PAULINE’S PSYCHIC PLACE

SINCE 1999, PAULINE’S PSYCHIC PLACE HAS BEEN SERVING THE NEEDS OF GREATER BOSTON AREA CLIENTS WHO ARE LOOKING FOR STRAIGHTFORWARD SPIRITUAL GUIDANCE AND HONEST ANSWERS.

Located at 106 Franklin Street, in Quincy Mass, Pauline and her staff of clairvoyant readers and mediums offer intimate counsel in a comfortable space. We are open 7 days a week, noon to early evenings. Walk in. Make an appointment. Or call for a phone reading. We do house parties.

PAULINE’S PSYCHIC PLACE  106 Franklin Street Quincy MA  617-471-8880
“It has been a life time journey coming from a state of lack of confidence, self doubt, insecurities; going from feeling “selfless” to feeling like a “selfish” person; a process of acquaintance with my genuine self. An excavation which finally has allowed me to know & expose who I AM & what I want from life.” —Sharon A. Fisher

The desire to help others along their path is why in May 2010 after 39 years in the food service industry, Sharon, the biological mother of eight and Nana to five grandchildren decided to take her serving skills to a Higher level and retired from her restaurant job to become a Certified Life Coach. She is and always has been fascinated by unpredictable human behavior and describes herself as a self growth enthusiast and self labeled recovering “People Pleaser”. She believes everyone wants to be heard, understood, validated and even more importantly every individual is the same in that all have a place within of TRUTH and WISDOM. She perceives herself as an evolving soul who shares her experiences, knowledge, and wisdom openly with humor and gratitude for her lessons learned.

Sharon is a Heart centered Spiritual entrepreneur, who co-creates with clients to guide their self-discovery toward Self-Love for purposeful living. She refers to herself as an “archaeologist of the soul” [self coined term] who utilizes simple yet powerful questions during private, confidential, non judgmental conversations, which allow clients to uncover & discover their genuine truths and passions. Hence, self esteem and self confidence promote worthiness and Self Love. Her business name is Comfort Coaching [Comfort is her maiden name], but her business is people. She considers her job her passion for which she was divinely created to serve humanity. Her intent is to empower people to first find Peace in their own life by experiencing relational, grief and Spiritual coaching. Her mission, along with other like minded people and kindred spirits, is to co-create Universal PEACE.

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Korean Scientists Successfully Kill Cancer with Magnets

In South Korea, scientists used a magnetic field to get cancer cells to actually self-destruct. The body removes old, defective, and infected cells through the process of programmed cell death (PCD), or apoptosis. In apoptosis, the rejected cell responds to certain signals sent by the body by fragmenting. Immune cells then consume these fragments. The magnets help trigger apoptosis. When apoptosis fails, however, rejected cells divide uncontrollably, developing tumors.

Professor Jinwoo Cheon of Yonsei University in Seoul and a team of scientists conducted experiments on bowel cancer cells using magnetic fields to induce apoptosis.

They attached iron nanoparticles to antibodies, which bind to “receptor” molecules on tumor cells. These molecules cluster when the magnetic field is applied, triggering the “self-destruct” signal and thereby apoptosis. In the experiment, over half of the bowel cancer cells were destroyed when the signal for apoptotic clustering came into effect. Untreated cells remained unaffected.

A related experiment, the scientists performed the same therapy on zebra fish, which caused them to grow unusual tails. More trials are in the works.

“We have demonstrated that apoptosis signaling can be turned on in-vitro (in the laboratory) and in a zebra fish in-vivo (living) model by using a magnetic switch,” say the scientists. “Our magnetic switch may be broadly applicable to any type of surface membrane receptors that exhibit cellular functions on clustering.”

The study is to be published in the journal Nature Materials. One must wonder how this form of therapy—one that does not, as of yet, line the pockets of Big Pharma—will develop in the world of traditional medicine. Drug manufacturers (literally) bank on perpetual sickness, and cancer drugs have shown time and again to worsen tumors. But regardless of any potential alternative treatments, big pharma will continue to push these dangerous ‘solutions’ on the public. Even while numerous cancer-fighting foods like turmeric, ginger, garlic, papaya leaf extract, berries, and many more exist, the pharmaceutical industry and mainstream medicine won’t recognize these as solutions. —The Belfast Telegraph

You may not have heard the explosion, but it happened.

A review from The Cochrane Collaboration, a widely respected research-analysis team, went over all the evidence, and entered its conclusion:

In healthy adults, no flu vaccine delivers protection from the flu.

Boom!

It doesn’t protect against transmission of flu viruses from person to person, either.

Boom!

So all the promotion and all the pandering and all the scare tactics and all the “expert medical opinion” and all the media coverage...useless, worthless, and irrelevant.

Billions of dollars of financed lies about flu vaccines were just that: lies.

It gets worse, because the entire theory about how and why vaccines work is sitting on a razor’s edge, ready to fall into the abyss of discarded fairy tales.

We’ve been told that vaccines stimulate the immune system with a “rehearsal” of what will happen when an actual disease comes down the pipeline. When the disease does show up, the immune system will be locked and loaded, ready to destroy the attacking germ.

But since flu vaccines don’t protect against flu or even stop the transmission of flu viruses from person to person, the so-called “rehearsing” of the immune system is merely somebody’s fancy story. A legend. A myth.

Also, you can forget about the widely sold herd-immunity tale. How can the group be immune when vaccines are doing nothing to prevent the free movement of germs from person to person?

As always, The Cochrane Collaboration did an exhaustive review of all previous studies on flu vaccines they could discover. They rejected the studies that were badly constructed. In some cases, to expand available data, they contacted individual researchers who had conducted studies.

Therefore, Cochrane’s findings represent the best of the published literature on flu vaccines. However, because the Cochrane team owes nothing to pharmaceutical companies, they analyzed the literature with sober eyes and minds.

Here is an interesting comment from the analysis: “The review showed that reliable evidence on influenza vaccines is thin but there is evidence of widespread manipulation of conclusions...”

Now who in the world would benefit from such manipulating?

Oh yes. One other thing.


Over two years ago.

We must have missed the massive mainstream media coverage. Perhaps we were fishing that day, or buying tires for the car, or vacationing on our yachts in the Mediterranean.

What? There was no massive media coverage? Impossible. I mean, surely... —Jon Rappoport, Natural News
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www.groovinda.com - www.djmantra.com
'Major Discovery' From MIT Primed To Unleash Solar Revolution

In a revolutionary leap that could transform solar power from a marginal, boutique alternative into a mainstream energy source, MIT researchers have overcome a major barrier to large-scale solar power: storing energy for use when the sun doesn’t shine.

Until now, solar power has been a daytime-only energy source, because storing extra solar energy for later use is prohibitively expensive and grossly inefficient. With today's announcement, MIT researchers have hit upon a simple, inexpensive, highly efficient process for storing solar energy.

Requiring nothing but abundant, non-toxic natural materials, this discovery could unlock the most potent, carbon-free energy source of all: the sun. “This is the nirvana of what we’ve been talking about for years,” said MIT's Daniel Nocera, the Henry Dreyfus Professor of Energy at MIT and senior author of a paper describing the work in a recent issue of Science. “Solar power has always been a limited, far-off solution. Now we can seriously think about solar power as unlimited and soon.”

Inspired by the photosynthesis performed by plants, Nocera and Matthew Kanan, a postdoctoral fellow in Nocera’s lab, have developed an unprecedented process that will allow the sun's energy to be used to split water into hydrogen and oxygen gases. Later, the oxygen and hydrogen may be recombined inside a fuel cell, creating carbon-free electricity to power your house or your electric car, day or night.

The key component in Nocera and Kanan’s new process is a new catalyst that produces oxygen gas from water; another catalyst produces valuable hydrogen gas. The new catalyst consists of cobalt metal, phosphate and an electrode, placed in water. When electricity —whether from a photovoltaic cell, a wind turbine or any other source—runs through the electrode, the cobalt and phosphate form a thin film on the electrode, and oxygen gas is produced.

Combined with another catalyst, such as platinum, that can produce hydrogen gas from water, the system can duplicate the water splitting reaction that occurs during photosynthesis.

The new catalyst works at room temperature, in neutral pH water, and it's easy to set up, Nocera said. “That’s why I know this is going to work. It’s so easy to implement,” he said. —MIT News

BLUESEED: Floating Bilderberg Cities Where the Elite Control the Masses

Blueseed is a San Francisco startup corporations that plans to launch a floating city twelve nautical miles off the coast of California. Blueseed will revamp a cruise ship or barge to create the offshore city. It will sit in international waters and be a metropolis where foreign and American workers can conduct business and theorize new corporations without the pesky need for American work visas.

The sustainable design of the ship will allow for an environmentally-friendly workplace.

Only passports will be needed for businesses to work from the ship. Being situated in international waters means that no taxes will be collected or have to be paid by the corporations involved.

Those living on the ship and working on the mainland will be given temporary or tourist visas through investors, partners and collaborators.

Sitting just across from Silicon Valley, this floating city will allow entrepreneurs to do what they cannot do in the US because of business restrictions.

The ship will showcase all the luxuries of the Elite, including pools, massage parlors, gyms, rock climbing walls and indoor soccer fields as well as trendy food and other aesthetics. Food and supplies will be provided by local merchants and corporations on the West coast.

Employees can use either a ferry or helicopter ride to and from Blueseed to the mainland. With more than 250 corporations wanting to rent space, the cost of a standard cabin is estimated to be $1,600 per month. Start-ups in the US, India, the UK, Australia, Canada and Spain are eager to be part of this endeavor.

Founders of Blueseed are Marty Max, the son of Cuban immigrants, and Dario Mutabdzija are gaining momentum in the corporate world for their idea.

—occupycorporatism.com
An investigative historian has recently discovered information which may prove that the ancient philosopher Plato was telling the truth about the assignment of ancient territories to the “Gods” in the Golden Age of Civilization. This is not the first time that one of the ancient philosophers’ writings have been found to be true. Statements, previously considered myths by Homer, were found to be true when, in 1871, the amateur German Archaeologist Heinrich Schliemann uncovered the mythical city of Troy.

In Plato’s work titled Cretias he wrote about the Golden Age of Civilization when the children of god were assigned territories to manage, populate and live in peace with their neighbors. A portion of Plato’s text follows:

…”In the days of old the gods had the whole earth distributed among them by allotment. There was no quarreling; for you cannot rightly suppose that the gods did not know what was proper for each of them to have, or, knowing this, that they would seek to procure for themselves by contention that which more properly belonged to others. They, all of them by just apportionment, obtained what they wanted and peopled their own districts; and when they had peopled them they tended us, their nurslings and possessions, as shepherds tend their flocks, excepting only that they did not use blows or bodily force, as shepherds do, but governed us like pilots from the stern of the vessel, which is an easy way of guiding animals, holding our souls by the rudder of persuasion according to their own pleasure; thus did they guide all mortal creatures. Now different gods had their allotments in different places which they set in order. Hephaestus and Athene, who were brother and sister, and sprang from the same father, having a common nature, and being united also in the love of philosophy and art, both obtained as their common portion this land, which was naturally adapted for wisdom and virtue; and there they implanted brave children of the soil, and put into their minds the order of government; their names are preserved, but their actions have disappeared by reason of the destruction of those who received the tradition, and the lapse of ages”…

These ancient territories were discovered by Arthur Faram after re-discovering the ancient science of Geoglyphology. For the past several years Arthur has been using this ancient science to track the movements and territories of ancient civilizations as far back as 10,000 BC, which according to ancient Greek philosophers was around the time of the Golden Age of Civilization.

Connections between the territories have been found in past research; however, it wasn’t until recently that non-adjacent territories had been tied to one another. This connection was made when the newly discovered, and previously un-researched, pyramids of East Java, Indonesia were geometrically tied to the previously studied territories that make up North, Central and South America.

The Lalakon (above) and Sudahurip (below) Pyramids of East Java lie within the previously discovered Japanese territory. That territory appears to have been assigned to Japan, and is delineated by the Japanese Yonaguni Pyramid. What ties these territories together is the fact that the Indonesian Pyramids lie within the Japanese territory but their alignment obviously ties all the territories together, over thousands of miles of ocean.

Current research is revealing that these territories exist over the entire face of the earth and do not overlap. This fact alone shows a worldwide coordination, thousands of years ago, to divide the earth into geographic regions.

This discovery comes on the heels of many other recent discoveries which are telling the world that our past history is much different than we had previously imagined. —FourWinds10.com
**Eye Movements Could Be Next PC Password**

No two people look at the world in the same way—literally. When looking at a picture, different people will move their eyes among points of interest in different sequences, researchers have found. Even if two people trace the same paths, the exact way they move their eyes differs. That’s why Oleg Komogortsev, a computer scientist at Texas State University-San Marcos, is looking to create a system that can identify people by the way they flicker their eyes while looking at a computer screen.

“We are seeing there are enough differences so we can talk about this as a biometric,” Komogortsev told TechNewsDaily. A biometric is a measurement of something on the body—fingerprints, for instance—used to identify people. Computer scientists all over the world are studying biometrics for crime solving, for border security, and just as a high-tech way to sign into smartphones, tablets and other devices.

Komogortsev’s research is in its earliest stages and needs years of work before it might show up at airports, high-security workplaces or even home computers. However, he thinks eye movements could be part of the next generation of a more established biometric, iris scans, which are already used in some airports and private companies, and in a countrywide ID effort in India.

Previously, researchers showed that crooks can fool an iris scanner with printed contacts, or by holding up a high-quality printout of the correct person’s eye in front of the scanner. Komogortsev hopes adding an eye movement sensor could prevent this type of counterfeiting. “The strength of our method is it can work together with iris [scanning],” he said.

“They appear to be making progress in refining and perfecting the idea.” Kevin Bowyer, an iris-scanning researcher at the University of Notre Dame, wrote to TechNewsDaily in an email. Bowyer reviewed papers for a recent conference in which Komogortsev presented his research, but was not involved in Komogortsev’s work.

If the Texas State University research goes well, Komogortsev’s team could field test an eye-movement security machine in “the next year or two or three,” Bowyer said.

Komogortsev’s system records eye movements and analyzes two features. In one, the system measures “fixations,” the times when people linger their gaze over a point on screen. In another, it measures “saccades,” the swift movements the eye makes when it flies between points. Komogortsev’s system considers both the exact path that people’s gazes take and the fixations and saccades they make along the way.

From those movements, the system calculates unique properties about people’s eyes, including the force their eye muscles use and other properties about the fat and flesh around the eye and the eyeball itself. Komogortsev explained. —**NBC News**

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**Cilantro: A Natural Cleanser & Memory Booster**

Cilantro is the plant that gives us the coriander seed. Most popular in Mexican and Asian cuisines, cilantro is native to the eastern Mediterranean. European cooks have been said to use both the seeds and the leaves well into medieval times. While this parsley style herb may not appear to be much, it does pack some considerable health benefits into its sprigs.

With its distinctly strong flavoring, cilantro is an excellent herb to use to season lower-calorie and reduced-fat dishes. Just five calories can be found in a serving size of nine sprigs. What’s more remarkable about this herb, however, is that in that five calorie serving you’ll find 1,350 IU of vitamin A and 62 mcg of Vitamin K. That means that a small serving will provide 27% of your recommended daily intake of Vitamin A and 52% of the recommended daily intake of vitamin K.

Herbalists have also understood for centuries that fresh cilantro may be helpful in assisting your body to rid itself of unwanted elements. Studies have shown that levels of mercury, lead, and aluminum in the urine increase significantly after consuming large amounts of cilantro. It seems that cilantro changes the electric charge on intracellular deposits of heavy metals to a neutral state, which relaxes their tight bond to body tissue, freeing them up to be flushed from the body, including the brain (which is important if you want to avoid dementia later in life).

The problem with heavy metals is that they accumulate in the body, causing numerous health problems that can seriously impact literally every major organ in the body. Studies show that heavy metals in the body may be implicated in everything from Alzheimer’s to cardiovascular disease, from behavioral problems to kidney dysfunction, Parkinson’s disease, epilepsy, and even paralysis.

Not just due to its heavy metal detoxing effect, but Cilantro itself may help improve your memory too. —**Daily Health Tips Newsletter**

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Antarctic Sea-ice Sets Another Record

Antarctic sea ice set another record recently, with the most amount of ice ever recorded on day 256 of the calender year (September 12 of this leap year). Please, nobody tell the mainstream media or they might have to retract some stories and admit they are misrepresenting scientific data.

National Public Radio (NPR) published an article on its website in August claiming, “Ten years ago, a piece of ice the size of Rhode Island disintegrated and melted in the waters off Antarctica. Two other massive ice shelves along the Antarctic Peninsula had suffered similar fates a few years before. The events became poster children for the effects of global warming. … There’s no question that unusually warm air triggered the final demise of these huge chunks of ice.”

NPR failed to mention anywhere in its article that Antarctic sea ice has been growing since satellites first began measuring the ice 33 years ago and the sea ice has been above the 33-year average throughout 2012.

—Forbes.com

Mercury-Packed CFL Bulbs Now Found to Fry Your Skin

Following a study in Europe examining the effects of CFL bulbs on the skin, researchers from Stony Brook University in New York conducted a similar study to examine the bulbs’ impact on human skin cells. For the study, the researchers purchased CFL bulb from various locations, and then measured the amount of UV radiation emissions. What they found was “significant levels of UVC and UVA” which was a result of cracks that were present in the coating on the bulbs. In every single one of the bulbs studied.

After studying the effects of these emission on human skin cells, they discovered that healthy skin cells experienced the same damage you would find with ultraviolet radiation. Similar tests were also conducted using incandescent light bulbs of the same intensity along with the implementation of UV-absorbing Titanium Dioxide (TiO2) nanoparticles, which are found within many personal care products. While the incandescent light bulbs had no negative effect on healthy skin cells, the researchers couldn’t say the same for CFL bulbs.

“Our study revealed that the response of healthy skin cells to UV emitted from CFL bulbs is consistent with damage from ultraviolet radiation… Skin cell damage was further enhanced when low dosages of TiO2 nanoparticles were introduced to the skin cells prior to exposure,” said Professor Rafailovich. “Despite their large energy savings, consumers should be careful when using compact fluorescent light bulbs… Our research shows that it is best to avoid using them at close distances and that they are safest when placed behind an additional glass cover.”

This, of course, isn’t the only issue with compact fluorescent bulbs. In addition to having a potential negative impact on your skin, these bulbs emit toxic chemicals. In fact, only months after it was found that energy saving fluorescent bulbs release carcinogenic chemicals into the air, a new study has found that these harmful chemicals are continually released from the bulbs over a period of weeks to months. In addition to releasing these cancer-causing chemicals, which are far beyond the “safe” level set by the EPA, these bulbs also release levels of mercury which also exceed the “safe” levels for humans.

—The Natural Society
Chinese Plant Compound Wipes out Cancer in 40 Days

A little-known plant with a truly bizarre name is now making headlines as a cancer killer, with the compound of the plant vanishing tumors in mice with pancreatic cancer. Known as the ‘thunder god vine’ or lei gong teng, the Chinese plant is actually integrated into Chinese medicine and has been used for ages in remediying a number of conditions including rheumatoid arthritis.

According to the new research out of the University of Minnesota’s Masonic Cancer Center, the thunder god plant compound led to no signs of tumors after a forty-day period—even after discontinuing the treatment. Published in the journal Science Translational Medicine and funded by the National Institutes of Health, even the scientists working on the project were stunned by the anti-cancer properties of the compound. Known to contain something known as triptolide, which has been identified as a cancer fighter in previous research, it is thought to be the key component that may be responsible for the anti-tumor capabilities.

Study leader and vice chairman of research at the Cancer Center explained to Bloomberg how he was blown away by the effects of the simple plant:

“This drug is just unbelievably potent in killing tumor cells, he said.

