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Compound In Broccoli Offers Protection Against Radiation Sickness

Cruciferous vegetables like broccoli, cabbage, and cauliflower have a wealth of health benefits. But like all plant foods, we are just beginning to understand the many benefits they offer. Researchers have recently discovered that a compound within these vegetables could protect against radiation sickness and the death that usually follows.

The study published in PNAS, looked at the protective qualities of 3,3’-diindolylmethane, or DIM and found it to protect mice and rats from otherwise lethal doses of radiation.

According to a press release from Georgetown Medical Center (GUMC), the researchers suggest DIM could protect normal tissues during radiation therapy (a destructive form of cancer treatment) or protect them in any case of radiation exposure.

“DIM has been studied as a cancer prevention agent for years, but this is the first indication that DIM can also act as a radiation protector,” said Eliot Rosen, the study’s corresponding author.

Rats in the study were given lethal doses of gamma ray radiation. Then, they were treated with DIM injections for two weeks, beginning only minutes after the radiation. All of the rats who were not treated with DIM died, but more than half treated with DIM survived 30 days after the exposure.

Radiation results in a dramatic loss of red blood cells, white blood cells, and blood platelets in cancer patients. The mice treated with DIM didn’t see the loss of these like those exposed without DIM treatment. The benefits of DIM were the same whether the rodents received DIM 24 hours before radiation or 24 hours after.

The scientists are particularly pleased with the fact that DIM protects the healthy cells of the body while still leaving cancerous cells vulnerable to radiation annihilation. They hope this means it could be used in cancer patients to protect them from the many side effects of dangerous radiation therapy.

Next, they hope to duplicate the results in humans, something that should come fairly quickly as DIM is already approved for humans and available as a nutritional supplement.

DIM could be applicable in other radiation scenarios though, important for people who don’t have cancer and those who wouldn’t opt for conventional treatments if they did. In the case of a nuclear meltdown or bomb, for instance, DIM could still serve as a protective agent.

Heavy radiation from these sources (like radiation treatment) also causes the bone marrow to stop producing immune-protecting white blood cells and clotting agents. It also damages the gastrointestinal tract. Both of these can lead to death. DIM could provide the needed solution. Best of all, it’s found in easily accessible cruciferous vegetables.

—Natural Society

CALIFORNIA VALLEY SOLAR RANCH

Construction of the California Valley Solar Ranch, one of two commercial photovoltaic plants on the Carrizo Plain, is complete.

And the plant is now fully operational, delivering 250 megawatts of power to PG&E. The plant was first proposed in 2008; construction began in September 2011 and was completed last month.

A larger solar plant, the 550-megawatt Topaz Solar Farms, is also under construction on the Carrizo Plain. Completion of that facility is expected next year.

During its two years of construction, the Solar Ranch project employed 700 people. The energy generated annually by nine separate arrays over 4,700 acres at the plant is equivalent to that used by 100,000 homes annually.

“Into its nine photovoltaic arrays, CVSR includes a water recycling plant that minimizes annual water use and a plan for protecting and conserving more than 12,000 acres of land in and around the facility,” said Randy Hickok, senior vice president of plant owners NRG Solar.

—San Luis Obispo Tribune
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Domestic “Internet of Things” Begins to Merge With The Industrial Smart Grid

Only one year after David Petraeus referred to the publicly emerging technological structure of Web-connected appliances and in-home devices as the “Internet of things” (IOT), applications are now merging with the smart grid. It is a dream come true for the intelligence community looking for opportunities to spy on the average American in their homes, while globalists simultaneously advance an eco-fascist Agenda 21-based energy control system throughout the world.

This is being accomplished by the fact that the new IOT expansion is extending from domestic in-home devices such as refrigerators, toasters, and televisions, and is moving toward the industrial sector such as oil and gas, wind power, airlines, health care, and railroads. This new IOT application would allow not only for the connection of machines to the Internet, but to each other.

General Electric, the company blazing the trail of the industrial IOT, recently “doubled the vertically-specialized hardware/software packages it offers to connect machines and interpret their data. The company hopes to make its mark by significantly reducing the amount of ‘unplanned downtime’ that industrial equipment undergoes, thereby bringing about economic benefits.”

Yet GE is not the only major corporation that is jumping on board with the Industrial IOT. As Singularity Hub states, “the company has partnered with some of the usual enterprise technology suspects. Intel is providing processors and management tools for the motley crew network. AT&T provides the Internet service, and Cisco software helps tackle the big data. GE brings knowledge of the industries and their equipment.”

Brian Bradford, the marketing director of Smart Grid Solutions in GE’s Digital Energy division, in an interview with Singularity Hub, stated “At the end of the day, we see our strength in how to operate these systems, how the hardware and sensors work on these systems, and how you can take information and turn it into something that can add more predictive value for the [industrial] customer.”

For those who are unaware of what the terms “Smart Grid” and “Smart City” mean, the Smart Grid is essentially a computerized system that allows the monitoring and control over energy use from power at the plant source to every appliance in the home. Smart Grid technology is a major part of UN Agenda 21, the United Nations’ plan to herd a drastically reduced population into “human habitat areas,” meaning ultra-modern super cities with stack ‘em and pack ‘em dwelling structures and zero contact with nature and the outside world.

Regardless, two of the new Smart Grid products being offered by GE are the PowerUp program and the GridIQInsight. PowerUp is largely dedicated to the upgrades of software and hardware of wind farm operators.

GridIQInsight, however, is the more wide-ranging program of the two as it exhibits most of the aspects of Agenda 21 by monitoring “electrical usage, weather history, and equipment performance.” In addition, as Singularity Hub reports, “the system can forecast problems that a utility grid might face, ideally resulting in fewer outages and thinner margins of surplus power.” —TheDailySheeple.com
Sea Cucumber Extract Kills 95% of Breast Cancer Cells and Shrinks Tumors

A new study has shown that sea cucumber extract kills up to 95% of breast cancer cells, 90% of melanoma cells, 95% of liver cancer cells and 88% of lung cancer cells in vitro. The extract also stimulates the immune system against cancer and impedes key processes required for metastasis. While the science behind this is very new to Western medicine, the sea cucumber has been used in Chinese medicine for centuries.

In previous studies, extracts of sea cucumber have demonstrated potent cytotoxicity against pancreatic, lung, prostate, colon, breast, skin and liver cancer cells as well as leukemia and glioblastoma. Researchers have identified a key compound responsible for sea cucumber’s anti-cancer properties: a triterpenoid known as frondoside A.

A new study has now confirmed the anti-cancer effects of frondoside A at a whole new level. In the lab, it has killed up to 95% of ER+ breast cancer cells, 90% of melanoma cells, 95% of liver cancer cells and 85-88% of three different lines of lung cancer. But the benefits of this compound don’t just stop at directly inducing programmed cell death (apoptosis). It also inhibits angiogenesis (the ability of tumors to grow new blood vessels to get their food) and stops cancer metastasizing by impeding cell migration and invasion. Even more intriguing is the ability of frondoside A to activate our immune system’s natural killer cells to attack cancer cells. This has been shown for breast cancer in particular but may also apply to all cancers, because it involves the immune system and not cancer cells directly. This may partially explain why frondoside A was so effective at shrinking lung tumors in mice that it rivaled chemo drugs in performance.

Frondoside A is potently cytotoxic to three different types of lung cancer in vitro, including NCI-H460Luc2, LNM35 (non-small cell lung cancer) and A459 (epithelial adenocarcinoma). And when given to mice with xenografted human non-small cell lung cancer, it shrank the tumors by 40% in 10 days. This compares very well with the shrinkage of 47% obtained with a standard chemo drug. But the similarities between the two compounds stop there. The chemo drug used in this study is known to damage DNA and carry potent negative side effects, such as kidney damage and immunosuppression, and it may actually induce leukemia in the patient. Frondoside A, however, actually stimulates the immune system, potently kills leukemia cells and produced no visible side effects in the mice, according to the researchers—all at a fraction of the price of chemo. But the most impressive part of this study was that this was achieved at a very small dose of frondoside A—equivalent to less than a single milligram for an adult human weighing 75 kilograms. It is also noteworthy that frondoside A given together with the chemo drug shrank the tumor by a remarkable 68%.

Sea cucumber extract is a highly promising natural medicine for cancer. There are currently two clinical trials using it (with other natural extracts) against myeloma and multiple myeloma, but more trials against breast and lung cancer are clearly called for, as a start. In the meantime, dried and powdered sea cucumber is available in North America in over-the-counter health supplements aimed at inflammatory conditions (such as arthritis), because sea cucumber also happens to be a rich source of chondroitin.

—DrLeonardColdwell.com

Radio-Beam Device Can Disable Car and Boat Engines From 50-meters

E2V has developed a non-lethal weapon that can disable the engines of motor vehicles and small boats at a distance of up to 50m in under three seconds.

Dubbed RF Safe-Stop, the unit, which weighs approximately 350kg, has so far been integrated into Nissan Nevara and Toyota Land Cruisers and is designed to temporarily disable a vehicle’s electronic systems and bring it to a halt. Such systems are said to be particularly suited to stopping vehicles suspected as being used as car bombs.

Andy Wood, product manager at e2V, told The Engineer that RF Safe-Stop can be fitted also into ground, fixed base installations, rib-type boats and that there are ‘blueprint’ ideas to integrate it into a helicopter.

Such non-lethal systems generate intense RF (radio frequency) pulses and Wood euphemistically said these pulses ‘confuse’ a vehicle’s electronics, rendering them temporarily inoperable.

But if this allegedly “non lethal” technology is able to stop one vehicle, what happens to all the vehicles around the stopped car, traveling at normal street or highway speed?!? Do those vehicles simply crash into the immediately stopped car, because there was no way to see the stop coming?

Unless that vehicle is completely out of traffic, this looks like a way of creating infinitely more hazard on the roads, and subjecting drivers and passengers to more danger.

And how soon does this technology get mandated into new cars in the US? Because THAT mandate will almost guarantee that millions of Americans will only buy older cars henceforward, and adopt a Cuban mechanic! —WhatReallyHappened.com
30-MINUTE EXPOSURE TO 4G CELL PHONE RADIATION AFFECTS BRAIN ACTIVITY

The peer-reviewed journal Clinical Neurophysiology has just published research showing that 30 minutes of exposure to LTE cell-phone radiation affects brain activity on both sides of the brain.

Researchers exposed the right ear of 18 participants to LTE radio frequency radiation for 30 minutes. The absorbed amount of radiation in the brain was well within international (ICNIRP) cell phone legal limits and the source of the radiation was kept 1 cm from the ear. To eliminate study biases the researchers employed a double blind, crossover, randomized design, exposing participants to real and sham exposures.

The resting state brain activity of each participant was measured by magnetic resonance imaging (fMRI) twice, once after exposure to LTE radio frequency radiation, and then again after a sham exposure.

The results demonstrate that radio frequency radiation from LTE 4G technology affects brain neural activity in both the closer brain region and in the remote region, including the left hemisphere of the brain.

This study is important for two reasons. Firstly because it is the first one to be carried out on the short-term effects of Long Term Evolution (LTE), fourth generation (4G) cell phone technology. Secondly, because of the rapid rate of adoption of this technology.

According to the Global mobile Suppliers Association “LTE is the fastest developing mobile system technology ever”. The United States is the largest LTE market in the world. By March 2013 the global total of LTE subscriptions was already 91 million subscribers. Over half of these, 47 million, were American 4G subscribers.

This study establishes that short-term exposure to LTE radio frequency radiation affects brain activity. The long-term effects of these exposures have yet to be studied but there is already considerable evidence linking these exposures to a myriad of adverse biological effects including:

- Sperm damage
- DNA breaks
- Increased glucose in the brain
- Weakened bones
- Genetic stress
- Immune system dysfunction
- Effects on unborn children

More worrying is the link between these exposures and a long list of diseases such as:

- Alzheimer’s disease
- Autism
- Brain Tumors
- Breast cancer
- Brain cancer

More research is needed on the effects of LTE and other forms of cell phone radiation but the evidence is already compelling. Many scientific and medical experts are sounding the alarm. —GlobalResearch.com

A BLACK BOX IN YOUR CAR?

The devices would track every mile you drive—possibly including your location—and the government would use the data to draw up a tax bill. As America’s road planners struggle to find the cash to mend a crumbling highway system, many are beginning to see a solution in a little black box that fits neatly by the dashboard of your car.

The devices, which track every mile a motorist drives and transmit that information to bureaucrats, are at the center of a controversial attempt in Washington and state planning offices to overhaul the outdated system for funding America’s major roads.

The usually dull arena of highway planning has suddenly spawned intense debate and colorful alliances. Libertarians have joined environmental groups in lobbying to allow government to use the little boxes to keep track of the miles you drive, and possibly where you drive them—then use the information to draw up a tax bill.

The tea party is aghast. The American Civil Liberties Union is deeply concerned, too, raising a variety of privacy issues.

And while Congress can’t agree on whether to proceed, several states are not waiting. They are exploring how, over the next decade, they can move to a system in which drivers pay per mile of road they roll over. Thousands of motorists have already taken the black boxes, some of which have GPS monitoring, for a test drive.

—Los Angeles Times
Mozilla’s Lightbeam Tool Will Expose Who Is Looking Over Your Shoulder on the Web

Just who is looking over your shoulder when you browse the Internet? In November, web users were given a new tool to shine a light on the commercial organisations which track your every movement online.

Lightbeam, a download produced by Mozilla, the US free software community behind the popular Firefox browser, claims to be a “watershed” moment in the battle for web transparency.

Everyone who browses the Internet leaves a digital trail used by advertisers to discover what your interests are.

Users who activate Lightbeam will be able to see a real-time visualisation of every site they visit and every third-party that is active on those sites, including commercial organisations which might potentially be sharing your data.

Mozilla wants users who install the Lightbeam add-on to Firefox, to crowd-source their data, to produce the first “big picture” view of web tracking, revealing which third-parties are most active.

Lightbeam promises a “Wizard of Oz” moment for the web, “where users collectively provide a way to pull back the curtains to see its inner workings,” Mozilla claimed.

Mark Surman, Mozilla’s executive director, said: “It’s a stake in the ground in terms of letting people know the ways they are being tracked. At Mozilla, we believe everyone should be in control of their user data and privacy and we want people to make informed decisions about their Web experience.”

Mozilla already offers users the ability to disable “cookies”—small files that download from websites onto a computer, allowing advertisers to target users based on their online activity—an option taken up by 18 per cent of UK Firefox users.

Lightbeam will reveal the source of the third-party adverts, scripts and images stored on a web page which are linked to servers in other domains. An expanding graph visualises the interactions between the sites a user intentionally visits and the third parties which may not be welcome.

Mozilla has come under “tremendous pressure” from trade bodies over its mission to bring transparency to the web, said Alex Fowler, the company’s Privacy Officer.

The software company said it was responding to increased privacy concerns following the revelation that the US National Security Agency (NSA) had tapped directly into the servers of Internet firms including Facebook, to track online communication in a surveillance programme.

Firefox released a security upgrade after it emerged that the NSA was exploiting vulnerabilities in the browser to gain access to computers using Tor, a sophisticated anonymity tool.

But Mozilla insisted that Lightbeam itself will not compromise the privacy of users who agree to upload and share data. Lightbeam will not log IP addresses, the information will be aggregated anonymously and the software can be uninstalled, Mr Surman promised.

Lightbeam initially will only be available for desktop browsers. Apple has reportedly rejected from its store apps by developers which incorporate “cookie tracking” technology. “The whole mobile environment is closed,” Mr Surman said. “You have to go through Google and Apple for apps.”

Mozilla, which is developing its own tablet, Mr Surman disclosed, is hosting its UK Mozfest this weekend, a brainstorming “hack”, attended by 1,400 people.

Mr Surman said: “Our focus in on building a web based on openness and transparency. Our dream is a world where people know more about how the web works and take control of their lives online. We need a posse of people to get involved and make that happen.”

He accepted that some cookies can help consumers navigate sites by providing content relevant to the user but said it was important that tracking happens with a person’s knowledge.

Lightbeam was released ahead of “Stop Watching Us,” a “rally against mass surveillance” in response to the Snowden revelations, which was held in Washington D.C. on November 2nd. —The Independent, UK
Town In England Transforms Landscape Into Giant Edible Garden

Since Monsanto, DuPont, Syngenta, the FDA, and CDC never asked us if we wanted to eat genetically modified foods, I think it is high time we take the advice of this incredible town who didn’t even wait to be told ‘no.’ One forward-thinking town in the North of England, called Todmorden, decided to forget the law and do things their own way to become more food sovereign. Without permission from Big Government, Big Ag, and Big Pharma, they transformed their towns landscape into a giant food-producing, edible garden.

With the help of Pam Warhurst, people have transformed the landscape in almost every conceivable space in the town. She calls it ‘propaganda gardening’ and there are fruits, vegetables and herbs popping up all over the place. You can find these ‘propaganda’ gardens in front of a health center, at a railway station, across from a police station, and even a ‘spouted’ cemetery. Warhurst says, ‘the soil is extremely good.’ They even have tourists who come to check out what they are doing—to observe the revolution happening in North England.

Food is a universal language, and only three people sitting around the kitchen table came up with this plan—no reports, no planning, no excess anything. She decided to get the ‘community plates’ spinning so that the idea could build resilience, and grow, without a ‘single strategy document or asking any commission to give it approval.’ She also says they weren’t daunted by the arguments that ‘small actions’ are useless. She knows differently.

If you aren’t inspired by this incredible transformation of a town which started with a seed swap, and a kitchen table gossip session, then you may want to check your pulse.

Restoring local ecosystems with edible gardens and planting regenerative landscapes, even on small scale, can ripple out like a pebble thrown on a lake’s surface to ensure that rich, unpolluted soil, and unaltered seeds nourish unbastardized crops that can flourish for generations to come in every corner of the planet.

Although our governments have not declared a formal war against the people, they seem to have been so completely enamored by GMO companies that they are allowing them to plant crops that cause numerous health issues. While we should keep speaking out against Monsanto and educate people who aren’t familiar with the near-catastrophic state of our food supply, the ‘victory’ just might be in taking up a shovel and planting some heirloom seeds.

—Natural Society

Iceland's Half-Million Square Foot Greenhouse

Dutch company EsBro is planning a 150,000-square-meter (490,000-square-feet) greenhouse for growing organic tomatoes for export on the outskirts of Grindavik in Southwest Iceland, creating 125 jobs. The plans for the greenhouse, which will be the size of 20 football fields, is in the final stages.

“We are convinced that the greenhouse will happen,” said Michael Veisser, the company’s representative. The project is estimated to cost ISK 5-6.5 billion (USD 42-54 million, EUR 31-40 million).

EsBro has already reached an agreement with suppliers in the U.K., who, among other vendors, provide the 6,300-store chain Tesco with products.
December’s new moon arrives on the 2nd, in 11° Sagittarius, and is a celestial reminder to review or upgrade your educational objectives, and expand your occupational horizons. 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!

Steady progress can be made in business, commerce, and legal affairs following Mercury’s arrival in Sagittarius on the 4th (till Dec 24th). Get plenty of mental and physical exercise during this intellectually stimulating transit.

Mars enters Libra on December 7th for a protracted transit of nearly seven months, due to a rare retrograde phase, which begins on March 1st. Avoid unnecessary competitiveness and impatience during this time as egos are more easily bruised. Productivity may depend on the cooperation or approval of others. Indeed, we can learn much about ourselves through our interactions with others during this period. Strive to maintain a balance between personal needs and the needs of others.

Giant Jupiter forms a precise trine with the ringed planet, Saturn on the 12th, when a modest expansion of business activities is supported. Consider important financial decisions now. Research business or educational opportunities. A wave of spiritual inspiration begins to flow around the planet, deepening our awareness of the sea of consciousness within which we all swim, regardless of race or creed, fostering greater understanding, empathy, faith and compassion.

December’s full moon culminates on the 17th, in 26° Gemini. One’s everyday physical circumstances may in some way come into focus in the days around this lunation. Some may be contemplating a change of surroundings, while it could even be forced upon others. Release associations that may no longer have relevance. Observe how you communicate around this juncture for ways in which you may improve interpersonal relations.

