDONA EFFECT as paramagnetism coupled with Earth Energies, Schumann Resonance & Brainwave Resonance.

(c)2010 by Ben Lonetree & Iona Miller

More at: http://sedonanomalies.weebly.com
Video: http://www.vimeo.com/17583647
Glutathione is your body’s most powerful antioxidant and has even been called “the master antioxidant.” It is a tripeptide found inside every single cell in your body.

Antioxidants are crucial in eliminating free radicals from your body. Free radicals are basically very reactive particles that bounce all around the cell damaging everything they touch. Most originate during the process of metabolism but they can also arise from exposure to toxins, irradiation, and toxic metals.

Because free radicals are so destructive, cells have a network of defenses designed to neutralize them. This antioxidant network is composed of numerous components that include vitamins, minerals and special chemicals called thiols (glutathione and alpha-lipoic acid).

Glutathione is comprised of three amino acids: cysteine, glutamate, and glycine.

Glutathione is sometimes confused with glutamine and glutamate due to the similarity in names. Although all three molecules are related, they are different in composition and function. When you are healthy, the three are balanced and do a delicate dance within your body.

In a nutshell, this is the difference between the three:

1. **Glutamine**: Your body’s most abundant amino acid, made in your brain from glutamate; has a major role in various anti-injury processes and muscle repair; a precursor to glutathione.

2. **Glutathione** (two types, GSH and GSSG): The “master antioxidant”—most powerful antioxidant in your body, present in every cell. Protects cells, and especially important for liver health; breaks down into free glutamate.

3. **Glutamate** (aka glutamic acid or L-glutamate): Monopeptide amino acid neurotransmitter in your brain—required for synaptic activity. You don’t want too much of it—it’s an excitotoxin. (See also monosodium glutamate, or MSG)

Glutathione is different from other antioxidants in that it is *intracellular*. It has the unique ability of maximizing the activity of all the other antioxidants, including vitamins C and E, CoQ10, alpha lipoic acid, and the fresh veggies and fruits you (hopefully) eat every day. It removes toxins from your cells and protects you from the damaging effects of radiation, chemicals, and environmental pollutants.

You might think that a miracle molecule such as glutathione might be a good thing to put into supplement form. As usual, science loses to nature when it comes to optimizing this health-promoting little gem.

There is currently a great deal of hype about glutathione supplementation, highly popularized as a “miracle” means to boost health, prevent disease and fight aging.
Let’s separate some of the facts from the myths about how glutathione works and look at the right way to build your body’s glutathione reserves.

**How Glutathione Works**
The main function of glutathione is to protect your cells and mitochondria from oxidative and peroxidative damage. As you age, your body’s ability to produce glutathione decreases.

Glutathione isn’t just an endogenous antioxidant—it is also an essential factor in energy utilization, detoxification, and preventing the diseases we associate with aging. Glutathione deficiency has been linked to:

- Age-related diseases such as Alzheimer’s and Parkinson’s
- Coronary and autoimmune diseases
- Arthritis, asthma and other inflammatory conditions
- Cancer
- Mitochondrial dysfunction
- Muscle weakness and fatigue

Synthesis of glutathione depends upon adenosine triphosphate (ATP), which is the molecule that provides cellular energy. It follows that glutathione levels are linked to energy deficiency, or low ATP.

This is a major reason why exercise is so beneficial for your overall health—among other things, it boosts your glutathione levels!

If you can enhance internal glutathione production, you will strengthen your immune system in a way that will shield you from many of the adverse effects of aging.

**Do Glutathione Supplements Work?**
Your body is quite poor at getting glutathione from your digestive system into your blood. Most oral glutathione supplements have been shown to be poorly absorbed and a waste of your hard-earned money.

There has been some success with intravenous glutathione supplementation, but this is certainly not practical and very expensive and should be reserved for extreme situations. Glutathione supplementation can help people with immunodeficiency but only to a certain degree, and only temporarily—kind of like recharging a dead battery.

Ironically, glutathione supplements may actually interfere with your body’s own glutathione production.

The human body is programmed to self-produce its own antioxidant enzymes such as glutathione and SOD (superoxide dismutase, the first antioxidant mobilized by your cells for defense). And synthetic supplementation of these compounds actually signal your body to stop its own production—which leaves you dependent on synthetic substances (supplements or drugs).