And just like with numerous other powerful substances like turmeric and ginger, mainstream science is still slowly confirming what many traditional practitioners have known for their entire lives.

This is, of course, due to the fact that there is simply no money for major corporations in researching the healing powers of natural herbs and compounds such as the compound found in the thunder god vine. Turmeric and ginger, for example, have been found to be amazing anti-cancer substances that are virtually free compared to expensive and dangerous cancer drugs.

Nevertheless, the Big Pharma sponsored corporate scientists have managed to ignore these spices as much as possible. In fact, they have even been caught time and time again faking thousands of studies to fraudulently demonstrate the supposed value of pharmaceutical drugs pushed by major pharma juggernauts—many of which are later forced to pay millions in fines which only slightly stack up against their billions in profits.

—Activist Post

Energy Breakthrough - Scientists Turn Fresh Air Into Petrol

A small British company has produced the first “petrol from air” using a revolutionary technology that promises to solve the energy crisis as well as helping to curb global warming by removing carbon dioxide from the atmosphere. Air Fuel Synthesis in Stockton-on-Tees has produced five litres of petrol since August when it switched on a small refinery that manufactures gasoline from carbon dioxide and water vapour.

The company hopes that within two years it will build a larger, commercial-scale plant capable of producing a ton of petrol a day. It also plans to produce green aviation fuel to make airline travel more carbon-neutral.

Tim Fox, head of energy and the environment at the Institution of Mechanical Engineers in London, said: “It sounds too good to be true, but it is true. They are doing it and I’ve been up there myself and seen it. The innovation is that they have made it happen as a process. It’s a small pilot plant capturing air and extracting CO2 from it based on well known principles. It uses well-known and well-established components but what is exciting is that they have put the whole thing together and shown that it can work.”

Although the process is still in the early developmental stages and needs to take electricity from the national grid to work, the company believes it will eventually be possible to use power from renewable sources such as wind farms or tidal barrages.

“We’ve taken carbon dioxide from air and hydrogen from water and turned these elements into petrol,” said Peter Harrison, the company’s chief executive, who revealed the breakthrough at a conference at the Institution of Mechanical Engineers in London. —Belfast Telegraph, UK
The sun makes its annual opposition to Jupiter on the 2nd, when the wise will strive to avoid impulsive behavior. Act only after careful deliberation, as you may feel inspired to try something that you normally wouldn’t consider. Exercise great care and discernment with real estate investments or stock market speculation now.

Steady progress can be made in business, commerce, and legal affairs, following Mercury’s arrival in Sagittarius on the 10th (till Dec 31). However, be aware of the consequences of your actions. Get plenty of mental and physical exercise during this intellectually stimulating transit.

December’s new moon arrives on the 13th, in 22° Sagittarius. Review or upgrade educational objectives, and expand your occupational horizons. Acknowledge and release any deep-rooted fears of failure that may have been holding you back from realizing your full potential and move forward with renewed confidence. Connect with progressive people or groups with whom you share common goals or beliefs over the next four weeks. Bold new beginnings and sweeping changes are in the wind!

After five months in retrograde, Uranus, planet of innovation, stations direct late on the 13th (in 05° Aries. Ambition is powerfully kindled at this time, and goal setting is favored, while the spirit of revolution abounds. There is also heightened potential for seismic activity and unstable weather for several days around this potent planetary station.

Venus joins Mercury Sagittarius on the 15th (till Jan 8th), ushering in a four-week period in which to be more sociable and outgoing. Outdoor activities can be most enjoyable now, weather permitting, while a yen for travel could prove rewarding. Just take care not to overextend your resources.

Venus is active again mid-month, squaring Neptune on the 16th, then forming a precise trine to Uranus on the 19th. With the Neptune aspect, watch expenditures, as money and all financial affairs require careful handling, so budget wisely. Venus’ trine to Uranus however adds a more upbeat, positive influence, when an unexpected social or financial opportunity could occur.

The fateful and much discussed 2012 winter solstice arrives early on the 21st as the sun leaves outgoing Sagittarius and enters the cool, calculating domain of Capricorn, where the creative energies of the sun are constrained, disciplined and focused on achievement in this Saturn-ruled sign. Over the next four weeks, try to get a handle on where you’re going, career-wise, and focus on your professional aspirations. Determine what resources you will require to attain your objective. Imagination can be inspired now, while instincts sharpen, as the sun sextiles Neptune later in the day—and will surely rise again on the 22nd! Despite many claims to the contrary.

Mars enters Aquarius on Christmas Day, the 25th, for the next six weeks, encouraging us to be more organized and to clarify our goals. Indeed, an inclination to improve the existing order of things, perhaps in unconventional ways, may inspire bold new objectives. Pursuits requiring teamwork are very much supported now.

Also on Christmas Day, barely and hour after Mars rings the changes, the Sun squares Uranus precisely which, potentially, can be a real Earth shaker! Flow with any changes in circumstances beyond your control, but this is not the time to rebel, or initiate change based solely upon a desire for greater personal freedom or independence. Nonetheless, creative inspiration abounds now, so tap into it. You may be glad you did.

The ringed planet, Saturn, precisely sextiles distant Pluto on the 26th, another celestial augury that transformative forces are at work, and one’s ambitions could receive a significant boost. Self-improvement disciplines can be more effective under this momentous transit. In astrological lore, one of Saturn’s official titles is that of Time Lord of the third dimension, ruler of chronological time, as we perceive it. Indeed, time itself is in the process of transforming—witness the increasing popularity of the 13 moon calendar system. Destiny is calling, and worldly progress and spiritual growth can dovetail beautifully together now. Profound events or revelations around this period could have a great impact on us all.

The last full moon of 2012 culminates on the 28th, in 08° Cancer, suggesting that domestic responsibilities may be pressing, but the need to take care of business will also be strong. Strike a healthy balance between home- and business or career needs.

When the sun conjuncts distant Pluto on the 30th, in 10° Capricorn, willpower and assertiveness are greatly intensified. Watch out for ego clashes, or attempts at coercion now. A glimpse of the darker side of life, or of oneself, could be revealed as a result of this potent planetary union.
On December 30th the sun sextiles Saturn, when constructive progress can be made towards career goals. Being both practical and creative achieves best results now. Seek career or educational advice from an elder or authority figure, as it could prove most helpful.

After Mercury enters Capricorn on the 31st (till Jan 18) our thoughts turn more frequently towards business, career and practical considerations, while ambition is fueled. Patience and mental discipline are easier to come by with Mercury here, and one’s powers of concentration are considerably enhanced.

Action planet, Mars, sextiles Uranus on the 31st, a favorable planetary auspices on this New Year’s Eve under which to initiate new activities or ventures. Progressive career opportunities may present themselves, perhaps at a party or social gathering. However, be discerning. A good physical workout will help to reduce any stress that may develop.

When Mercury sextiles Neptune later on the 31st a moment of awareness could provide the solution to a problem, while spiritual or metaphysical study—for those not partying—can bring both inspiration and enlightenment. New ideas or experiences may, in some way, come your way now.

Mercury squares Uranus on the 3rd, when mechanical or systems failures are possible. Therefore, be sure to back-up computer files or get your vehicle checked out prior to this date. Postpone important decisions or signings for a day or two, as mental processes may tend to be somewhat erratic. This is a great time to brainstorm, though.

The red planet, Mars, connects in a supportive trine to Jupiter on the 4th, fostering cooperation amongst allies, though it can also elicit aggressive tendencies. Then, on the 7th, Mars squares Saturn, when the customary vim and vigor conferred by Mars is inhibited by the constraining influence of Saturn. Don’t push too hard now. Be sure to get plenty of rest.

Be aware of all you say and do when Mercury conjuncts Pluto on January 6th, then quickly moves on to sextile Saturn, as your thoughts and words have much more power than usual! Mental discipline is greatly enhanced now, which is favorable for serious study. Creative writers may wish to seek constructive feedback on recent work. This is also a good time to consider business or educational options, or perhaps to plan or take a business or educational trip.

Venus enters the serious, business-like realm of Capricorn on the 8th for a four-week sojourn. Its presence here also 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 may dry up. Emotional insecurities could manifest as a desire to go out and shop!

January’s new moon arrives on the 11th, in 22° Capricorn, joined there by Mercury, Venus and Pluto, a celestial augury that during the next four weeks much creative impetus exists for planning new practical business ventures that help to inspire and educate people. Surf the Internet for progressive business opportunities, contacts or information. Network with individuals and groups that share your interests or objectives.

Be patient with your partner or close associates when Venus squares off with Uranus on the 12th. A daredevil urge to “break the rules” and seek excitement could lead the unwary astray. You might also want to tighten your purse strings under this less than thrifty influence.

When loving Venus conjuncts passionate Pluto on the 16th, in 10° Capricorn, with the moon also aligned in conjunction with Uranus in early Aries, be alert to compulsive behavior and the potential for angry emotional outbursts. For some, a new love interest or fascination may develop, while it may also be possible to bury the proverbial hatchet from a prior disagreement or relationship rift. This planetary pairing is also favorable for corporate business interests and joint financial concerns.

The sun enters progressive, revolutionary Aquarius on the 19th, till Feb 18th, signaling a time to reassess your goals and ambitions to determine whether you are still on target.

A progressive new project could benefit from a blast of creative ingenuity when the sun sextiles Uranus on the 24th. Seek innovative ways of financing a new venture. This is a good time to begin a program of astrological, metaphysical or scientific studies.

When the sun trines beneficent Jupiter on the 25th, visualize very clearly what you want, as you just might get it! Expand your intellectual and occupational horizons now. Advertising campaigns and PR activities are favored, as are journeys for business or educational, interests. Seek favors from those in authority.

The first full moon of 2013 culminates on the 26th, in 08° Leo, and is a favorable influence under which to share your progressive new ideas with friends and colleagues, as they could provide the emotional and moral support you may be seeking now. However, the wise will avoid hasty actions, and watch out for emotional fireworks!

After four months in retrograde, giant Jupiter stations direct on the 30th, in 07° Gemini. Jupiter’s resumption of forward motion through the zodiac could bring sudden growth opportunities that can quickly propel one way beyond one’s preconceived limitations.

The sun squares Saturn also on the 30th, when the flow of vitality we receive from the sun can be restricted by Saturn, bringing temporary frustrations and impatience, so you may need to exercise a greater measure of self-discipline around this juncture. This somewhat heavy aspect can illuminate personality flaws, perhaps to show where work needs to be done. Duties and responsibilities can seem onerous now. Don’t expect any favors from your boss, teacher, or other authority figure just now, either. However, do persevere, as achievement will come through hard work, persistence, and disciplined effort. To lift your spirits, meditate on something cheerful or inspiring.

Following is a general overview of how the planetary trends for December, 2012/January, 2013 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
**Aries** (March 20—April 19)

Your cup runneth over with bright new ideas for improving your prospects for the future, and you’re keen to get down to the important work of radically transforming your career potential. It would be wise to adhere to a realistic budget as you sally forth into pastures new, so as to avoid over-extending your resources, ensuring that you have adequate funds to finance your quest. With five planets in your solar tenth house of worldly attainment as January’s new moon (11th) arrives, the scene is set for you to embrace new professional opportunities that can come your way now. You may be able to hasten your progress by collaborating with friends, colleagues or organizations that share your objectives, rather than trying to do everything yourself. Indeed, friends or associates could be particularly helpful to you now.

**Taurus** (April 19—May 20)

You are eager to expand your horizons in bold new ways and ready to begin a new chapter in your book of life. You have many ideas for the story line but may yet need to determine the direction you will take. There may be some elements from the past that need to be laid to rest, so that you feel free and unencumbered to move ahead. Organizing your financial affairs so that they support your efforts would be particularly helpful to you now, especially where mutual assets are concerned. While monetary gains can be made at this time there may also be expenditures that place a strain on your revenue flow, so be sure to balance your books carefully. Going back to school or signing up for a class may appeal to you now, perhaps to add another string to your bow. Or you may decide to share your wisdom and experience with others in some way, via a book, blog, or website.

**Gemini** (May 20—June 21)

Partners and significant others in your life take on more prominent roles during December, as you reach out to others who can be helpful to your quest to expand your sphere of influence and in the attainment of personal objectives. You could receive the support of well-placed and influential people, who might be convinced to place some of their resources at your disposal. 2013 may well be one of your best years in recent memory, at least from a professional standpoint, in which your stock in trade can rise considerably. Your instincts and intuition are strong now so trust your hunches to guide you in the right direction to make the most of career, professional and even educational opportunities.

**Cancer** (June 21—July 22)

Amid the many things you will be doing for your family and loved ones, be sure to make some quality time for yourself, to rest and to recharge your batteries, and to pay attention to your own health and fitness needs. Indeed, this would be an appropriate juncture at which to make more of an effort to improve your dietary and exercise regimens, as there’s a strong possibility that your workload may soon increase. Therefore you will need to be on top of your game to handle everything on your “to do” list. 2013 promises to bring both challenges and cheer through your relationships, both personal and professional. While the challenges may tend to stem from issues involving shared finances and mutually held assets, much cheer will be derived from the support and joy that loved ones bring into your life.

**Leo** (July 22—August 23)

You’re feeling physically stronger and emotionally more resilient than you have for some time, and now you’re looking forward to some fun and games over the holidays. It’s likely that you’ll be hearing from some old friends and playmates in distant climes and you’ll be keen to catch up on the gossip. Something you learn may precipitate a change in your plans, or could have a bearing on one of your goals. Take the time to get to the bottom of any nagging health concerns. Indeed, you might be inspired to completely transform your level of fitness and sense of well being in some innovative way, and may even make it a primary resolution for 2013. Be gentle on your friends and loved ones during January, while hot headed Mars transits your solar seventh house. Sometimes, in order to maintain harmony and to prevent ruffled feathers, the less said, the better, as ill thought out, spontaneous caustic comments could cut deeply. There could be an element of karma involved here, so pay close attention if you feel buttons being pushed.

**Virgo** (August 23—September 23)

It may be hard to contain your enthusiasm over the brightening prospects for your career in the near future, which could have you making travel plans involving work, and perhaps even a change of residence. You have a burning desire to engage in more creative pursuits, and innovative business enterprises that would put you on the cutting edge in your chosen career path. You’re not afraid to make radical changes if they would precipitate your advancement, indeed you would likely welcome novelty now. 2013 promises to be a year of greater personal fulfillment, in which your talents and abilities garner the respect and admiration of your peers, bringing you much joy and satisfaction. You are also determined to enjoy life more this year, and to spend more quality time with your closest friends.

**Libra** (September 23—October 23)

You have a lot on your mind and need answers to some important questions, about life and perhaps your very raison d’etre. Indeed, you may be in the midst of evaluating your own self worth, in light of insights recently gained. However, you’re wise
you're becoming more aware of a higher purpose to which motivations may not be entirely unselfish, it's simply that could also benefit your community. Though your instinct within you is beginning to emerge, as you become positively impact the lives of others. The humanitarian own prospects for the future but which might also learn from your journey. becomes clearer. And before this year is out you may be inspired to write a book, blog, or thesis, so that others may learn from your journey.

**Scorpio** (October 23—November 22)

There's no beating about the bush with your communications these days, when you're forceful, direct, and to the point, particularly if the conversation involves money. You'll certainly be shopping for value this Holiday season, while paying close attention to quality, as well as cost. Indeed, your values in general undergo a reboot during December, as a result of changing priorities. You may also be blessed with a modest financial windfall, or a great deal on an item you've coveted. Don't be too surprised if some deep, dark thoughts surface from time to time, as you're in the process of purging outworn notions, opinions, or habits. This will make room for ideas of a more positive and creative nature to take their place which, in turn, can lead to substantial personal growth.

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

There are several personal goals that you feel you must attain which may be linked to unresolved issues from the past. You are also full of bright ideas for expanding your professional aspirations, but it may be necessary to first get beyond certain deeply rooted emotional patterns or memories that may be holding you back. You are particularly keen to improve your financial status, perhaps to expedite the realization of a key objective. And early in 2013 your wish may be granted when the resources you need could be made available to you. Indeed, some exceptional wish may be granted when the resources you need could be made available to you. Indeed, some exceptional good fortune can come your way quite unexpectedly. Your challenges, however, will be to overcome the conditioning of a lifetime, to accept the responsibility for and to feel worthy of accepting the great beneficence the universe wants to bestow upon you. Carpe diem!

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

You are highly motivated to attain a cherished ambition, one that would not only improve your own prospects for the future but which might also positively impact the lives of others. The humanitarian instinct within you is beginning to emerge, as you become more aware of how your own efforts to be successful in life could also benefit your community. Though your motivations may not be entirely unselfish, it's simply that you're becoming more aware of a higher purpose to which your talents, experience, and creative energies can be applied and seek to shift your focus in this direction. But you nonetheless crave the personal satisfaction, and perhaps acclaim, that comes with success, indeed, your ego demands nothing less. So, in 2013, you resolve to transcend your own preconceived limitations.
Life is a constant series of adjustments; it flows like a river, swelling with rain and receding with drought, with its banks reshaping in time. The riverbed’s arrangement of rock and stone re-forms in response to the changes in season and weather. Some new patterns will facilitate a crossing, and others will impede the flow. Like a river, we humans face mental, physical, emotional, and spiritual challenges as we move through life. How we grow, develop, adapt, and resist is reflected in our individual rearrangements. Ultimately, everyone faces stressors, imperfect health, and issues of all kinds. At the same time, the world around us is always changing, with our local and global environments in constant flux. Whether due to the natural cycle of life and death, or in response to disease, trauma, or accident, our tomorrows will be different from today.

Uniqueness is our common human thread. We differ in individual combinations of body type, personality, genetic heritage, culture, and experience. Our fears and desires are just as unique. Recognizing our traits and tendencies is an important step in sustaining health and negotiating a rewarding life. Our individual choices come with consequences, some immediate and others long-term. These outcomes combined with occurrences beyond our control, can subtly push us out of balance and, sometimes, dramatically off course.

When we’re experiencing a state of health and wellness, we’re able to meet the challenges that come to us on all levels—physical, mental, emotional, social, and spiritual. When we’re in a state of balance, we can adjust to a short-term illness and prevent disease. These challenges come to us moment by moment and have both short- and long-term implications.

Our perceptions of health, wellness, and the challenges of illness and disease have multiple layers. Ultimately, our ability to make adjustments that meet short-term needs while allowing for long-term viability is a key to sustainable wellness. How do we make these adjustments in a healthy way?

Consider this analogy: Think back to a time when you were sitting down to eat, and your chair was out of balance. Every time you shifted slightly, the chair moved and tipped. What did you do? You probably didn’t saw off a chair leg and glue on another, or re-engineer the flooring system to balance out the chair. Generally when this happens, we take a thin piece of paper, a coaster, or a napkin and place it beneath the appropriate leg until bal-
ance is restored. It’s important to notice that the chair is out of balance before it becomes structurally unsafe and our whole dinner is ruined!

Awareness and health maintenance is very similar to balancing the out-of-kilter chair. First, we need to be aware of the imbalance or challenge. Often, small imbalances can be corrected with small interventions. Moment-to-moment awareness enhances our experience of health and wellness, giving us the opportunity to address illnesses when they first appear.

A key point to remember is that there will always be imbalances. Health maintenance is not an attainment of static perfection. There will always be challenges, and experiencing illness is inevitable. Wellness is our experience of health before our ability to respond to illness is overwhelmed. When illness is ignored, it can result in long-term disease.

When a diseased state has set in, it’s necessary to make bigger adjustments. This is where the techniques and methods of modern medicine have their greatest strength and best application. A concurrent approach to health and wellness can get us back to a level where the body can ward off disease. Balance can be restored and maintained through a combination of externally imposed tools and internally motivated practices. When this is done with discernment, we can stimulate our natural capacity for healing.