After five months in retrograde, Uranus, planet of innovation, stations direct later on the 17th, in 09° Aries. Ambition is powerfully kindled at this time, goal setting is favored, while the spirit of revolution abounds. There is also heightened potential for geophysical activity and unstable weather for several days around this potent planetary station.

The winter solstice arrives 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.

Venus makes a rare retrograde station later on the 21st, in 29° Capricorn, for a six-week period in which a friend, lover or partner from the past may reappear. However, avoid making new partnership commitments, launching business ventures, or indulging in major purchases or investments until the planet of love and money resumes direct motion on January 31st. Instead, evaluate existing relationships, financial considerations, and priorities, and income sources. If appropriate, consider alternatives.

On Christmas Eve, the 24th, Mercury leaves the expansive realm of Sagittarius and enters Capricorn (till January 11th), when thoughts can turn toward business, career, and practical considerations, even amid the joyful festive activities. Ambition is fueled, while patience and discipline are easier to come by during the next three weeks.

A highly volatile opposition between Mars and Uranus becomes precise on Christmas Day, the 25th, when irritability or excessive agitation could lead to accidents, or heated arguments. Exercise caution while driving, and avoid acting on impulse; take the time to consider the consequences of your actions.

When Mercury sextiles Neptune on the 26th 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 come your way now.

When the sun and Mercury align in conjunction in 08° Capricorn on the 28th, you’ll be more inclined to express your thoughts and views. Indeed, this is often a planetary transit that coincides with important announcements. Be on the lookout for business or educational opportunities.

Mercury then squares Uranus on the 29th, when mechanical or systems failures are possible. Therefore, be sure to back-up computer files, or get your vehicle checked out beforehand. Postpone important decisions or signings for a few days, as mental processes may tend to be somewhat erratic. This is a great time to brainstorm, though.

The Sun also squares Uranus on the 29th, 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.

Do work requiring sustained effort when Mars squares off with Pluto on the 30th. Avoid confrontations at all costs during this volatile transit, as well as attempts to control others, or of placing yourself in precarious situations. Think before you act!

The year concludes with another note of tension when Mercury squares Mars on the 31st. An extra measure of patience may be called for now, while communications or travel could prove frustrating. Avoid jumping to conclusions, impulsive actions, or blurring out something that you may later regret. Instead, keep the intellect gainfully employed, to avoid irritability and the potential for angry outbursts. Tact may be conspicuous by its absence just now.

2014 begins with the first of two new moons this calendar month, in the early hours of January 1st, in 11° Capricorn. With this lunation conjunct Mercury and planetary power broker, Pluto, in serious-minded, success-oriented Capricorn, much creative impetus exists for planning practical, ambitious new business ventures now; and in the weeks ahead. However, as the lunation is involved in a grand square configuration—in opposition to expansive Jupiter, with that axis crossed at right angles by Mars opposing Uranus—you’ll need to be patient with colleagues, and be prepared to settle for measured progress for the time being, in order to eventually attain your lofty objectives. Definitely avoid rash moves at this time.

When the sun conjuncts distant Pluto precisely later on the 1st, in 12° 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.

The sun’s annual opposition to Jupiter perfects on the 5th, when the wise will strive to accomplish quite a lot. Strike a healthy balance between the job in hand and you may actually accomplish quite a lot.

January’s full moon culminates on the 15th, in 26° Cancer, suggesting that domestic responsibilities may be pressing, while the need to take care of business will also be strong. Strike a healthy balance between home and business or career needs.

Sensuality is heightened as Venus squares Mars on the 16th, when desires are powerful, and love, or more likely, lust, may bloom. Extreme emotional reactions can be triggered now simply by a thoughtless remark. Avoid financial extravagance.

The sun enters forward-looking Aquarius on January 19th, a time to assess whether you’re “up to speed” with the techniques or technologies that can keep you at or get you to the head of the pack in your chosen field. Consider your goals and ambitions over the next four weeks. Align with organizations, groups or friends who share your objectives.

Deal with tasks requiring great concentration when Mercury squares Saturn early on the 25th. Banish fleeting worries or petty frustrations; just keep your mind focused on the job in hand and you may actually accomplish quite a lot.

January’s second new moon on the 30th, in 11° of progressive Aquarius, will inspire bold new objectives in some, while others may find that they require a greater sense of freedom. As all new moons are imbued with the energy and attributes of Aries, new beginnings of one form or another will likely be in the wind. However, resist the urge towards excessive expansion or expenditure at this time as Uranus, the Aquarian ruler, is aligned in a tension laden t-square to an opposition between Jupiter on one side, and a Venus-Pluto conjunction on the other. Consider your options, keep a tight grip on your purse strings, and be prepared for a possible course correction.

The Chinese New Year of the Horse becomes official at sunrise on January 31st, following yesterday’s Aquarius new moon. Horse years, perhaps not surprisingly, are often lively and high-spirited, in which things can happen quickly, and events unfold at a hectic pace. It may therefore be necessary to rein in and pace oneself, to avoid exhaustion or falling at the last hurdle due to excessive tension or nervous overstrain. Self-confidence soars and a “can do” attitude will prevail this year; yet we must also curb an inner restlessness if we’re to be successful. As the year unfolds, we may bear witness to an economic upswing, as trade and commerce gather momentum to a steady canter, fueled, hopefully, by a more common sense approach to financial matters, and better planning. Equine years, while not particularly stable, can inspire noble actions, good humor, and greater consideration for the needs and plight of others.

Giant Jupiter opposes tiny Pluto precisely on the 31st, when high levels of tension will exist, inciting clashes of will, power-plays, and vigorous saber-rattling, as beliefs and viewpoints are more forcibly expressed. A heightened incidence of seismic and geophysical activity is possible now. Used positively, this aspect’s influence can help us to eliminate outworn belief patterns and philosophies that have little relevance today, to be replaced by a worldview that better supports our growth and development.

Also on the 31st, Venus, planet of love and money, stations direct in 14° Capricorn, after a six-week retrograde period in which finances, and at least some of the ties that bind may have come under much closer scrutiny. Progress can now be made in creative endeavors, affairs of the heart, partnerships, and money-matters.

Following is a general overview of how the planetary trends for December/January, 2014 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
Aries (March 20—April 19)

In December you are keen to broaden your horizons in bold and innovative ways. Some adventurous Ram-clan members will be planning a trip to distant climes, while others may be renovating or decorating their homes, or even moving. Your professional affairs take a turn for the better, which can mean additional income, acclaim for your work, or both. However, don’t count your chickens before they’re hatched, by overextending yourself financially. While new doors could open, brightening your career prospects, you may face challenges with a partner or significant others over some of your plans, particularly where money is concerned. Resist acting in haste, and pay attention to the needs or advice of other key players in your life drama.

Taurus (April 19—May 20)

Your creative enterprise could inspire new professional objectives in December, but you’d be wise to keep your enthusiasm in check. Be sure that you can deliver on any promises you make, before committing your time or resources to a new venture. With your sign’s ruling planet, Venus, turning retrograde on the winter solstice (Dec 21) till Jan 31, you would benefit more by clarifying the finer points of your grand vision of the future in the meantime, particularly in regard to the role that a partner or colleague may play, and by staying on top of any legal paperwork or formalities. Seek advice or feedback for your ideas during January, when laying the groundwork and networking would serve you better than charging ahead unprepared.

Gemini (May 20—June 21)

A new alliance or partnership is possible in December that could be helpful to your goals and future plans. Make sure that you’re clear about the details of a financial agreement, particularly if you have to sign a contract. While there is a good possibility that you could add to your income during this forecast period, you will need to guard against overoptimism, or of committing resources to a project before they’re even place. Spend wisely, or not at all. It’s possible that an old flame may reappear in your life, or that you rekindle a former passion for a particular subject, discipline or belief. Move forward cautiously with a creative project or joint venture. Allow others the flexibility they will likely need.

Cancer (June 21—July 22)

The possibility of a new work assignment could spark excitement about your career prospects in December. While the big picture may be somewhat unclear to you at present, you are, nonetheless, keen to begin making plans for the future. It might be prudent, however, to tread carefully with partners or colleagues, as you could encounter some opposition, and even hostility, to your plans. Using tact and diplomacy, you can help others to see the value and wisdom of your proposed course of action, but you may need to be patient, and to take on board some of their ideas or advice in the process.

Leo (July 22—August 23)

Your creative drive shifts into high gear in December, when you’re inspired to broaden your horizons by pursuing a goal or ambition you’ve long dreamed of achieving. Support for your quest can come from family, friends or a partner, who may be keen to give you some wise words of encouragement. Be sure to adhere to a strict budget, however, and keep expenditures under control, as it will be all too easy to get swept up in a wave of exuberance amid the joys and activities of the festive season. If a new employment opportunity in January sounds too good to be true, that may very well prove to be the case, so think twice before severing ties with your current employer. Bide your time, as greater clarity, and more information, will subsequently come your way.

Virgo (August 23—September 23)

A long-range plan begins to take shape in December, when news you’ve been awaiting arrives. Though some of the details may remain unclear, you are now able to move ahead with a personal project. The winds of change are blowing through your domestic affairs, and a sudden move to a new location could occur for some, while others may be making room in their home for an office or work space. In January you may become deeply involved with a creative project, one that could have a dramatic impact on your financial fortunes, and out of which new work opportunities can arise.

Libra (September 23—October 23)

You feel excited by the possibilities a new career path can provide, one that allows you to bring forth elements from your past, to incorporate into a stimulating new venture. Be sure to note, for future reference, all the good new ideas that come to mind during this intellectually fertile period, as you may be able to take some of them to the bank. With action planet, Mars, in your sign for the next eight months, you will have the enthusiasm, energy and courage to pursue personal goals that hold deep meaning for you. In the process, you may encounter...
elements from your past that could have held you back in life, that inhibited your growth or somehow undermined your confidence, which may have subsequently impacted your approach to personal relationships. What you learn during this period can help you turn your life around.

**Scorpio** (October 23—November 22)

You may have good reason to feel more hopeful about your financial fortunes in December, when new avenues of income could become available to you, via a partner, friend or family member. This, in turn, could inspire new goals or objectives, as you seek to broaden your sphere of professional activities, and move closer to a personal ambition you may have harbored for some time. Communications and activities close to home increase dramatically in January, and you will need to prioritize tasks and responsibilities, in order to honor all of your commitments. Be sure to allow yourself adequate time to rest and regroup, to recharge your batteries, and to take stock of the progress you’ve made.

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

You feel energized, empowered and ambitious in December, when you are keen to accept any offers of additional work, or overtime, that come your way. You are motivated to increase your income now, perhaps to help finance a personal project, or a creative venture that aligns with a specific goal. You may have bold plans for the future in mind, for which more resources will likely be required. Be sure to keep your enthusiasm in check, however, so as not to overextend your household budget. Spend only what you can afford in January, and sock away as much as possible. While there’s money to be made, at present, it would be wise to anticipate those rainy days.

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

Rein in your enthusiasm to expand your interests in December, and consolidate what gains you may have made in recent months. While you’re keen to broaden your sphere of activities, it would be all too easy to over-commit your resources, in your desire to advance a personal agenda. Instead, revisit your grand vision of the future and, if necessary, recalibrate key points of your plan, to make allowances for financial fluctuations, and the availability or suitability of others on whom you may be counting for support. In January you will be highly motivated to make your mark in your particular field of professional endeavor, yet it may be necessary to juggle your career aspirations with domestic commitments and activities closer to home.

**Aquarius** (January 19—February 18)

Your keen intellect combines well with emotional resilience now, to help propel you towards an ambitious goal. Ever the progressive thinker, you may have some innovative ideas in mind for boosting your work or career prospects, which you are highly motivated to implement. Be tactful and diplomatic in your interactions with superiors, lest your enthusiasm be misinterpreted as a threat to, or disrespect for, their position or authority. Take the time during January to fully assess your progress and direction, to make certain that you’re still on the right track. Too much haste now might not be to your advantage, whereas consolidating any gains certainly would be.

**Pisces** (February 18—March 20)

A new career opportunity could have you dreaming about the possibility of furthering a personal ambition in December, or a creative project with which you’re involved could inspire similar thoughts. Your passions become more intense now, with the arrival of Mars in your solar eighth house for a lengthy eight-month stay, and you feel powerfully motivated to set new goals for yourself—objectives that might transform your professional landscape, given time. Education might also be a part of the big picture, either to add another string to your bow to enhance your career prospects, or perhaps to share your own wisdom and knowledge with others in some way. You might also benefit now by aligning yourself with friends, groups or professional associations with whom you resonate.

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Tim prepares personalized no-nonsense interpretations of Natal Horoscopes ($40), Future Forecast Transit Reports ($75 for 1 full year), and Relationship Compatibility Reports ($45). Shipping is free. Send: Name (as you’d like it to appear on the chart), Date of Birth, Time (as close as possible), Place of Birth (city/country, etc.) for each person, and your return address, phone# and check to: Tim Gunns, c/o110 Hilltop Drive, Waynesville NC 28786. 828-452-7885. Consultations by phone may also be scheduled. Payment can be made via Paypal to tgearthstar@aol.com http://www.earthstarmag.com
Thankfully, these days more and more people are committed to living a spiritually empowered, authentically grounded, intuitively guided, positive, and peaceful life. We’re generally becoming much more willing to accept the idea that we are spiritual beings who create our own reality and aren’t simply victims of circumstance, as evidenced by a huge surge of interest in such things as quantum physics and mind-body medicine. We’re more willing to explore and discuss our rich inner lives and our ever-expanding intuitive experiences. And yet, in spite of these encouraging signs, we’re still suffering with, and causing some of, the worst personal and worldwide violence and earthly destruction that humankind has ever known.

Incidents of suicide and drug addiction have spiraled out of control, for example. The environment is under siege. Our relationships with each other (and among nations) are blasting apart, sometimes tragically with guns and weapons. So even though the idea of spiritual awakening and personal empowerment sounds appealing and even possible, the actual shift in consciousness most of us need to make in order to go from victim of circumstance to Divine co-creator has yet to occur for most of us. We all must take a big step forward—if not an actual leap—to jump-start the transformation that everyone speaks of and desires . . . and the world so desperately needs. Our inner peace contributes to the world’s peace.

A life where we believe that we aren’t making a meaningful contribution feels like a life wasted. People in this state tend to find negative ways to distract themselves and deaden the emptiness they experience. Whether this leads to destructive behaviors or emotions, frequent accidents or illnesses, career stalls or chronic unemployment, or outbursts of rage or social withdrawal, soon the problem becomes everyone else’s problem as well. All paths are interwoven, we are connected to one another, and one person’s misery eventually affects everyone else. Therefore, not only is tuning in to our inner guidance an essential personal need, it’s also a profoundly important familial and social need.

Listening to the voice of your intuition instead of the voice of your fears and other peoples’ wishes and instructions will bring about, over time, a deep-seated, unwavering sense of profound integrity, creative inspiration, and grounded soul purpose. Tuning in to and following your intuition relaxes your mind, puts your body...
at ease, and opens your heart because you eliminate inner conflict as you become more at one with your Spirit, your true Self. Following your Spirit brings about an inner sense of peace, eliminates distraction, and helps you be more open. With such a big load off your shoulders, you can begin to fine-tune your awareness and expand your creativity, gaining a more graceful, fulfilling, and productive rhythm in your life. With your Spirit firmly at the helm, you flow with the deepest, most authentic truth of your being and experience each day as God designed and intended you to experience it: perfect, beautiful, connected, and filled with joy. Because you’re aligned with your true Self, you feel less and less compelled to seek approval or self-worth in how others view you. You stop feeling out of sync with yourself, and that’s a huge relief.

In following your intuition and trusting your Spirit, not only do you feel uplifted, but you also uplift everyone you come in contact with. Because we are sentient beings and are affected by one another’s energy, others will sense your genuine ease and consequently relax more in your company. Many of the typical challenges you might expect, such as experiencing others as overly cautious or suspicious, will seem to suddenly ease, replaced with more heart-to-heart, creative, trusting, and positive connections. Guided by your intuition, your Spirit opens your eyes to new perspectives, reveals new opportunities, and showers you with synchronistic moments that bring a sense of certain magic into your life. Even those people who have been habitually difficult to deal with, such as set-in-their-ways family members or hardened bosses, won’t trouble you as much, as your intuition also often brings with it more objectivity, deeper insight, and better understanding of others. You become more compassionate, recognizing others negative behavior as a symptom of having lost touch with their inner voice, their Spirit, so it’s easier not to take their unpleasant or obnoxious behavior personally. In fact, often those who are not in the habit of being easy-going will change their behavior when in your company because your personal vibration is generally so positive they can’t help but start to entrain with it. With your Spirit guiding, you will feel lighter and clearer, and your world will brighten up. You will start to really love yourself and your life, and that’s the best reward of all.

Honoring our inner voice and allowing our Spirit to lead is the inevitable choice we must all eventually make if we hope to live together in peace. Choosing otherwise keeps us battling our own fears and battling others. This choice hurts us, each other, and our planet. Those who refuse for whatever reason to surrender to their intuition, their heart, and their Spirit will continue to suffer, to struggle, and to miss out on the joys of life. Like a battery running out of power, unless we stop fighting and start trusting our Spirit for guidance, our limited ego energy will dwindle and die. I feel confident that sooner rather than later we will all come to realize the limitations of the ego, and accept the power that lies within our Spirit because that is the purpose of our souls journey on Earth.

Reaching for this book on a shelf or having it fall into your hands in some other way is a strong indication that, on a deep level, you’re ready to start living in greater alignment with your authentic Self. Maybe this is your first step toward that end. Maybe you’ve already taken steps along the path toward living your life this way. No matter what got you to this page, deciding to allow your intuition to lead the way will soon have you leaving fear behind and enjoying the bounty and joy that come with living in flow.


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**Winter Reading**

**The Exodus Reality**
Unearthing the Real History of Moses, Identifying the Pharaohs, and Examining the Exodus From Egypt  
By Scott Alan Roberts and John Richard Ward

In this groundbreaking work, the authors reexamine humanity’s most enduring account of bondage, emancipation, and freedom. The Great Exodus is the story of how one man, empowered by divine epiphany, brought the mighty ancient kingdom of Egypt to its knees. For thousands of years, this story has bolstered the faithful of three major religions, though little historical data confirms it. So the question must be asked: Did it ever really happen? Roberts, a historian and theologian, and Ward, an archaeologist, Egyptologist, and anthropologist, dig deeply into historical records to answer the most vexing questions, such as, is there any historical evidence for the biblical account of the Great Exodus? Was Moses a real person? And why did Moses write about the Serpent and the Nephilim? While Roberts presents an account that finds its moorings in the efficacy of scriptural historicity, Ward presents a new and completely unique theory for the Exodus and its cast of characters.


**Manifesting Divine Consciousness in Daily Life**
By Sri Mrinalini Mata

Sri Mrinalini Mata is president of Self-Realization Fellowship. In this inspiring and practical book she vividly brings to life her personal experiences of Paramahansa Yogananda’s sublimely wise spiritual training and unconditional love. In exploring what it really means to seek God, Mrinalini Mata talks about the infinite potential of the mind, the cultivation of will power and evenmindedness, and how the practice of Kriya Yoga can uplift and transform our lives.

Self Realization Fellowship. Paperback, $6.50.

**Integrative Healing**
Merging with Modern Medicine  
By Lorinda Weatherall

Integrative Healing is a term used when referring to the merging of Complementary or Alternative Medicine (CAM) and Modern Medicine. The consumer benefits from taking the best of both health worlds and using those talents to have optimal health. Integrative Healing: Merging with Modern Medicine explains in common language to practitioners what Modern Medicine is looking for—from us—when we engage as a member of the healthcare team. Many CAM practitioners feel and know that their chosen healing path or scope of practice can assist their clients. It is out of this act of compassion that they want to share their skills within the modern medical community. It is a way to re-insert human-ness back into our computerized and technical medical care systems.