Glutathione levels can be enhanced somewhat by taking supplements such as alpha lipoic acid, which is known to regenerate glutathione. Alpha lipoic acid also helps to regenerate vitamins C and E so that they remain active longer in your body. Red meat and organ meats are the best dietary source of alpha lipoic acid.

Glutamine can be used as a supplement since it’s a direct precursor to glutathione. However, there is quite a bit of evidence it is poorly absorbed.

There is also evidence that vitamin D increases intracellular glutathione. Unless you are a newcomer to my website, you know that I am an enthusiastic fan of vitamin D, and this is yet one more reason it’s so important for your health.

Some nutritional authorities recommend taking a form of cysteine known as N-acetyl-cysteine (NAC), but I would advise against using this supplement if you still have mercury amalgam fillings because it could interfere with detoxification of the mercury.

Fortunately, there are natural ways to boost your body’s glutathione reserves.

Vitamins and supplements have
their uses but are always less desirable than nutrients in their natural form, obtained from the foods you eat. What has been proven beyond a doubt is that whole food based diets—rich in vegetables, fruits, nuts, seeds, and quality protein—promote health and longevity.

**What Foods Promote the Highest Glutathione Levels?**

Many whole foods contain significant amounts of glutathione or its precursors. Foods richest in sulfur-containing amino acids are usually the best sources of glutathione:

- The overall top food for maximizing your glutathione is high quality whey protein. It must be cold pressed whey protein derived from grass fed cows, and free of hormones, chemicals and sugar.

  Quality whey provides all the key amino acids for glutathione production (cysteine, glycine and glutamate) and contains a unique cysteine residue (glutamylcysteine) that is highly bioactive in its affinity for converting to glutathione.

  Glutamylcysteine is a bonded cysteine molecule (cysteine plus glutamate) that naturally occurs in Bovine Serum Albumin—a fragile immune component of the whey. This unique cysteine is exclusive to whey and rarely appears in other protein foods—which makes whey protein the best glutathione-promoting food source.

  Furthermore, whey provides critical co-factors, immunoglobulins, lactoferrin and alpha Lactalbumin (also a great source of cysteine), which together help create the right metabolic environment for high glutathione activity.

- Raw milk products, raw eggs and meat: Glutathione occurs in the highest levels in fresh, uncooked meats and raw milk, but is almost entirely absent in pasteurized dairy products.

- Fresh fruits and vegetables provide excellent glutathione, but once cooked, values become negligible. Spinach, potatoes, asparagus, avocado, squash, okra, cauliflower, broccoli, walnuts, garlic and tomatoes have the highest glutathione per serving.

- The herb milk thistle is an excellent source of the antioxidant compound silymarin, which may help to prevent glutathione depletion in the liver. Glutathione is crucial in the liver for detoxification and can become depleted from acetaminophen (Tylenol), alcohol consumption, and general toxic overload.

- Curcumin may also be useful for increasing glutathione levels.

Keeping your glutathione levels up is a matter of increasing factors that boost your glutathione and decreasing factors that lower it. The things that deplete your glutathione the fastest are chemicals, toxins and sugar.

**The Right Whey**

If you want to supplement your diet with whey protein products, you have to be careful because not all whey protein products are created equal. Supermarket and nutrition store shelves are lined with protein powder choices, 99 percent of which are loaded with sugar and chemicals that don’t support your health goal.

If you’re going to supplement, you should only use a high quality whey protein that provides all the necessary nutritional elements for NATURALLY boosting glutathione and also preventing its decline.

Be sure your whey protein supplement has the following features:

1. The whey comes from grass-fed cows that are not treated with pesticides or hormones

2. Cold processed, since heat destroys whey’s fragile molecular structure

3. Whey protein concentrate, not protein isolates

4. Sweetened naturally, not artificially, and low in carbohydrates

5. Highly digestible—look for medium chain fatty acids (MCTs), not long chain fatty acids

I offer a variety of protein shakes, and my latest product is **Miracle Whey Protein**, which is an outstanding nutritional supplement.

It can be easily combined with berries, seeds or nuts to yield a tasty and healthful meal that provides your body with all the essential elements it needs to support your metabolic machinery, as well as your glutathione levels.

And it comes in six delicious flavors—so there’s a nice variety.

Remember, when it comes to mealtime, if you fail to plan you are planning to fail. When you are overcome by sudden hunger, you are at risk for grabbing junk food. By having something like this in your pantry, you have an inexpensive, highly nutritious option when you want a quick pick-me-up or you simply don’t have time to prepare a meal.