A sustainable approach to health should be practical and should fit into everyday situations. Our actions reflect our inner nature, and vice versa: Consistent choices made over time can influence this inner nature and its expression. This is the work of transformation via the use of well-chosen tools. Small changes can have a big impact on our lives. Heather describes this through an experiment she did as a child:

As a little girl, I wandered through summer fields of wild-flowers. Queen Anne’s Lace was always my favorite. I wondered how the rain got into the tiny white petals and asked my father to explain. He said the flowers would show me. We picked a bunch of lacey flowers and placed them in a jar of water. My father asked me to choose among the small vials of food coloring in the kitchen cupboard and to squeeze a few drops into the water. I saw the water turn blue and asked what would happen next. He smiled and said, “You’ll see.” I watched the flowers throughout the day. By the next morning it happened: the tinted water had traveled up the flower stems. The petals were blue!

Later, I learned the science behind the flowers’ transformation. It paled in comparison to the magic that I witnessed with my own eyes. Over time, the power and significance of my experiment has deepened. More than ever, I’m amazed by the effect of a few small drops.

This process is similar to creating a practical and sustainable health practice: The jar and the water represent our inner nature, whereas the flower reflects its expression in life. The drops of coloring are new tools at our disposal. When we use tools that merge with the substance of our inner nature, they are absorbed in a way that feeds our life and changes its expression effortlessly. If we use tools that don’t align with our inner nature, they will not enter into the solution of nourishment. In our example, this would be like dropping a rock into the jar of water. The rock would sink to the bottom and would have no influence on the expression of the flower.

Taking an integrative approach to health begins with cultivating the ground of awareness that allows us to see the imbalances in life that affect nutrition, physical activity, stress management, and spirituality. Once identified, we can determine how and why an imbalance influences us. With practice, we learn to trace its roots and open a space to respond to events instead of reacting unconsciously. Life witnessed through the many aspects of the individual self, including our dominant personality type and its basic fear and desire, vice and virtue. We see how previous life experiences impact every situation and influence future hopes.

Looking at situations as they effect us on all levels allows us to move forward. We can see how they influence, and are influenced by, all participants in the process, including the natural world. All the elements of a fully integrated life become allies and provide a larger perspective in which to reframe the imbalances that are sure to occur. Ultimately, this process allows us to make the best life choices for the highest good. Present-moment awareness frees us from dwelling on the past and anticipating the future. Moment by moment, we enter the flow of life to experience its unique unfolding.
Winter Reading

Evidence of the Gods
A Visual Tour of Alien Influence in the Ancient World
By Erich von Daniken

Erich von Däniken, one of the best-selling authors of all time and regarded by many as the father of the ancient alien theory, continues his mission to uncover Earth’s ancient past—this time with more than 150 extraordinary full-color photographs—in Evidence of the Gods. This extensively illustrated book features never-before-seen photographs from his unique archive, compiled throughout decades of searching around the world for traces of the cosmic gods whom he believes came to Earth thousands of years ago. Evidence of the Gods offers the best and most impressive evidence to date, along with concise explanations for the images, to bolster the case that von Däniken has already been making quite convincingly for years.


Energy Warriors
Overcoming Cancer and Crisis with the Power of Qigong
By Bob Ellal and Lawrence Tan

Energy Warriors draw on something deeper during impossible times. Nowhere is crisis more evident than with cancer. Energy Warriors reveals effective methods for coping with cancer and crisis. You will make better decisions in meeting challenges if you have the clarity that comes when you use the ancient Chinese art and science of Qigong to balance your mind, body, and spirit. Serving as a shining example of the human capacity for courage and perseverance, four-time cancer survivor Bob Ellal shares his story about how he combined Qigong with Western medicine to win his battles against cancer. Ellal’s story is accompanied by a Qigong manual by Master Lawrence Tan, who presents with Western medicine to win his battles against cancer. Ellal’s story is accompanied by a Qigong manual by Master Lawrence Tan, who presents.


Confessions of a Rebel Angel
The Wisdom of the Watchers and the Destiny of Planet Earth
By Timothy Wyllie

More than two hundred millennia ago the high angel Lucifer launched a revolution among the angelic hierarchy, which led to the quarantine of 37 planets, including our own, from the rest of the Multiverse. Now, after eons of isolation, the rebel angels are being redeemed and we are being welcomed back into the benevolent and caring Multiverse with a massive transformation of consciousness and a reconnection to our celestial destiny. Writing through Timothy Wyllie, rebel angel Georgia calls on all of us to wake up to who we truly are and embrace our spiritual heritage as earthly vessels for God’s presence. In this way we can prepare for the imminent transformation of global consciousness and embrace the astonishing and wondrous destiny facing our world.

Bear & Company. Paperback, $22.00.

Dummy
A Memoir
By David Patten

Told with the gripping power of a novel, Dummy offers a unique window on a troubled young man’s search for self-respect, independence, and love at all costs. David’s inspiring escape from the prison of cognitive disabilities offers unparalleled insight into the inner experiences of dyslexia and autism-spectrum disorder. His story of gradually transforming disabilities into skills, and hopelessness into freedom, and finally finding a grace that lit the darkened room of his existence, is a testament to the power of the human spirit.


The Only Thing That Matters
By Neale Donald Walsch

Something very unusual is occurring on this planet right now. You have no doubt noticed it. It may be producing a more than normal amount of challenge and disjointedness in your life, and perhaps even some major upheavals. You are probably noticing it in the lives of others as well. For a while you may have thought that this was all just your mind playing tricks on you; that things were not really happening any differently, and that you’re just a little tired, a little overcommitted, a little oversensitive. But now, as each day presents itself with obstacles mounting and challenges increasing and more and more personal issues coming up to be faced and healed, it is apparent that all of this is not an illusion, not an exaggeration. So you may be asking, “Why is all this happening? What am I doing wrong?” And here’s the answer...You’re doing nothing wrong. AND...there is something very unusual going on right now in your life, and all over the planet.

Ascension Cards
Accelerate Your Journey to the Light
By Diana Cooper

These beautiful Ascension Cards are designed to assist those seeking to start on a personal ascension path or to accelerate journeys to the light. Each of the 52 cards offers a description of a specific ascension energy or Ascended Master, guidance on its use, and an affirmation to assist with assimilation of the wisdom. Through them, individuals will work with the gold and silver violet flame for transformation and raise the energy in themselves and others, call in unconditional love, and draw on the elements to bring hope, peace, and love to the world, among others. These cards may be employed in a variety of ways, such as a daily source of guidance and inspiration, a point of study for a group discussion, or as a source for determining which areas of an ascension path require the most immediate attention. The accompanying booklet offers broader insight into ascension in general.


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Healing with Spirit
A Guide to Healing
By Saleire

We all have the potential to be a healer. A person who has reverence for all living things has an even greater potential. Humanitarians who wish to alleviate other people’s suffering know that time on earth is only fleeting and to make it a meaningful life, they must share love, joy, hope and peace with their fellow human beings. This book will guide you through the process of healing yourself and others.


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The Voice of Rolling Thunder
A Medicine Man’s Wisdom for Walking the Red Road
By Sidian Morning Star Jones and Stanley Krippner, Ph.D.

Intertribal medicine man Rolling Thunder (1916-1997) was a healer, teacher, visionary, and activist who rose to popularity in the 1960s and ’70s through his friendship with artists such as Bob Dylan and as the inspiration for the Billy Jack films. Eyewitness accounts of his remarkable healings are legion, as are those of his ability to call forth the forces of nature, typically in the form of thunderclouds. Yet it was his equally uncommon gift as a prophet and living representative of Native American wisdom that truly set him apart from other spiritual teachers of that era. Containing never-before-released talks preserved by the Grateful Dead’s Mickey Hart, this book shares the teachings of Rolling Thunder in his own words and through inspiring interviews with famous personalities who knew him.


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The Effect
Where Science and Spirituality Join Forces
By Linda Hoy

Parallel worlds... time-travel... life-after-death. The Effect cuts through the whole caboodle with a razor-sharp edge, ripping up distinctions between science and the spiritual with page-turning clarity. If you thought mysticism was only for the devout or gullible, or found physics unfathomable, buckle up your seat belt and hold tight. Linda Hoy’s journey careers through quantum mechanics, high-energy physics and ancient wisdom with turbo-charged vigor. The Effect uses twenty-first-century science to validate what mystics and spiritual leaders have been telling us for centuries, and turns what we think of as reality on its head.


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Living The Journey
Using The Journey Method to Heal Your Life and Set Yourself Free
By Brandon Bays

The Journey inspired people worldwide to follow Brandon Bays’s teachings in an effort to achieve healthful, more fulfilling lives. In 1992, Bays was diagnosed with a basketball-sized tumor in her uterus and refused surgery. Catapulted into a remarkable, soul-searching, and ultimately freeing healing journey, six and a half weeks later, she was pronounced completely tumor free. The Journey outlined practical steps for ordinary people to take toward a path of healing. Now, Living The Journey is an opportunity for those seeking wellness to learn from the many people who have successfully integrated The Journey into their lives. Sixteen contributors tell remarkable stories of profound healing—of overcoming post-traumatic stress disorder and depression; ridding the body of cancer and chronic pain; clearing addictions; and transforming devastating grief into peace, all through the measured steps of The Journey Method.

Atria. Paperback, $14.00.

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Why Women Believe in God
By Liz Hodgkinson

Why Women Believe in God takes the form of a discussion between two lively, outspoken women with very different viewpoints and life experiences. We ask an important question, whether God is necessary, and answer it with reference to scriptures, politics, feminism, secularisation and the serious financial and environmental issues which now confront us and which can no longer be ignored. We pull no punches, ask all the awkward questions and try to find satisfying answers. Liz Hodgkinson, a well-known journalist and author of many controversial books, asks the questions, and Sister Jayanti, who has dedicated her life to spirituality, provides the answers.

The Lost Civilization Enigma
A New Inquiry into the Existence of Ancient Cities, Cultures, and Peoples Who Pre-Date Recorded History
By Philip Coppens

Our school textbooks barely mention the 6,000-year-old Sumerian civilization, yet the latest archaeological findings at sites such as Jericho and, most recently, Gobekli Tepe in Turkey have been dated to 10,000 BC. Civilization goes back at least another 10,000 years, if we are willing to believe what our ancestors themselves claimed. Analyzing the historical and archaeological record, best-selling author Philip Coppens demonstrates that there is substantial evidence that civilization is far older, far more advanced, and far more special than is currently accepted. Clearly, our history books have left out a great deal!


A Random Book about the Power of ANYone
By Talia Y. Leman

In a world where you are pushed to know more, this book will prove that your greatest asset is often “not knowing”. In a world where you are told it’s all in the planning, this book will encourage you to keep your cart ahead of your horse and allow your dreams to lead you. In a world where you are told you need to become someone, this book will show you that you already are someone. Writing with infectious enthusiasm, humor, and resolute-ness, Talia Leman shares her secrets to being more than you know how to be. In this unexpectedly poignant, strikingly honest, and informative guide, Leman shows you how to make room for life’s surprises, demonstrating that everyone has what it takes to make a difference for anything that matters to them.


We Are Not Alone in the Universe
From the Origins of Civilizations and Religions to Humankind’s Final Destiny
By Konrad Kulczyk

While living in Portugal, Konrad Kulczyk became aware of the events at Fatima, such as the display in the sky which was witnessed by 50,000 people. As a physicist, specialising in lasers, he came to the conclusion that these events were neither of natural nor divine origins, but they had to be prepared by beings of much higher than human intelligence. Following this hypothesis he arrived at the conclusion that intelligent beings had intervened in human affairs from the very beginning of homo sapiens time on Earth. We Are Not Alone In the Universe considers questions such as: Why intelligent beings are interfering in human affairs, what are their objectives and what is the purpose of human life?


Listen To The Wind, Speak From The Heart
By Roger Thunderhands Gilbert

Imagine sitting around a campfire listening to wisdom so deep that each tale is a key to another door of enlightenment. As our connection to the Earth and our ability to cope in an increasingly turbulent world diminishes, people are desperately seeking insights they can use to realign themselves and restore balance. Combining shamanistic and Eastern knowledge, healing techniques and meditation practices, this book delivers an important synthesis of insights greatly needed in today’s global culture. Thunderhands shares how he listens to the inner/higher spirit in himself and in all things. He speaks from the heart, passing on the wisdom of Spirit in plain, understandable, and passionate language. His integration of Native American, Taoist, and other wisdom traditions blends seamlessly, leaving no agitation, no confusion, and no conflict.


Modern Magic
Mantras for Daily Life
By Kirsten Riddle

Taking a wholly original approach to self-improvement, the innate magic within each person is harnessed in this spiritual survival guide that reveals how to utilize everyday routines and surroundings in becoming a better version of oneself. Offering a modern appeal and quirky sense of fun, newcomers to the practice of magic or those hesitant to commit to a new lifestyle will find the book to be a relaxed, welcoming aid that will inspire confidence in the art. The book provides instructions on how to manifest what is needed to fulfill desires and needs, and for individuals to fully embrace the creative and contemporary aspects of themselves.


Self-Healing with Breathwork
Using the Power of Breath to Increase Energy and Attain Optimal Wellness
By Jack Angelo

Providing 57 conscious breathing and visualization practices, Jack Angelo shows how breathwork—awareness of the breath—can relieve stress and anxiety, improve sleep and digestion, increase creativity and mental focus, promote emotional calm, boost energy levels, enhance meditation, direct negative energy, and provide support for physical healing. He explains how to use breathwork to commune with the elements and the sacred as well as how to train your voice for more effective chanting and prayer. He shows how, through conscious breathing, we can harness the healing life force available in each breath for energetic balance, heightened consciousness, and overall wellness as well as a deeper connection to the sacred source of all life.

Healing Arts Press. Paperback, $16.95.
Mysteries of the Ancient Past
A Graham Hancock Reader
Edited by Glenn Kreisberg
As we pull back the curtain from the European version of history, we discover the vast depth of knowledge of our ancient ancestors—knowledge that not only dispels our image of them as primitive peoples but also corresponds with the forefront of modern science, philosophy, and spirituality. With contributions by David Frawley, Geoff Stray, Joscelyn Godwin, Daniel Pinchbeck, Antoine Gigal, and other provocative, cutting-edge thinkers, this collection of essays commissioned by Graham Hancock, bestselling author of Fingerprint of the Gods, represents the latest, often controversial findings in alternative science, history, archaeology, and consciousness research. Covering topics ranging from the origins of the Inca and the secrets hidden in Vedic literature, to the architecture of the Giza pyramids and the Sphinx, to unified theories of physics and consciousness, this book shows how, by recovering our lost history, we too can experience the higher consciousness and advanced wisdom of the ancients.

Bear & Company. Paperback, $18.00.

Non-Duality
The Groundless Openness
By Douwe Tiemersma
Non-Duality: The Groundless Openness, gives an extended and precise exposé of the various forms and aspects of non-duality in a question-answer style. The book contains a selection of transcriptions from talks that Douwe Tiemersma, a retired university professor and teacher of Advaita Vedanta in the Netherlands, gave from the early 1980s onwards on the subject of non-dual Openness: It contains introductions and talks arranged in a systematic order, offering a thorough insight into non-duality and showing viable ways for its realization.

Mantra Books. Paperback, $22.95.

Heavenly Hugs
Comfort, Support, and Hope From the Afterlife
By Carla Wills-Brandon
Heavenly Hugs is based upon the nearly 2,000 cases of departing visions and visitations from deceased relatives and friends collected by the author that prove that there is life after death. At the moment of physical death, departed loved ones return to the dying to ease travel from this life to the next. Friends, family, and healthcare workers also report seeing these loving spiritual travel guides. Such encounters—reported by individuals from a wide variety of cultural, ethnic, and religious backgrounds—clearly illustrate that the personality, soul, or consciousness does not disappear or “die.”

No matter what is happening in our lives, we choose how we wish to think about it. And the greatest gift we give ourselves is often our willingness to change our minds. Despite what might seem to be the saddest and most intractable situation, we have the power to believe that something else is possible, that things can change, that a miracle can happen.

This simple shift in how we think can make all the difference in what happens next. How we think releases an infinite number of possibilities that could not have occurred had we not believed that they were possible. Such is the power of our thoughts to attract as well as deflect miraculous breakthroughs.

Free will means you can think whatever you want to think. You cannot, however, make untrue what is true or true what is untrue. The universe does care about you. The universe is set up to work on your behalf. And the universe is capable of bringing miraculous transformation to any situation of brokenness or lack. Regardless of what has happened in your life, the universe is able and prepared to bring you comfort and repair. You are loved, and your purpose is to love. From a mind filled with infinite love comes the power to create infinite possibilities. We have the power to think in ways that reflect and attract all the love in the world. Such thinking is called enlightenment. Enlightenment is not a process we work toward, but a choice available to us in any instant.

Enlightenment is the answer to every problem. In any situation where you seem to be at the effect of forces over which you have no control, remember that God dwells within your mind, and there are no forces over which He has no control. Therefore, through His power within you, there are no mortal conditions over which
you are powerless. Whenever your good is obscured by the appearances of a nonloving world, the universe is programmed to lift you out of that condition and return you to an abundant state.

As an expression of divine perfection, the universe is both self-organizing and self-correcting. To whatever extent your mind is aligned with love, you will receive divine compensation for any lack in your material existence. From spiritual substance will come material manifestation. This is not just a theory; it is a fact. It is a law by which the universe operates. I call it the Law of Divine Compensation.

Just as there are objective, discernible laws of external phenomena, so there are objective, discernible laws of internal phenomena. The law of gravity, for instance, is not just a “belief.” It is true whether or not you believe it. Spiritual laws are not just beliefs, either; they are descriptions of how consciousness operates.

Once we know this law—that there is a natural tendency of the universe to improve all things—then we lean naturally into the arms of God and allow Him to lift us up. We surrender our thoughts, then He uplifts our thoughts, then our experiences change. The practical issue is whether we choose thoughts that activate or deactivate the Law of Divine Compensation. We activate it with every loving thought. We deactivate it when we give more credence to the reality and power of the material world than to the reality and power of love.

If our circumstances tempt us to think thoughts such as, “I must not be good enough,” “I will never have another chance,” “It will take forever for this to right itself,” or “I hate whoever is to blame for this,” then miracles, though they are programmed into the nature of the universe, cannot make their way into our awareness. With every thought we think, we either summon or block a miracle. It is not our circumstances, then, but rather our thoughts about our circumstances, that determine our power to transform them.

The Law of Divine Compensation applies equally to all situations, but in this book we will focus on its application to money and the lack thereof. In a time of economic uncertainty—when circumstances make it particularly tempting to believe in the scarcity of the material plane over the abundance of the spiritual—our capacity to think differently is the miracle-worker’s edge. Bills stare you in the face. Foreclosure looms. Credit is wrecked. Jobs aren’t available. And with all that comes chaos on many fronts. Who doesn’t need a miracle then?

If you identify only with your body and its reality, rather than with your spirit and its reality, then you’re tempted to think that diminished material assets somehow diminish who you are. But you are not merely a being of the material world; you are a being of unlimited spirit. And in spirit there is no lack. You are not lacking just because your circumstances are.

If your core belief is “I lack” and you carry that belief with you, then you will subconsciously perpetuate or create the circumstances that reflect the belief. But your circumstances are completely malleable: they simply reflect the dictates of your mind. Regardless of what limits exist in your material world, your immutable truth is that you are an unlimited spiritual being. By remembering this, you summon the Law of Divine Compensation. You are a loving idea in the Mind of
God. Circumstances should not and need not tempt you to believe otherwise. The universe showers you with love not because of what you have done or not done, but because of who you are. Think of the universe itself as a personal love note from God to you. God is love, and in sharing His love you share His power. By aligning yourself with thoughts of infinite love for yourself and others, you gain dominion over the lower thought forms of the world.