**The Old Magic of Christmas**
Yuletide Traditions for the Darkest Days of the Year  
By Linda Raedisch

Not so very long ago, Yuletide was as much a chilling season of ghosts and witches as it was a festival of goodwill. In The Old Magic of Christmas, you’ll rub elbows with veiled spirits, learn the true perils of elves, and discover a bestiary of enchanted creatures. Rife with the more frightful characters from folklore and the season’s most petulant ghosts, this book takes you on a spooky sleigh ride from the silvered firs of a winter forest to the mirrored halls of the Snow Queen. Along the way, you’ll discover how to bring the festivities into your home with cookie recipes and craft instructions, as well as tips for delving more deeply into your relationship with the unseen.


**Ripening Time**
Inside Stories for Aging with Grace  
By Sherry Ruth Anderson

In Ripening Time, Sherry Ruth Anderson presents a new perspective on aging. In her latest book, the bestselling author of The Feminine Face of God and The Cultural Creatives invites the reader to engage the aging process through the art of inner inquiry. She guides us beyond our culture’s mind traps through stories where elders face into the lies, the losses and endings, the tender and bittersweet and ferocious truths of growing old. Giving us an indispensable compass, she shows how growing into old age can be a fruition, the genuine grace and gift of human ripening.


**The Council of Light**
Divine Transmissions for Manifesting the Deepest Desires of the Soul  
By Danielle Rama Hoffman

Through her advanced spiritual work with Thoth, Danielle Rama Hoffman was introduced to the Council of Light—an intergalactic group of thousands of light beings from across the Multiverse. Their purpose is to support individuals as they shift into unity consciousness and return to their natural state of joy. The Council transmitted the teachings in this book for those seeking to accelerate their journey toward health, wealth, happiness, and their soul’s deepest desires. The Council’s teachings reveal that by shifting your consciousness and raising your inner vibration, you can change your daily life experience and manifest the life you want. This book provides practical tools to move from a life of worry, debt, exhaustion, and isolation to one of joy, abundance, purpose, ease, and connectedness, with a team of Divine supporters to assist you along the way.

What Happens When We Die
A Psychic’s Exploration of Death, Heaven, and The Soul’s Journey After Death
By Echo Bodine

With her signature wit and fearlessness, beloved psychic and healer Echo Bodine offers answers to life’s biggest questions: Is there a heaven? Are there people who have been there and come back? Do we have souls? Can we communicate with deceased loved ones? Based on Echo’s personal experience of observing the souls of people nearing death and communicating with souls who have died, this comforting book shines light on the dying process and the afterlife. Her clear and fascinating stories demystify this universal experience and demonstrate that death is nothing to fear. Echo offers practical tools for being with dying loved ones (including what not to do), for grieving, and for cultivating clear communication with the deceased. Learning what happens when we die can be inspiring, reassuring, and profoundly life changing.

New World Library. Paperback, $14.95.

The Power of Auras
Tap Into Your Energy Field for Clarity, Peace of Mind, and Well-Being
By Susan G. Shumsky

Thousands of people have found The Power of Auras invaluable—especially those in the holistic health field who use its methods in their daily practice. This new edition will bring the message of self-sufficiency to even more people who desperately need greater strength during this time of change. With this book, you will learn how to: See or sense auras, Heal and release dense vibrations, Release attachments and addictions, and much more!


In Defence of Life
Essays on a Radical Reworking of Green Wisdom
By Julian Day Rose

Julian Rose presents a penetrating series of essays calling for urgent action to overcome the perilous state of our planet, at the local as well as global level. He both guides and challenges his readers to share with him a journey through the matrix-maze, and to come out at the other end a more aware and more self-assured human being. Drawing upon his life experiences as a farmer, campaigner, artist and social entrepreneur, Julian brings to our consciousness a way to break through the destructive patterns of our consumer-obsessed society and discover a simpler and more fulfilling way forward. Using essays exploring a wide range of pressing planetary concerns, he calls upon his readers to utilise the largely untapped power of their deeper instincts in coming to the aid of a severely depleted global environment and in striving for the amelioration of mankind’s perilous human condition.


Crystal Oversoul Attunements
By Michael Eastwood

Designed for meditation and contemplation, this set of beautiful cards and accompanying book explore in great depth the spiritual and metaphysical qualities of crystals and how to communicate with the part of the collective consciousness that the crystals represent. Each of the 44 cards is a photographic mandala featuring a different crystal that conveys messages directly into the consciousness of the viewer. The corresponding volume contains information about crystal healing and meditation practice. Together the cards and the book build a map, representing the shared spiritual and healing potential that these meditations can bring.


How to Be Alone
By Tanya Davis, Illustrations by Andrea Dorfman

From a solitary walk in the woods to sitting unaccompanied on a city park bench to eating a meal and even dancing alone, certain activities can feel strange when you’re on your own. We rarely treasure those moments, even though there are abundant possibilities and delights waiting to be discovered when we have the time to just be with ourselves. Tanya Davis’s words and Andrea Dorfman’s beautiful illustrations soothe the disquiet that accompanies this fear of aloneness, and celebrate the power of solitude to change our views of ourselves and the world. How to Be Alone reveals how, removed from the noise and distractions of other lives, we can find acceptance and grace within. For those who have never been by themselves, or for those who relish being on their own, this moving work encourages us to recognize and embrace the possibilities of being alone—and reminds us of a universe of joy, peace, and discovery waiting to unfold.


Shiva
Stories and Teachings from the Shiva Mahapurana
By Vanamali

Shiva, the most ancient and complex deity of the Hindu pantheon, has been portrayed in many contrasting lights: destroyer and benefactor, ascetic and householder, wild demon slayer and calm yogi atop Mount Kailash. Drawing from the Hindu sacred text the Shiva Mahapurana—said to be written by Shiva himself—Vanamali selects the essential stories of Shiva. The author also draws upon Shavite teachings to illustrate the differences between Western science and Vedic science and their explanations for the origins of consciousness.

Inner Traditions. Paperback, $19.95.
Thai Massage and Thai Healing Arts
By Bob Haddad

This fascinating anthology presents a much wider scope than other books on Thai massage, and uncovers a wealth of previously unavailable information on the historical, spiritual, and cultural connections to this powerful healing art. Topics include ways to refine and maintain a healthy practice, breathwork and body mechanics, self-protection techniques, reading body language, acupuncture concepts, Thai medicine theory, and Thai herbal compress therapy. The spiritual and cultural section offers modern translations of ancient texts, Indian and Buddhist influences, magic amulets and sacred tattoos, and accessory modalities such as reusi dat ton (stretching) and tok sen (hammering therapy). The final section features essays about practice with clients, written by therapists and teachers from around the world.

Findhorn Press. Paperback, $32.95.

Bleating Hearts
The Hidden World of Animal Suffering
By Mark Hawthorne

Bleating Hearts is an investigation of how animals are exploited for entertainment, apparel, research, military weapons, sport, art, religion, food, and more. Comprehensive and hard-hitting, Bleating Hearts examines the world’s vast exploitation of animals, from the food, fashion, and research industries to the use of other species for sport, war, entertainment, religion, labor and pleasure. If you love animals you must read this book!

Changemakers Books. Paperback, $34.95.

For Nobody’s Eyes Only
Missing Government Files and Hidden Archives That Document the Truth Behind the Most Enduring Conspiracy Theories
By Nick Redfern

Under the terms of the Freedom of Information Act, government agencies have declassified millions of pages of documents on numerous subjects. But there are other files, many of a far more intriguing nature than those the government has already released. They’re the ones that agencies haven’t released. They include the files that supposedly can’t be found, that are suspiciously “missing,” as well as the top-secret papers that agencies admit exist but which they are determined to keep hidden from us. For Nobody’s Eyes Only includes fascinating new information on the legendary Roswell UFO crash of 1947, and the Watergate scandal that brought down President Nixon. It will also discuss the nature of how documents are deemed classified and top secret. For Nobody’s Eyes Only picks the locks to the secret vaults “they” don’t want any of us to see.


The Syzygy Oracle
Transformational Tarot and The Tree of Life: Ego, Essence and the Evolution of Consciousness
By Heather Mendel

Jung used the term “Syzygy” to describe the balancing of the opposites. Astronomically, syzygy (pronounced si-zee-gee) refers to a specific conjunction of the sun, moon and earth. Solar energy evokes the ego and lunar energy evokes our essence. We learn to balance the two as we travel the twenty-two pathways of Kabbalah’s Tree of Life. Honoring The Sacred Feminine, the spiritual practice offered here is an invitation to recognize and welcome intuitive wisdom more definitively into everyday awareness. A fresh interpretation of the traditional Major Arcana for women, here the patriarchal layering of the cards is lifted to reveal a timeless and timely revelation of intuitive wisdom in a sequence of insightful, profound, and empowering teachings for any woman who wishes to read her own life story as more substantive than superficial.

Dodona Books. Paperback, $22.95.

Magical Fashionista
Dress for the Life You Want
By Tess Whitehurst

Discover how fashion can help you be your most authentic self, attract good fortune, and manifest what you desire. When your beautiful inner and outer realities match, you’ll revel in the magic of each day. Far from being superficial, fashion with intention can be a powerful, life-affirming practice. Build a wardrobe of items that enhances your unique attributes and personal magnetism. Put together empowering outfits for every occasion with simple guidance on everything from color, material, and pattern to gemstones, nail polish, and tattoos. Drawing on astrology, feng shui, psychology, and more, this fun, mystical fashion guide will help you express your true essence and activate your happiness and success.


Aliens in Ancient Egypt
The Brotherhood of the Serpent and the Secrets of the Nile Civilization
By Xaviant Haze

The sophisticated civilization of ancient Egypt arose seemingly overnight, complete with advanced levels of art, agriculture, astronomy, and physics. Then, with the death of Pharaoh Akhenaten, much of this higher knowledge was lost—or suppressed. But evidence of this former Golden Age, the alien visitors behind its rise, and those behind its decline still exists—some of it in plain sight. Haze examines the evidence of aliens in ancient Egypt, such as the reptilian beings depicted in the Temple of Hathor and Thutmosis III’s alien encounter. He explains the original purpose of the pyramids, and explores how they were decommissioned after the Great Flood of prehistory. He also reveals how the original builders of the pyramids foresaw humanity’s fall from the Golden Age and strategically encoded these magnificent structures to wake humanity from the depths of the Dark Ages.

**The Psychic Way**
**Fine-Tuning Your Intuition**
By Barbara Ford-Hammond

Awakening and using intuitive abilities no longer causes eyebrows to rise. Women, in particular, are seeking information on how to wake up their inner expert. Their interests range from chakra balancing to cosmic-ordering, future life progression to self-hypnosis with plenty in-between. This book has all the techniques that Barbara demonstrates and teaches during her retreats and workshops. These were developed as a fun way to meld the esoteric with the corporate. Barbara shows how to understand your mind using hypnotic meditative techniques that lead naturally to expansion of self-awareness. Inner abilities are switched on in a fun easy manner. The Psychic Way is everything you need to know about being super-intuitive plus how to use the knowledge for pleasure or to ensure success in business.


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**Chi Kung for Prostate Health and Sexual Vigor**
**A Handbook of Simple Exercises and Techniques**
By Mantak Chia and William U. Wei

Taoist Master Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. With fully illustrated step-by-step instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual dysfunction and illness. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the need for surgery in early stages of prostate disease. The authors offer guidance on supporting your practice with nutritional and herbal supplements.


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**Remnants of the Gods**
**A Visual Tour of Alien Influence in Egypt, Spain, France, Turkey, and Italy**
By Erich von Däniken

In his gripping new book, *Remnants of the Gods*, Erich von Däniken shows in detail how whole countries were surveyed thousands of years ago. Hundreds of Stone Age holy places are located at equal distances from one another, forming giant squares and triangles. How was all of this possible? Classic archaeology provides no answers to these questions. Worse still, it doesn’t even appear to be interested. Are we all threatening to become “camp followers of disinterest,” as Erich asks? Featuring more than 160 color photos and illustrations, Erich reveals the secrets of “impossible buildings” in Europe and the Mediterranean region, describes “crazy facts,” and relentlessly exposes false doctrines. Remnants of the Gods will make even strident skeptics reconsider what they think they know of the past.


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**The Creative Compass**
**Writing Your Way from Inspiration to Publication**
By Dan Millman and Sierra Prasada

How can I become more disciplined? How do I know if I’m talented? Should I self-publish? These are just a few of the perennial and contemporary questions addressed in this delightfully different guide. The authors—from different generations and writing genres—first help readers assess where they are on their path. They then walk them through five universal stages—Dream, Draft, Develop, Refine, and Share. While these stages apply to writers of every stripe, the emphasis is always on readers’ navigating their own challenges, process, and goals. Insight-producing prompts and the wisdom of diverse artists (from Steinbeck and Thoreau to Spike Lee, Marilyn French, and Tom Clancy) help make every writer’s journey of creation as rewarding as its destination.

New World Library. Paperback, $14.95.

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**Dead Set**
**A Novel**
By Richard Kadrey

Acclaimed *New York Times* bestselling author Richard Kadrey creates a wonderful, stand-alone dark fantasy. After her father’s funeral, Zoe moved to the big city with her mother to start over. But change always brings trials, and life in the city is not so easy. Money is tight, and Zoe’s only escape, as has always been the case, is in her dreams—a world apart from her troubled real life where she can spend time with her closest companion: her lost brother, Valentine. But something or someone has entered their dreamworld uninvited. And a chance encounter at a used record store, where the vinyl holds not music but lost souls, has opened up a portal to the world of the restless dead. It’s here that the shop’s strange proprietor offers Zoe the chance to commune with her dead father. The price? A lock of hair. Then a tooth. Then . . .


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**The 5 Points of Power and Wisdom**
**A Guide to Intuitive Living**
By Nicola Jayne

*The 5 Points of Power and Wisdom* is a two-part course in Spiritual and Psychic Development. Part 1 explores philosophy and spiritual development and also repairing the path, removing blocks to the true self and creating the way to intuitive living. The emphasis is on perception, to help the reader heal any faults in thinking and overcome any negativity from past actions or hurt. This helps the reader move forward into a loving, positive and productive future. Part 2 looks at Psychic Development. It is here that the author provides the steps for intuitive learning and a spring board for psychic exploration, looking at topics like Psychic Protection, Chakras and Spirit Guides. The Practical exercises included are on Automatic writing, Flower readings, Crystalomancy, Pyromancy and Psychometry.


www.earthstarmag.com
Beat Back the Flu with... Garlic

By Dr. Joseph Mercola

If you want a simple way to increase the disease-fighting power of your meals, be generous with your use of high-quality herbs and spices. This applies year-round, but as cold and flu season nears, you may want to consider spicing things up more than you might normally.

There is no shortage of research showing that herbs and spices are among the healthiest you can consume. And they’re a “secret weapon” that just about everyone can take advantage of, regardless of your budget.

Garlic in particular has long been hailed for its healing powers, especially against infectious diseases like cold and flu.

This is likely due to its immune boosting effects. Fresh garlic is also a potent antibacterial, antiviral and anti-fungal agent. But its therapeutic effects may go much further than that.

Garlic—An All-Around Health Boosting Herb

The featured article in Medical News Today contains an impressive list of garlic’s historical use as a natural medicine, and modern research to back up the wisdom of such antiquated claims. Green Med Info has also assembled a list of studies demonstrating more than 150 beneficial health effects of garlic! For example, studies show that regular consumption of (primarily raw) garlic:

- May be effective against drug-resistant bacteria
- Reduces risk for heart disease, including heart attack and stroke
- Helps normalize your cholesterol and blood pressure
- Protects against cancer, including brain, lung, and prostate cancer
- Reduces risk of osteoarthritis

It’s thought that much of garlic’s therapeutic effect comes from its sulfur-containing compounds, such as allicin, which are also what give it its characteristic smell. Other health-promoting compounds include oligosaccharides, arginine-rich proteins, selenium and flavonoids.

Research has revealed that as allicin digests in your body, it produces sulfenic acid, a compound that reacts with dangerous free radicals faster than any other known compound.

This is one of the reasons why I named garlic as one of the top seven anti-aging foods you can consume. Garlic is also a triple threat against infections, offering antibacterial, antiviral and antifungal properties.
Not only is it effective at killing antibiotic-resistant bacteria, including MRSA, but it also fights yeast infections, viruses and parasites. Garlic must be fresh to give you optimal health benefits though.

The fresh clove must be crushed or chopped in order to stimulate the release of an enzyme called alliinase, which in turn catalyzes the formation of allicin. Allicin in turn rapidly breaks down to form a number of different organosulfur compounds. So to “activate” garlic’s medicinal properties, compress a fresh clove with a spoon prior to swallowing it, or put it through your juicer to add to your vegetable juice.

A single medium size clove or two is usually sufficient, and is well-tolerated by most people. The active ingredient, allicin, is destroyed within one hour of smashing the garlic, so garlic pills are virtually worthless.

You also won’t reap all the health benefits garlic has to offer if you use jarred, powdered or dried versions. Worse yet, at least two supermarket-brands containing garlic powder imported from China have been found to be contaminated with high levels of lead, arsenic and added sulfites, according to a recent article by PreventDisease.com.

If you develop a socially offensive odor, just decrease the amount of garlic you’re consuming until there is no odor present. If garlic makes you feel ill, this is probably your body’s way of letting you know you should avoid it.

**Garlic versus Tamiflu**

Garlic may be particularly useful in preparation for cold and flu season, as it contains compounds capable of killing a wide variety of organisms, including viruses and bacteria that can cause earaches, colds and influenza. The respected research organization Cochrane Database—which has repeatedly reported that the science does not support the use of flu vaccine as a first-line defense—has also reviewed studies on the alternatives, such as the use of garlic.

They found that those who took garlic daily for three months had fewer colds than those who took a placebo, and, when they did come down with a cold, the duration of illness was shorter—an average of 4.5 days compared to 5.5 days for the placebo group.

While this may not seem overly impressive, it’s still better than the results achieved by the much-advertised flu drug Tamiflu. If taken within 48 hours of onset of illness, Tamiflu might reduce the duration of flu symptoms by about a day to a day and a half. That’s the extent of what this $100-plus treatment will get you. It’s virtually identical to just taking garlic on a regular basis!

However, some patients with influenza are at increased risk for secondary bacterial infections when on Tamiflu—a risk you won’t take by eating garlic...

Other adverse events of Tamiflu include pediatric deaths, serious skin reactions, and neuropsychiatric events, including suicide committed while delirious.

**Cold and Flu—Symptoms of Vitamin D Deficiency**

While colds and flus are caused by viral infections, compelling research suggests that your ability to “catch” these infections may actually be a symptom of an underlying vitamin D deficiency. Vitamin D is a potent antimicrobial agent, producing 200 to 300 different antimicrobial peptides in your body that kill bacteria, viruses and fungi. Suboptimal vitamin D levels will significantly impair your immune response, thereby making you far more susceptible to contracting colds, influenza, and other respiratory infections.

In the largest and most nationally representative study16 of its kind to date, involving about 19,000 Americans, people with the lowest vitamin D levels reported having significantly more recent colds or cases of the flu—and the risk was even greater for those with chronic respiratory disorders like asthma. At least five additional studies also show an inverse association between lower respiratory tract infections and vitamin D levels.

The best source for vitamin D is direct sun exposure. While it may not be possible to get enough sun exposure during the winter, every effort should be made to attain vitamin D from UVB exposure as there are many additional benefits from this route other than vitamin D. The next best option to sunlight is the use of a safe indoor
tanning device. As a last resort, if neither natural nor artificial sunlight is an option, you may take an oral vitamin D3 supplement. However, if you do, you need to be aware of the following:

- Make sure you’re taking the correct vitamin D supplement. You want D3, not D2, as the latter may end up doing more harm than good.

- Based on the latest research from GrassrootsHealth, the average adult dose required to reach vitamin D levels of about 40 ng/ml is around 8,000 IU’s of vitamin D3 per day. For children, many experts agree they need about 35 IU’s of vitamin D per pound of body weight.