**Dr. Mercola** is the founder of the world’s most visited natural health web site, [www.Mercola.com](http://www.Mercola.com). You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report *The Dangers of Over the Counter Remedies* by going to his Report Page.
As you age, your bones begin to erode, which is normal and a natural result of aging. However, some people lose so much bone that their skeletons become weakened and subject to deformation and severe loss of bone density in multiple places. That’s osteoporosis, and it frequently causes fractures of the hip, spine and forearm. At its worst, bones can become so frail that they crack and break under the body’s own weight!

The meaning of the term ‘Osteoporosis’ originates from ‘Osteo’ meaning bone, and ‘porosis’ implying thinning or becoming more porous. Hence, osteoporosis literally means ‘thinning of bone’. Medically, Osteoporosis is a disease of the bone in which the bone mineral density (BMD) is reduced which means one has a low bone mass and deteriorating bone tissue. In simple words, the bones become thin, brittle and may be easily broken. Bone mass (bone density) is the amount of bone present in the skeletal structure. The higher the density the stronger are the bones. Bone density is strongly influenced by genetic factors, which in turn are sometimes modified by environmental factors and medications.

If Osteoporosis is not prevented in the early stages or if left untreated, it can progress painlessly until the bone tends to break. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. The fracture caused by osteoporosis can be either in the form of cracking (as in a hip fracture), or collapsing (as in a compression fracture of the vertebrae of the spine). Though the spine, hips, and wrists are common areas of osteoporosis-related bone fractures, almost any skeletal bone area is susceptible to osteoporosis-related fracture.

Anyone can get osteoporosis, but women are more likely to get it than men. They have lighter bones than men, and they lose bone rapidly after menopause, because their bodies are producing less estrogen. But men aren’t immune, especially if they drink heavily, smoke or have taken steroid drugs.

But your bones don’t have to crack under the strain of this disease. You can slow, stop or even reverse bone loss.

Osteoporosis and natural remedies: Fish oil containing EPA (eicosapentaenoic acid) and GLA (gamma linolenic acid) is not only an effective safeguard against osteoporosis, it also improves the skin and brain function and avoids cardiovascular problems. Light exercise is also recommended, such as dancing, walking, or bouncing on trampolines. Calcium and magnesium supplements, in the ratio of 2 or 3:1 respectively, would also help increase bone density.

Factors Contributing to the Loss of Bone Density and Strength

Excess phosphorus intake through drinking too many sodas, particularly Colas. To balance this phosphorus, the body must draw calcium from the bones.
Magnesium deficiency. Magnesium is actually more important than calcium for bone growth and bone density. As many as ninety percent or more of us are deficient in magnesium.

Among women the deficiency of Estrogen (a group of hormones) post menopause has been correlated to a rapid reduction in BMD.

The increased risk of falling associated with aging, leads to fractures of the wrist, spine and hip.

Other hormone deficiency states can lead to osteoporosis, such as testosterone deficiency. Glucocorticoid or thyroxine excess states also lead to osteoporosis.

Not eating foods rich in Calcium, Vitamin D and Phosphorous can also cause bone loss. Calcium and/or vitamin D deficiency from malnutrition also increases the risk of osteoporosis.

Some medicines can inhibit the body’s ability to absorb calcium. This may cause the bones to weaken. These medications include cortisone/corticosteroids, anticoagulants, thyroid supplements, and some anti-convulsive drugs.

Other illnesses or diseases, such over-active thyroid, diabetes and rheumatoid arthritis may also cause bone loss. A disease such as anorexia nervosa or bulimia can cause changes in a person’s estrogen level and lead to osteoporosis.

Other significant factors leading to the onset of osteoporosis include: smoking cigarettes, high intake of alcohol, tea or coffee, low levels of physical activity (weight bearing exercise), and family history.

Sedentary lifestyle. Exercise strengthens bones— inactivity encourages the body not to rebuild unused resources.

Consuming too much fat in our diets—vegetarians are shown to have greater bone mass than meat eaters.

Excess alcohol consumption interferes with calcium absorption.

Drinking too much coffee. A study of 84,484 patients showed a correlation between bone fractures and heavy coffee consumption.

Smoking. The evidence is overwhelming—heavy smoking boosts bone loss.

A lack of natural vitamin D—obtained by exposure (not over-exposure) to sunlight.

Not enough Vitamin K in the system. New research has shown that this little known vitamin is the key to calcium balance in the body.