In a material sense, your situation might indeed be bleak. You might have been given a raw deal, even been betrayed by others. You yourself might have made a huge mistake. Still, what matters is what you think now: Are you lingering in the past, or are you allowing for a miracle in the present? Are you blaming yourself and others, or blessing yourself and others? Are you clinging to your faith in the reality of the disaster, or opening your mind to the possibility of a miracle? Realign your thoughts with the thoughts of God, and in any given instant the universe is ready to begin again. The laws of time and space are more malleable than we think. Mistakes and wrong turns need not throw us off. The capacity for correction is built into the universe, just as it is into the workings of a GPS. If you’ve programmed an address into your GPS but then take a different turn than it recommends, the GPS automatically creates a new route. And so does the universe. Perhaps you thought you’d get to where you wanted to be financially through achieving a certain credential, doing a particular job, or making a particular investment. But then something happened: the economy worsened, you made a mistake, or someone else did. The Law of Divine Compensation gives us the assurance that the universe will simply create a new route. What is lacking shall become abundant, and what is wounded shall be healed. From “out of the blue”—or miracle-mindedness—miracles will flow forth naturally. Why? Because perfection is your eternal home, to which the universe is programmed to return you whenever you have deviated, for whatever reason, from the thoughts that get and keep you there. That is how loved you are.

Aging Americans are experiencing cognitive decline in numbers never before seen. Alzheimer’s disease has reached epidemic proportions in the United States. Consider these troubling statistics from the Alzheimer’s Association:

- 5.4 million Americans are living with Alzheimer’s disease. It’s estimated that up to 16 million will have the disease by 2050.
- One in eight Americans age 65 and over has Alzheimer’s. Every 68 seconds, another American develops Alzheimer’s disease.
- Alzheimer’s disease is the 6th leading cause of death in the U.S. and the 5th leading cause of death for those aged 65 and older.

Alzheimer’s deaths increased by 66 percent between 2000 and 2008.
- One in seven of the estimated 800,000 people with Alzheimer’s lives alone, left to fend for himself/herself.
- If you develop Alzheimer’s disease, it’s a far greater problem than just memory loss — it can kill you. And it makes every other medical problem much more difficult to treat. Although many will claim Alzheimer’s is not preventable, there ARE measures you can take that will lower your odds of developing age-related cognitive decline or, worst case scenario, full on dementia.

The aspect of your brain function that typically begins to decline first is connected with your working memory, or your capacity to process information. Researchers have identified five functions that tend to be the first ones to decline with age:

1. Processes requiring your attention
Three Major Requirements for Brain Power

Cognitive changes related to aging are actually related more to today’s diet and lifestyle, rather than to the aging process itself. As you age, the cumulative effects of environmental toxins, exposure to free radicals, poor nutrition, stress and other factors take their toll on your body. What has been called “age-related cognitive decline” is really an accumulation of this damage to your cells. But this cognitive decay is NOT set in stone!

There are three primary factors that play a powerful role in maintaining sharp mental function, even as you age:

1. Regular exercise
2. The foods you choose to eat or avoid
3. Managing your emotional stress

The latest studies, discussed in the following section, really underscore just how important exercise is in order for your brain to function optimally. You already know how important it is to “exercise” your brain by learning new skills, adopting new and varied daily routines, and engaging in creative activities. Such mental and social exercises stimulate brain activity and promote new neural connections. However, physical exercise is even more important than mental exercise, when it comes to protecting your brain from cognitive decline.

Latest Studies Show Exercise Builds Bigger Brains

Size does matter when it comes to brain function. Declines in thinking and memory have been linked to actual brain shrinkage (atrophy). However, a new study published in the journal Neurology found that physical exercise not only protects against age-related brain changes, but also has more of an effect than mentally stimulating activities.

A team at the University of Edinburgh followed more than 600 people, starting at age 70, and kept detailed logs of their daily physical, mental and social habits. Three years later, their brains were imaged for age-related changes, such as brain shrinkage and damage to the white matter, which is considered the “wiring” of your brain’s communication system.

people who engaged in the most physical exercise showed the least amount of brain shrinkage.

In contrast, subjects showed no measurable benefit from mental or social activities. The researchers were not discouraging people from engaging in mental and social activities — just emphasizing that those activities are not as effective in preventing brain atrophy as is physical exercise. Crossword puzzles just can’t compete with a regular 30-minute workout at the gym.

Because the findings showed only an association, not a causal relationship, the authors could not rule out the possibility that people with less deterioration in their brains were simply more likely to be physically active. However, other studies tend to support the Edinburgh study’s findings.

For example, Kirk I. Erickson, PhD of the University of Pittsburgh, found that adults aged 60 to 80...
walking moderately (just 30 to 45 minutes, three days per week for one year) showed a two percent increase in the volume of their hippocampus. The hippocampus is a region of your brain important for memory. Erickson told WebMD:

“Generally in this age range, people are losing 1 to 3 percent per year of hippocampal volume. The changes in the size of the hippocampus were correlated with changes in the blood levels of the brain-derived neurotrophic factor (BDNF).”

BDNF is part of a cascade of proteins, produced in your brain, that promote neuron growth and prevent neuron death. Erickson also found higher fitness levels associated with a larger prefrontal cortex. He called exercise “one of the most promising nonpharmaceutical treatments to improve brain health.” The important takeaway from these studies is that mental decline is NOT inevitable! Exercise is as good for your brain as it is for the rest of your body.

**Exercise Protects Your Brain from Stress Hormones**

Exercise increases your brain health in a variety of ways. Exercise:

- Jump-starts neurogenesis — the creation of new brain cells. Neurogenesis is thought to be especially prevalent in your hippocampus. As you age, the stem cells in your brain tend to become less active and you produce fewer new cells, which may slow your brain function.

- Encourages new brain cells to join the existing neural network, instead of “rattling around aimlessly in the brain before dying.” Exercise helps the new brain cells learn how to “multitask.”

- Upregulates production of brain chemicals and growth factors, like BDNF, which is key in maintaining memory, skilled task performance, and overall cognitive function.

- Lifts your mood and helps neutralize the harmful effects of stress by boosting neurotransmitters, such as serotonin, dopamine, and norepinephrine, and may even protect your brain cells against the effects of stress hormones.

- Increases insulin sensitivity and may even help you make better food choices.

Exercise doesn’t have to be exhausting to be effective — three to five hours per week has been shown to be adequate. According to one study, the odds of developing Alzheimer’s were nearly quadrupled in people who were less active during their leisure time, between the ages of 20 and 60, compared with their peers.

**The Healthy Brain Diet**

The third major factor in supporting your brain as you age is diet. Your brain cells cannot regenerate and repair unless they have the necessary raw materials with which to rebuild. Ideally you want to upregulate repair and regeneration in your brain and this is best accomplished by optimizing insulin and leptin signaling in your body.

The best way to achieve this optimum signaling is by lowering your carb intake and limiting your protein consumption to one gram of protein per kilogram of LEAN body mass. For most adult men this is 75 grams or less of protein every day. The key to success with this program is to replace the reduced carb and protein intake with healthy fats such as coconut oil, avocado, butter, olive oil and fats from healthy pastured animals. Coconut oil is particularly beneficial for brain health and has actually been shown to be helpful in senile dementia.

The two most important nutrients for your brain are fats and antioxidants, so those will be my focus in this
Sixty percent of your brain is fat. DHA alone makes up about 15 to 20 percent of your brain’s cerebral cortex, as well as 30 to 60 percent of your retina, making it an essential nutrient for both brain and eye health. Your neuron membranes are composed of a thin double layer of fatty acid molecules. Myelin, the protective sheath surrounding your neurons, is composed of 30 percent protein and 70 percent fat.

You can protect your brain by giving it healthful fats from whole foods, such as organic eggs from pastured hens, whole raw milk from pastured cows, raw nuts, avocados, and olive oil. Eggs and dairy are a rich source of lecithin, choline and vitamin B12 — nutrients especially important for good brain function. There is also evidence that coconut oil may offer very significant protection against brain diseases such as Alzheimer’s, and may even stop brain atrophy in its tracks.

The key to brain health, is to make sure you are consuming plenty of healthy fat as I mentioned above. That will be about 98 percent of your fat or so. But it is crucial to make sure you are getting the essential fats from marine life that in the form of omega-3 fats.

I believe it’s important to get the bulk of your omega-3 fats from animal-based sources because the DHA and EPA are far more important for your health than the plant-based ALA. While ALA can convert into DHA/EPA, this conversion is severely impaired when you have elevated insulin levels, which affects more than 80 percent of Americans. In two different studies, taking 800-900 mg of DHA per day for 16-24 weeks resulted in significant improvements in memory, verbal fluency scores, and rate of learning.

Chances are you’re not getting enough animal-based omega-3 fats from your diet alone, so you may want to consider a supplement. My favorite is krill oil. Krill oil is an extraordinarily potent — and environmentally sustainable — form of omega-3 fat that contains both DHA and EPA. Krill oil is special in that it crosses the blood-brain barrier, so it’s highly bioavailable to your brain. Most people only need two to three 500 mg capsules of krill oil per day in order to get all of the DHA and EPA they need.

**Fresh Fruits and Vegetables Will Help Keep Your Brain Sharp**

The best sources of antioxidants are from whole foods, especially fresh fruits and vegetables. If you chose to use a supplemental antioxidant I believe astaxanthin is likely your best choice here.

Your diet should be rich in vegetables, preferably organic and locally grown. In a study published in the *Journal of Neuroscience*, a vegetable-rich diet was found to help prevent age-related mental decline. Veggies, particularly spinach, were found beneficial in retarding central nervous system and cognitive behavioral deficits. And a six-year study involving almost 2,000 Chicago-area seniors showed that older people who ate more than two servings of vegetables each day were mentally sharper than those who ate less.

Ideally, your diet should be low in sugar, especially fructose. Experts are starting to look at memory problems like Alzheimer’s as a form of brain starvation, and glucose metabolism appears to play an important role in the disease. It’s already known that diabetics have four times the risk of Alzheimer’s, and those with prediabetes have triple the risk.
Veggies are generally better than fruits because they are lower in sugar, but the exception is berries. Berries contain pterostilbene, which has been found to reverse some of the negative brain effects of aging. Wild blueberries are high in anthocyanin and other antioxidants, and are known to guard against Alzheimer’s and other neurological diseases. Blueberries improved learning capacity and motor skills among aged rats in animal studies.

Studies show that the sleep hormone melatonin can also help slow down your brain’s aging. Artificially aged mice treated with melatonin had reduced oxidative stress and markers of cerebral aging and neurodegeneration, indicating the melatonin offered both neuroprotective and anti-aging effects. Melatonin actually has antioxidant properties that may help explain its important anti-aging role, as it helps to suppress harmful free radicals in your body and even slows the production of estrogen, which can activate cancer.

**Emotional Stress Accelerates Brain Aging**

Besides exercise, in order for your brain to work its best, you simply must get a handle on your daily stress. When you feel stressed, your adrenal and pituitary glands go into their “flight, fight, or freeze” mode and dump adrenaline, cortisol and dopamine into your bloodstream. Cortisol in particular can be problematic when released too frequently in your brain, so if you are spending a lot of your time stressed, you will likely experience some undesirable effects.

Persistently elevated cortisol levels are associated with accelerated aging, mood problems such as depression and anxiety, and many chronic diseases. To avoid these, you must learn how to relax and help your body reestablish equilibrium. Restoring balance after an episode of stress gets easier with practice, even for those who find it difficult to relax. You may want to experiment with yoga, meditation, breath work, or your favorite stress reduction technique.

One of the best tools for decreasing stress is EFT (Emotional Freedom Technique). EFT has been scientifically shown to significantly improve both cortisol-related stress levels and self-reported psychological symptoms after a single treatment session. And EFT is easy to learn.

**Two Neurotoxic Metals to Watch Out For: Mercury and Aluminum**

When it comes to maintaining brainpower, what you keep out of your body is as important as what you put into it. Minimizing your exposure to mercury is extremely important for your brain. Dental amalgam fillings are one of the worst sources of mercury. If you have amalgams, you may want to consider having them removed, but you should ONLY have this done by a qualified biological dentist. And you should be as healthy as possible prior to undergoing this procedure. You may find my mercury detox protocol helpful.

Also avoid aluminum, such as in antiperspirants, cookware, etc. Avoid flu vaccinations as they contain both mercury and aluminum. And stay away from all artificial sweeteners, such as aspartame, which are highly toxic to your brain.

Finally, challenge your mind daily. Even though the most recent exercise study found mental exercise less important than physical exercise, other studies show that mental stimulation, such as traveling, learning to play an instrument or doing crossword puzzles, is associated with a decreased risk of developing Alzheimer’s—not to mention increasing your quality of life! Just for fun, check out a couple of websites that specialize in “brain games”:
What is interesting and important to understand about chronic disease is that it very rarely exists in a bubble. What I mean is, if you are developing changes in your brain that are indicative of Alzheimer’s, you’re probably also experiencing signs of insulin resistance, such as diabetes or obesity.

And, meanwhile, you may also be showing signs of heart disease, such as high blood pressure, as, very often, chronic diseases are intricately intertwined; they’re the product of imbalances in your body that are manifesting, likely after years spent festering just below the surface. This can actually be a good thing, however, as implementing a few simple techniques address the underlying causes of multiple chronic diseases, and Alzheimer’s is no exception.

This includes:

• **Optimize vitamin D.** In 2007 researchers at the University of Wisconsin uncovered strong links between low levels of vitamin D in Alzheimer’s patients and poor outcomes on cognitive tests. Scientists launched the study after family members of Alzheimer’s patients who were treated with large doses of prescription vitamin D reported that they were acting and performing better than before. Researchers believe that optimal vitamin D levels may enhance the amount of important biomolecules in your brain and protect brain cells. Vitamin D receptors have been identified throughout the human body, and that includes in your brain. Metabolic pathways for vitamin D exist in the hippocampus and cerebellum of the brain, areas that are involved in planning, processing of information, and the formation of new memories. Sufficient vitamin D is also imperative for the proper functioning of your immune system to combat excessive inflammation, and, as mentioned earlier, other research has discovered that people with Alzheimer’s tend to have higher levels of inflammation in their brains.

• **Fructose.** Ideally it is important to keep your level below 25 grams per day. This toxic influence is serving as an important regulator of brain toxicity. Since the average person is exceeding this recommendation by 300 percent this is a pervasive and serious issue. I view this as the MOST important step you can take. Additionally, when your liver is busy processing fructose (which your liver turns into fat), it severely hampers its ability to make cholesterol. This is yet another important facet that explains how and why excessive fructose consumption is so detrimental to your health.

• **Keep your fasting insulin levels below 3.** This is indirectly related to fructose, as it will clearly lead to insulin resistance. However other sugars, grains and lack of exercise are also factors here.

• **Vitamin B12:** According to a small Finnish study recently published in the journal *Neurology,* people who consume foods rich in B12 may reduce their risk of Alzheimer’s in their later years. For each unit increase in the marker of vitamin B12 (holotranscobalamin) the risk of developing Alzheimer’s was reduced by 2 percent. Very high doses of B vitamins have also been found to treat Alzheimer’s disease and reduce memory loss.
• **Eat a nutritious diet, rich in folate**, such as the one described in my nutrition plan. Strict vegetarian diets have been shown to increase Alzheimer’s risk, whereas diets high in omega-3’s lower your risk. However, vegetables, without question, are your best form of folate, and we should all eat plenty of fresh raw veggies every day.

• **High-quality animal based omega-3 fats**, such as krill oil. (I recommend avoiding most fish because although fish is naturally high in omega-3, most fish are now severely contaminated with mercury.) High intake of the omega-3 fatty acid DHA helps by preventing cell damage caused by Alzheimer’s disease, thereby slowing down its progression, and lowering your risk of developing the disorder. Researchers have also said DHA “dramatically reduces the impact of the Alzheimer’s gene.”

• **Avoid and remove mercury from your body.** Dental amalgam fillings are one of the major sources of mercury, however you should be healthy prior to having them removed. Once you have adjusted to following the diet described in my optimized nutrition plan, you can follow the mercury detox protocol and then find a biological dentist to have your amalgams removed.

• **Avoid aluminum**, such as antiperspirants, non-stick cookware, vaccine adjuvants, etc.

• **Exercise regularly.** It’s been suggested that exercise can trigger a change in the way the amyloid precursor protein is metabolized, thus, slowing down the onset and progression of Alzheimer’s. Exercise also increases levels of the protein PGC-1alpha. New research has shown that people with Alzheimer’s have less PGC-1alpha in their brains, and cells that contain more of the protein produce less of the toxic amyloid protein associated with Alzheimer’s. I would strongly recommend reviewing the Peak Fitness Technique for my specific recommendations.

• **Avoid flu vaccinations** as most contain both mercury and aluminum, as well as egg proteins (e.g. myelin basic protein), which the body may produce antibodies against and that cross-react with the myelin coating your nerves, in effect causing your immune system to attack your nervous system!

• **Eat blueberries.** Wild blueberries, which have high anthocyanin and antioxidant content, are known to guard against Alzheimer’s and other neurological diseases.

• **Challenge your mind daily.** Mental stimulation, especially learning something new, such as learning to play an instrument or a new language, is associated with a decreased risk of Alzheimer’s. Researchers suspect that mental challenge helps to build up your brain, making it less susceptible to the lesions associated with Alzheimer’s disease.

• **Avoid anticholinergic and statin drugs.** Drugs that block acetylcholine, a nervous system neurotransmitter, have been shown to increase your risk of dementia. These drugs include certain night-time pain relievers, antihistamines, sleep aids, certain antidepressants, medications to control incontinence, and certain narcotic pain relievers. One study found that those who took drugs classified as ‘definite anticholinergics’ had a four times higher incidence of cognitive impairment. Regularly taking two of these drugs further increased the risk of cognitive impairment. Statin drugs are particularly problematic because they suppress the synthesis of cholesterol, which is one of the primary building blocks of your brain. As Dr. Stephanie Seneff reports: “Statin drugs interfere with cholesterol synthesis in the liver, but the lipophilic statin drugs (like lovastatin and simvastatin) also interfere with the synthesis of cholesterol in the brain. This would then directly impact the neurons’ ability to maintain adequate cholesterol in their membranes. Indeed, a population-based study showed that people who had ever taken statins had an increased risk of Alzheimer’s disease, a hazard ratio of 1.21. More alarmingly, people who used to take statins had a hazard ratio of 2.54 (over two and a half times the risk to Alzheimer’s) compared to people who never took statins.”

Dr. Mercola is the founder of the world’s most visited natural health web site, 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.
The essence of New-Age therapies’ approach to physical problems is the analysis of behavior, firstly, from an intellectual starting point, later attempting to alter it and eventually hoping to instigate more positive activity. There is nothing inherently wrong with understanding responses to events intellectually.

However, there is an infinite difference between having a limited intellectual awareness of habits and difficulties and gaining a boundless Transcendent Awareness which liberates an individual from the distress. The New-Age movement is offering outer-to-inner procedures, rather than a consciousness-first, which is inner-to-outer. There are a number of difficulties with an outer-to-inner methodology:

• It is utilizing the same intermediary which created the problem in the first place: the mind.