- Get your vitamin D serum level checked at regular intervals to make sure you’re taking the appropriate dose to get within the therapeutic range of 50-70 ng/ml.

- If you’re taking high dose vitamin D supplements you also need to take vitamin K2—not K1 that is typically in vegetables as it will not work synergize with vitamin D. Vitamin K2 deficiency is actually what produces the symptoms of vitamin D toxicity, which includes inappropriate calcification that can lead to hardening of your arteries. The reason for this is when you take vitamin D, your body creates more vitamin K2-dependent proteins that shuttle the calcium into the appropriate areas. Without vitamin K2, those proteins remain inactivated, so the benefits of those proteins remain unrealized.

Four Factors That Undermine Your Immune System

Now, the most common way cold and flu viruses are spread is via hand-to-hand contact, so the easiest way to cut down your risk is to frequently wash your hands (see next section below). However, the key to remember is that being exposed to a cold virus does not mean that you’re destined to get sick. Again, whether or not you’ll actually get sick is primarily dependent on the functioning of your immune system. If your immune system is operating at its peak, it should actually be quite easy for you to fend off the virus without ever getting sick.

As discussed above, vitamin D deficiency is a major factor that will depress your immune function, leaving the door open to invading viruses. Other lifestyle factors that can depress your immune system, alone or in combination, include:

**Eating too much sugar/fructose and grains**
Sugar in all its forms takes a heavy toll on your immune system. One of the ways it does this is by unbalancing your gut flora. Sugar is “fertilizer” for pathogenic bacteria, yeast, and fungi that can set your immune system up for an assault by a respiratory virus. Remember, eighty percent of your immune system lies in your gastrointestinal tract, which is why limiting your sugar intake is **CRUCIAL** for optimizing your immune system.

It would be wise to limit your total fructose consumption to below 25 grams a day if you’re in good health, or below 15 grams a day if you have high blood pressure, diabetes, heart disease, or are insulin resistant or are trying to recover from an acute illness like the flu.

**Lack of sleep**
If you aren’t getting enough restorative sleep, you’ll be at increased risk for a hostile viral takeover. Your immune system is also the most effective when you’re not sleep-deprived, so the more rested you are the quicker you’ll recover.
Insufficient exercise
Regular exercise is a crucial strategy for increasing your resistance to illness. There is evidence that regular, moderate exercise can reduce your risk for respiratory illness by boosting your immune system. In fact, one study found that people who exercised regularly (five or more days a week) cut their risk of having a cold by close to 50 percent. And, in the event they did catch a cold, their symptoms were much less severe than among those who did not exercise.

Exercise likely cuts your risk of colds so significantly because it triggers a rise in immune system cells that can attack any potential invaders. Each time you exercise you can benefit from this boost to your immune system. It can also help boost your immune system acutely, by increasing your body temperature. This helps kill off invading pathogens, similarly to the fever your body produces when sick.

Using ineffective strategies to address stress
Emotional stressors can also predispose you to an infection while making cold symptoms worse. Finding ways to manage daily stress as well as your reactions to circumstances beyond your control will contribute to a strong and resilient immune system. Effective strategies include a variety of energy psychology tools, such as the Emotional Freedom Technique (EFT).

Other All-Natural Strategies That Send Pathogens Packin’
Frequently washing your hands with soap and water is one of the easiest ways to wipe out germs and viruses and reduce your chances of becoming sick. Don’t make the mistake of using antibacterial cleansers, as their widespread use contributes to strains of resistant bacteria, or “superbugs” that render antibiotics useless. Besides, research has shown that people who use antibacterial soaps and cleansers often develop a cough, runny nose, sore throat, fever, vomiting, diarrhea and other symptoms just as often as people who use plain soap and water. There’s no real justification for using an antibacterial soap when plain soap is safer, and just as effective.

Another strategy that many report success with is to administer a few drops of 3% hydrogen peroxide (H2O2) into your ear canal. Quite frequently, people claim to have been able to cure a cold or flu within 12 to 14 hours this way. Simply put a few drops into your ear; wait until the bubbling and stinging subside (usually 5 to 10 minutes), then drain onto a tissue and repeat with the other ear.

There are also a number of supplements and simple treatments that can be beneficial for colds and influenza, but I believe they should only be used as adjuncts to an otherwise healthy diet and lifestyle. For detailed instructions that will help set you the right path can be found in my optimized nutrition and lifestyle plan. Some of the more helpful options for cold and flu—besides vitamin D and garlic discussed above—include:

Zinc: Research on zinc has shown that when taken within one day of the first symptoms, zinc can cut down the time you have a cold by about 24 hours. Zinc was also found to greatly reduce the severity of symptoms. Suggested dosage: up to 50 mg/day. Zinc was not recommended for anyone with an underlying health condition, like lowered immune function, asthma or chronic illness.

Vitamin C: A very potent antioxidant; use a natural form such as acerola, which contains associated micronutrients. You can take several grams every hour till you are better unless you start developing loose stools.

Olive leaf extract: Ancient Egyptians and Mediterranean cultures used it for a variety of health-promoting uses and it is widely known as a natural, non-toxic immune system builder.

Propolis: A bee resin and one of the most broad-spectrum antimicrobial compounds in the world; propolis is also the richest source of caffeic acid and apigenin, two very important compounds that aid in immune response.

Oregano Oil: The higher the carvacrol concentration, the more effective it is. Carvacrol is the most active antimicrobial agent in oregano oil.

Medicinal mushrooms, such as shiitake, reishi, and turkey tail.

A tea made from a combination of elderflower, yarrow, boneset, linden, peppermint and ginger; drink it hot and often for combating a cold or flu. It causes you to sweat, which is helpful for eradicating a virus from your system.

Echinacea is one of the most widely used herbal medications in Europe to combat colds and infections. One review of more than 700 studies found that using Echinacea can reduce your risk of catching cold by as much as 58 percent.
When Should You Call Your Physician?

Generally speaking, if you have a cold, medical care is not necessary. Rest and attention to the lifestyle factors noted above—particularly the admonition to avoid sugar—will help you to recover quickly and, if you stick to them, will significantly reduce your chances of catching another cold anytime soon.

Getting back to garlic for a moment, a previous article by PreventDisease.com gives instructions for a garlic soup that can help destroy most viruses and help you recover a little quicker. Ideally though, you’d want to incorporate immune-boosting diet- and lifestyle strategies as soon as possible to prevent illness in the first place.

So, when should you call your doctor?

Sinus, ear, and lung infections such as bronchitis and pneumonia CAN be bacterial however, and if so, may respond to antibiotics. If you develop any of the following symptoms, these are signs you may be suffering from a bacterial infection rather than a cold, and you should call your physician’s office:

- Fever over 102 degrees Fahrenheit (38.9 degrees Celsius)
- Ear pain
- Pain around your eyes, especially with a green nasal discharge
- Shortness of breath or a persistent uncontrollable cough
- Persistently coughing up green and yellow sputum

Dr. Mercola is the founder of the world’s most visited natural health web site, http://www.Mercola.com. You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report The Dangers of Over the Counter Remedies by going to his Report Page.

Colourful ‘Solar Glass’ Means Entire Buildings Can Generate Clean Power

A solar power company capable of “printing” colourful glass that can generate electricity from the sun’s energy announced a £2m funding boost in October.

Oxford Photovoltaics, a spin-off from the University of Oxford, said the investment from clean-tech investors MTI Partners will help its solar glass, which can be dyed almost any colour, take a step closer to the commercial market.

“What we say here is rather than attach [solar] photovoltaics to the building, why not make the building the photovoltaics?” Kevin Arthur, the company’s founder and CEO, told The Guardian. “If you decide to build a building out of glass, then you’ve already decided to pay for the glass. If you add this, you’re adding a very small extra cost. The solar cell treatment costs no more than 10% of the cost of the facade.”

These generally cost between £600 and £1,000 per square metre, meaning the new cell treatment would cost just £60-£100 extra per square metre.

The technology works by adding a layer of transparent solid-state solar cells at most three microns thick to conventional glass, in order to turn around 12% of the solar energy received into low-carbon electricity. The power can then be exported to the national grid or used for the running of a building.

“Within reason we can print any colour, there’s a wide range of dyes, blues and greens and reds and so on. But different colours have different efficiencies: black is very high, green is pretty good and red is good, but blue is less good,” said Arthur.

While the company is mostly targeting customers planning new buildings, it also “very interested” in retrofits on the facades of existing buildings.

Separately, a team at the University of Sheffield and University of Cambridge said they had succeeded in developing a process to ‘spray paint’ solar cells on to surfaces and, potentially in the future, roofs and buildings. The teams believe the process could significantly cut the cost of solar in the future, but currently only works on “very smooth” surfaces and is less efficient than conventional solar panels.

Professor David Lidzey from the University of Sheffield said: “Spray coating is currently used to apply paint to cars and in graphic printing. We have shown that it can also be used to make solar cells using specially designed plastic semiconductors. Maybe in the future surfaces on buildings and even car roofs will routinely generate electricity with these materials.”

Solar power worldwide reached 100GW installed capacity last year for the first time, up from 71GW in 2011 and just 40GW in 2010, according to recent trade body figures.

— The Guardian, UK
It’s Christmastime 1941, a few weeks after the bombing of Pearl Harbor. America has been drawn into war; two of my mother’s brothers are serving in the military, one in Europe and the other in the Pacific. My father is no longer in the picture. His persistent carousing with other women, excessive drinking, and regular encounters as a lawbreaker, which have landed him in jail on several occasions, have finally made living with him impossible for my mother. He has simply walked away from his fatherly responsibilities, never to be heard from again.

My mother is alone with three children under the age of five to feed. She’s taking her three boys to her mother’s house to be watched while she goes to work for the day. My two older brothers and I are waiting with our mother for the bus to arrive on Jefferson Avenue on the east side of Detroit. We’re dressed in our snowsuits, mittens, galoshes, and earmuffs, standing at the bus stop next to what appears to us to be a huge mountain of freshly plowed snow. The road is littered with salt to melt the continually falling snow, and it is one big nasty mess. A truck drives past the four of us, spraying us so hard with slush that we’re knocked off of our feet. We land safely but soaked on the gigantic pile of snow.

My mother breaks down—she’s dressed for work and covered with dirty, salty slush. She is exasperated. Her life is obviously out of control with the departure of her former husband, and she’s doing her best to make ends meet. The lingering Depression, along with a world war, contributes to her overall situation. Work is difficult to come by, and my mother must rely upon the meager help that comes from her family. They too are overburdened by the long-term economic downturn. It is a difficult period under the best of circumstances, due to shortages of all manner of goods, and the fog of war itself.

My two brothers are very upset, too. Five-year-old Jim attempts to console our mother; three-year-old David is crying uncontrollably. Me? I am having the time of my life. This is like a nice surprise party with a big castle of snow that we’re all lying on top of. We can have fun! I don’t quite understand why everyone is so angry and frustrated.
And then these words came out of my mouth: “It’s okay, Mommy. Don’t cry. We can all just stay here and play in the snow.”

I’m the baby who seldom cries; the toddler who tries to make everyone laugh and feel good, regardless of what’s going on. I’m the kid who makes silly faces to change the environment from sad to glad. I am that little boy who’d be sure There must be a pony here somewhere if the sandbox was full of manure. I don’t know how to be filled with sadness. My demeanor seems to be naturally inclined to look for the bright side and pay little heed to things that make everyone else dreary.

According to my mother, I’m the most independent and inquisitive little boy she and her family have ever encountered. Apparently I arrived with this happy disposition intact. I am so happy to be here in this world. At 19 months of age I am almost the same size as Dave, who is 18 months older. I try to get my brother to laugh and feel safe, because he seems to be afraid, sick, and most of the time, sad, but he seldom even smiles. I find the world so exciting, and I love wandering and exploring.

As I grow up, nothing seems to disturb or distress me. I look around and all I see brings me to a state of awe and wonder. I want everyone to be happy. I want all of the despair in my family to just disappear. I am sure we don’t have to be miserable just because our father is such a shit. I want to see my mother have joy in her soul rather than all of this distress. I want my oldest brother, Jim, to stop worrying so much about Mother and his two younger brothers. If I can make them happy and have some fun, maybe all of this other stuff will just go away.

I just can’t comprehend why everyone seems so dour. There are so many things to be excited about. I can play for hours with a spoon or an empty cardboard box. I love to go outside and gaze at the flowers, the butterflies, or the stray cat that keeps coming to our yard. I am in a kind of blissful state of appreciation and bewilderment almost all of the time. I also have a very strong mind of my own. I won’t let anyone tell me what I can or cannot do—I insist upon discovering my boundaries on my own. When I am told no, I simply smile and then proceed to do what my inner self instructs me to do—regardless of what any big people might say about it.

I seem to be totally in a world of my own—one that’s joyful, full of exciting unlimited potentialities and discoveries that I can make on my own. No matter how hard anyone tries to make me be gloomy, they can never succeed because I came here from a Divine light, and there is nothing anyone can do to put out that light. This is who lam—a piece of God who hasn’t forgotten that God is love. As am I.

I can see clearly now that as a child I needed to feel that I could reach out to others and help them feel better about themselves and their circumstances. I somehow knew that attitude is everything in life.

As I look back at the earliest days of my life in this incarnation, I can see clearly that the old maxim There are no accidents in this universe is a truism that applies right from the moment of our creation, and way before that as well. In an infinite universe there’s truly no beginning or ending. It is only our form that is born and dies—that which occupies our form is changeless and therefore birthless and deathless.

As the father of eight children, I’m quite convinced that each individual arrives here with their own unique personality. We are intended here from an invisible field of infinite potentiality. That which has no form, has no boundaries—it’s the / that’s in the ever-changing body. All of the accomplishments that fill my personal résumé began taking shape at the moment of my conception, throughout my nine months of embryonic existence, and as I took my first birth breath on arrival. I look back at that little 19-month-old tyke lying on a snow bank, and not one cell that comprised that little boy is still here on planet Earth. Yet the / that was in that body is the same infinite / that recalls it all some 70 years later.

Even before I could read or write I needed a person-
ality that would be congruous with the music I came here to play. I can see clearly now that as a child I needed to feel that I could reach out to others and help them feel better about themselves and their circumstances. I somehow knew that attitude is everything in life—even as a baby, so that the attitude my mother described to me that characterized my infancy was in some mysterious way connected to the dharma that I was to fulfill throughout this lifetime.

Lying on top of that snow bank with the rest of my family, seeing them in a deep state of distress, and instantly deciding to try to make things a bit more bearable by making them laugh or inviting them to have fun instead of being sad, is—on a spiritual level—the same as writing books about breaking free of the trap of negative thinking and enjoying life to the fullest. The form is adult with a bigger and older body, but the same infinite / is communicating through a brand-new set of eyes and ears.

I’ve watched all eight of my children blossom into their own awakenings. They all showed up here at birth with their own unique personalities, perhaps from a series of previous lives—the mysterious possibilities are endless. But I know for certain that the one Divine mind that is responsible for all of creation has a hand in this engaging mystery. Same parents, same environment, same culture, and yet eight unique individuals, all of whom arrived with their own distinct character traits. I think Khalil Gibran stated it perfectly in The Prophet: “Your children are not your children. They are the sons and daughters of Life’s longing for itself. They come through you but not from you, and though they are with you yet they belong not to you.”

We all have a mission of some kind to fulfill at the moment we make the shift from nowhere to now here, from Spirit to form. I’ve long realized how important it is to allow my own children to live out their inner dictates, realizing that that’s precisely what I’ve done for my entire life, based on the stories that my mother told me of my life as a baby and then as a toddler. She was never surprised that my life unfolded as it did, because of what she observed in my infancy. Each of my children had their blueprint from God as well. My job has been to guide, then step aside, and let whatever is inside them that is their own uniqueness, steer the course of their lives.

I know that I came here to fulfill a purpose that I decided upon before undertaking that journey from invisible to solid—from Spirit to hardening into a physical reality. Beginning with the three unhappy people with me in that slushy predicament, I was actually doing the early research and practice for living a life in which I could help influence millions of people. While I was in that snowbank I was intuitively trying to get everyone to see that we had a choice about how we looked at the situation. The / inside the kid wanted the others to know it’s not really so bad—we can turn this whole thing around by laughing rather than being upset.

The greatest service that can be offered to children who show personality traits or inclinations that might not be understood by the adults around them is to allow them to express their own unique humanity. I was blessed to be able to live much of the first decade of my life in an environment where outside parental and other adult meddling in my life was kept to a minimum. I know that I came into the world with what I call “big dharma”—with a blueprint to teach self-reliance and a positive loving approach to large numbers of people all over the globe. I am ever so grateful for the circumstances of my life that allowed me to be pretty much left alone and to develop as I was so intended in this incarnation.

Just as everything we need for our physical development is handled by a Divine, mysterious, invisible force while we develop for nine months in utero, so too is all that we need handled by the same Source for all other aspects of our being. We come from a state of perfect well-being—Divine love—and our creator needs no assistance in taking care of this unfoldment. It is only when we interfere with this celestial programming that we get off the path of God-realization.

I can see clearly today this entire universe is on purpose. I see now that our earliest personality traits and predilections are expressed because they represent our highest selves. At these early ages we are still very much connected to our Source, because we haven’t yet had the chance to edge God out and assume the mantle of the false self, which is the ego.
The following interview between Reid Tracy, CEO of Hay House, and Dr. Wayne W. Dyer, was adapted from the Hay House World Summit interview in March 2013.

Reid Tracy: Your new book *I Can See Clearly Now* is coming out February 2014, and it’s different from your other books in that it tells a lot more of your personal story. How did this book come about?

Dr. Wayne W. Dyer: That was a fascinating experience. June 26, 2012 I said to my family, “I’m done writing now for a while.” I’ve got a couple of years, you know, I’ve just published a new book, *Wishes Fulfilled*, did my 10th Public Television special, and I said “I just feel so great, I can now relax” and so on. And on June the 27th, the next day, I sat down and started writing.

What has writing this book been able to give you in terms of an understanding about events in your life, and what can it teach others in terms of their own lives and what they might be going through?

Do you ever play checkers? Well, your whole life is like a checkerboard and there’s a sense that you get, especially looking back on it, that you begin to realize and gain awareness that there’s something else moving all of these pieces around in your life, and that was really true for me right from the very beginning.

Now, are you aware of it at the time? At the time, you might think, “Why is this happening to me?” But I was able to look back on it and say, “Oh, now I know why I was going through that.” So I would suggest to people that they have the awareness that, no matter what it is that is taking place in their life, to be able to look back on it.

In this book, you talk about all of your experiences, including a section titled “I Can See Clearly Now” where you look back on those experiences and reflect on what you learned from them and what they meant in your life. What can you see clearly now?

I realize I was this little kid that was just born into the situation that I was born into. But as I look back on all of these things and all of the books that have come out of it and the movies that we’ve done and the millions and millions of people who’ve been touched all over the world, I look back and I see that I was in some kind of training since I was a little boy.

It’s like these experiences are all gifts, and that’s how you have to look at. Every time I wrote (all 60 chapters in this book), I would finish a chapter and say, now I can see clearly why I had to go through all of these experiences; all the lessons that I had to learn. And basically, what I learned is, the biggest lesson of all, is that there is something moving the checkers around. There is something, and you connect to that and you allow it and anything can happen.

One thing that stands out in this book is that throughout your life you don’t seem afraid to make big decisions. What are your thoughts on how we can make those decisions easier on ourselves, and how we can have more confidence in ourselves in making those decisions?

Listen to the inspiration, which breaks down to *in spirit*, inspiration. Listen to the higher part of ourselves, and to our ultimate calling. There was something inside of me that just said “You’ve got to align yourself with your highest calling.” And I think it’s there in all of us. I call it your excitement. It’s like living with your excitement. Just ask yourself, *What is it that causes you to feel a sense of excitement, like you really feel good about it?*

But inside of me, there’s always been this calling to spirit, to take the risks.

You talk a lot about the “unseen forces” that affected your life, and have written extensively about manifesting, attracting, and creating whatever it is you want in your own life. Can you tell us how to notice that and how to attract that?