A lack of trace minerals necessary for the transport and absorption of calcium.

Prescription drugs can increase bone loss. These include cortisone, blood thinners, antacids containing aluminum, chemotherapy, lithium, and certain antibiotics.

Birth control pills which reduce the folic acid content in the body.

Excess consumption of dairy products! This is due to the high animal fat content in dairy products, and the lack of CLA in modern dairy products.

Excess salt and sugar consumption in junk foods, which leach calcium from the bones into the urine.

Fluorides which destroy the collagen, the glue which adds strength to the bones.

**Exercise to Build Strong Bones:**

Exercise aerobically for twenty minutes a day at least three days a week. The best aerobic exercise for strong bones is one you will continue doing, because if you don’t do it for life, the bone-building benefits fade. Exercise for at least thirty minutes using weight-bearing exercise such as walking or jogging, three times a week. This regime has been proven to increase bone mineral density, and reduce the risk of falls by strengthening the major muscle groups in the legs and back.

You may prefer running, biking, swimming or aerobic dance classes. Aim for quality, not quantity, when you exercise.

Walking in chest-deep water for about thirty minutes at least three times a week is a suggested remedy, especially if you’ve already had a fracture or two, since the water will help support your body weight and take stress off bones and joints. Work yourselves up to 30 minutes at least three times a week.

Make your “exercise equipment” a chair and the floor. To complement water walking, do some easy muscle-strengthening exercises in a chair or on the floor. Such exercises can include abdominal curls, shoulder blade squeezes and back extensions.

To do back extensions, lie on the floor on your stomach, with a pillow under your hips and your arms at your sides. Using only your back muscles, not your arms, raise your upper body a few inches off the floor. Hold for as long as comfortable, then relax downward. Work up to doing this six to ten times a day.

**Dietary and Other Tips for Handling Osteoporosis Without Medications**

Vary your diet. Bones are not made from calcium alone. They’re an amalgam that includes various minerals such as zinc, boron and copper. These trace elements can be ingested through a varied and broad-based diet that includes mostly unprocessed foods, such as whole grains, beans, fresh fruits and vegetables, fish and shellfish and lean meat. Foods high in boron (a mineral that helps the body hold calcium) are beneficial for those affected by osteoporosis. Boron is found in apples, pears, grapes and other fruit, as well as in legumes, nuts and honey. Manganese is another beneficial mineral. Traces of manganese are largely found in pineapples, nuts, spinach, beans and whole wheat.

Bones need nourishment from calcium, magnesium, vitamin D, and phosphorous. A poor diet lacking these essential vitamins and minerals contributes to osteoporosis. Foods rich in calcium are especially necessary to maintaining healthy bones. Dairy products (milk, cheese, and yogurt), salmon, sardines, almonds, dark green leafy vegetables and broccoli are good sources of calcium. It is recommended that one should include 1500mg of calcium daily either via dietary means or via supplementation. For measurement purposes, it is important to note that an 8 oz glass of milk contains approximately 300 mg of calcium. Calcium supplements are an effective alternative option. These come in a variety of forms. The body can absorb only about 500 mg of calcium at one time and so intake should be spread throughout the day.

Magnesium is essential for good bone growth and density. The recommended daily minimums are 320 mg for women
and 400 for men, but optimum daily amounts are more like 500 to 700 mg. Dietary sources include dark green leafy vegetables and nuts, but it is difficult to get enough magnesium through diet alone so supplementation is advised for most people. It is estimated that eight out of ten people do not get enough magnesium daily and that over ninety percent of the U.S. population is magnesium deficient.

Brussels sprouts are known to prevent diseases like cancer, birth defects, osteoporosis and heart trouble. Brussels sprouts provide essential vitamin K (this vitamin activates a protein found in bones, call osteocalcin, which holds calcium molecules in place) helps protect against osteoporosis.

Make a life style change by quitting cigarette smoking, limiting alcohol intake, and exercising regularly. It is important to note that a few studies have suggested an adverse effect of calcium excess on bone density and reports indicate the milk industry has been misleading customers. It has been reported that excess consumption of dairy products may cause acification, which leeches calcium from the system. Therefore, it is claimed that vegetables and nuts are a better source of calcium and milk products are better avoided.

Monitor your medications. Some drugs can hasten bone loss. Those most likely to cause problems: corticosteroids, which are prescribed for a variety of conditions such as rheumatic disorders, allergic conditions and respiratory disease; L-thyroxine, a thyroid medication; and furosemide, a diuretic often used against fluid retention associated with high blood pressure and kidney problems.