Furthermore, it is the faculty of a mind absorbed in, and attached to, emotions, memories and unconscious motives which cast shadows over Pure Awareness. The mind and body are the reflectors of an individual’s state of spiritual awareness: without expanding awareness significantly the mind will not be expanded. Latent impressions from the past (in the form of previous beliefs and emotions) will not be dissolved, and so a release from holding onto patterns of responses not realized. An intellectual dissection of the mind is not its release. Without the full force of Transcendence the mind and body may begin to display similar patterns again, possibly in a different way by presenting different behavior. This type of analysis lacks the liberating, transmuting Grace that an inner-to-outer, consciousness-first approach brings. A Transcendent intermediary ensures a direct experience of Transcendence; it is this which will release an individual’s emotional clinging and subsequent responses. Unwanted behavior has to be replaced by something more positive. It has to be substituted by the pure and fulfilling vibration of Transcendent unconditional love.

• An outer-to-inner therapeutic practice, rather than a consciousness-first method, is often offered by New-Age therapists as spiritually developmental. In other words, if a certain behavior is encouraged or a problem fades in their client, it is undoubtedly the result of an expansion of their client’s awareness. This is not necessarily the case.

Techniques are only spiritually enhancing if the
mind and body are infused with Transcendence, so replacing a denser vibration with a pure one. Only this will melt the unwanted emotions and attachments which instigated the undesired conduct.

• An outer-to-inner attempt to rectify unwanted habits is an attempt to ‘work back’ through the human physiology and its past. This is time-consuming, tedious and often emotionally painful. It is impossible to retrace every step.

The effortless experience of Transcendence, its vibration which reverberates throughout the body and mind and purifies them without intellectual investigation, is fast and joyful. Improvements in behavior will automatically come from this.

The serial dieter who yo-yos between fasting and bingeing will never lose their painful attachment to food, which can manifest itself in many ways, until the unconscious, denser impulses which incite them to seek solace in food, are replaced by a purer vibration. Not by analyzing these impulses will they be easily dealt with. They must be exposed to the Grace of a Transcendent vibration which will dissolve them into a higher vibration and expand awareness, a ‘decluttering’ from Source. Just as dusting the leaves of a plant does not make it healthy, it needs inner nourishment, so merely polishing our behavior cannot supply us with the inner support needed for permanent growth. This simple truth applies to all those who are attempting to heal themselves and/or others. I do not want here to dismiss the New-Age movement completely; I have no wish to imply that investigating only the results of action is inevitably unhelpful but it is by no means necessary. The binge eater may well wish to understand their eating disorder on an intellectual level.

Nevertheless, a change in behavior which creates for them a better physical reality, without a corresponding incorporation of Transcendence, may only be a temporary change. At best it creates a more comfortable life from which to attempt to expand consciousness; the alleviation of any problem which results may make that process temporarily easier. At worst, it may establish complacency and an environment which ceases to nudge the perceiver towards true change. If the impulses from subconscious motives and emotions are not dissolved they will resurface. To truly understand habits and attachments they need to be understood from a perspective which knows Transcendence fully. From such a spiritually developed vision they are of little interest as they will have been transcended.

I am proposing that therapists and seekers who are a part of the New-Age movement could achieve more spiritually if they reassess their practices and begin to incorporate faster, more effective techniques. The inner well-being and fulfillment this engenders would promote more physical healing. All healers who do not use spiritually expanding techniques would benefit from being aware of the limitations of their practice. Much New-Age healing focuses on the investigation and correction of what has gone before. Retracing steps and reliving pain is distressing: it is neither necessary nor feasible to go back to where we have been to heal it. In fact, a friend of mine once claimed that her panic attacks were made worse by doing just this. Instead, the solution to a life as free from distress as possible is to introduce Grace. This is available in the two forms I have mentioned previously.

• First: in the form of techniques which give direct access to Transcendence, making Transcendence the intermediary to healing. These can be easily added to, or replace, present practices.

• Second: by receiving the blessing of the true Avatar. Visiting them, experiencing their presence and being inwardly open to receiving Grace.

Physical healing and spiritual expansion can be quick and full through one action alone: immersion in Transcendence and integrating it into individual awareness. In using both avenues the fastest progress possible will be made: this involves the combining of the precision of a system with dedication towards the Avatar. All healers need to include a Transcendent consciousness-first approach in their practice, not only for the benefit of their clients, but for their own spiritual well-being.

lower essences are part of the long tradition of Shamanic and Earth-based healing. Shamans access and utilize the intelligence inherent in Nature for a variety of purposes, particularly personal transformation and healing. In an era in which alternative health and sustainability have captured the interest of a rapidly growing number of people, flower essences have become popular among those seeking to achieve personal balance and transformation. This ancient modality now also has a new and unprecedented purpose—Accelerated Spiritual Growth®.

Accelerated Spiritual Growth® is a new concept reflecting an opportunity previously unavailable to humanity—the opportunity to quicken the evolution of our consciousness. Einstein said, “Problems cannot be solved by the same level of thinking that created them.” Thus accelerated evolution of human consciousness is essential to the expeditious resolution of both our personal and collective long-standing challenges.

In his book Power vs Force, Dr. David R. Hawkins states, “Consciousness itself...evolves slowly, over innumerable generations.” He says that in a lifetime, the average person advances five points on his 1000-point ‘map of consciousness,’ where 700-1000 represents the range associated with enlightenment. He further explains, “Nonetheless, it is possible for isolated individuals to make sudden positive jumps, even of hundreds of points.”

Now, a group of evolutionary and energetically advanced flowers makes it possible for anyone to accelerate spiritual growth. Think about transcending the incremental growth of the past in favor of the rapid expansion of consciousness! This is a profound breakthrough in human spiritual development.

Why do these particular flowers accelerate spiritual growth? They were identified by Nature as ones whose ‘energetic signatures’ hold the healing and ascension patterns required for Accelerated Spiritual Growth®.

These flowers support:
- Resolution of the past, including transcendence of fear rooted in the imprints of our unresolved experiences
- Activation of the patterns, personal qualities, practices and skills required to achieve enlightened consciousness.
• Unfoldment of our unique sacred purpose—the outer expression of the Soul in creative and loving works that serve the higher good.

Here are some examples of the next generation of flower essences created from these flowers:

**Inner Sanctuary**, created from Rose ‘Europeana’, draws us into the Inner Sanctum of the Self where we experience our perfection as a Soul incarnate. It supports relinquishing non-essential activities and the primacy of the thinking mind so we are able to seat our consciousness in the Inner Sanctuary of the Self. In this Inner Sanctuary, we experience the eternal and changeless nature of Being. We come to know that we are innocent even when we appear guilty, we are whole even when we appear broken, and there is no death even though we appear to die.

**Generosity**, created from Rose ‘Angel Face’, assists us to transcend the Piscean dynamics of co-dependent giving and conditional love and anchor the Aquarian dynamic of *Extension of Self through Unconditional Love*. The result is the experience of authentic intimacy and *Oneness*—essential aspects of evolved consciousness. It is especially useful for exposing what we require to heal in order to overcome patterns of codependent giving and/or withholding. If we are experiencing any form of lack in our life, *Generosity* assists us in transforming the perceptions that are keeping us from the ‘miracle of receiving.’

**Unity**, created from Shasta Daisy ‘Becky’, supports individuals and groups to achieve an ever-deepening sense of community such as coworkers, family, friends, healing circles, partners, project teams etc. Community emanates from the authentic and intimate connection of individuals drawn to each other by a shared and/or unifying principle and/or purpose. *Unity* cultivates development of the authenticity and intimacy required for us to continue deepening our experience of Oneness. It also stimulates the desire for, assists preparation of and supports participation in sacred ceremony.

**Perfected Manifestation**, created from Lily-of-the-Valley, supports all phases of the manifestation process. It elevates our consciousness so we are able to conceive ideas and intentions that allow for our highest participation in the grand Divine Plan. It then supports translating these ideas and intentions into *Perfected Form*. *Perfected Manifestation* also assists us in becoming aware of, and transcending, the self-limiting perceptions that impede our ability to manifest.

This is a glimpse into the quality of intelligence accessed through the flowers supporting *Accelerated Spiritual Growth*®. These flowers accelerate spiritual growth because of their specific ‘energetic signatures’ and healing patterns, and also because of the how and where they are grown. One unique garden, situated on an energy vortex—a key point on Earth’s energy grid—in an historic area in Michigan, produces such energy-advanced flowers and flower essences. The land on which this garden is location was consecrated as a Spiritual Light Center more than twenty-five years ago. The garden is graced with sacred objects from around the world many of which are hundreds of years old. The walkways and beds are created based on sacred geometry. The garden is organically maintained. Specific physical and energetic processes are used to bring the garden and plants to their highest vitality. The Light Quotient of the flowers is so high, the flowers actually glow. It is a breath-taking place!

The fact that the garden is located in an urban setting is particularly significant. Approximately 80% of Americans and more than 50% of the world’s population reside in urban settings. Thus the principle of ‘like healing like’ or horizontal healing is taken to a new level when flower essences are produced in an urban setting. The plants undergo a process of development that allows them to thrive in this setting. When
they thrive, the expression of their healing pattern has been perfected.

On sunny days, the blossoms that have reached their peak potency are chosen to fulfill their purpose. They are used to create Mother Tincture - the stock from which the dosage bottles are made. The production process is sacred. The Nature intelligences overlighting the flower essence production process and the particular plant are invoked to extract the essence of the flower. Subsequently, through a specific invocation, Higher Beings are asked to bless the solution. The Mother Tincture is aged for a year and a day before being used to produce dosage bottles. This aging process stabilizes the pattern of consciousness held in the Mother Tincture, which in turn supports stabilized expansion of the consciousness of the flower essence user.

Orally ingesting one or more drops of a flower essence (on or under the tongue) daily produces its healing effect. Flower essences work through the subtle energy system of the human body to create shifts in consciousness over time. These shifts are inevitably translated into positive life changes.

We have become accustomed to arduous, complicated and incremental approaches to personal growth. Though our evolutionary leaps can be challenging, our personal growth can be simplified as well as accelerated. This is the gift of the flowers.

Swami Rama in his book *Living with the Himalayan Masters* says, “The Himalayan sages taught me the gospel of nature...This gospel reveals that emphatic knowledge through which one learns truth...” It is time to harness the power of Nature to open the portal of Spiritual Truth so we can become the enlightened beings we are here to be.

The ancient Maya call the new age beginning on December 21, 2012 the Age of Itza which means, among many things, ‘the age of peace or flowering.’ It is time for us to individually and collectively blossom. Let us now choose to allow perfected flowers to guide our unfoldment of the Peace and Beauty within and accelerate our spiritual growth.

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*Dr. Natalia M Schotte is an internationally acclaimed author, counselor, speaker, spiritual healer and founder of La Vie de la Rose, the FIRST and ONLY Nature-based system dedicated to Accelerated Spiritual Growth®. This system includes The Ascension Oracle, containing 30 gorgeous cards featuring photos of flowers from the Garden of Love along with a 128-page book, and The Ascension Oracle Solutions, 30 individual dram-size flower essences corresponding to the cards in The Ascension Oracle that energetically activate the patterns of consciousness articulated in The Ascension Oracle and support their integration over time. For more information, visit www.laviedelarose.com*
“The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self.”
~ Albert Einstein

**SCIENCE . . . EVOLVING WITH THE BRAIN**

Up until the early half of the last century, science and the medical field supported the idea that once a part of the brain was damaged, the abilities it controlled were lost forever. They thought you could not regenerate anything lost or damaged. As we continue to evolve as beings, fortunately, our science does, too. It has since been proven that the brain has vast abilities to regenerate, reallocate, and rewire. Abilities lost to brain damage or stroke can be revived and can even migrate to other control areas. The ability of the brain to change functionally and structurally is called neuroplasticity. The magical part is that our own experience acts as the catalyst for the brain’s ability to change. To add mystery to magic, consider this: Science has discovered that the experience need not be anything more than a perception, story, or belief. When the prefrontal cortex perceives an event—or even perceives it’s in control based on the story we’re telling it—those stories begin to sculpt our mindscape. The stories one creates subconsciously and consciously actually create a physical reaction in the brain. When we imbue those stories with details and emotional content, they become marked in our brains by dedicated neural pathways and networks. The more we tell these stories, the more embedded the networks become as they repeatedly engage. It’s like digging a groove slowly over time, and before you know it your wheels are locked into a deep groove directing your path. The deeper those grooves are, the less effort it takes to engage that pathway and the more
energy-efficient that particular reaction becomes.

In recent years, science has been able to track brain functioning in those who meditate and practice mindfulness. The results show that meditation engages precisely the areas of the brain involved in controlling and minimizing our stress levels. Additionally, those who meditate seem to grow new neural pathways, release “feel good” neurotransmitters, increase their capacity to learn, increase production of beneficial growth hormones, and actually repair certain areas of brain damage (as in the hippocampus).

Not only does the brain rewire itself, it also births new brain cells well into old age—an idea once thought preposterous. This ability is called neurogenesis. The bottom line is that the brain is not set in stone. We are not dealt an unchangeable hand. Individuals who solve puzzles and crosswords, are involved in problem-solving, and keep their mind active by planning, working with numbers, meditating and learning new things can retain their cognitive ability well into old age. In fact, evidence shows that individuals can recover cognitive ability in just the same way. But just how much control do we have over this amazing phenomenon of neuroplasticity? Maybe Lake Placid offers some insight.

**Hockey, Anyone?**

In 1980, Lake Placid, New York, hosted the winter Olympic games. The hockey games that year would go down in history as “The Miracle on Ice.” The competing Soviet team had an impeccable record and was considered the greatest hockey team in the world. That year Herb Brooks, the American coach, was determined to take his team of amateurs and college players all the way to a victory at the Olympics. In a matter of six months of rigorous training, he did what no one believed possible: He led the American team to Olympic victory over the favored Soviets. Herb Brooks employed intense mental training, as his philosophy was that the fastest skater is only as fast as his mind. He combined aggressive mental exercises, positive thinking, and visualizations with rigorous focus. This guerilla-style mental training was at the forefront of his regimen and because of it he went on to work a miracle. His mental training philosophy is commonly used in sports training today. In various experiments with control groups brain scans consistently show that mental training grows new neural pathways—connections in the brain that carry information regarding the visualized activity. Performing the action and visualizing the action in detail activate the same pathways in the brain. It’s just like creating a new file folder on your desktop and filling it with topic-specific information. Since the mid-’80s, sports psychology has been considered a viable subcategory of psychology and has adopted the practice of performance-enhancement visualizations as a main component of professional athletic training.

**The Mind’s Eye**

Let’s back up. If the body reacts during a nightmare from an image in the mind’s eye, it’s clear that the visual is the director of the body’s response. Now we find...
out that the mind’s eye has the ability to change the brain mapping by creating new pathways that transmit new information. Are you beginning to realize the vast implications of the images you create for yourself? The stories you tell yourself, whether consciously or unconsciously, actively chart pathways through your brain. Think of it this way: If, as a child, you experienced something traumatic—such as I did when my right eye got sliced by a flying object—you would then have developed a negative association with many of the event’s factors. The amygdala takes snapshots of the moment and makes emotional associations with images in the snapshot. In my case, I developed a traumatic association with small flying objects and an obsession with eyes. My limbic brain stored and encoded the picture of the flying object as dangerous and threatening. After the accident, every time I experienced close proximity to a small flying object, my hippocampus related that to the similar circumstances of my accident, set my amygdala to threat mode, and caused my entire body to panic. Each traumatic reaction engaged the original traumatic neural pathway, deepening the trauma groove over time—fortifying that reaction and causing me to relive that experience. Like a train hooked and led by a track, my obsession with eyes caused me to think of the accident often, activating that same neural groove with just the thought. When the limbic brain pushes the body into fear it diminishes blood flow to the prefrontal cortex. The prefrontal cortex, to be brief, is capable of emotions such as empathy, compassion, and joy, and is also involved with functions such as goal setting, motivation, and problem-solving. So if our blood flow to this area diminishes when we feel fear, fear then keeps us out of the prefrontal cortex and virtually incapable of experiencing joy, finding creative solutions, or even learning anything new.

This cycle is detrimental and downright vicious. The more we’re in fear due to our experiences of the past or an expectation of the future, the more we reinforce negative neural pathways and stifle our own ability to find a way back to joy. It’s a no-win situation. This is why PTSD is such a brutal disease. The sufferer literally can’t find her own way out of a repeating traumatic event. It could even be argued, but never proven, that my intense fear and obsession with my eyes attracted my adult accident in which I burned both eyes with hydrochloric acid. I’ll talk more about that later on.

Dr. David Perlmutter, neuroscientist, and Alberto Villoldo, Ph.D., note that

Neural networks are created by focused, engaged stimulation . . . the choices you make actually do influence the physical structures, the neural networks, in your brain. ‘Experience coupled with attention leads to physical changes in the structure and future functioning of the nervous system. This leaves us with a clear physiological fact . . . moment by moment we choose and sculpt how our ever-changing minds will work.’ On the other hand, when we don’t pay complete attention to what we are doing in the present moment, our brain activates a host of other synaptic networks that can distract it from its original intention. So, attention matters, whether it is gentle meditation or the intense concentration of an athlete at a critical competitive moment. (pp. 72–73)
They go on to say that

**Being involved in stimulating mental activities—such as problem solving, exploring novel environments, and, perhaps most important, meditating regularly—enhances BDNF (Brain Derived Neurotrophic Factor) production and creates a brain that is not only more resistant to deterioration but one that enables you to push the limits of day-to-day functionality. In this context, it is important to view meditation not as a passive activity but as an active, brain-stimulating exercise.** (p. 92)

So with focused attention we can rewire our neural pathways. That’s a nice theory model, but discovering and teaching *how* to put that into practice has been my mission. I am motivated by interesting theory, but I thrive on application. One of the things always frustrating to me during my lifelong meditation practice has been vague directions or implications that I should just embody certain states. Statements like *be in the moment* always left me more confused than I was before, as that statement rarely came with a how-to guide. There are a few exceptions to theoretical models that made a profound impact on my meditation practice. My studies with the Ishaya monks offered me a much-needed process through which I learned some concrete tools to help me cope with the stress of my life. Subsequently, the techniques I document in this book—some of them derived from the curriculum of the Berkeley Psychic Institute which I studied at a sister-school in Denver—represent a few of the most concrete tools I learned or created. These tools have found a daily place in my life and my clients’ lives.

**HOW IT ALL WORKS**

Here’s a little bit of preparation for how this all works. I will use the example of a technique the trauma world calls **Name It and Tame It**. It’s a technique in which traumatized individuals or those in crisis are taught to reframe their words. Instead of saying, “*I am* angry,” or “*I am* afraid” the individual rephrases to “*I feel* angry,” or “*I feel* afraid.” This rephrasing precipitates an immediate (and measurable) reduction in blood flow to the amygdala. Conversely, when one uses *I am* statements there seems to be a direct association with the emotion and the individual continues to feel that emotion, remaining stuck in that experience. Substituting *I feel* statements seems to put the individual in an observational mode, describing the emotion. When one instantaneously observes and then labels an experience, the blood flow increases in the prefrontal cortex and decreases in the amygdala, thus calming down the fear response center. This particular exercise is a favorite with my private law-enforcement clients.

Let’s take this idea one step further. As we know, when the prefrontal cortex hears stories that make it believe it’s in control, it has the power to regulate the limbic brain fear response. The more the prefrontal cortex can pay attention to the story and engage in the principles of neuroplasticity—experience plus focused attention—the more the prefrontal cortex can quiet the limbic brain. So visualizing detailed and vivid stories seems to speak the language the limbic brain under-
stands. If those stories are detailed in a positive way, then the amygdala receives a message that this new information is non-threatening. The hippocampus begins storing positive stories as a reference point. With enough repetition and attention, the next time the hippocampus tries to reference a situation against a need to engage the amygdala, it will find positive associations, and it will reroute the situation to the neocortex for logic processing instead of the fight-or-flight response.