People talk about things happening and it being “unbelievable,” and it’s exactly the reverse. It’s really believable, but we are so conditioned to believe that these...
kinds of things are just coincidences, that they’re just things that show up arbitrarily in our lives, when the fact is that all of us have this kind of guidance available to us.

I think that if you want to be able to attract this kind of guidance into your life, you have to start with an awareness that all things are possible. I think the key to this, at least what I’ve learned through writing *I Can See Clearly Now*, is when you’re doing that, when you forget about yourself, when you get your ego out of the picture, when your inner mantra isn’t “What’s in it for me? And how much more can I get?” and so on, when your inner mantra is, “How may I serve? What may I do for you?” and you practice living those ways, that’s when you attract this mystical guidance. I have found that the more I get my ego out of the picture and the more I think about how can I serve other people instead always thinking about me, the more these miracles show up. I’ve been able to do that for almost everything in my life. That’s why I wrote the book, and that’s why I call it *I Can See Clearly Now*.

For many years, Dr. Wayne W. Dyer’s fans have wondered when he would write a memoir. Well, after four decades as a teacher of self-empowerment and the best-selling author of more than 40 books, Wayne has finally done just that! However, he has written it in a way that only he can, with a remarkable take-home message for his longtime followers and new readers alike, and the result is an exciting new twist on the old format. Rather than a plain old memoir, Wayne has gathered together quantum-moment recollections.

In this revealing and engaging book, Wayne shares dozens of events from his life, from the time he was a little boy in Detroit up to present day. In unflinching detail, he relates his vivid impressions of encountering many forks in the road, taking readers with him into these formative experiences. Yet then he views the events from his current perspective, noting what lessons he ultimately learned, as well as how he has made the resulting wisdom available to millions via his lifelong dedication to service. As a reader, you will feel as if you are right there with Wayne, perusing his personal photo album and hearing about his family, his time in the service, how he writes his best-selling books, and so much more. In the process, you’ll be inspired to look back at your own life to see how everything you have experienced has led you to where you are right now. Wayne has discovered that there are no accidents. Although we may not be aware of whom or what is “moving the checkers,” life has a purpose, and each step of our journey has something to teach us. As he says, “I wasn’t aware of all of the future implications that these early experiences were to offer me. Now, from a position of being able to see much more clearly, I know that every single encounter, every challenge, and every situation are all spectacular threads in the tapestry that represents and defines my life, and I am deeply grateful for all of it.”

I Can See Clearly Now is an intimate look at an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment. Wayne offers up his own life as an example of how we can all recognize the hand of the Divine steering our individual courses, helping us accomplish the mission we came here to fulfill.

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**Doctors Going Off the Insurance Grid To “Cash Only” Practice**

South Carolina doctor Mike Vasovski has joined a growing group of doctors and taken his medical practice off the insurance grid.

In October Dr. Vasovski wrote on his Facebook page:

“My medical practice has gone off line. Effective yesterday, the computers that contain patient’s account information including billing diagnosis, have been completely de-linked from the internet. Therefore, your health information is completely secure. Accounting will be done in house with Quickbooks on a PC that is not connected to the internet. We are moving towards a payment at time of service model in which my practice does not participate with insurance companies. Fees will be truly affordable and your medical records will not be in a format that can be accessed electronically. Peace and Liberty, Dr. Mike Vasovski.”

In an interview with Joshua Cook, Vasovski showed how such practices could keep a free market healthcare system alive even as Obamacare takes effect.

“Off grid” or “cash only” practices collect money directly from the patient at the time of service. Vasovski described two off grid payment models, one in which doctors charged a per month fee in which people could visit as often as necessary, and one in which there is simply a reasonable office visit charge. Vasovski’s practice has chosen the second model with a $45 benchmark, and says that is enough to provide most services because most vaccinations and other shots are being provided by pharmacies.

“So we’re not responsible for buying those things, storing them and counting them and that kind of stuff.” Adding that cost-saving development to the nearly $6000/year saved on insurance software, this becomes an increasingly viable business model. There is also a huge number of generic drugs available for $4/month at major pharmacies. “That’s less than a 6-pack and it gets you a month worth of your medicines.”

The direct payment business model has a number of benefits for both practices and patients. One of the most topical is security. Because Vasovski’s office isn’t connected to insurance companies, he has been able to take his entire practice off the internet. No hackers, Assange-like activists, or government entities can access any patient information, like Social Security numbers or health problems.

—BenSwan.com
Webster’s New World Dictionary defines the word soul as “an entity without material reality, regarded as the spiritual part of a person.”

The concept of a soul was somewhat elusive to me in my younger years. When I was a child, I used to say a prayer that ended with “if I should die before I wake, I pray the Lord my soul to take.” That was the only reference I had about having a soul.

I was in my twenties when I saw my first soul, but I didn’t realize what it was. A friend of my mom’s, Carol, was hearing noises up in her attic, so Mom and I went to investigate. The world of psychic phenomena was new to us and we really didn’t have a clue as to what we were doing, but we gave it our best shot.

There in the attic of Carol’s house were four people, but they were transparent. I didn’t really understand why they were there or how they could be there. The adult female explained to us that her husband had been an alcoholic when they were living and that he had fallen asleep with a lit cigarette. They and their two kids all perished in a fire. She said he wouldn’t let them go to the other side because he was afraid he would be sent to hell. Mom and I had no idea what to do or say to this woman other than that they needed to leave. In response, they went through the wall of the attic and disappeared, but by the time we made it back to our house, Carol was calling to say that the noises were back. We decided then that we needed to learn a lot more about how to handle these situations before we went to any more haunted houses, because we hadn’t gotten rid of her ghosts at all and they continued to live in the house with Carol and her family.

When I was twenty-seven, I began my journey of communicating with souls, and it was because of a fourteen-year-old boy who had fallen eighteen feet, had landed on his head, and was comatose. I have told this story before but retell the basics here because it taught me so much—and illustrates so much.

The young man, Dale, was flown from Nebraska up to the University of Minnesota hospital, and his family called me to do healings on him. I had done several healings on his stepmom for heart problems, and that’s how they knew to contact me. The doctor had said there was a 10 percent chance that Dale would ever come out of the coma, and the nurse told them that he would probably be a “vegetable” (yes, that’s the word they used back then) if he did recover consciousness.

By Echo Bodine
I went to the hospital every day on my lunch break to work on Dale. It was my second or third time doing healings on him when his soul first appeared to me. I was standing over his body, channeling healing to him, when from behind me, I heard a male voice say, “Would you please heal the speech part of my brain? I want to talk again.” It was rather startling because there was no one else in the room, but when I heard the same words a second time, I slowly turned around, and there was a young man leaning up against the wall. I was taken aback because I didn’t know who he was. On the hospital bed in front of me, Dale’s head was covered in bandages, so I didn’t know what he looked like. I asked this being who he was, and he very nonchalantly said he was the soul that lived in this body. He reiterated that he really wanted to speak again and asked me if I would please heal the speech part of his brain.

From then on, every day when I went to the hospital I communicated with Dale’s soul. He told me which parts of his body were in pain and which parts needed healing. He taught me that when the soul is out of the body, the body experiences very little pain, but when the soul comes back into the body, the pain is intensified. He showed me by going in and out of his body. When his soul was in, his body moved around and breathed more deeply than when he was out. When his soul was out, his body remained very still and his breathing was shallow. To understand this, imagine that the soul is made up of energy and has the same effect on the body as if you put in a fully charged battery; the body becomes stimulated with energy when the soul is in.

Six weeks after I began communicating with his soul, Dale left the University of Minnesota hospital—walking and talking.

**Facts about the Soul**

I have been working with people’s souls for close to fifty years and have learned many facts about them.

- A person’s soul looks just like their physical body except the soul looks younger and less stressed and is transparent. Souls appear in clothing.
- The soul is attached to the body by a silver cord, similar to the umbilical cord. The cord is severed at the time of death.
- The soul is our personality, and it lives on after death.
- Each of us has the same soul in every lifetime, and it continues to grow in awareness, wisdom, knowledge, and consciousness.
- The soul goes back and forth between genders; in half of our lifetimes we are male, and in the other half we are female.
- The soul takes many out-of-body journeys when the body is sleeping. This is called astral projection, and you’ll be reading about it later in the book.
- When a person is in their dying process, the soul spends much of its time out of the body, preparing for its new life on the other side. During this time, the soul visits with deceased loved ones quite often and reacquaints itself with its new (old) home, heaven. When the person physically dies on this side, they are being born into the other side, in a sense. They aren’t born as a baby, but they are beginning a new life. We often hear stories about people seeing a white light as they are approaching heaven. What do you suppose a newborn baby is seeing while coming out of the birth canal? The white light, of course.
- Animals have souls too. When my chocolate Lab Jessie died, I was very sad for days, but since his passing I’ve seen him several times running around the yard like he used to. Yes, our precious pets do have souls and do go to heaven. They are being cared for on the other side, and you will see them again.

Excerpted from the book What Happens When We Die ©2013 by Echo Bodine. Published with permission of New World Library http://www.newworldlibrary.com

*Echo Bodine is the bestselling author of Echoes of the Soul, The Gift, A Still, Small Voice, and most recently What Happens When We Die. She is a renowned spiritual healer, psychic, and teacher who lectures widely on intuition, spiritual healing, and life after death. She also has a monthly radio show and popular blog. Visit her online at http://www.echobodine.com.*
Suzanne Somers has been dubbed a health “pioneer” by Oprah Winfrey and been told by Dr. Mehmet Oz that she is “crazy smart.” She is the author of twenty-four books and has appeared on hundreds of national broadcasts to discuss her cutting-edge views on how medicine should be practiced. The Wall Street Journal says she writes with “the passion of a prophet.”

In this interview, Somers sits down with Life Extension® to discuss some of the highlights of her latest book, I’m Too Young For This! The Natural Hormone Solution to Enjoy Perimenopause.

LE: In your book you talk a lot about understanding how hormone loss can affect women as they age. You talk specifically about a period known as perimenopause that may make women feel very unlike themselves. What happens during this phase?

SS: Hormonal loss can make you feel like you are going crazy. You don’t know who you are anymore, and you can’t rely on feeling good each day. Perimenopause is the transitional stage from normal menstrual periods to no periods at all. It may start in your thirties or forties and it will continue until you reach the final stage, menopause, probably sometime in your fifties. You are transitioning. This process and the cluster of symptoms that often come with it can start ten years before full-blown menopause. Perimenopause is a natural phase of life, and in many cases it is a difficult transition. When you don’t understand what’s happening and don’t know how to manage it, then your health and your sanity can be challenged.

How does having low thyroid levels affect weight gain during perimenopause?

One of the most common complaints of perimenopause
is unexplained weight gain. You start getting “thick,” especially around the middle. Your belly bloats and you retain water, even when you never did before. You may eat less and exercise more yet you still can’t lose the weight; instead, often you gain weight. Low thyroid, a major metabolic hormone, is usually the culprit. When it’s too low, you don’t metabolize food effectively and the calories you consume turn into fat instead of being used for energy; this is why exercising and dieting helps a little, but you just can’t achieve the weight loss you desire. Low thyroid weight tends to be distributed evenly on your body. When low pituitary function is at the root of your low thyroid function it’s generally confined to the area from your abdomen to just above your knees.

Other problems many women face include foggy thinking and forgetfulness. Why are these such common symptoms?

Brain fog is a result of a complex series of events that happens to women. First, it’s about estrogen depletion. The brain needs estrogen to function properly. When a woman is deficient in estrogen, she develops senior moments—whatever description you can handle to take the edge off your embarrassment with your friends and make for a big laugh. You may be laughing off your embarrassment on the outside, but on the inside there is nothing funny about it.

When it happened to me, I secretly harbored a fear that this was the first stage of Alzheimer’s, the most frightening of all diseases to me. Estrogen depletion also causes headaches and migraines.

You talk about depression relief in your book. What are maturing women missing other than their hormones?

Serotonin profoundly affects the brain, where it impacts brain cells by various mechanisms. Serotonin activity is essential for enjoying a relaxed and happy brain. This is the feel-good neurotransmitter that many women lack.

Many women may not understand the essential role that neurotransmitters play in vital brain function. Specifically, what are we talking about here?

Neurotransmitters that become depleted as we women age include dopamine, serotonin, and GABA. PMS symptoms are really an indicator of serotonin deficiency, and because a woman’s levels are deficient or low, she will experience depression, anxiety, insomnia, and often brain fog. Most women at this point need something to take the “pain” of anxiety, worry, and bodily aches away. So they go to alcohol or over-the-counter or prescription drugs like Prozac®, Oxycontin®, or Xanax®.

It’s no wonder then that even something as simple as headaches can be a result of a hormonal imbalance. Headaches, sadly, are part of the perimenopausal and menopausal experience for so many women. Women suffer migraines, a particularly debilitating type of headache, about three times more frequently than men, affecting up to 60% of all women at some point in their lives. They occur before, during, or immediately after a period, or during ovulation. They range from mild to “migraine fierce.” Why do these debilitating headaches occur more frequently during perimenopause? The brain requires estrogen to operate optimally. Low, imbalanced, or fluctuating estrogen levels can trigger migraines; menstrual migraines are primarily caused by estrogen, and when the levels of estrogen and progesterone change, women are more vulnerable to migraine headaches. Too much or too little estrogen causes blood vessels to dilate. If your progesterone is too low to balance your estrogen, leaving you estrogen dominant, the swelling blood vessel dilation caused by unchallenged estrogen can be a catalyst.

You also write that magnesium intake may be related to headaches as well. How so?

Insufficient magnesium levels make arteries more susceptible to spasm and are another common cause of other types of headaches. One possible reason for this deficiency in magnesium is a chronic imbalance of estrogen to progesterone. This imbalance is not only uncomfortable, but a dangerous setup for cancer.

You recommend to your readers that getting blood tests is of the utmost importance. Why do you feel this way?

It’s crucial to test your blood hormone levels so your doctor can initiate a customized bioidentical hormone program that’s just right for you. After you are placed on bioidentical hormones, some doctors will suggest a urine test that monitors the amount of estrogen and other hormones you are making over a twenty-four-hour period to get a more accurate picture of where you are hor-
monally. The first step is to identify your baseline hormone status. This is to know the ranges of all your hormones and gives you and your doctor the best picture for your symptoms. If you suspect you are entering perimenopause, it is extremely important to test your hormone levels.

You spoke to Life Extension’s own Bill Faloon on this very topic, correct?
Yes. My question to him was: If a woman concludes that she is symptomatic and her decline has begun, should she get hormones replaced without testing her hormone levels? He replied: “Think about this. . . . Would you drive your car without being able to see outside the windshield? That, regrettably, is how most conventional doctors treat their patients’ problems. When a woman complains of symptoms related to sex hormone deficiency, if she’s not with a qualified doctor, he may prescribe the same dose of estrogen, and possibly a synthetic progestin drug. The doctor hopes this blindly prescribed dose will alleviate perimenopausal symptoms. In other cases, the physician may not recognize the symptoms as being a hormone deficit and instead prescribes side-effect-laden antidepressant drugs, addictive antianxiety drugs, and/or sleeping pills. But with blood test results in hand, a qualified physician can determine the best individualized dose of natural estrogen, natural progesterone, DHEA, and other hormones required for preservation of healthy vitality.”

Your book, I’m Too Young for This, offers incredible information, however, one of the takeaways seems to be that mainstream medicine is falling woefully short in terms of helping out aging women. How has this happened and what does it mean moving forward? At present, our medical schools are teaching fifty-year-old medicine. Every answer to every disease and condition has a pill attached to it. If you look around at our senior generation, you see for yourselves that they are not doing very well on all the pills they have been given over the years. It’s a cruel hoax; they trusted and they believed that medicine knew best. We get confused because we have been raised to believe doctors are supposed to know everything. That’s a lot of pressure for your doctor. Stay with your doctor for the things he or she knows, but go to the right doctor if you are looking for hormone balance (someone who specializes in BHRT). Doctors are good people we hire to take care of our bodies. But they are not in charge of our bodies . . . that is our responsibility.

Is personal responsibility the main message you want women to take away from your new book?
The message in this book is not to go to the doctor as a child anymore. Empower yourself with information about how your body works; it will allow you to discuss your health intelligently with your doctor. Together you can decide a personalized plan for your ongoing health.

What has been your greatest frustration in recommending maturing women replace their sex hormones?
I never worried about the criticism. I always knew they just didn’t understand that I was advocating a natural individualized approach to hormone replacement, whereas conventional doctors were prescribing synthetic drugs on a one-size-fits-all basis. The problem was women were reading my books and asking their doctor for natural hormones, but most doctors didn’t know the difference and either refused to prescribe sex hormones or put women on drugs like Premarin®, Provera® or Prempro®, which are unnatural to the human body and dangerous as far as I was concerned.

So after ten years of being on the right side of the science, what is your solution to the problem of widespread physician apathy and ignorance?
For the first time, I believe the problem in finding knowledgeable physicians has been solved. A network of anti-aging doctors has been established so that women can log onto a website (ForeverHealth.com) and find a doctor in their area who will interpret their blood test results and prescribe the precise amount of natural estrogen and progesterone to meet each woman’s individual requirements.

This would be unprecedented. For the past 33 years we at Life Extension have been challenged in identifying knowledgeable physicians to refer our mem-
bers to. If women can take their blood test results to a physician who can individually restore youthful hormone balance, the age-reversal impact on a societal scale would be monumental.

That’s my dream. There are now ForeverHealth.com doctors in most major cities with more coming on board. These anti-aging physicians are dedicated to addressing the hormonal replacement needs of maturing women on an individualized basis. The quality-of-life enhancements I and other women I’ve helped have experienced are profound. Most say they have never felt better. All women have to do to see if a doctor is in their area is log on to http://www.ForeverHealth.com

That’s tremendous, Suzanne. With your new book (I’m Too Young For This!), the incredible amount of media attention you’re now receiving, and the availability of knowledgeable physicians, the average female now has an opportunity to enjoy the multiple anti-aging effects of natural hormone replacement.

If you have any questions on the scientific content of this article, or you’d like to order a copy of I’m Too Young For This!, please call a Life Extension® Health Advisor at 1-866-864-3027.

Suzanne Somers is the author of twenty-four books including numerous New York Times best sellers.

**Converted Ballistic Missiles Could Launch Aid To Disaster Zones**

It may be the purest distillation of the swords-to-plowshares idea yet imagined.

The best way to send much-needed supplies to isolated communities in the wake of an asteroid impact, tsunami or other natural disaster may be to launch them atop converted intercontinental ballistic missiles (ICBMs), one researcher says.

One such missile—outfitted to land its payload softly, of course—could get thousands of pounds of food and water, or power-providing generators, to a devastated area within an hour or so, potentially saving many lives, said Huai-Chien Chang, a doctoral student in space architecture at the university of tokyo.

Chang isn’t sure how much such a suborbital relief mission would cost, but he thinks the availability of mothballed American and Russian ICBMs would take a big bite out of the price tag.

“These rocket engines are still functioning. If we could use these engines, the cost would be very much reduced,” Chang told space.com in September at the American Institute of Aeronautics and Astronautics’ Space 2013 conference in San Diego, where he presented his idea during a poster session.

Repurposing ICBMs for peaceful use is far from unprecedented. For example, the first three stages of the new five-stage minotaur v rocket, built by Virginia-based aerospace firm orbital sciences, are solid-fueled motors recycled from decommissioned american peacekeeper missiles.

Chang acknowledges that relief missiles would fill a decidedly niche need, servicing only hard-hit communities that are too difficult to reach quickly by truck, boat or aircraft.

“The situations would be very rare, except for islands in the pacific [ocean], parts of mainland china and antarctica,” he said.

But meeting the basic survival needs of potentially vulnerable people—even if they number in the thousands or millions rather than the billions—is still a worthy humanitarian goal, he added.

“I’d like to see something like this happen before the next big disaster hits,” Chang said.