Colas and some other carbonated soft drinks get their sharp taste from phosphoric acid, which contains phosphorus, a mineral that in excess amounts causes your body to excrete calcium.

Salt lightly, and choose healthy sea salt for added minerals. As with phosphorus, too much salt causes your body to excrete calcium. Avoid products with more than 300 milligrams of salt per serving.

Almond Milk is a calcium rich and a good remedy to help with osteoporosis is calcium-rich almond milk. One can have the almond milk by soaking the almonds in warm water, peeling and blending them with either cow’s milk or better still, goat’s milk. Drink only raw organic milk.

**Herbs That Can Help Osteoporosis**

- Dandelion Tea helps build bone density.
- Red Clover has has been shown to improve bone mineral density (it also lowers LDL cholesterol).
- Chaste Berry contains vitexicarpin and vitricin, which help to keep hormone levels in balance. It is advisable to take at least 250 mg a day of a standardized extract of this herb for two to three months.
- Dong Quai has been used in Chinese medicine for thousands of years. It is advisable to take 250 mg of a standardized extract of dong quai daily as a tonic herb.
- A recent study indicates that the popular herb Black Cohosh may help prevent osteoporosis. Most studies recommend an intake of either 20 or 40 mg of black cohosh extract twice a day.
- Sesame seeds: A handful of sesame seeds had every morning may also help osteoporosis.

**Dietary Supplementation Tips for Osteoporosis**

Aim for maximum absorption. Spread your calcium supplements out over the day rather than taking them all at once.

Magnesium, calcium and phosphorus are all essential for proper bone growth and density. Try to get 1,000 milligrams a day of calcium if you haven’t reached menopause and at least 1200 to 1500 milligrams a day for postmenopausal women.

Most women consume far less than those amounts. Reaching 1,000 milligrams through diet alone means drinking a quart of skim milk a day or eating two cups of low-fat yogurt or four cups of low-fat cottage cheese.

Be sure to take half as much magnesium as you do calcium. Neither will work properly without the other.

Figure out, realistically, how much calcium you can get through your diet, then make up the rest with supplements. Dark green, leafy vegetables such as spinach are excellent sources of calcium.

Get enough vitamin D3 For protection, aim for a bare minimum of at least 600 international units of vitamin D3 per day (three times the Recommended Dietary Allowance), and for therapeutic use aim for even more—up to 4000 ius.

**Plant derived trace minerals** are the best source of invaluable trace minerals. Minerals are the building blocks of the enzymes necessary for the utilization of all other vitamins, etc. (rock minerals are a waste of money since only five-to-fifteen percent can be broken down by the body before being eliminated. Minerals already digested by plants are potentially one hundred percent absorbable.

Recent studies have found that serotonin is an important factor for bone density. L-tryptophan is a good supplement to boost serotonin.

Glucosamine, Chondrotin, and Collagen are important for bone and joint health (and all of these are available in a product called **Liquid Life Ultra Joint Care**, which also contains aloe and bovine colostrum).

Silica (from horsetail and/or shavegrass) works with calcium to maintain strong bones and is especially effective in combination with GTF Chromium.

GTF Chromium (GTF Chromium is a complex known as Glucose Tolerance Factor and is made by fermenting nutritional yeast (Saccharomyces cerevisiae) with chromium.)

Inositol/IP6 modulates the behavior of bone-forming and bone-destroying cells to help prevent osteoporosis.

Besides being an excellent pathogen destroyer, **Colloidal Silver** also helps bone, tissue and nerve regeneration.

Many people have reported excellent results for arthritis as well as osteoporosis with Colloidal Gold.

Caution: Do not take bone drugs for osteoporosis. Evidence has shown that they produce abnormal bone growth and actually make bones more brittle. They also can have serious and even life threatening side effects! See: **Bone Drugs: The Latest Skeletons in Big Pharma’s Closet**, http://www.naturalnews.com/025021.html
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Patricia Howard is a graduate of The Barbara Brennan School of Healing, and the Practicum of Mindfulness [MBSR], she has also studied sound, breath and movement. With this background she teaches you new skills to live life to the fullest and gently supports you through issues that need to be addressed.

Patricia sees clients at Visions Medical Center, Wellesley www.visionsmedical.com Center at Westwoods, Westwood, www.centeratwestwoods.com and Jamaica Plain

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