In plain language, this is how it works: In healing from my eye trauma, I told myself new stories around my vision, my eyes, my vulnerability, and my sight—over and over again—until, eventually, I stored enough positive stories in my brain. I created new neural pathways with “eye” associations and information, and I overrode the traumatic fear response for the majority of my eye triggers.

My experience has been that the exercises presented in Part II will calm down the fight-or-flight response as the first step. They lay a foundation and offer a language with which to examine some existing stories in a neutral environment, and they begin the process of crafting new ones. Mindfulness exercises have been shown to activate an alpha brainwave pattern, creating a ripe environment for relaxation and intuitive insight. They offer the prefrontal cortex increased blood flow, neural stimulation, and neurotransmitter flow. They increase the thickness of the cortex through consistent engagement. The brain experiences new learning with each use, and it reinforces neural pathways, enabling the prefrontal cortex to override the amygdala during unnecessary engagement. Neurosculpting® has been my mind’s fitness program. In my Neurosculpting® workshops, individuals report amazing amounts of insight, release, and emotional access after just the first exercise.

What’s in it for you?

You do not have to be traumatized to see the benefits of this in your own life. Are you telling yourself stories of lack that keep your mind preoccupied so you never recognize opportunities of abundance? Again, remember the gorilla and selective blindness. Do you tell yourself stories of poor health and keep your body in disease? Perhaps you tell yourself stories of poor self-worth, so you never see when others believe in you. Are you surrounding yourself in your professional life with horrific crimes so that you never see the good in people? Maybe you tell yourself stories that you need to win over others to survive, so that you cannot soften your own boundaries. Do you believe the world is a place of distrust so you are never able to be vulnerable with anyone? Have you defined success as something that only happens to others so that you are unable to move ahead in your career? Whether your stress level is mild or severe, the physiological process is the same. Because all I have to share with you is my own experience, I’ll invite you into how my life trauma informed me about my own profound healing abilities at various points in my life. For some, these next few chapters may seem extreme, while others may wish their trauma was so slight. I am not sharing this with you to compare trauma levels or evoke pity but to show you that viable information and healing can come from any trauma—actual or perceived.
ven today the inhabitants of Kiribati fear certain locations on the islands which are deemed to be “taboo points,” because “mighty spirits” were once at work there. With the assistance of the inhabitants, I was once allowed to visit two such taboo points on the southern tip of the island of Arorae. (Arorae belongs to Kiribati. Not to be confused with the island of Aurora.)

There was a square hemmed in with stones on the ground. (Image 23) That was supposed to be a taboo point? As I tried to step into the rectangle, my companions held me back: “No! Please don’t step in there!” When I enquired further as to why not, I was told that anyone who walked over the square fell ill. The birds did not fly over it either. Indeed, not even weeds were growing inside the square. I obeyed the warning.

The second taboo point turned out to be a low, rectangular wall. An opening had been left in the middle like a well. (Image 24) I looked inside, but there was no water. The native inhabitants declared that if I held my hand over it, the hairs on the back of my hand would rise. I tried it and did indeed feel something like a pulsation.

Boulders on the Beach

North of Dunedin in New Zealand, there are about 100 spherical boulders lying on Moeraki Beach. The largest has a diameter of 3.16 meters. These giant geodes are literally flushed out of the rock, roll a few meters, come to a halt, and are then washed over by the daily tides. Many have broken apart, crumbling away as the result of the action of wind and waves. No one has any idea how many of the boulders have already been swallowed by the surf, worn down over thousands of years. Yet the rock keeps flushing out new boulders from the sediment as if a rock mother were laying eggs.

Geologists assure us that this is a perfectly natural
process. The boulders are formed through the deposit of calcite in soft sandstone. This calcite forms a core around which the rock solidifies over millennia, rather like a pearl around a grain of sand. The comparison is flawed, however, because the oyster with the pearl is constantly in motion in the water; the rock, by contrast, does not move. Why, actually, does this geological miracle not happen on many other beaches around the world? And why would rock solidify around the calcite core as a ball?

The Maoris, the original inhabitants of New Zealand, call these boulders Te Kai-hinaiki. The composite word consists of kai, meaning food, and hinai, meaning basket. An infinitely long time ago, the ship Arai-te-uru had been destroyed while searching for valuable gems. A hill not far from the beach showed the petrified hull of the vessel. The boulders which keep emerging from the rock contain the food (energy?) which fell out of the baskets when the ship was destroyed. Strange story.

Impossible, Yet Real

Even stranger is the story of a spherical rock which was found on February 13, 1961, 6 miles north-east of Olancha at the edge of the Amargosa desert in California. At the time, Mike Mikesell, Wallace Lane, and Virginia Maxey were looking for minerals and were particularly on the lookout for geodes. The three owned a souvenir shop in Olancha, and they knew very well that geodes could be sold for a lot of money. This is because there are magnificent crystals inside a geode. About 120 meters above Owens Lake, the three discovered an irregularly shaped geode and laboriously hauled their find home. The next day, Mike Mikesell wanted to saw the rock in half to get to the crystals on the inside. As always, he used a diamond saw. Suddenly the saw snapped. A new saw blade suffered the same fate. Now the hard-working finders suspected that there might be a particularly valuable mineral inside the geode, perhaps even a diamond. They finally succeeded in splitting the geode in half with a great deal of effort and the assistance of a hammer and chisel. Their surprise could not have been greater: The outer skin consisted of a layer of sea fossils. This was followed by a layer which reminded them of petrified wood. Finally, there were two rings of a porcelain-like material, which in turn contained a plain pin 2 millimeters in diameter and 17 millimeters in length. (Images 64 and 65) That is what had broken the diamond saw. Geologists, none of whom want to reveal their name, estimate the age of the geode at about 500,000 years.

What is it that does not fit about the earth’s past? It is completely impossible that the plain pin, whose composition has never been discovered, could have entered the geode from the outside. After all, the pin assumes a high level of knowledge of metallurgy of some kind—and of a workshop—500,000 years ago.

Saluting the Gods

Painters’ Convention in Brazil?

In the vastness of Brazil, prehistoric finds are often the discovery of amateurs. The Austrian Ludwig von Schwennhagen was an amateur with an obsession. He lived as a philosophy and history teacher in Teresina, the capital of the northern Brazilian state of Piaui. He discovered a giant area with rock drawings, divided the region into seven districts, and called them Sete Cidades, or seven cities. His book about Sete Cidades appeared in 1928, but it generated no great interest. Ludwig Schwennhagen died as an impoverished school teacher.

Sete Cidades lies to the north of Teresina, between the towns of Piripiri and Rio Longe (about 3,000 kilometers north of Rio de Janeiro). The landscape is flat
and of an intensive green, the roadsides lined with bushes. It alternates with sections of rainforest. Wild pigs, wild cows, and even wild horses make driving hazardous. Though Sete Cidades is almost at the equator, the climate is nevertheless bearable, because a light breeze is constantly blowing from the Atlantic coast 300 kilometers away. Sete Cidades is reached from Piripiri by a 16-kilometer-long road.

The visitor unexpectedly comes up against the rock walls. It is as if one were standing amidst burning chaos, torn apart like the Biblical Gomorrah, destroyed by fire and brimstone. A hill lies hidden beneath the shell of a tortoise—that, at least, is what it looks like, but science assures us that these are unusual forms of glacial deposits. (Image 99) Glacial deposits? Here? By the equator? When is that supposed to have happened? My escort, an official from the state of Piaui, offered another explanation: in earlier times, Sete Cidades had been an ocean basin and the strange rocks were nothing more than eroded rocks. Wind and weather had sculpted the curious forms over millennia. (Images 100 and 101)

Even if the origin of the strange landscape formations remains a mystery, the rock drawings are a fact. There are tens of thousands of them. They cling to overhanging rocks (Image 102) or salute us from walls at a height of 15 meters (Image 103). Once again, the same questions arise as in the rock cauldron of the Hopi near Oraibi, Arizona: Did the artists build scaffolding? Descend on ropes? Pile stones on top of one another? Why so many colored drawings in a single place at all? A Stone Age meeting point? And, as if by agreement, those “gods” on the rock walls with their haloes, rays, or helmet-like forms around their heads. (Image 104)

Once again, even the cleverest mind under the sun does not know who painted or engraved the paintings on the walls. Yet it quickly becomes clear that the prehistoric artists preferred the same motifs as their colleagues on the other side of the world: circles, wheels with spokes, suns, squares, hand prints, crosses, stars, and highlighted beings. Additionally there are a few paintings which do not occur anywhere else. (Images 105–109) There are red and yellow circles, which today would be assigned signal character, bright red rings arranged above one another, or a round structure with a root-like outgrowth. In the round object, there is something like a small window. A UFO? Heaven help us! I cannot think of any reasonable explanations, the exception being my adored “gods.” They greet us from the walls also in Sete Cidades, like everywhere. (Image 110) And all we can come up with for such a worldwide concurrence is a psychological angle? Our Stone Age ancestors are hardly likely to have all visited the same painting school. So where does the initial spark for these depictions of the gods come from? The gods are the ones with the rays!

You might think that Sete Cidades, with its impossible motifs on the rock walls, was probably a singular aberration of the Stone Age artists. What do we know about the Stone Age anyway? Maybe there was some kind of painters’ convention every few years near the equator in Sete Cidades, and a few whiz-kids managed to get from California to Sete Cidades and back. Or perhaps they sent their latest creations around the world on some kind of hocus-pocus telepathic wave. I know that
such a suggestion is ridiculous. That is why the question bothers me all the more as to why various rock paintings southeast of Santa Barbara in California are similar to those in Sete Cidades. The art gallery of Santa Barbara is just as incomprehensible for us thinkers of the 21st century as the one in Sete Cidades. What else can one say except that in Santa Barbara, too, the large figures with the rays indicate the gods, no matter whether they are called “Great Manitou” or “Rongomai.” Images 111–117 speak for themselves.

The people thousands of years ago left their god-like messages not just in rock drawings but also on the ground and on mountain slopes. The best-known example of this is the Nazca plains in Peru. I have written a separate book about the runway-like lines in the desert sand. I will therefore refrain from discussing the kilometer-long lines. Here I will present a comparative study of similar motifs worldwide. The unsolved riddle lies in the little word “worldwide.” It simply does not fit into the Stone Age.

Stones Can Talk

Farce

The progression from ape to intelligent human is a farce with thousands of open questions and thousands of incomplete answers. Every few years, the relevant science sells us the latest “assured knowledge” about the origin of species. The kind of pseudo-arguments which are used in textbooks to fill the gaping void in our knowledge is a sad sight to behold. I read, for example, that pre-hominids lived in packs and as a result developed intelligent and social behavior. Gruesome! Many animal species, not just apes, lived and live in packs. But apart from a hierarchy and pecking order, they have not developed any cultural intelligence. It is eternally argued that human beings are intelligent because they adapt better than other species. That objection is so much hot air. Why have other primates such as gorillas, chimpanzees, or orangutans not “adapted”? According to the rules of evolution, these cute animals would also have been “compelled” to develop intelligence. You cannot apply evolution selectively to one chosen species. The fact that we are intelligent really only says in comparison to the non-intelligent species that we should not be intelligent either. Furthermore, there are much older life forms than the primates. Scorpions, cockroaches, or spiders, for example, have been shown to have existed more than 500 million years in the past. The same applies to various species of reptiles, some of which are even said to have descended from the dinosaurs. Now we know that crocodile mothers care lovingly for their young, but crocodile culture is nevertheless lacking, despite all the millions of years in which they have “adapted.” Because they all survived so bravely, these species should have squirmed through much better than the incomparably younger Homo sapiens. Where are the art objects or burial sites of these creatures?

When I read that humans do not have fur because they learnt to cover themselves with other furs, I feel that someone is pulling my leg. The pre-hominids are said to have descended from the trees for climatic reasons. What a thought! As if an ape species had realized that in evolutionary theory, it might be needed for humans at some point in the future! It climbed down from the trees but left its compatriots—don’t they imi-
tate everything?—swinging from branch to branch in the
trees to the present day. The social attitude of our ances-
tors left something to be desired.

[A]The Trick With the Line

Nonsense, that is not how it was, there was something
else, the clever articles say. Fear of stronger animals as
well as easier nourishment had forced the pre-hominids
to get up on their hind legs. What a laugh! The ape-like
drive to imitate has become proverbial. Why did none of
the other ape species follow this intelligent behavior?
Were they less afraid of wild animals? And if such logic
forced them develop intelligence, then giraffes, who can
see and smell any enemy from miles away, should rea-
ly have developed a giraffe religion a long time ago.
Finally, it is argued that all these changes only affect one
particular line. The primates in our line had begun to eat
meat to feed themselves better and more easily. As a
result, our line achieved a significant advantage over
other apes. Mama mia! Since when is it easier to kill a
gazelle or salamander than pick fruits off a tree?
Furthermore, wild cats or fish of prey have been eating
meat for millennia, including the brain. Did they devel-
op painting or mathematics as a result?

In a remarkable article in the specialist journal
Sagenhafte Zeiten, the director of studies, Peter Fiebag,
raises the question about the “human creative big bang”:
“Some experts believe a change in the ‘wiring of the
brain’ had triggered the ‘human creative big bang.’” And
he adds, “A section of DNA was, by mistake, copied
from the X chromosome to the Y chromosome.” Really,
“by mistake,” Fiebag asks? Or did it happen with the aid
of extraterrestrial genetic engineering?

Fiebag’s thought has a great deal of merit, even if
anthropology has not quite caught up. There, in the salon
of the sciences, we are served each year with the latest
contradictions. Why not? Science is a living thing and
the latest knowledge revises previous findings. Everyone
is in agreement that we are unique. That also applies to
other animals. But we are more unique than all the oth-
ers because we have culture: painting, imagination, reli-
gion, mathematics, and the ability to plan for the future.
(Though, the latter could be relativized, because a spider
also plans for the future when it weaves its web.)
The lines of humans and chimpanzees had already
been divided from before Eden, says Dr. David Reich
from the Massachusetts Institute of Technology in
Cambridge, Massachusetts. Then the two species had
begun exchanging genes again: “After the pre-hominids
had already lived as their own species for hundreds of
thousands of years, they suddenly started to interbreed
with their knuckle-walking relatives again.”

I have some difficulty with the idea of a hominid
with an upright gait suddenly spurning the members of
his own species and preferring to have sex with an ape
lover. And why the resulting bastard should possess bet-
ter genetic factors remains just as much of a riddle as the
question of whether the chromosomes of the disparate
pair would be compatible at all.

Things become even more confusing: mysterious
bones were found in a cave in the Altai Mountains in
central Asia, and analyzed at the Max Planck Institute
for Evolutionary Anthropology in Leipzig: “The clearly
human bones from the Denisova cave are not the same
as the human genome. Sensationally the genetic materi-
al of the Denisova hominid differs from Homo sapiens
by more than twice as much as from the Neanderthals.”

In the name of all that is Milky Way! Perhaps our
venerable anthropology might dare to take a creative
leap toward the Director of Studies Fiebag. It can be
proved, after all, that the Stone Age people mastered the
high art of mathematics and geometry and demonstrated
it on site. Or do we all have to think differently? Do dif-
ferent types of humans perhaps exist alongside one
another, the more stupid ones and the knowledgeable
ones? The latter left examples of their skills, which are
ignored by society to the present day, although any fool
could verify them.

Excerpted from Evidence of the Gods, by Erich von Daniken,
Black pepper (Piper nigrum), as you know, is considered the all-purpose seasoning of the universe. In fact, it is regarded as the world’s most-traded spice.

Black pepper was discovered in Japan during the 1920s.

Recently, several three-star restaurants in Europe, especially in the state of Monaco, have begun using this spice. It has become very popular, because of its ability to enhance the flavors of dishes and make them more appetizing.

In recent years, research studies have shown that black pepper contains potent substances that possess healing prowess.

Indeed, black pepper has been used by the ancients in Traditional Chinese Medicine. The Chinese must have vital reasons for using black pepper as a medicinal herb. In fact, Piperine, an alkaloid that gives the sharp and pungent taste of black pepper, is responsible for its many health benefits.

Here are some of the most beneficial health benefits of black pepper:

- improves blood circulation
- promotes mental clarity
- improves digestion
- it is both an anti-oxidant and anti-bacterial
- it is a good source of manganese, iron, and chromium
- improves the body’s ability to absorb vitamins and nutrients from foods
- helps treat fatigue and tiredness
- stimulates appetite
- lowers blood pressure

Now, the use of black pepper is booming in many restaurants in Europe. Black pepper is widely used because it can be applied to almost all kinds of delicacies such as cakes, meats, fish, spaghettis, pickles, dressings, soups, and so on. Just name it, and black pepper will give its unique special aroma and taste to your meals.
How Black Pepper Compares to Red Pepper

Although black pepper and red pepper are both used as spices in cooking, they belong to different families of peppers. They are not related, and they offer different health benefits.

In fact, black peppercorn is only 1/200 as spicy as red pepper, yet it is a more powerful brain stimulant than red pepper. With the help of electroencephalogram (EEG), which is a test that measures brain activity, we were able to get amazing results. It appears that black pepper awakens the brain more strongly than red pepper. Aside from that, its awakening power can be felt strongly even after about 20 minutes of eating it, mainly because of its pungent taste.

Black Pepper is a Great Substitute for Salt and Other Seasonings

Eating black pepper, as is, may not give you any special flavor or taste right away; however, by sprinkling it on your dishes, like raw fish, tofu, vegetables, and noodles, you can add a special taste and flavor, even without adding salt, soy, catsup, or mayonnaise. Can you believe that? It truly livens up all sorts of dishes!

According to a Japanese study, black pepper contains properties that stimulate the secretion from the taste buds. It makes the tongue more sensitive than usual, making you experience the rich taste of foods.

Usually, when making salads, you can’t go on with it without adding salt, mayonnaise, or cream. However, by grinding black pepper, you can enjoy eating them without adding any other seasonings, yet with a delicious taste.

With black pepper, you can be very sure to enjoy the delicious taste of salad, seasoned with freshly-ground black pepper. If you are avoiding salty foods for health reasons, this can be very beneficial, if you need to limit your sodium intake.

Now, have you ever tried sprinkling ground black pepper on cow’s milk?

Did you know that you can make your ordinary pasteurized milk taste like fresh raw milk, directly from the ranch?

Cow’s milk with fresh ground black pepper added. Whether it is milk, butter, or cheese, you can turn them into first-class taste, instantly, just by sprinkling some freshly-ground black pepper on them.

You can add milled black pepper to all kinds of soup, pasta, boiled egg, toasted bread, potato chips, potato salad, ice cream, etc. Try it, make adding it an everyday habit in your cuisine, and see the difference. I’m sure you’ll enjoy it greatly!

Yes, I, myself, have been using black pepper for over 40 years at every meal. It helps in maintaining your health, and it’s a great way to create healthy meals, without sacrificing taste and flavor.

Bon appetit!

Junji Takano is a Japanese health researcher involved in investigating the cause of many dreadful diseases. In 1968, he invented PYRO-ENERGEN, the first electrostatic therapy device for electromedicine that effectively eradicates viral diseases, cancer, and diseases of unknown cause.
As a ten year old child in school, my teacher taught that Greece was the cradle of civilization, even though in 1981, it was clear that this was no longer the case: Egypt and Sumer were known to be far older civilizations, but somehow the text books used in Belgian schools had not caught up with “facts”.

Thirty years on, the situation has somewhat changed, but the criticism leveled at “text book historians” remains: there reigns a paradigm that even though we no longer believe that the world was created in 4004 BC, we still assume that civilization could not possibly have existed before. Before 4000 BC, it is widely assumed, our ancestors were pretty much savages. That is simply not the case.