—SPACE.com
It seems that now we are inundated with messages about living in the heart. It’s the latest catch-phrase. But really, what does it all mean? It means living in balance with emotions and thoughts. It means allowing one’s heart to lead the way in decision making and actions. It does not mean letting unchecked feelings rule your life. But it also means, not letting unexpressed feelings limit your interaction and connection with others.

Most of us have been brought up to be logical and rational. To hide our emotions and just “get over it”. The problem with this is that we really can’t solve today’s problems that were created by analytical and mind-based approaches. I’m convinced that the analytical approach is what got us to where we are today, in many of the distressing situations we see in our own lives, communities and on a global scale.

So the question is: how do we really embrace heart-based living and be effective as leaders and decision makers in these times of change? I believe we can do this by using a heart-based approach which has been distilled down to 3 simple steps: Dive In, Tune In, and Lighten up. It really is a simple process. It starts with a choice to go into the heart-based feelings and explore what is there. If you can’t or won’t do that, I’ve found that you’re putting a veneer over the truth of your existence. Mastering our emotions through the heart is the key to this time of intense transition. When we check into our hearts, we tend to make wiser and more compassionate choices. And with that, live more peaceful and connected lives.

**STEP 1:**

The first step is to have the willingness to dive in to the emotions locked inside the heart. This does not mean re-experiencing the traumas of the past. Rather it is to acknowledge that your heart
had to shut down in the past as a way of dealing with the hurts all humans experience to one extent or another. In diving in to the heart (Step 1), we are really just allowing the awareness of feelings and emotions to surface. In this step, we dive in to touch what’s been locked inside. We follow the breath into our hearts and listen. We can ask “what’s in my heart?” Usually it’s a two or three word message that bubbles up, like: “I’m afraid”, or “be careful”, or “go for it!”

**STEP 2:**

The next step is to tune into the feelings behind these initial pearls of heart-wisdom. “What is my heart telling me?” If you hear: “I’m afraid” or “be careful”, that’s informing you that you need to spend some time allowing the associated emotional imprints to emerge. We do that by feeling whatever is there and accepting the feeling no matter what it is: Fear, anger, sadness, depression, happiness, joy. Tune into it, and allow it to move and flow.

As we allow ourselves to tune into these emotional states, we move the energy. When energy moves, there is room for heart-wisdom to emerge. Tuning in to the heart is what takes practice, because we’re used to turning to the mind to find our answers. But the truth is, our hearts know. Our minds will rationalize or justify. But the authentic tuned-in feelings of our hearts, will always lead us to compassionate and wise choices.

**STEP 3:**

The FINAL STEP in this 3 part formula is: Lighten up! This is an essential part of the 3 step process. It means that after we do some intense emotional healing, we consciously choose to relax, enjoy and embrace the gifts in life. At first, we have to really focus on this and make it a priority. Because in dealing with emotions, we can easily get stuck in a state of perpetual healing and forget to enjoy each day.

So in this final step, we commit to looking around us and seeing beauty and joy, even if it’s just a small thing, like a flower or a bird’s song or the smile of a loved one. Living in the heart is a balanced place, and in that balance, we make room for more joy and peace, not by ignoring, but by embracing the wisdom of the heart.

Ronna Prince is the filmmaker behind the new extraordinary new film Sacred Journey of the Heart. An Official Selection at the LA Femme Film Festival and featured at Sedona International and Awareness Fest Film Festivals, Sacred Journey of the Heart is a powerful and inspiring documentary that traces the role of the heart in connecting us to our higher selves, our spiritual essence, each other, the planet and the cosmic design. The heart is the single organ that not only creates a unified field among all people, but also creates a harmonic field with the earth itself. The compelling film reveals how modern science is proving what ancient peoples have known all along: we are all connected—and that connection is the human heart. Featuring such luminaries and bestselling authors as Greg Braden, Joe Dispenza, Mary Morrissey, Colin Tipping, Sarah McLean, plus Dr. Rollin McCraty and Dr. Deborah Rozman of HeartMath, along with an array of other spiritual leaders, indigenous elders, and scientists, the film is designed to give people new tools to achieve a state of “heart centered balance,” so they can create a peaceful state of connection in their own lives. For more information, go to http://www.sacredjourneyoftheheart.com
Most bodywork professionals know that Thai massage (nuad boran, in Thai language) is not massage as we know it in the West. Its unfortunate that the term Thai massage has become so popular because that second word, massage, is misleading and inaccurate. The work isn’t done on a table, oil isn’t used, there is no rubbing on skin or kneading of muscles, and the receiver is fully clothed. The goal is not to work muscles, fascia, tendons, ligaments, organs and soft tissue, though these anatomical parts are positively affected by the work. Neither is its purpose to simply stretch and apply passive yoga to another person on a floor mat. At its essence, Thai massage is a balanced blend of physical, energetic and spiritual healing techniques and concepts. It is the skilful combination of applying both broad and targeted acupressure, finding and dissolving blockages in the network of energy lines (sen) that run through each of us, opening and toning the body with yoga-like stretches, and last but not least, allowing and encouraging the receiver to engage in a process of self healing, relaxation, and renewal.

Understanding the modality

An effective Thai treatment can’t be given by mechanically following a sequence. Although sequences are important for beginners to learn the basics, teachers and schools that prepare students to follow proprietary, fixed sequences throughout their study and practice may be hindering them from evolving into deeply sensitive therapists.

Individualized holistic treatment is at the heart of the traditional Thai medicine system, and Thai massage should be administered in this way in order to be fully effective. An accomplished Thai therapist continually practices and studies, preferably with a variety of teachers, throughout his entire career. He listens to the body of each client as he works, learns to sense energy flow and blockages, and relies on intuition, sensitivity and
stillness to guide him through each treatment. Thai massage, at its essence, is a spiritual healing art, not just a physical therapy. In Thailand, massage (nuad) belongs to one of the branches of Thai medicine, and it incorporates Buddhist healing principles. Accomplished therapists and teachers understand the power of meditation and stillness while at work, both for the giver and the receiver. They work slowly and in a meditative way, and they always encourage silence.

Good body mechanics and correct breathing play extremely important roles in Thai massage. An experienced Thai therapist works only within his immediate reach, and positions his body directly ahead of, or on top of, the area where he is working. The hara, the core area located slightly below the navel, is where all movement should originate. A therapist’s back should be straight, the shoulders relaxed, the chest open, and in most cases, arms should be straight and locked at the elbows when applying pressure. Masterful Thai therapists utilize correct breathing patterns as they work, they remain observant of their clients breathing throughout each session, and they adjust their breathing to work most effectively with that of their client.

Thai massage is most powerful and effective when it is carried out, for the most part, in silence. The therapist needs to focus his energies, observing and listening to the body, hearing the breath, and adapting his techniques to the needs of the individual before him. The receiver should ideally feel at peace, relaxed, spiritually centered, and in a parasympathetic state, since these conditions always encourage good results. Excessive talking during a session can be a distraction, and so can music, especially if it isn’t kept at a low volume. Its best to not engage clients in conversation, to comment about their condition, or to offer excessive prompting or coaching.

The dilemma of current-day study

Among LMTs in North America, studying Thai massage has become a popular way to fulfill requirements for continuing education units (CEU), but unfortunately, many people teach or practice Thai massage without having adequate knowledge or study experience. Some study only for a few weeks or months before beginning to practice or teach. Mixing Thai massage with other modalities such as western table massage, shiatsu, and yoga is also common. Some market and promote courses of study by using the word Thai, when the curricula may not be true to Thai traditions. The word Thai has marketing power because it conjures exotic and exciting images, but table work marketed as Thai, for example, is so stripped of its versatility and power that it is mostly ineffectual.

Local laws that regulate legal practice vary throughout states in the USA and provinces in Canada. In some places, massage boards and regulatory agencies deem it legal only for LMTs to practice traditional Thai massage, regardless of their amount of training in the discipline. Indeed in many states, LMTs can legally practice Thai massage even if they haven’t ever studied the discipline! A background in table massage, however, doesn’t necessarily qualify someone to be a good Thai massage practitioner or teacher; they require two completely different skill sets. To further compound the situation, the National Certification Board doesn’t thoroughly evaluate the credentials of someone who applies to be an Approved Provider of Thai massage, and this adds to the disparity of knowledge and expertise among Thai massage CEU Providers.
All of these circumstances figured among the motivating factors for the founding of Thai Healing Alliance International (THAI) in 2005. THAI's guidelines remain today as the only nonpartisan international standards for the study and practice of traditional Thai massage, and the requirements to become a Registered Thai Therapist (RTT) and Instructor are rigorous. (See http://www.thai-healingalliance.com for more information)

Finding qualified teachers

As you can see, it's important for all students of Thai massage to study only with highly qualified teachers. Check the teachers study and training history, and if it's not listed on their website or in their promotional information, ask them about it before you consider registering for a workshop. How long have they studied Thai massage, and with whom? Have they studied in Thailand? If so, when was the last time they were there? Do the descriptions of their courses use western anatomical language or Eastern healing terminology? Do they blend Thai massage with other modalities? Are they Instructor members of Thai Healing Alliance, or do they at least meet the minimum requirements of 500 hours of hands-on Thai massage study with a wide variety of qualified instructors and schools? Before you register for a CEU course in Thai massage, check into a teacher's background just as you would for a prospective employee, or a tenant for your rental home.

Summary

Traditional Thai massage is a unique and powerful vehicle of healing, and it is worthy of being practiced, taught, and promoted within the context of traditional Thai medicine, not from a perspective of Western bodywork therapies, Ayurvedic medicine, Chinese medicine, or any other body of knowledge.

I encourage all students, practitioners and teachers of Thai massage to be diligent in their approach to study; to evolve slowly, patiently, creatively and respectfully as practitioners of this noble healing art; and to dignify and elevate traditional Thai massage by studying and practicing it within the framework of the traditional medicine, culture, and spiritual values of Thailand.

Bob Haddad, RTT has studied traditional Thai massage since 1999, mostly in Chiang Mai, Thailand. He has learned Thai healing arts from many teachers, but Asokananda and Pichest Boonthumme are his true mentors. He is the founder of Thai Healing Alliance International (THAI) and he teaches workshops internationally. His new book, Thai Massage & Thai Healing Arts: Practice, Culture and Spirituality (Findhorn Press) http://www.findhornpress.com and is also available on amazon.com.
We all know that the Holiday season can be the most stressful and that, ironically, many of us find ourselves strung out and unhappy at a time when we are expected to be our happiest.

How we handle the stress of the season has a lot to do with the kind of person we are. Knowing that, we can use specific strategies to deal with holiday demands and make the season what it was meant to be - joyous.

How can we know what kind of person we are? The answer is in the colors of our aura. Everyone has an aura - what science calls the electro-magnetic field - and we’ve all felt them. We’ve been instantly drawn to some people and repelled by others, because we’ve felt their energy. That energy is expressed in different color bands that radiate from our bodies - what we call the aura.

I have learned in my work as a professional psychic who can also see auras that our aura colors reveal very important information about who we are - our personality, relationship style and compatibilities, best career paths, potential health challenges and more. Discovering our aura color personality type and unique coping skills is a valuable key to knowing how to handle stress.

The quiz accompanying this article will help you discover your aura color. Take the quiz, and once you know your color, read on to discover your aura color personality, the signs that you are stressed, and some helpful tips tailored to help you deal with that stress and take the harried out of the holidays.

**YELLOW**

- **Yellows** are fun loving, humorous, creative, physical, generous, sensitive & natural healers.

**Signs that you’re stressed:** You are not laughing and enjoying life. You’re avoiding, procrastinating or distracting yourself with addictions (food, alcohol, TV, sweets, drugs, caffeine, etc.) Your back or knees hurt.

**Tips to become happier:** Spend time in nature, exercise, dance, eat healthy, get a massage, play, laugh, cheer up others, hang out with your dog, simplify your life, find reasons to be optimistic, smile, watch a funny movie, and laugh some more.
GREEN

- **Greens** are intelligent and driven accomplishes, often business-owners, managers, sales, etc.

**Signs of stress:** You’ve become a workaholic; you’re frustrated, critical, controlling, arguing, blaming others, or being hard on yourself. You have tight neck & shoulders, heart problems or digestive issues.

**Tips to become happier:** Write a list of your accomplishments, appreciate everything on that list, take deep breaths, organize your space, reduce your caffeine intake, reassess & write a list of your goals, trust yourself, and develop a plan. Then once you learn how to breathe, take action.

VIOLET

- **Violets** are visionaries, leaders, teachers, artists & humanitarians who want to help the world.

**Signs of stress:** You’ve become overwhelmed, scattered, constantly multi-tasking, stuck, bored, restless, or depressed; or you’re bossy, judgmental & impatient. Your thyroid may be unhealthy or your eyes may be bothering you.

**Tips to become happier:** Practice your favorite form of daily meditation, travel, listen to positive music & inspirational teachers, spend quiet time alone realigning with your visions, get involved with humanitarian projects, be with people who inspire & motivate you, travel again - hopefully to foreign countries.

BLUE

- **Blues** are loving, nurturing, spiritual, emotional, and perpetually counseling and helping others.

**Signs of stress:** You’re exhausted from giving too much, you’re sad, cry a lot, feel unappreciated, feel unlovable or unworthy, feel guilty, or depressed. You may have throat, breast or reproductive issues.

**Tips to become happier:** Pray, connect with a Greater Source, walk, breath, meditate, appreciate your home & loved ones, remember all the loving things you’ve done for others, let go of guilt, trust you are loved, learn to love yourself by doing good things for you too, learn to say no, help others without over doing it, spend time with supportive friends.

TAN

- **Tans** are practical, logical, patient, detail-oriented, reliable, and value stability & security.

**Signs of stress:** You’re worried, anxious, impatient, frustrated, critical, bottling up anger or intense emotions, pessimistic, withdrawn or shut down. You may be experiencing headaches or eyestrain.

**Tips to become happier:** Exercise, watch less news, take a break from the details, develop a secure financial plan, rest your eyes, breathe, read positive & optimistic information, find healthy outlets for your emotions (such as talking with a calm & rational friend who can give practical & trustworthy advice), research data until you feel more secure.

Pamala Oslie is an author, consultant, radio show host, and professional psychic. Pamala has written three successful and popular books, Life Colors, Love Colors, and Make Your Dreams Come True, and has a very extensive clientele, including many celebrities. She has been a guest lecturer at the International Forum on New Science, Fortune 500 companies, the TEDx Talks 2012, and many seminars for professionals in the psychology, education, health fields and more. Pam is the Founder of http://www.LifeColorsCity.com, a one-stop virtual city designed to help you create love, joy and fulfillment in EVERY area of your life.
Writing any book on the topics of Moses, the Hebrews in Egyptian captivity, and the Great Exodus is fraught with all sorts of challenges, ranging from dating systems and chronologies of royal Egyptian families, to sifting through the available archaeological and historical data, which many times needs to have a healthy dose of circumstantial speculation applied. But that speculation is not merely the stuff of imagination and wishful thinking, as some in the academic community would like to believe. The route that has to be taken, in light of the fact that there is no direct evidence proving the Hebrews ever existed in Egypt, is one that needs to address whether the entire biblical account is even plausible. Did it actually happen? Then the question needs to be juxtaposed with possible secondary archaeological evidence that could possibly support the story that appears in Hebrew scripture and has been handed down for the last three-and-a-half millennia.

To put it bluntly, the biblical account of the Hebrews dwelling in Egypt as slaves to a series of pharaonic monarchs and their eventual emancipation under a single leader has absolutely no historical or administrative documents that would support any scriptural claim that any of it ever happened in any period of Egyptian history. None. Zero. Nada.

So, we are forced to conclude on the simple merits of the claims made within the biblical documents and the absence of any direct, corresponding archaeological data that the Great Exodus never occurred. And further, that its main character, Moses, never existed.

But that is not the end of the story, otherwise this would be a very short book. That is where the search for the real story begins. Perhaps we need to consider the likely probability that our expectations on archaeology are simply too great. And short of an inscription stamped on a mud brick stating “Made by Hebrew Slaves,” it is extremely difficult to identify specific Israelite connectivity to a people who were not much more than a semi-
nomadic tribe and a migrating Semitic clan.

The story of the Hebrews’ Great Exodus from Egypt under the leadership of Moses is, in fact, one of mankind’s most researched and debated events in antiquity, and without a doubt one of the greatest historical mysteries of civilized humanity. Make no bones about it, the presence of the Exodus event in ancient Hebrew scripture, coupled with the long memory and tradition that elevates it as the literal history of the founding of the Jewish religion and the nation of Israel, entitles it to weighty consideration. The notion that a book of faith cannot house real, historical events is the machination of those who would diminish the record as simple literary invention. And although there is an inordinate amount of heritage-building and faith-bolstering in the existing account contained in the Torah, the events are repeatedly mentioned in the Old Testament books of history and the books of the prophets as an historical event that founded the nation of Israel. These cannot be offhandedly discarded simply because they reside in a book of faith. And the historical references—as well as the lack of detailed information set within those references—needs to be explored for veracity and a determination of fact over fiction.

By way of example, fast forward to the New Testament and the Gospels. For centuries it was believed that Pontius Pilate, the governor of first-century Judea during the arrest and crucifixion of Jesus of Nazareth, was nothing more than literary invention—a character in the so-called “Jesus myth.” That is until 1961, when Italian archeologist Dr. Antonio Frova, was excavating an ancient theater in Caesarea Maritima, the first-century Roman capital of Judea, and uncovered a cornerstone dating to that same period. It bore the inscription of one “Praefectus Pontius Pilatus,” dedicating the building as the “Tiberíum”—an obvious homage to Emperor Tiberius Caesar Augustus. The limestone block currently resides in the Israel Museum, and while the academic community calmly rolled with the discovery, this significant historical find did not eliminate the subtext of bias with which they continue to approach biblical history.

As this chapter will demonstrate, in order to get to the roots of any historical mystery of this sort, we must first begin with the foundations of the story. And although we do not wish to overburden you with a simple re-telling of the somewhat “stripped down” biblical chronology, we feel it is necessary to provide you with the foundational information as it reads from the source point of the story: the biblical record. And lest you charge us with attempting to “prove” scripture by use of scripture, we will simply admit it here and now: Sometimes the individual books of the compiled scripture must be examined as an extant source for corroborating details.

In addition, it is also very important to take into consideration that it was never the habit of any given pharaoh to record his failures and humiliations. All you need do is look at the existing temple inscriptions and stele to see that the pharaohs never included events that expressed their deeds and military actions in any sort of negative light. These monuments and inscribed stones existed for the sole purpose of recording, for all time, the glories and accomplishments of the pharaoh, trumpeting his triumphs and vaunting his valor, sometimes even to the point of distorting the facts and diminishing setbacks.
and defeats in order to make a permanent record that portrayed him better than he was. A prime example is the record of Ramesses II’s glorious victory at Kadesh inscribed on the walls of the Ramesseum at the Temple of Amun at the Karnak Temple complex in Luxor (ancient Thebes). We know from other extant contemporary records that Kadesh was nothing more than Ramesses II narrowly avoiding an abysmal defeat.

Likewise, there is no stele that exists whereupon one would find the complete and utter defeat and humiliation of a pharaoh at the hands of rebellious, fleeing slaves who routed his standing armies.

So, who were the Hebrews? Where did they come from? Why were they living in Egypt and how did they become enslaved as a whole people? Understanding these basic questions will lead to a much richer experience when looking into the life of one of the displaced Hebrew’s children—a child who grew into the man honored by three major religions of the world.

The House of Jacob

According to the Old Testament book of Genesis, the Semitic family clan of the House of Jacob (who was also know by the name Israel) migrated to the fertile northeastern Nile delta region of Egypt, seeking relief from a famine in their homeland of Canaan. The biblical story also details the account of one of Israel’s sons, Joseph, who was sold, out of jealousy, into slavery by his older brothers. The account tells us that Joseph suffered through hardships, imprisonment, and eventually, years later, was elevated to the highest position in the land of Egypt as the royal vizier to the Pharaoh—and all because he was able to interpret the monarch’s dreams and lay out a plan for surviving an impending famine.