The latest archaeological findings have pushed the boundaries of civilization much further back, to 10,000 BC, with sites such as Jericho and, most recently, Gobekli Tepe in Turkey. The existence of Jericho and Catal Huyuk has been known for decades, has been dated to 8,000 BC, but I challenge you to open your child’s schoolbooks or any popular book on archaeology and find any reference to these cities in there. The few archaeological publications that do, treat these sites as stand-alone pockets of civilization, even though they are all situated within hundreds of miles of each other. The obvious answer seems to be that they were part of one culture, but no such argument is explored by scientists.

When it comes to truly “lost” civilizations, like the lost civilization of Atlantis, historians even ridicule anyone considering making a scientific study of it. They argue Plato created an idealized society, rather than report a historical account, for the historians “know” there was no such civilization in existence in 10,000 BC. It simply cannot be. What they fail to report, is that Plato wrote about Atlantis in a book solely devoted to history, and that when skeptics in his own time went to Egypt to discredit him, they instead returned with verification that Egyptian columns indeed contained the story of Atlantis, as Plato had reported. It shows, at the very least, that the
ancient Egyptians believed in a lost civilization of Atlantis.

There is even evidence that signs of civilization—tools, objects and legends—are tens of thousands, even millions of years old. The American author Michael Cremo catalogued hundreds of examples in a book he titled Forbidden Archaeology, as it was his conclusion that such objects were deemed to be a no go-zone by archaeologists, as it would upset everything we assume to be true about our history. Such a paradigm shift occurred in the 19th century, when Heinrich Schliemann showed that Troy was not just a fable invented by the ancient Greeks, but a veritable city. The myths had proven to be true!

There is good evidence that many of the reports of lost civilizations have always had a foundation in truth and reality. For many centuries, chroniclers doubted the existence of civilizations in the depths of the Amazon Rainforest. But today, science is admitting its errors and acknowledges satellite imagery has revealed the traces of this lost civilization. Other claims of lost civilizations, like Mu, remain outside of the reach of both archaeologists and explorers, but that doesn’t mean they didn’t exist! As the saying goes: the absence of available evidence doesn’t mean it is evidence of its absence!

But apart from slowly rediscovering lost civilizations, new dimensions of known civilizations are discovered on an almost daily basis. Yet each time the boundaries of civilization are pushed back or expanded, the messengers of this new information are attacked. When the enigmatic Antikythera Device was discovered off the coasts of Greece in 1900, it took many decades before it was recognized as an astronomical clock—a device that was able to graphically show the position of the sun, moon, planets and certain stars. Dating to Ancient Greece, it is now heralded as the world’s first computer, but most of the research into the device has been done by “rebel archaeologists”, who were often ferociously attacked by their colleagues for even considering this might be what it eventually turned out to be.

Most recently, this antagonism to expanding the scope of ancient civilizations has been most apparent in the controversy surrounding the so-called “Bosnian Pyramids”. The pyramid complex outside the town of Visoko, near the Bosnian capital of Sarajevo, would “merely” show that a civilization known as “Old Europe”, which blossomed between ca. 5500-3000 BC, built pyramids. As Old Europe was in any other way on par with the Sumerian and Egyptian civilization, why it would therefore not be able to build pyramids, is strange. But “Science” ferociously tries to maintain the existing paradigm, even threatening archaeologists not to partake in the excavations, as otherwise they will never work at other archaeological sites ever again!

Our history is far more interesting, far older and more impressive than the standard text and history books. Known civilizations, such as the Greek, had objects that were able to visualize the orbits of the sun, the moon and the planets. Known archaeological discoveries, like Jericho and Gobekli Tepe, show civilization is many thousands of years older than thought. Adding lost civilizations like Atlantis to this new image, is merely another chapter in the story of civilization. In the New World, too, it has become clear that what the Spanish Conquistadors found, is far more complex and far more developed, than we give the early inhabitants of America credit for. It is definitely clear that our civilization is not the first!

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We are at a crossroads. The dehumanizing of food, which includes its spiritual aspects, is having unintended consequences, including burgeoning populations with food allergies and obesity, greater scarcity of arable land from which to produce food, and ever fewer food species from which to derive nutrients.

It is a bio-cultural nightmare that began with the first significant bio-cultural revolution during the Paleolithic era: the introduction of agriculture. And it requires a new start, a second bio-cultural revolution, one involving new food choices that will allow us to re-envision agriculture as healthful and sustainable and, thereby, change our culture, our genetic makeup, and our world.

Huge and subtle shifts in how we view food and the individual’s role in the food and agricultural system are taking place in the world. A growing interest in healthy, nutritious food and its production is reflected in the increasing consumer trend of organic food purchases. Gaining ground, too, is an emerging global agri-ecological movement, reflecting a move away from the entrenched and powerful food marketing system, with its reduction of “food” to processed “food products,” toward a more direct and transparent relationship with food.

As Buckminster Fuller noted, the way to change something is to make it obsolete. Today’s food giants and all they entail may seem overpowering, but change is happening everywhere. The great power of the subtle and fledgling food movement may be its myriad names and multitude of expressions. It includes moms vigilant about nutrition for their kids; public policy wonks zeroing in on obesity; food allergy specialists researching why our food is making us sick; farmers concerned about the natural fertility of their soils; “foodies” intent on novel, authentic dishes; the Slow Food movement celebrating authentic and heirloom foods; emerging countries’ efforts to retain indigenous farming and not be swamped by industrial food imports; fair-trade shade-grown coffee plantations, and... well, you name it.

What is unfolding is the archetypal story of a relative handful of tyrants seeking to control our food supply, versus disparate voices calling for greater autonomy in something vital to them: in this case, their food, their health, and the health of the Earth community. In such a setting, the many small voices are far greater than the few large ones, as has occurred throughout history.
In his book, *The Power of Intention* (Hay House, 2004), Dr. Wayne Dyer talks about the power of creativity in resolving everyday challenges. He notes that careful observation and reexamination of commonly held assumptions can lead to wondrous innovation. For example, think about the first person to notice that ships don’t have to be made of buoyant materials in order to float—revolutionizing shipping—in other words, that wooden ships didn’t have to be wooden. It’s the principle of displacement that allows steel ships, such as huge oil tankers filled with liquid, to float on water. And then there’s the idea that something doesn’t have to be buoyant in order to fly. Huge transport planes filled with heavy machinery or freight routinely fly around the globe and are anything but airy concepts, like balloons filled with helium.

Steiner noted the same principle in his Agriculture Course, that plants exhibit a quality opposite to gravity—of being pulled up, as well as being pulled down. This was before the invention of modern airliners.

Science has come up with any number of specific qualities of plants that seemingly defy Newtonian physics. One is a plant’s turgor pressure, the force within a plant that allows it to grow through concrete. It’s the observation of the thrust upward that seemingly defies gravity that is relevant here.

The usual “scientific” or “logical” view of the world holds that Nature tends to move from order to disorder—the principle of entropy. Its opposite is syntropy, whose power lies in the fact that it is equal in its abilities. Syntropy is a natural phenomenon, as Steiner pointed out in his theory of bio-dynamics, but scientists today almost always ignore it. But the fact remains: focusing on uplifting creation systems leads toward ever more complexity, or syntropy.

The word “syntropy” was coined by Albert Szent-Györgyi, the Hungarian scientist, awarded the Nobel Prize in Physiology in 1937 for discovering vitamin C. After moving to the United States at the end of World War II, Szent-Györgyi carried out pioneering work on muscle tissue and the dynamics of cancer. He identified two chemicals, one for growth and another for regression, but was stymied in finding a cancer cure. In his later years, he turned his focus to the dynamic principles often found in Nature.

With syntropy, Szent-Györgyi was attempting to refine a concept espoused by Erwin Schrödinger, a Nobel Prize–winning Austrian physicist who was one of the fathers of quantum mechanics. Schrodinger was convinced that negentropy, or negative entropy, (the concept Szent-yorgyi called syntropy) was the product of genetic code and present in everything. James D. Watson in his memoir, *DNA: the Secret of Life* (Alfred A. Knopf, 2003), credited Schrodinger’s negentropy idea as the inspiration for him to research the gene, which led to the discovery of the DNA double helix structure for which he was awarded the Nobel Prize in Medicine in 1962.

The concept of syntropy, popularized by Buckminster Fuller, remains an attempt to unify the fields of biology and physics. Rudolf Steiner paved that road, in the vernacular of the day, defining the two opposing forces within Nature as physical forces (gravity) and Steiner’s etheric forces (buoyancy). As with yin and yang, in any endeavor they are bound together. In fact, Szent-Györgyi said he gave up his attempt to cure cancer by researching the opposing chemicals he discovered because he could not isolate one from another until they had been expressed.
Entropy and Syntropy

So, how does one achieve the seemingly impossible task of overcoming the juggernaut that is the modern food/agriculture system through the use of syntropy? Easy—as Szent-Gyorgyi did: recognizing it and its opposite as essentially the same thing, and apprehending how one feeds the other.

The modern food empire is a perfect example of entropy. It is growing because it is fueled by artificial economics: cheap food subsidized by taxpayers. But it is doomed to fail because it’s based on scarcity and lack: ruining the land it uses through dependency on dwindling fossil fuels.

Its opposite, syntropy, is the growing global movement toward sustainable, democratic systems that are healthy and empowering, and away from oligarchical top-heavy, imposed systems. “Arab Spring” and “Occupy Wall Street” are the same forces in reaction to governmental and social tyranny, where freedoms and resources are hoarded by the few at the expense of the many.

Simply choose another way: take responsibility for your own choices, including producing food or supporting the production of food in alternate ways. The rapidly advancing idea of urban farming and backyard gardening is one way to do this. Another is to support local food co-ops, to create food-buying clubs with friends and family, or start or sponsor community-supported agriculture (CSA) partnerships between small farms and consumers.

The creation of such local, self-supporting, intentional communities is a powerful avenue for change. Similarly, citizens can hold politicians accountable for their votes in supporting farm legislation that shifts some of the taxpayer subsidies away from factory farms and the confined animal feeding operations (CAFOs) that are polluting the countryside. They can demand legislation that discourages monoculture “conventional” farming in order to promote better land-use policies—and promote legislation that helps farmers financially make the change to organic. They can insist on food labeling of genetically modified organism (GMO) ingredients, so that consumers can choose not to buy food “products” masquerading as real food.

Each of these is a step that can be taken to build community around shared ideals and ensure that voices being heard are those of voters, not just funders of political campaigns.


Jim PathFinder Ewing (Nvnehi Awatisgi, in Cherokee) is an accomplished journalist, teacher and lecturer, and acclaimed innovator in energy work. In addition to serving as his community medicine man, he travels extensively, lecturing on shamanism, energy medicine, and Native American spirituality. He is the author of Clearing, Finding Sanctuary in Nature, and Healing Plants and Animals from a Distance. He lives in Lena, Mississippi.
In the ancient Oriental medical system that was developed long ago, both yin and yang and the theory of the five elements were integrated as a way of better understanding the dynamics of the human body.

As in nature, the five elements—Earth, Metal, Water, Wood, and Fire—were noted to interact with each other within the body and to form an intricate relationship in maintaining good health.

Each of the elements is associated with organs in the body, as well as a whole host of other categories. Note: It is important to remember that the elements are representations of processes and functions in the body and not supposed to be taken literally. So, for example, the Lungs and Large Intestine are categorized as being within the Metal element even though there is nothing physically metallic about them. It is merely the case of using the principles of nature and applying them to other areas. Sometimes this makes logical—the Bladder is within the Water element, for example. Sometimes not—the Liver is categorized as Wood.

To maintain good health, all five elements must be in balance with each other. When they are not, signs and symptoms appear that can tell us which of the elements may be weak.

For example, an aggressive, tense person with a curt voice and a slight green tinge around their mouth could very well have an imbalance in Wood. This would probably mean that the two organs associated with Wood—the Liver and Gall Bladder—have developed their own imbalances.

Of course, the real situation is usually much more complicated than this, but these serve as very useful clues as to what is happening in the body.
The five elements

The following is a summary of how the body may react when one of the elements is out of balance. This information can be of great help in understanding some of our tendencies and where they come from.

When Wood is balanced it allows us to be calm, unaffected by stress, and have good decision-making and leadership skills. When imbalanced we can become frustrated, angry, impatient, aggressive, explosive, depressed, moody, unable to structure our lives appropriately, and prone to headaches, eye problems, and swellings.

A tendency towards having any of these characteristics or symptoms could mean that the strength of the Wood element holds an important place in keeping you healthy.

When Fire is balanced it is easy to be open-minded, genuinely friendly, enthusiastic, humble, to think clearly, and be a problem-solver.

When Fire is imbalanced, however, we can have depression, mood swings, memory problems, confusion, a pale or red complexion, and be inappropriately open and vulnerable. A predominance of these characteristics or symptoms could mean that the state of the Fire element holds the key to your good health.

When Earth is balanced we can have a strong appetite, smooth digestion, strong arm and leg muscles, and can be responsible, stable, creative, and imaginative.

When it is imbalanced we can have a poor appetite and digestion, stuck feelings, put on weight, and be tired, overly concerned, and worried. If these characteristics feel more familiar to you, the Earth element may be the most important to keep in balance for your health.

When Metal is balanced we can be principled, consistent, ordered, good at prioritizing, and have well-conditioned skin and hair. When Metal is imbalanced we are more likely to be confused, dissatisfied, disordered, unable to let go, have an inappropriate view of own worth, and have dull skin and hair. Should any of these symptoms or characteristics ring true, the Metal element may be the one that most needs to be balanced.

When Water is balanced we can be calm, consistent, wise, easygoing, and flexible. When Water is imbalanced we can become fearful and insecure, take inappropriate risks, have joint, bone and teeth problems, problems with hearing, and urinary and reproductive problems.

A tendency towards having these characteristics or symptoms suggests that the Water element may hold sway inside our system and be the one most in need of balance.

The Emotions We Feel

One of the most important aspects of the five elements when it comes to our health is our emotions – what we feel can actually make us ill.

Each element and associated organ can be strongly affected by a particular emotion. This is normally short term in healthy people, but if the emotion remains unexpressed for any length of time, it can result in a whole range of health conditions.

It is common for people to complain of a condition that began soon after a strong emotional issue. A skin condition soon after the death of a loved one. Intestinal problems after a much-loved only daughter left home for university. A stiff neck and shoulder after a particularly stressful, frustrating week at work. The connection between these events and the resultant health problems is not always acknowledged or, if it is, can often be dismissed as coincidence since it cannot easily be explained in conventional terms.

For many people, it seems easier to treat the eczema with steroid cream than it is to see it as a representation of grief. That the grief has destroyed the balance in the Metal element and its two organs, the Lungs and the Large Intestine. That the imbalance in the Lungs has spilled out into the skin because, in Oriental medicine, the Lungs have the function of controlling the skin. That one of the key parts of eczema treatment would be to strengthen Metal, so that the grief can then be worked through and the skin can improve.

Likewise, a few pills may take away a mother’s anxiety and worry for a while, but the root of her anxiety problem is a weak Earth element, and strengthening her Stomach and Spleen through diet and treatment is far preferable to the damage that might be caused to the stomach lining by medication.
A stiff neck and shoulder can also be medicated or injected for temporary relief. However, unless there is an acknowledgement that frustration at work is caus- ing qi in the neck and shoulder channels to slow down and become blocked, due to an imbalanced Liver, and then the appropriate Oriental medical treatment is given, the problem may never really go away.

For many people emotions come and go, and there are no long-standing emotional issues; for others, though, especially when one of the elements is weaker than the rest in a person, the emotion is harder to let go of.

The longer an emotion remains unresolved in the body, the greater the potential for internal disruption and ill health. The problem is that by this time any connection between the health condition and the emotion that caused it can all too easily be forgotten.

What follows is a short summary of key emotions and how they can affect the body:

**Anger: Frustration, Irritability, And Resentment**

These emotions affect the Wood element and cause the qi in the Liver to both rise up and then stagnate.

When we get angry we often “erupt,” “burst,” “blow a fuse,” “go through the roof,” or “see red.” These common words and phrases describe the dramatic rising of qi that can quite literally bring heat up to the face and head.

Angry emotions can suddenly stop the smooth flow of qi from circulating throughout the body but, all things being well, normal functioning is resumed soon afterwards. It is rather like taking the Underground in London or the Subway in New York: sometimes the train has to temporarily stop between stations. Of course, this only ever seems to happen when your very life depends on rushing across the city to make an appointment on time. The windows show only the dirty, black walls of the tunnel, and your eyes dart from window to door to window to insurance advert to window to the nearest passenger in a desperate attempt to will the train along.

A short while later, just after you have given up on telepathically moving the train, it creeps off again. The journey continues with a slight but all-important delay.

When you finally step onto the platform, en route to your destination, the frustration dies down and emotions return to normal. That is until you squeeze on to the escalators and try to elbow your way through chattering tourists who do not know their left from their right. Doing this once in a while is going to cause stress and frustration but only on a temporary basis. Doing this day in, day out, every week, means that the potential is there for problems.

What sometimes happens is that the emotion of anger or frustration does not totally disappear. It can linger, especially if it is repressed and part of long-running emotional issues, and can easily “fester” inside. This is because if qi stagnates in the body, it literally gets stuck. More qi will build up behind it, and the pressure will eventually cause physical pain or discomfort or emotional stagnation.

Common related conditions include: mood swings, depression, timidity, over-controlling, inflexibility, and also very physical symptoms, such as intestinal conditions like irritable bowel syndrome (IBS), internal growths, and uterine fibroids.

**Worry: Anxiety, Over-Thinking, And Fretfulness**

When we are particularly worried or anxious, a tightening feeling can be felt in the stomach, which is often described as being “tied in knots.”

In Oriental medicine, worry-type emotions are said to tangle up or bind Spleen qi. The Spleen is paired with the Stomach within the Earth element, so the physiological feelings in the stomach when we are worried reflect...
the sudden changes in qi in the Stomach or Spleen. These organs are responsible for digestion and extracting qi and nutrients from the food we eat. Weakness in the Stomach and Spleen can make someone more susceptible to worrying, then a vicious circle can develop whereby continued worrying weakens the Stomach and Spleen.

Common related conditions include: ulcers, nausea, digestive problems, constipation, diarrhea, frontal headaches, and a tendency towards repetitive thinking, a lack of clarity, and obsessiveness.

**Grief: Sadness, Loss, Regret, And Separation**
The sudden experience of grief and loss can cause temporary breathlessness and a struggle to “catch your breath.” This is often felt because the emotion of grief goes straight to the Lungs, where it disperses and stagnates qi. Grief does not have to be due to events like the death of a loved one but can be felt in less obvious situations, such as when something changes in your life. It can also come from looking back on how things used to be.

If the emotion is expressed and worked through, grief can be strengthening for the Lungs and your general health, but when it is repressed it can lead to health problems.

The paired organ of the Lungs within the Metal element is the Large Intestine, hence there are often intestinal symptoms connected with this emotion. Common related conditions include: lung congestion, asthma, recurrent lung infections or colds, skin conditions, and intestinal problems such as IBS and colitis. There may also be a tendency to be detached, critical, arrogant, and stubborn.

**Fear: Panic, Anxiety, And Apprehension**
Fear is part of the Water element. It is also part of an essential natural response to dangerous situations. We perceive a danger, recognize it, and respond to it, usually by reducing the threat in some way. When we feel fear, Kidney qi is sent rapidly downwards. For this reason, it can sometimes feel as if our insides have sunk and there is an urgent need to visit the toilet.

Weakness in Kidney qi can often feed or be the cause of some fears and anxieties. Any strong imbalance can lead to a state of general fear and anxiety, where the actual threat is undefined.

Common related conditions include: on a mental level, symptoms such as panic attacks, paranoia, suspi-

This physiological response is because shock quite literally scatters qi. Stamp your feet near a flock of feeding pigeons and they fly off in all directions to temporary safety. When they think you are no longer a threat, they will fly back and continue their pecking at the scattered breadcrumbs on the ground. The same thing happens to qi after a shock. It shoots off in all directions, and normal functioning is resumed only when it returns to its natural ordered state some time later.