According to the biblical text, Joseph is given the Egyptian name Zaphnath Paaneah, and he married an Egyptian woman named Aseneth, the daughter of Potipherah (Pentephres in the Septuagint) priest of On. But, as with the story of Moses and the Exodus, there is no evidence that Joseph ever existed outside the scriptural account.

The etymology of the name Zaphnath Paaneah has been a topic of great debate and dispute, as it has no direct Egyptian source, but “looks” Egyptian and can be loosely translated to mean “the man to whom mysteries are revealed,” or according to first-century historian Josephus, “a finder of mysteries.” Coptic has the name as “a revealer of secrets,” and the Egyptian translation, while having no meaning for Zaphnath, contains p-ôn?, meaning “the life.” Another meaning, however, translates the name as “?e(d)-p-nute(r)-ef-on?” meaning “the god speaks [and] he lives.” This last version of the name became popular, but has no linkage to Joseph’s Egyptian title or office, and has appeared so differently between the Septuagint and Hexaplaric versions that it is conjectured that the name was disfigured by the earlier Hebrew scribes.

So, you can see that even the definition or translation of Joseph’s Egyptian name is something that has no direct correlation or interpretation to any historical records, revealing again the problems in deciphering any bits and pieces of the biblical story. Moses, the traditional author of the Pentateuch—inclusive of Genesis, Exodus, Leviticus, Numbers, and Deuteronomy—seems to have either deliberately left out critical information, or said information has been distorted by later copyists and scribes. Or, we can simply be led to the conclusion that the entire tale is merely nothing more than literary fiction.

So once again we are brought back to finding whether or not the story has any secondary archaeological
evidence that might establish connective veracity to the scriptural account; if it doesn’t, what are the ramifications?

In the book of Genesis, the entire story of Joseph spans several chapters—37 to 50—and they contain the dramatic account of Jacob/Israel’s emigration to Egypt. In the story, Joseph was raised from slavery and imprisonment to a position of great power in Egypt, becoming the man through whom Jacob and his sons must obtain permission to settle in the Nile Delta region. Joseph recognizes his brothers when they come to Egypt pleading their case for resettlement, but Joseph initially hides his identity from them. This is the story as recorded in the biblical account . . . It is a finely crafted tale of immense human emotion and dramatic effect, laying the groundwork for how and why the ancestors of Moses came to dwell in the land of Egypt. If you read the entire account in scripture, you see from the very beginning the growing, glowering jealousy of Joseph’s older brothers and feel their seething disgust as they learn that their youngest brother, Joseph—the child of their father’s old age—is the apple of the old man’s eye.

But then Jacob had to give Joseph that damned multi-colored cloak! The “coat of many colors,” so much more beautiful than any of the homespun garments their father had ever given them, imbued with so much more honor and favor than they had ever seen their aging father bestow on any of them. Joseph represented to this dysfunctional lot of men the essence of a young punk who usurped all that they had ever wanted from their father, and they grew to hate Joseph for his prized position as “favorite son.”

The story of Joseph is a magnificent tale set against the Judean wilderness and the royal households of Egypt. But once again, the problem is that there is no direct historical evidence of these events ever taking place. So, again, one must rely on secondary archaeological evidence to see if the story is plausible.

Google Security Exec: ‘Passwords Are Dead’

Speaking at TechCrunch Disrupt, Google’s Heather Adkins says startups should look beyond passwords to secure users and their data. New startups looking for ways to keep their users secure should know one thing: “Passwords are dead.”

Adkins, Google’s manager of information security, said that going forward, the “game is over for” any startup that relies on passwords as their chief method of securing users and their data.

Adkins, speaking alongside Kleiner Perkins Caufield & Byers managing partner Ted Schlein and author James Bamford, explained that looking ahead, “our relationship with passwords are done,” and that “passwords are done at Google.”

She talked briefly about Google’s use of two-step authentication, and the fact that the search giant has been working to innovate in the area of non-standard password security. As a result, she said, any startup that still relies on standard passwords needs to ensure that it has an abuse team set up to deal “with customers getting compromised.”

Although Adkins didn’t offer any real specifics on how Google will innovate beyond today’s security, she did say the company is experimenting with hardware-based tokens, as well as a Motorola-created system that authenticates users by having them touch a device to something embedded, or held, in their own clothing. “A hacker can’t steal that from you,” she said.

Later in the conversation, which also touched on the NSA scandal, cybersecurity, and the weaponization of offensive cyber technologies, Adkins pointed out that hackers intent on making money from their bad acts had consistently found ways to exploit Google users who had yet to turn on two-factor authentication. Essentially, she explained, hackers were able to get into such users’ accounts, turn on two-factor authentication themselves, and lock the users out before utilizing those accounts to send spam. “They are finding new ways to make money off it,” she said. “Ways we hadn’t anticipated.”

Finally, Adkins argued, technology companies need to step up and build products that protect users so “they don’t rely on not getting fooled.” Ultimately, she said, anyone starting a new technology company should be sure that one person is designated to focus on security and privacy, and that one of the first 25 employees should work full time on security and privacy.

—CNet.com
Dreaming in Dialogue

By Dan Millman and Sierra Prasada

Xperienced practitioners discover in creativity a fruitful conversation with themselves, whether silent on the street (usually) or loud and animated in the studio. It’s a ritual of sorts, one that can also double as a formal technique to kick-start a new work session, provide overall direction, and generate momentum. In our book, *The Creative Compass: Writing Your Way from Inspiration to Publication*, we have adopted—and adapted—an approach presented in David Morrell’s book *The Successful Novelist*. Morrell himself credits a television interview with novelist Harold Robbins for inspiring this technique. We call it “dreaming in dialogue.”

As an alternative to the traditional outline, Morrell proposes a written discussion between you (the “writer”) and your alter ego, which can assume the role of a fellow writer, a trusted friend, or a future reader. You are half creator and half stenographer in this conversation, which may run on for pages, depending on what you seek from it, the complexity of the idea you’re presenting, or the complications you’ve run into.

As an example, we’ve invented a few lines of a dialogue that might take place between you and your alter ego, after you’ve exchanged greetings:

**Writer:** And then my heroine will flee her uncle’s house with his magic armor. After that I need her to reunite with the lover she’s rejected.

**Alter Ego:** Why did she reject him?

**Writer:** Because he seduced her sister.

**Alter Ego:** He actually did it, or your heroine just believes he did?

**Writer:** Well, I hadn’t considered the possibility that her sister might be lying—and that would make her so much more complex, but . . .

An outline requires from the start the same decisive organization it strives to represent, but the gentle back-and-forth of the dialogue encourages a relaxed, discursive reflection—one that takes its intuitive order from the natural flow of ideas. Dreaming in dialogue is flexi-
ble enough to serve the needs of both top-down writers, who prefer to structure then write, and their bottom-up counterparts, who generally write first and structure later. Regardless, the dialogue will guide you onto a clear if necessarily meandering path into your work.

Through your artistic pursuits, you get to know the most creative and adaptable parts of yourself. When you dream in dialogue, you give these parts a voice that differs from your own and may be able to express insights that you hadn’t realized you possessed. You’ve heard this voice before whenever you answered the question, If you knew the solution to the problem, what would it be? In addition, dreaming in dialogue counterbalances confused or negative thinking by redirecting the energy invested in that thinking toward the work itself—a strategy you can also bring to your wider life.

Beyond the creative realm, dreaming in dialogue can benefit anyone confronting a life challenge or a difficult decision. Only the subject of the dialogue changes. When we doubt or self-flagellate, whether about our writing or some other more worldly challenge, we often forget that the same self we’re berating for its incompetence has on other occasions also enjoyed well-earned confidence, arrived at sensible decisions, and generated great ideas.

Building on this insight, you can assign opposing qualities to two different selves—or, to paraphrase Kipling, separate sides of your head—and then invite them to interact with each other. In this case, one side of your dialogue will represent the most uncertain, tentative, and concerned part of yourself. It asks questions that express doubts. The other side takes on the role of wise confidant, teacher, and mentor, deploying a range of tactics, such as gentle pressure or steadiness of mind, in accordance with what you want from it—because you’re the one pulling the strings even if you’re only half aware of doing so. The teacher-mentor may lecture you, emphatic in its replies, or it may become an inner Socrates who answers questions with only more questions, coaxing you to devise your own answers and alter your process as necessary.

Try it yourself. What challenge, whether creative or personal, do you brood over? With whom might you like to discuss it? You could choose someone specific: Anne Frank, for instance, addressed all her diary entries to her imagined best friend Kitty. Or it may be enough to summon up a nonspecific voice from within to mirror or counter the one more immediately accessible. On a practical note, if you’re working on computer, you might try writing in plain text and putting your conversation partner’s text in italics or bold to differentiate the two voices.

It may take some time to call up the side that incarnates your most hopeful moments and warmest relationships—the voice that tells you everything will be all right and overrules even your most panicked objections with an unshakable confidence that seems to hold a bright future in itself.

It’s tempting to embrace the more positive side of your psyche, the good side, at the expense of the other—to see in one side only light, in the other only shadow—but the reality is more complex. As we come to know ourselves, we recognize in our own doubt and self-censure an excess of the same qualities that underpin humility and caution. The power of dreaming in dialogue lies in the revelation that we need both sides of the self in order to live fully and to write well.

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The dictionary definition of ‘Tenacity is’: perseverance, being determined to do or achieve something; firmness of purpose. And that describes, very well, the energy of the soul on its journey.

Every individual soul who comes to earth is filled with a longing to experience what life has to offer. Each new incarnation brings with it a new lesson to be learnt, a new mission to be accomplished: a mission that, many people are now discovering, is decided upon before arrival. The challenge is that, once born, there is usually complete amnesia with regard to those decisions… and many end up spending their lives trying to remember exactly what it was they decided on in the first place.

Often there is a sense or a knowing that is just out of conscious awareness; that there is something that has to be done… although it may not be clear what that ‘something’ is. When answers are not forthcoming it can lead to frustration, dissatisfaction and in some cases even depression; a sense of giving up.

For some of us or there are sign posts along the way; signposts that appear when we are ready; signposts that are designed to wake us up, to bring us back onto the right path. Some are easy to read, to understand and to follow; and some are a little more cryptic and harder to understand. Some people do not get to see the signs until they reach a crisis, a tragedy or some sort of breakdown; for some it only becomes apparent after they have had a near death experience. The spiritual journey then becomes visible to them and they have no choice but to pursue it.

Many have had to encounter the dark night of the soul before they wake up and really begin to understand what is going on around them. Thankfully, many are able to rise to the call of their soul and follow the path they have really chosen for themselves, not the path they stumbled onto a result of their upbringing and the external choices of family and peers.

Many years ago I had a very successful career as an art director for a chain of West End hair and beauty salons. I was becoming more and more dissatisfied with my life and was questioning whether or not to pursue a spiritual path; to retrain as a therapist and healer. My friends and family told me that it was foolish to move...
I knew that I needed to get away, to get some clarity, so I booked a trip to Crete.

As my journey began I asked the universe to send me a sign.

It is a wise idea to be very careful what you wish for because I got my sign.

It was as clear as it could get and a lot more dramatic than I had intended because I can assure you there is nothing like a near death experience to wake you up!

About half way into the flight the aeroplane lost an engine; there were other difficulties and we began to plummet towards the ground.

The oxygen masks dropped in front of us and it became increasingly hard to breathe.

The woman behind me was struggling with her mask and grabbed at one of the cabin crew.

“Help me” she yelled “I can’t breathe, my mask isn’t working”

“I wouldn’t worry” shouted the steward ‘we’re all going to die anyway’

Not what you want to hear when you’ve just decided to get your life on the right track.

At that moment, I made a decision. If I survived I would not waste another moment living a life that was unfulfilled. No more compromising on a job that didn’t fulfil me or compromising on a relationship that didn’t support me and my values. As I witnessed the chaos that was going on around me, the screaming and the hysteria, I made another decision. I decided that if this was the end, if I was about to die, I was not going to depart in a state of panic.

I thought about all the things that I had learnt from my books and from my spiritual teachers and realised that the most important thing to me in that moment was being thankful. I entered into a state of gratitude for my life and for the life that, I believed, was yet to come. An unbelievable feeling of peace and calmness came over me. It was as though I was being bathed in light and a state of what I can only call, bliss.

I remained in this state for the duration of the journey.

Eventually, the pilot managed to make an emergency landing in a derelict airfield in Italy. We waited in an empty hanger for 8 hours for another plane to come and rescue us. It gave me time to think. I studied the people who had been on the flight, I saw the fear, the sadness, the stress, the unhappiness in their faces and I knew in that moment that I had to listen to my calling. I knew in that moment that I had to re-train. I knew in that moment that I wanted to help. I knew that I wanted to be of service, in any way that I could. I got the message: In the words of Robert Byrne—”The purpose of life is a life of purpose.”

I had to make the most of every moment. I came back and I changed my life. Now I feel blessed that I am able to do work that I love; work that is so completely fulfilling and I can safely report that having changed my life’s work and let go of the relationships in my life that were not supporting me in finding my true path. It was a tough call but as I look back I have no regrets.

Thankfully, it doesn’t have to be quite so drastic for everyone. There are those of us who are able to hear the calling of their soul. It may come as a result of an intuitive realisation, an epiphany, an inspiration rather than a crisis. They are usually the ones already on the spiritual path; who recognize the need for clarity and a better way of understanding who they are, why they are here and what their life purpose really is. These people recognise the need for introspection and understand that the answers that they seek lie inside themselves all the time; answers that are not to be found in religion or anywhere outside of themselves.
These are the people that are drawn to explore the hidden regions of the mind, the information that is only accessed via the subconscious realm; whether in meditation, hypnosis or guided journeys.

As well as exploring past lives to gain a greater understanding of previous missions and life lessons many people are being drawn to explore the ‘life between life’ realms. This process began many years ago with Dr Michael Newton, who first discovered the state when regressing a client who talked about her feelings of loneliness in this life. She wanted answers as to why she felt this way. Having given her a simple command, whilst under hypnosis, she was able to connect with the memories of her life as a soul in the afterlife or as we now call it the ‘space between lives’.

She described meeting her soul group and identified people that she knew as her friends, family and loved ones from other lives, these were the spirits waiting for her in the afterlife. They informed her that she had chosen not to bring any of them with her on her journey this time; as her lesson was to learn to be independent and to cope with the challenges that life offered her on her own. She realised that at a spiritual level she was never alone. This brought her much comfort. Since that time tens of thousands of people have experienced ‘Life between life’ sessions; each with startlingly similar results. My clients have been no exception.

The session begins by exploring the last life a person has lived. Once they reach the death point people report leaving the physical body and describe being welcomed by beings of light or their spirit guide. This information correlates with the evidence from those who have had near death experiences; people whose hearts stopped for a time but returned to tell the tale. Dr Raymond Moody has documented many such cases in his book ‘Life after Life’.

In the session they usually get to meet with their soul group. The family of souls that usually reincarnate together; who agree to help each other accomplish their chosen ‘missions’. I was to discover that my Mother has been with me through many lives, often volunteering to play parts that challenge me to help me grow.

One of the highlights of the experience is meeting with the ‘Elders’ or the ‘Masters’; highly evolved beings that no longer need to reincarnate. These ‘Masters’ offer guidance and wisdom; answering many important questions. The information about lives that have been lived; lessons that have been and are yet to be learnt, is always given in a loving and compassionate manner; albeit with a sense of humour that is often unexpected. The ‘Masters’ can provide knowledge of soul contracts with others, which helps people understand the challenges they experience and this enables them to put things into perspective; particularly when there have been challenges in your life. Realising that I had chosen a path that would be tricky so that I could learn and evolve on the spiritual path more quickly gave me a real sense of power back—I was no longer a victim of circumstances…..and that meant that my clients weren’t either.

Some might question whether the journey into the spirit realms, where there is no judgement and everything is based on unconditional love, might result in a dissatisfaction with life on earth, but usually the opposite is true. Getting clarification of the true purpose of the current life can fully engage the tenacious nature of the soul, helping people to renew their commitment to achieving their goals and fulfilling their mission.

The ‘Life between Life’ journey is always an opportunity for a spiritual evolution and, as a result, this process is one that is both enlightening and incredibly profound.

Excerpted with permission from Healing with Past Life Therapy: Transformational journeys through Time and Space, by Lorraine Flaherty, published by Findhorn Press., http://www.findhornpress.com
In our training Paramahansa Yogananda began with the very basics of the spiritual path. It is said in the Indian scriptures that the essential purpose of religion is to elevate humanity to a consciousness of Bliss (which is God) by removing man’s threefold suffering—physical, mental, and spiritual—by the roots, so there is no chance of recurrence.

To remove this suffering, one must understand its causes. All suffering and misunderstanding, all our separation from God, is a result of maya, cosmic delusion—which manifests in the individual as ignorance. If we would know God, if we would pursue a path that will bring us to that high state of consciousness beyond all suffering, then we must know how to remove ignorance of our true nature: divine souls—immortal, blissful, free.

In this physical body, and with this physically limited mind, ignorance takes many forms. It has many offshoots, and it is very, very subtle. If we were to break it down and analyze how to overcome it, we would come to the very teachings Paramahansa Yogananda imparted to us through everyday life in the ashram. And these are applicable to all, whether they live in the world or in a monastery.

The following excerpts are adapted from the new book Manifesting Divine Consciousness in Daily Life by Sri Mrinalini Mata (Copyright © 2013, Self-Realization Fellowship, Los Angeles), reprinted with permission. Sri Mrinalini Mata is president and sanghamata (spiritual head) of Self-Realization Fellowship, the society founded by Paramahansa Yogananda in 1920 to disseminate his Kriya Yoga teachings. For more information on the teachings of Paramahansa Yogananda, visit http://www.yogananda-srf.org.
One form of ignorance that afflicts the consciousness of most persons is being a slave to likes and dislikes. Do we realize how much they govern our lives? So much of what we do is motivated not by understanding of what is right or wrong, but by irrational feelings of attraction or repulsion within us. A primary tenet of a spiritual life is learning to rise above these likes and dislikes of the body-identified ego, to allow expression of the higher discrimination of the soul.

This does not mean a negation of life, or that you cease to enjoy things. It means you cease to be bound by the habits created by likes and dislikes, which perpetuate in you the delusion of being a limited, mortal human being.

* * *

Another one of the root causes of suffering, which allows ignorance to govern one’s life, is lack of will power, not using the divinely given will that is present in every soul. Paramahansaji emphasized not only will power to do what you ought to do, but he also coined the phrase “won’t power”—the power to prevent yourself from doing those things that you should not do. He taught (and demonstrated in his own life) that each human being, being made in the image of God, has within him or her a spark of the infinite will of God. We can do anything that we put our minds to if we are attuned to that will of the Divine.

* * *

Another way in which maya, cosmic delusion, keeps us in ignorance of our divine nature, identified with the physical body and its limitations, is through the ceaselessly alternating dualities of life. This whole creation is based on the principle of relativity, or duality—positive and negative; joy contrasting with sorrow, pleasure with pain, light with shadow, life with death. In the consciousness of one who identifies with the physical world, the experience of these opposites creates a disturbance of the thoughts and emotions. The scriptures teach that God’s presence is reflected in each of us as the soul, our true Self; and Paramahansa Yogananda often gave this illustration: “A reflection of the moon appears distorted in a wind-ruffled lake; similarly, the reflected soul-image in the body is not clearly seen in a restless, sense-identified mind.” In order to fully reflect the image of God, the lake of one’s consciousness must be perfectly still, unruffled by the storms of life, the constant changes of dualities and relativities.

Meditation, of course, is essential for attaining that inner stillness. And, the Bhagavad Gita teaches, the only way to perceive God while outwardly engaged in life is by practicing even-mindedness. That means keeping the lake of our consciousness undisturbed by emotions in the face of life’s inevitable dualities. This does not make us become automatons, with no feeling. I know of no human being who expressed such enjoyment of life, such deep feelings of divine love and compassion, as Paramahansa Yogananda. He felt deeply the joys and sorrows of life; but he used to say, “Even when I am experiencing these things on the outside, my mind always maintains the still clearness in which the image of God and my consciousness reflect as one perfect being.”