Sometimes this ordered state is not the same as it was before, and an imbalance can develop. This could result in a general feeling that things have never been the same since. Shock can take many forms, from a difficult birth or an accident to a marriage breakup, and the Heart is the main organ affected. Qi and blood are drained from the Heart to compensate for the sudden loss of qi and blood around the body. This can lead to a weakening of yin in the Heart and a weakness in the circulation of blood and qi around the body.

Common related conditions include: chronic pain, sleep disturbances, chronic fatigue, and fibromyalgia.
cion, phobias, and a sense of anxiety about life; on a physical level, symptoms like backache and urinary problems.

**Joy: Mania, Overexcitement, And Vulnerability**

Joy is placed firmly in the Fire element and is very much about love, laughter, and enjoyment. When we feel these, the organ most affected is the Heart.

The qi of the Heart slackens with these emotions, and we can then experience the normal range of happy feelings, often to the benefit of Heart qi and the release of stagnation in the body. This can affect not only our own happiness but those around us. According to a heart study in the USA, feelings of joy increase the likelihood of partners, siblings, and neighbors being happy by up to a third. The study also found that the relationship between people’s happiness can extend much farther—up to three degrees of separation in fact (to the friend of one’s friends’ friend) and that people who are surrounded by many happy people are themselves likely to become happy.

When, however, an imbalance in the Heart develops, people can find it very difficult to deal with feelings of joy and happiness. Sometimes their reactions are inappropriate—too much at the wrong time or in the wrong place, or even a total absence of happiness. An insatiable desire for joy, pursued relentlessly through work or play, can put much stress on the Heart and sometimes be the cause of this imbalance.

The Heart and the mind are part of the same continuum in Oriental medicine, hence an excess in the Heart can rise up and disturb the mind. For this reason, many of the symptoms connected to imbalances in the Heart and the effects of joy come under familiar psychological names.

Common related conditions include: palpitations, insomnia, manic behavior, heart problems, and a tendency to be defensive, overly sensitive, and paranoid and uncommunicative.

**The Lifestyle We Lead**

The lifestyle we lead has a direct bearing on how long we live. A recent American study, for example, reported that more than half the deaths in women from chronic conditions like cancer and heart disease could have been avoided if they had exercised, refrained from smoking, and eaten a diet consisting of large quantities of vegetables, fruits and nuts, legumes, fish and seafood, and cereals, and a low intake of meat and meat products and bad fats.

The balance of how we lead our lives can all too often become either too yang or too yin and, therefore, a potential cause of ill health. Signs that our lives are either too yang or too yin include:

**Too Yang:** Working long hours, stressed, eating late in the evening, sleeping in the early hours, rushing from place to place, and doing too much.

**Too Yin:** Seated at a desk for most of the day, watching television, playing computer games, surfing the Internet, driving instead of walking, and snacking.

A useful indicator about lifestyle is the meridian clock. This was developed in ancient times within the theories of yin and yang and the five elements. It assigned a time of day to each of the 12 organs, based on when qi was thought to flow most strongly. The following are the meridian times for each of our organs:
Lungs: 3.00–5.00
The Lungs control our breathing, our skin, and its ability to sweat, and the state of our defensive qi, which protects us from catching illnesses. During this time, it needs to recharge itself to protect the body for the day that is coming. For monks, the early-morning hours are a time of reflection and prayer, and they traditionally meditate at this time as the Lungs are thought to be the organs most connected with heaven.

As the Lungs control breathing and qi, some lung conditions and coughs can worsen at this time. Also, an imbalance in the Lungs could feature if regularly waking early, although this is more likely to be connected to feelings of grief or detachment, the emotions that can affect the Lungs the most.

Large Intestine: 5.00–7.00
The Large Intestine is not in charge of transforming digestive wastes from fluid to solid and transporting them out of the body. As qi is concentrated here at this time, logic dictates that it is the best time to open your bowels. Like the Lungs, the Large Intestine can also be affected by grief, detachment, and also a general feeling of being stuck in life. This can often manifest in a very physical form as constipation or as a more general malaise at this time of day.

Stomach: 7.00–9.00
The Stomach is at its most efficient at this time, so it is the optimal time to eat and digest food. This is one of the reasons why breakfast is such an important meal. If there is an imbalance here there may be a lack of appetite or difficulty in waking or getting out of bed.

Spleen: 9.00–11.00
Breakfast is processed by the Spleen at this time, and it sends freshly extracted qi into circulation around the body. This allows much better concentration and clarity of thought, so this period is by far the best time to study.

Heart: 11.00–13.00
The Heart is like an engine room that powers the mechanics of the rest of the body. For this reason, lunchtime is not a good time for strenuous exercise that may push that engine too far. This is especially so for those with any history of heart problems, as circulation and heart-related conditions often appear more pronounced at this time.

Small Intestine: 13.00–15.00
The food that enters the Small Intestine via the Stomach is broken down, separated, and absorbed during this time. This idea of separation in the Small Intestine allows us to think clearly, make judgments, and gives us powers of discernment. The ability to see with clarity before an important decision is heightened in this time period.

Bladder: 15.00–17.00
The Bladder has a stabilizing effect on the nervous supply to all tissues and organs of the body during this time. This means that it is usually the least productive time of day and so it is a good time to rest.

Kidneys: 17.00–19.00
The Kidneys store the energy reserves that we draw on during the day. During the early evening hours, the Kidneys replenish what has been used, and it is a good time to continue to relax and allow them to do so.

NOTE: the two Water organs above are squeezed between the four Fire organs, the Heart and Small Intestine before, and the Pericardium and Triple Burner after them. For this reason, they act as water does in nature and dampen the fire around them by soothing and calming the body.
Pericardium: 19.00–21.00
The body becomes more active again at this time, and the Pericardium is associated with greater mental functioning and increased brain activity. This is, therefore, a good time to try to come up with ideas and solutions.

Triple Burner: 21.00–23.00
The Triple Burner distributes heat among three areas of the body: the chest, the abdomen, and the pelvic area. Fevers and body temperature have a tendency to stabilize at this time, as the heat is redistributed. If you are slightly under the weather or recovering from illness, this is a very beneficial time to go to bed.

Gall Bladder: 23.00–1.00
The Gall Bladder secretes bile at this time to help digest fats and oils, and along with the Liver ensures that qi flows smoothly around the body. If there is an imbalance here, sometimes it is difficult to switch off and fall asleep. This time has the additional quality of helping us sort through problems and reach decisions. This is why sometimes we wake up in the morning with the solution to something that the night before seemed quite intractable.

Liver: 1.00 –3.00
During this time, the Liver is very busy filtering and replenishing blood, and the body needs to rest while the Liver detoxifies the excesses of the previous day. Sleep-related problems during this time period suggest a Liver imbalance. As the Liver is easily affected by strong emotions like anger, frustration, and resentment – and stress, in general – this imbalance is quite often due to emotional factors.

Specific lifestyle habits
The following are areas of lifestyle that can often affect health:

Sleep
Yin and yang are a reflection of the natural order of things, so it should come as no surprise that sleep should come during yin time (night) and our waking hours during yang time (day). Consistently breaking this rule by staying up late or working the night shift can create an imbalance in yin and yang.

Sleeping is rejuvenating for the body, but too much can damage Lung qi. Like all things, sleep should be in moderation and regular extended periods of sleep should be avoided.

A 2010 study has shown that the ideal sleeping time for most people is 7–8 hours. Sleeping for less than 6 hours can lead to a 12 percent increase in the chance of dying prematurely, while conversely, sleeping for more than 9 hours can lead to a 30 percent increase in the chance of dying prematurely.

Work, exercise, and rest
The correct balance between work and rest is essential for the maintenance of good health. Long periods of standing are traditionally thought to harm the Kidneys and, therefore, the bones, and are often linked to lower back pain. On the other hand, long periods of sitting can weaken the Spleen and Heart. They can slacken the muscles and stagnate qi, leading to aches and pains.

Australian researchers who monitored the waist sizes, blood pressure, and cholesterol levels of several thousand people found that prolonged sitting periods actually lead to larger waist sizes and higher cholesterol levels, even in people who exercised regularly.

Their recommendation was that even short breaks in sitting time, which could be as little as standing up for
one minute, can help to lower this health risk.8

As well as the above effects of being seated for too long, extended periods of watching television or sitting in front of a computer screen can weaken yin and damage the strength of the blood. This is because prolonged use of the eyes can damage Heart and Liver qi.

Overthinking can cause damage to the Heart and Spleen. Too much concentration and thinking can lead to heart palpitations, absent-mindedness, insomnia, dream-disturbed sleep, anorexia, bloating, and loose stools.

Regular exercise is essential to keep qi smoothly circulating, but too much exercise can weaken the Liver and cause weak tendons or weaken the Kidneys and cause damage to the bones. People who over exercised as children often have joint or bone conditions causing discomfort and pain well before old age.

The seasons

Following the rhythms of the seasons can help to keep the balance of good health:

SPRING: This corresponds to the Wood element. It involves the idea of qi moving upwards and outwards, growth, and the start of something new. It is a time to be active and outside, doing gentle exercise such as yoga, tai chi, walking, hiking, and swimming. It is about reinvention and seeing people and situations in a new light. It is important not to under-dress, especially during early spring, as the winter cold can still be present.

SUMMER: This corresponds to Fire and is a time of blossoming, flourishing, and cultivating yang. It is a time for lots of activity, fun, and to live your passion whatever it may be. The days are drawn out and more active, so late nights and early starts are much more tolerable than the rest of the year.

LATE SUMMER: This corresponds to Earth and the idea of transformation. It is a time of gathering and slowing down. There is often an Indian Summer at this time of year, when the days are hotter, damper, and more humid. It is harvest time, and it is time to enjoy the fruits of your labor. Within this is the idea of nourishing yourself and others. Listening and attending to the needs of others and them to you.

AUTUMN/FALL: This corresponds to Metal and is the time of harvesting, sorting, and preparing for the winter. A time when deciduous trees and plants shed their leaves, this season symbolizes not holding on to things, of letting go of old attachments and emotional baggage, of rummaging through the possessions you have collected throughout the year and clearing out the junk. It is important not to wrap up too warmly too quickly as temperatures begin to drop in autumn/fall. Ideally, the body should gradually adapt to the change in temperature.

WINTER: This corresponds to Water and the idea of storage and containment. Like the rest of nature during the winter months, the focus is on slowing down, rest, and conserving energy. It is a time for reflection and thoughtfulness, and for being more aware of your senses, dreams, and goals in life. Shorter days also mean going to bed earlier than during the rest of the year.

Clive Witham is a licensed acupuncturist and runs an acupuncture clinic in a Spanish enclave in North Africa where he promotes Oriental ideas of healing and self-treatment. He has trained in the UK, China, Thailand and Japan, and is also a Member of the British Acupuncture Council.
What do Sir Richard Branson, Archbishop Desmond Tutu; Paul Mitchell founder John Paul DeJoria; bestselling author/speakers Jack Canfield, Gregg Braden, Barbara Marx Hubbard; three-time Nobel nominated Dr. Scilla Elworthy; philanthropist James Caan; former financial fund manager Alison Poitier; drug-addict-turned-addiction-counselor/life coach Brian Moran; 12-year-old natural food advocate BirkeBaehrand and myself have in common?

Each one of us faced a “Choice Point” in our lives—a seemingly negative life event or crises that proved to be an opportunity for change. Faced with this challenge, we each opted for something better...a choice that led us down the path toward serving the greater good on a large scale—and dramatically increased our satisfaction with our own lives.

In physics, the term “Choice Point” indicates a place of branching or forking, a point of possibility. The point of transformation. Our lives are constantly creating Choice Points. Crises can either be devastating or transformational depending on what you’re able to learn from them. On another level, it can also be seen that our planet is at a Choice Point. Decisions and choices made by this generation and the next will have a huge impact on whether or not this planet will flourish or be devastated.

You have the chance to make a difference in the world. By Understanding Your World, Aligning Your Purpose and then Being the Change, you have the power to be one star in the galaxy, one piece of the brilliant puzzle that can improve our world with your ideas, your energy, your actions. But how do you get there? That’s what our movie Choice Point is all about—a movie you can watch for free by going to http://www.ChoicePointMovement.com now!
It features each of the people I mentioned at the beginning of this article, relating their Choice Point, and the wisdom they learned from the path they took. They offer this wisdom as a gift to you.

Let me give you one example of that wisdom: The people who have made a positive global impact and those who have made billions have a secret we can all learn. What is it? Patterns, global patterns!

In doing my own research while recovering from a life-threatening debilitating illness, I came across the idea of fractals both in nature and in time. These fractals had branching points where different possibilities exist, and I couldn’t help but to see a common pattern between physics and the science of fractals, and what happens in people’s lives. The branching of a fractal is the same thing as a Choice Point in someone’s life. If you could both identify a Choice Point and then also recognize where those possibilities go, you’re suddenly able to make much better choices which can have huge affects on your life. A major Choice Point is often recognized as a crisis, but you also get minor Choice Points, where you might just feel a bit uncomfortable and have a desire to do something different.

When interviewing world leaders for Choice Point and my previous film The Living Matrix, it became evident that these individuals each recognized and saw the patterns, and used their Choice Point to springboard them into a new level of success in life, one that involved much more than self-interest. It involved understanding their world and changing their perspective so that they could commit themselves to world betterment.

That’s something any one of us can do...whether we have money, power or presence—or none of those things!

Consider Birke Baehr... When he was six, Burke wanted to be a famous basketball player, but that all changed one day at the supermarket. He started reading the labels on the food and when he didn’t recognize the words, he began asking “Mom, what’s isomalminate fructose syrup?” His mom didn’t know what it was either, so he went home and looked up the words on the Internet. He was horrified! And the more he learned the worse it was. He ended up convincing his family to buy local organic food. And he decided he wanted to be an organic farmer, and to educate his generation about food and making healthy choices. He was featured on a TED-x video that got more than a million views on YouTube and now he’s being invited all over the world to spread his message.

Let’s take a look at Brett Moran’s story. Brett was a crack addict and armed robber who turned into a life coach. He had his Choice Point in jail while he was doing a drug deal. He was hiding heroine in the prison library behind some books when one fell out—The Art and Practice of Mindfulness by Thich Nhat Hanh. He picked it up and took it back to his cell and read the book over the next few weeks. Something in it hit him. That was the start of his journey that led him to explore meditation and Buddhism over the next few years. His impetus to change was really his daughter whom he didn’t see when he was a drug addict. Fast forward to today. Now he’s an addiction specialist and life coach and has a fantastic relationship with his daughter who simply adores him. I’ve never seen such a strong father-daughter relationship; it’s really something quite special.
Now let’s look at the other extreme...those billionaires in our Choice Point Movie.

Richard Branson told me that eight years ago he came to a Choice Point of his own, when he decided to dedicate most of his time to working on global issues (non-profit ventures and programs vs. profit). For example, now all of the profits from his transportation businesses, including Virgin Air, go towards global warming issues AND he’s also been changing all of the fuel on his airlines to algae biofuel instead of petro jet fuel. After the interview, I really wanted to film him being involved in these projects directly. He sent me four of the projects he was working on and I got his schedule for the following six months. I’ve NEVER seen anything like it. He was flying everywhere and it was true! Most of his time was committed to these philanthropic projects rather than business. Whereas, I had assumed he mostly spent his time running his empire.

I then flew to Pakistan with James Caan, the successful British entrepreneur-turned-prominent-philanthropist. I witnessed first-hand the flood devastation that left 20 MILLION people homeless. You can see very vivid images in our Choice Point movie of the situation there.

James wasn’t just giving money, he had been flying out once a month for the past year using his entrepreneurial skills working with the people there—building villages, free schools, roads for the teachers and students to reach the schools, etc. In that moment, surrounded by these people, it struck me that the majority of the world’s population has really simple needs and people are incredibly appreciative when you help them. They take pride in carrying on building their villages and local economy, and need only a small hand up to get that started.

James takes along volunteers, and if more people knew that, they could volunteer and it would be great for them—AND the people they are helping. This was one of the seeds for Choice Point’s social network, so that we could help connect people who have skills to offer, with projects that need those skills.

As I began to explore how the world really works, I discovered two things...people who had a desire to drive change either had personal limiting beliefs and habits, or they lacked the ability to connect to the people and resources that could help them implement change. And with the Choice Point Movement, we set out to address both limitations.

Once people have seen the movie, they can then continue to learn from the leaders in the film by going to our website and joining up. There are a tremendous number of short videos with great wisdom from those people that individuals can access...the kind of advice that will help you break through limitations and barriers.

The second aspect of our social network is that it is committed to connecting people together. Do want to save the animals?...Or lobby for global warming change?...Whatever impassions you. Here’s the place to find people, share your ideas or build a team. It won’t be happenstance any longer, not just synchronicity and serendipity. We’ve built an engine where the right people will be able to find each other.

Now it’s only a matter of time before we can together shift our world!

Harry Massey is the founder of The Choice Point Movement
Start, Resume, Deepen Your Healing Journey

Risk
Reveal
Radiate

Are your fears getting the better of you?
Are life’s transitions becoming overwhelming?
Are you drawn to self exploration and discovery?
Are you yearning to express your life in new ways?
If so, the healing journey is for you.

Patricia Howard is a graduate of The Barbara Brennan School of Healing, and the Practitioner 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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It’s Time to Say Goodbye to Toxins in Your Body

Have you ever wondered what happens to your body when you ingest foods or drinks that contain chemicals: pesticides, herbicides, preservatives, artificial flavors...? Or when you breathe polluted indoor or outdoor air? Or when you apply chemical-laden products on your skin?

Modern research shows that as a consequence of many years of repeated exposure and accumulation many of us today carry “heavy body burdens” of toxic chemicals. For example, chemicals known as the “lipophilic toxicants,” which include PCBs, DDEs, DDT and many other chemicals and pesticides, are among the most problematic contaminants known today.

Such toxicants (man-made toxins) tend to accumulate in our fat tissues (lipophilic means “having an affinity for lipids or fats”) and remain there throughout our lives. They have been associated with hormone disruption, immune system suppression, reproductive disorders, cancer, and other diseases. And they don’t respond well to common detoxification methods such as fasting, juicing and colon cleansing.

In addition, we are often exposed to mental, emotional, and physical stress that can create metabolic and biochemical toxins in the physiology.

While detoxifying the body is a desirable goal, it is equally important to use methods that are free of side effects—methods that do not create further imbalance and weakness in the body. Such safe and effective cleansing methods exist and are part of the Ayurvedic system of health care.

Maharishi Vedic Health Center in Lancaster, MA, specializes in gentle yet powerful detoxification treatments that, according to published research*, are capable of dislodging lipophilic and other toxins from the tissues and reducing their concentration in the body. The center offers rare, authentic Ayurvedic treatments, revived by a team of the world’s leading Ayurvedic experts under the guidance of Maharishi Mahesh Yogi.


A Note From Dr. Stuart Rothenberg, MD

“The purpose of the Maharishi Rejuvenation program (Panchakarma) is to cleanse the body of accumulated waste materials and metabolites. According to the classical Vedic texts, build-up of such impurities over time leads to chronic disorders by suppressing the body’s innate self-healing mechanisms.

Eliminating these toxins enhances the body’s internal mechanisms for self-repair, allowing the system to regain balance and health from within. Published research* by Drs. Robert Herron and John Fagan has demonstrated the effectiveness of Maharishi Rejuvenation treatments in eliminating a variety of environmental toxicants that have been implicated in the causation of cancer and other serious diseases.”

— Stuart Rothenberg, M.D.