* * *

Another of the roots of ignorance embedded in our “second nature” or ego—keeping our consciousness limited to duality—are the alternating moods of happiness and sorrow. These also are part of the delusion that we must learn to transcend….

Moods, the Guru used to say, are an expression of bad karma from the past—wrong tendencies or desires that we have not spiritually overcome, but are not allowing to come out in this lifetime. In other words, we have now learned that certain actions are wrong, that we
should not engage in them. So we put up a mental barrier and say, “I will not do this.” But if the seed of that action is still within the consciousness, then even if one thwarts its direct expression, it may very well come out in the form of moods.

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Paramahansaji taught us that one of the major causes of ignorance—forgetfulness of our divine nature—is the constant barrage of distractions in this world, which disturb the consciousness and draw the attention outward. The mind is continually being made to think of other things and to forget God, whereas the devotee who would have God-realization must learn to anchor the consciousness and the thoughts constantly in the Divine.

The greatest method of all for reaching and maintaining that consciousness is deep meditation. Through meditation, you quiet the thoughts and the consciousness and let them rest like that stilled pendulum—centered in God, in the stillness where you begin to perceive His presence.

***

Don’t let delusion, or maya…go on tricking you into being bound and limited to the little experiences of this human body—to physical, temporal desires and objects. Give some time to God. Out of the twenty-four hours given to us each day, can we not find even one hour for Him who created us? When you first awaken, let your thought go to God and rest in Him. Then try to carry that consciousness with you during the day. Again, the last thing at night, meditate and let your consciousness rest in Him before sleeping. If you give even one hour of the day to God in deep meditation, making sincere effort, you will see how your life changes.

***

Any person who has truly experienced even a brief glimpse of God can never again be the same—can never again be satisfied with limited worldly consciousness as before.

You do not cease to enjoy the world or its wholesome pleasures; there is just a turning of the awareness from the outer side to the inner side of reality. Instead of being identified with physical forms and limitations, attachments and desires, likes and dislikes, joys and sorrows, you see all of life as an expression of God. You perceive everything as made out of His infinite light and consciousness.

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Photo courtesy of Self-Realization Fellowship, Los Angeles.
The tourist traveling from Granada, Spain, along the N342 (or from Malaga, the N331) toward Antequera should take the opportunity for an educational break and stop just before reaching Antequera. That is where the megalithic super graves of Menga, Viera, and el Romeral are located. Curiously, the Menga complex is described as Cueva de Menga, Cave of Menga. Yet there is no natural cave. The Cueva de Menga is deemed to be “the most impressive and best preserved dolmen in the world.” The alleged “cave” lies outside the town of Antequera and is described as a mausoleum in the specialist literature, although no corpse has ever been found in it. This Stone Age miracle is 25 meters long, 5.5 meters wide, and 3.2 meters high—big enough to drive a tractor about. (Image 26)

No one knows who first entered this artificial structure because, until 1842, the dark space served as a cool chamber for keeping fruit and vegetables. Of course, people started to dig—twice even, in the years 1842 and 1874. The results did not yield any clues as to who built it. A renewed attempt was made in 1904; after all, there had to be something to find in this giant dolmen. The hard-pressed soil finally revealed a discus-shaped stone structure, whose purpose is unknown. No body, no bones, no sarcophagus, but below the ceiling there are some cross-shaped engravings and a five-pointed star with a diameter of about 18 centimeters.

The ceiling is a miracle in itself. The rear-most stone is 8.07 meters long and 6.3 meters wide. It has an estimated weight of 180 tonnes—certainly no lightweight. The actual “burial chamber,” which never was one, is covered by four monolithic slabs resting on mighty stone supports. Each of these lateral load-bearing stones is a good meter thick, the covering slabs more than twice that. All of it just a little bit massive for nothing. Anyone who moves and raises such monstrous stones might have taken care to ensure that the content of the tomb would stand the test of time. Or at least might have attached a little signature from the builders.

All the building materials of the Cueva de Menga consist of hard, tertiary Jura limestone quarried nearby at Cerro de la Cruz, no more than a kilometer away. That might not be a great distance, but still well-nigh impossible when transporting a slab weighing 180,000 kilograms! All the monoliths of Cueva de Menga are

By Erich von Däniken
anchored into the ground with smaller stones. The surveyor of the clan must have attended an outstanding school of Stone Age architecture. Yet the Cueva de Menga is no more than a small step into the land of the impossible.

The limestone mountain Cuevas del Rey Moro, “Caves of the Black King,” lies in the west of the province of Valencia in Spain; on its summit there is a megalithic town. Like Cueva de Menga, it is also called “Menga” although it lies somewhere completely different. The strange part about Menga is probably not mentioned by any classical historian because no one knows who built it and no one understands what in the world happened there millennia ago.

Around the town of Menga, there is a “tram network” with “rails”—not rails from our time but the remains of tracks which look like tramlines imprinted into the stone to a depth of 15 to 20 centimeters. Yet the “tracks” near Menga are not unique either.

The town of Cyrene lies 400 meters above sea level in the barren desert south of the cities of Benghazi and Tobruk, in present-day Libya. As the teacher and writer Uwe Topper reports, legend says that it was built by a giant called Battos. He must also have been pushing carts, because the “tracks” cannot be missed. Near the city of Cadiz in Spain, too, every tourist can see “tracks” of about 100 meters in length in the water at low tide. There are several.

And on the sunny Mediterranean island of Sardinia, the attentive visitor will stumble over numerous “tracks.” Even better, the island of Malta is covered in them. It goes against the grain to raise all of this old hat again, because I have reported about Malta in several books. Hence a long-winded repetition is superfluous. Moreover, the pictures speak a convincingly on their own.

Every attentive tourist in Malta will sooner or later see the “cart ruts,” as the Maltese call them. Once again, these are railway track–like grooves in the ground, which could not have been tracks because they are of different widths. Southwest of the old capital Mdina, near Dingli, the grooves in the ground accumulate and appear to be coming from everywhere, like at a railway junction. That is why the area is called “Clapham Junction” (a busy railway junction in London). These really are strange “tracks”: they pass through valleys, climb up hills. Frequently, several run alongside one another and suddenly converge into a double track before abruptly taking audacious bends.

(Image 36) On several stretches of coast, such as St. Georg’s Bay, south of Dingli, and Marsaxlokk Bay, the “tracks” go purposefully into the blue waters of the
Mediterranean. (Image 39) The Malta researcher Alexander Knörr discovered whole collections of “tracks” that go under the water. Then they suddenly end at a sharp drop. There must have been a rock slide, including the “tracks,” at such places.

There is plenty of speculation about this Maltese riddle. Were they cart ruts, skids of sledges? Roller bearings? Did the original inhabitants of Malta put their loads on a kind of “forked branch” and drag them across the countryside with draught animals? No good. The forked branch would have been too rigid and would not have changed the width of the tracks. Anyway, in that case, the tracks of the animals who pulled the heavy loads should also be evident in the limestone rock. But they aren’t. Or—as the researcher André Schubert proposes—are the “tracks” in reality the traces of quite ordinary vehicles which only drove along the route once but on what was then soft ground?

There has certainly been plenty of speculation. The “tracks” were a cult... a calendar... a conduit system... writing... etc. We are flooded with clever and, indeed, logical explanations, and yet an ultimate answer which is beyond any doubt is still missing. I consider the Maltese “tracks” to be a classic case of archaeological misconception and will explain why nothing can add up:

Malta must never be looked at in isolation. Whatever this unknown civilization in past millennia might have been, it was—as we have to realize today—transnational. It was connected with the whole Mediterranean area including the adjacent regions, from North Africa to Britain, from Spain to Egypt. Track-like grooves in the ground can also be found in Sicily, Italy, Sardinia, Greece, southern France, Spain, Portugal, Turkey, and so on. The timeframe in which these incredible things happened is not 2,000 to 3,000 years BC, but a good 10,000 years or more. We today know nothing about that time; there are no archaeologists at any university who are studying these things. Although “pre- and early history” is still taught at individual universities, it is without exception restricted to tiny geographical areas. Something like a comprehensive overview over the whole of Europe and beyond appears to be taboo. People are valiantly investigating their own little region. Giant spaces do not fit into the concept.


Erich von Däniken is arguably the most widely read and most-copied nonfiction author in the world. He published his first (and best-known) book, Chariots of the Gods, in 1968. Since then von Däniken has published 31 more books including this most recent, Remnants of the Gods.
Who are you? No, really? I’m not just making idle chat. I don’t want to hear the first thing that comes into your head. I want to know: who on earth are you?

We get asked the question, who are you? every day in one form or another, at shops and offices, in interviews, over the phone, at parties. We’re so used to identifying ourselves immediately and on demand that we seldom stop to think about just what it is we are being asked and why.

When someone asks you this they aren’t issuing an invitation to fill a blank space with whatever you want. They want a short answer that satisfies them: name, address, occupation, family background. They could just as well be asking: Please tick one of the following boxes so that I can know whether you are of any relevance or interest to me; whether I can get what I want out of you or treat you as harmless?

In response, you are expected to supply the required information, entertainingly (if the context demands). Answer the question appropriately and it puts people at their ease; say nothing or, worse, I don’t know, and you will cause concern and could get institutionalised.

But what would you say if I were to ask you the question because I genuinely want to know the answer? What if I invite you to talk and I listen without interruption or judgement until you have finished?

When will you feel you have said enough to give me a full and accurate self-portrait? Or will you never run out of things to say? You couldn’t get a shorter question and yet the answer is potentially endlessly long. Will you still be going on your death bed, your last words being, Oh, another thing you need to know about me is...

You can tell me anything you like about yourself, giving the information in any order without limits and without having to produce proof (unless you want to). What will you think it important for me to know about you? How deep will you dare go? What will you admit
to and what will you hide?

The thought that each of us has so much to say that we don’t say prompted me to write a book, *Who On Earth Are You?* In it I attempt to describe a human being—you, me, anyone—as fully as possible; on all levels and in all dimensions.

In writing the book I tried to put aside all preconceptions and look at things afresh. Although science, philosophy, religion and literature offer their own solutions to the puzzle, they are only ever partial explanations, mutually compatible but none complete in itself.

I also wanted to keep things simple but I soon realised the subject was far from straightforward. For a start there is a big difference between the outer you (the demonstrable part of that you show to the rest of the world) and the inner you (invisible and intangible to everyone but the bearer). They are both covered by the pronoun “you” but there is no connection, no bridge between the two.

Then, of course, it is impossible to fix you in time. You don’t just exist in the present. You have a past which has shaped you and a memory of it (which is not quite the same thing). You are in constant flux. Which raises the intriguing sub-query: how far is it safe to say that you are the same person you were ten or twenty years ago?

And you don’t live in isolation. If I want to know about you, I need to know about the people you know and have known and how you have interacted with them. Meet a mum out on her own and she can seem like a different person to the flustered woman organising dinner and bed for the mini-being she is responsible for.

Gradually, I realised, bigger questions had to be faced. I can’t answer the question, who are you? without first addressing the issue of, what are you? We are members of an animal species and this sets the limits of our mental and physical behaviour. Isn’t all the individualist stuff I have discussed above inconsequential variation on our human theme: detail, froth, self-indulgence?

You are—let’s be blunt—no more than an organism, a temporary colony of cells, a semi-stiff bag of organs that has arisen because of the evolution of a sequence of code. You might not like to think of yourself this way, but (even more brutally) you can be boiled down to a precise biochemical formula. An electric current gives you the sensation of being someone but don’t fool yourself that it is anything more than this. Strident rationalist-materialists warn us to forget feelings and self-consciousness: they are illusions. *We* are illusions. We are merely brain activity. There is no one writing this article and no one reading it.

I don’t buy into this reductionist view, not because I don’t want to face the uncomfortable truth but because there is a hollow absurdity to a clever somebody telling me that he is nobody. The nowhere man theory doesn’t convincingly account for the inner sensation of the insubstantial me which is disconnected from the biological me. It denies the existence of my mind and that I mind that very much.

I prefer to think that there are many ways of looking at us and they are all valid simultaneously. We are marvellous, slippery, multifaceted beings. We are crystallizations of biology, for sure, and each a specimen of *homo sapiens* but we are also mysterious individuals capable of extraordinary and surprising things.

This is what makes life interesting: to quest to find out who we are and what we are capable of. Whether or not life has a meaning, one of the best uses of it is to get to know ourselves. This is not just a frivolous and vain pastime. It is essential that we become self-aware are for several good reasons.

The first of these is that if you don’t know who you are, how can you know anything else? The entirety of
human knowledge ultimately rests on self-knowledge. You have to be aware of the boundaries and tricks of your own subjectivity before you can look at the world with any measure of objectivity. We cannot investigate our minds as if they were inert phenomena using those same minds unless we are at least conscious of the contradiction.

Another reason to look into identity is to make the world a better place. Through self-awareness we defy the alienating forces of modernity; we free ourselves from compulsive behaviours and become more effective. We learn when to act and when to shut up. In meetings to avert climate change, for example, we can leave our egos and greed outside the door and apply ourselves to the common task.

Even more importantly, to acknowledge the complexity behind your eyes, is to recognise the same quality in the other 7.1 billion people on the planet. If I grant you an identity of equal worth to my own, it becomes hard to discriminate against you or persecute you. On this realization rests understanding, empathy, tolerance, trust, co-operation: the virtues that make civilization work.

Only by applying these virtues will we ever feel safe. Relying instead on biometric technology to sort out good people from impostors, criminals and terrorists will only ever keep us edgy and suspicious of each other. We will end up surrendering intimacy and privacy in return for constant surveillance and paranoia.

Only by treating our identities as valuable and important, not to be frittered promiscuously across the internet, will we be able to ride with the accelerating changes we are living through. We are already having to get used to interacting with inorganic “chatbots” (software programmes designed to come across as human) even if we are not aware of it. In the close future we are going to have to ask serious questions about the difference between natural and artificial intelligence.

But there is a bigger prize at stake in self-exploration. I called my book *Who On Earth Are You?* not just to lend emphasis to the question but because by asking who we are as individuals we cannot help ask about the nature of our existence. Beyond “who am I?” and “what am I?” is, “how am I?” and “why am I?” What am I doing here at all? It may be chaos and chance or do we carry the answer, and the secrets of the universe, within the secret part of ourselves we are yet to get to know?

When you really feel, you feel Love. Most deeply, most honestly you know that you are Love. Love is openness. This same openness is what everyone seems to be longing for. You are this Love. You are alive as Love. Your whole body longs to live open as Love.

Who you truly are is Love. This Love has no name. No shape. No form. Not even a feeling. It is what you already are without you needing to make any effort. You are Love. Love is unbound by condition, space or time. Love never knows what is next or why things happen. It is free. You are free. You are freedom itself.

But despite all this, you behave as if you are in a prison. Perhaps you believe that there is a problem and that something is missing. Or you feel you are not living fully enough. You suppress your true feelings and desires and have so many ideas of how you think you should feel or behave. Maybe you believe you are stuck in fixed patterns of behaviour. In an effort to create safety and protection in life and relationships, you may have built up imaginary walls which create tension in the body. Although sometimes these walls of protection seem to be useful, most of the time you long to break out and run naked screaming down the street! You long, to live without caring. To live freely in Love. To express whatever is in your heart. To feel and experience the Love that you know. You long to become as free as Love.

There is this dichotomy or paradox. Life plays at the game of forgetting itself, then longing and searching and finally finding itself to be that which was playing the whole game. In the remembering or realization of who You really are, you realize that there actually is never a
dichotomy at all. Life is absolute Oneness. But until there is this recognition of Oneness, this play of believing in separation goes on. This is the longing.

This sense of separation or longing can be a very uncomfortable or painful sensation. There is often a feeling of restlessness and a trying to fill this never-ending hole with whatever seems to temporarily soothe the discomfort. This can be chocolate, alcohol, drugs, sex and even (or especially) spiritual books or practices. Various practices give you highs for a while, but then you come crashing down and the longing begins again. Perhaps you go on a peaceful retreat somewhere and have a beautiful experience, but then when you come back to regular life, the restlessness and feeling that something is missing, slowly starts creeping back in.

This longing or feeling that something is missing, comes up in all areas of life, but longing for the perfect lover is probably the most common. You long for someone to complete you. You long to fall and dissolve into the other and know that there is nothing to be scared of and no reason to protect yourself any more. You long to know the absolute Love which has no reason to protect itself. No reason to play games. Nothing to think about. Nothing to wait for. No reason to do anything but Love. Right now, right here. Just Love for no reason. Just Love, despite all reasons.

Often after one of these moments or spiritual highs, while thought is quickly closing the gap which has appeared in its defences, there can be a sense that whatever that moment was, it was somehow special. It was somehow significant, although the mind has no idea what that significance really is. Thoughts try to hold on to the moment, but as soon as that happens, the moment has passed. You scramble around trying to recreate that moment in whatever way you can. You might try to recreate the context or situation in which the moment happened, but after some attempts, you realize that it is impossible. That moment has gone. You have lost it. Something is missing again and the search goes on.

Even though the search goes on, and the façade continues, you already know the freedom and true Love that you really are beyond all this. You already know that Life is already all so easy and effortless.

In fact, this tremendous longing is actually this true knowing or Love. Through this longing, the boundless depth of the Love which you are, is revealed. This feeling of longing is Love leading you (Love itself) to see that all there is is Love. This yearning for truth is not a problem to be solved, but a pull to surrender.


Originally from the UK, Unmani travels around the world offering spontaneous and direct nondual meetings and retreats in ‘Not-Knowing’. Die to Love is her second book.
Bitcoin, the virtual currency launched by an anonymous hacker nearly five years ago, might be more than a fad. In fact, it could be a worthwhile investment, according to a leading hedge fund manager in New York.

Michael Novogratz, co-chief investment officer of macro funds at Fortress Investment, one of Wall Street’s best known hedge fund businesses, made the surprising suggestion at a conference organised by UBS, saying he had put his own money in the currency.

“Put a little money in Bitcoin,” Mr Novogratz said, according to Bloomberg. “Come back in a few years and it’s going to be worth a lot.”

He added that while Fortress had also looked at the digital currency, it had not invested in Bitcoin.

The endorsement follows a recent jump in the value of Bitcoin after the FBI shuttered Silk Road, an online marketplace that accepted the virtual cash and is alleged to have been a platform to buy and sell illegal drugs.

Worth around $182 in late morning trading yesterday, Bitcoin is not issued by any government or overseen by a central bank or regulator. In another departure from conventional currencies, whose volume is theoretically limitless, their stock is finite: there can only be so many Bitcoins in the world, something that critics say makes them more akin to commodities than currencies.

The way to get your hands on one is to acquire a virtual wallet, a piece of software that allows you to store and trade your Bitcoins. The wallet gives the user access to the Bitcoin network which, in the absence of a central authority, acts like a backbone for the currency, working much like a peer-to-peer file sharing service.

Users can either buy new coins from others, or “mine” new Bitcoins by using your computer to crack a code that releases a preset number of coins into your wallet. The amount released by solving the code is adjusted by the network, which ensures that there isn’t a sudden flood of new currency.

Moreover, the total number of Bitcoins is limited to 21 million by 2040. Currently, there are nearly 12 million Bitcoins in circulation.

Mr Novogratz did not elaborate on his personal investment, saying only that: “I have a nice little Bitcoin position. Enough that I’m smiling that it doubled.” Earlier this year, Bitcoin attracted the interest of Tyler and Cameron Winklevoss, the twin brothers best known for their feud with Mark Zuckerberg over the origins of Facebook.

Following an $11m investment in the virtual currency, they filed a proposal with the Securities and Exchange Commission, the US market regulator, for a fund that would hold and track the value of Bitcoins.

“People say it’s a Ponzi scheme—it’s a bubble. People really don’t want to take it seriously,” Cameron Winklevoss told the New York Times when the brothers disclosed their investment.

“At some point, that narrative will shift to ‘virtual currencies are here to stay.’” —The Independent, UK
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 toxins,” 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.