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DEPARTMENTS
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18 Book Reviews
Awareness continues to increase surrounding the health dangers of Electromagnetic Fields (EMFs) emanating from our daily gadgets, as well as from the rise of the Smart Grid. For example, a prominent neuroscientist went on record in a lecture to the medical community itself where he exposed the many health risks as well as an industry-wide attempt by telecom to cover up the negative consequences. A world-renown biochemist is seeking to abolish WiFi in schools. And a British ER physician has made it her mission to educate people about what steps they can take to minimize exposure and damage to WiFi. A slew of peer-review scientific studies support the warnings of these experts.

So what happens when your entire city becomes one giant WiFi signal? Telecom giant Virgin Media has been given the green light to begin doing just that. Coverage will be enabled by “discreet street furniture” and the “UK’s first Smart Pavement.”

The pilot will begin with a focus on the center of the town of Chesham, UK where all 21,000 residents and businesses can use the network. The Chiltern District Council has joined forces and is touting the increased connectivity at massively increased speeds up to 166Mbps—7X the average in the UK.

Virgin Media’s press release cites one very happy local business owner who sees potential:

Martin Parkes, local business owner and spokesperson for The Better Chesham Group, said: “It’s great that our customers have access to Virgin Media’s public WiFi both in and outside our salon. We’re a very unique high street with many independent shops so we don’t have the IT infrastructure that big chains benefit from. This will hugely help levelling the playing field and will hopefully bring more people to Chesham too.”

The company has high hopes that this will not be contained to one test city; rather, they make it clear that their mission is much wider in scope:

Virgin Media is building better digital infrastructure by re-drawing the UK WiFi map. It is the first in a series of initiatives to deliver better out-of-home connectivity. It is not just about extending the company’s ultrafast network to more homes and upgrading speeds to Vivid 200Mbps but being the defacto provider of trusted connectivity both in the home and out of the home.

Gregor McNeil, Managing Director of Consumer at Virgin Media said: “Not only is this the first time we’ve built metropolitan WiFi directly from our street cabinets, it is also the UK’s first deployment of a WiFi connected pavement. It is literally public WiFi under your feet. We want to build more networks like this across the UK and encourage more forward thinking councils just like Chesham to get in touch.”

Even if you don’t believe having a permanent WiFi signal radiating across the city under your feet is a danger to your health, another aspect of pervasive WiFi may be of concern: privacy and surveillance.

It is true that citizens of the UK already have become one of the most constantly surveilled on the planet, so perhaps they are becoming desensitized, but in the States it was a major news story when Seattle was discovered to have put in a secret WiFi mesh network funded by Homeland Security. The discovery led the ACLU to document the ways that residents and visitors could be spied upon while having their movements fully tracked. Although most of the outrage was directed at the secretive nature of the plan, the surveillance component is clearly present as a justified concern.

There is also new WiFi tracking technology being developed that does not even need a connected device to home in on individuals or groups of people. You can read the chronicle of those developments.

Finally, this is about more than having super-fast Internet to download your favorite movie in seconds while you wait for the bus, or to boost your business capabilities. It’s about the rise of fully connected Smart Cities that are multi-use, imposed without debate, and are very easily warped for less than noble purposes. It’s about merging the domestic “Internet of Things” with an industrial smart grid that is part of a technocracy endgame as defined by the UN’s Agenda 21. It is an all-encompassing agenda that has political support and the investment of every major tech company on the planet.

It is imperative that we learn and share what this overall Smart Cities agenda entails, and reveal each piece of the superstructure that is being built in front of us. The road has now been paved. —Activist Post
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On a recent interview, Dr. Leonard Coldwell claimed that ‘all cancer’ along with ‘all other kinds of immune diseases’ are based on emotional and mental stress and can be cured in less than 12 weeks through holistic cancer remedies. In addition, Dr. Coldwell names several cancer-curing treatments that are being suppressed by the medical and pharmaceutical industry, including sodium bicarbonate, apricot kernels, oxygen therapy, rife machines and colloidal silver.

—Before It’s News

First-Ever Robot Truck Trialed On German Motorway

The first-ever robot truck has been trialed in real traffic conditions by German automaker Daimler, after obtaining a special license issued for the task.

Equipped with the intelligent “Highway Pilot” system, the Mercedes-Benz Actros drove for 14 kilometers on Germany’s A8 motorway, between Stuttgart airport and Denkendorf, without the help of a driver who was present in the cabin for safety measures, RT reported on Saturday.

The new technology, unveiled in May, includes an autopilot system, radars, cameras, and active speed regulators to enable the truck to run on its own.

“The multi-sensor fusion, i.e. the combination of proven new-generation assistance and safety systems and sensors, enables the truck with the Highway Pilot system to continually observe the entire area in front of the vehicle and to take control itself in certain situations,” said Daimler in a press release.

The system is fully capable of operating autonomously, but it is important to have a driver present in the cabin as he or she “retains full responsibility, needs to monitor the traffic…and must be able to intervene at any time.”

The company explained that during the test drive, the driver had the option to take control of the vehicle if found it necessary.

“This premiere is a further important step towards the market maturity of autonomously driving trucks—and towards the safe, sustainable road freight transport of the future,” said Wolfgang Bernhard, the board member responsible for Daimler Trucks and Buses, who was present in the truck during the test.

“Safe testing in real traffic is absolutely decisive for the development of this technology to market maturity. We are now able to proceed with this,” he concluded.

—Press TV
Plastic-Eating Mushroom Discovered in the Amazon Rainforest

During an expedition to the Ecuadorian rainforest, students from Yale’s Department of Molecular Biophysics and Biochemistry screened several dozen fungi in an attempt to establish their ability to break down synthetic polymer polyester polyurethane (PUR). Published in the journal *Applied Environmental Microbiology*, the team found that “several organisms demonstrated the ability to efficiently degrade PUR in both solid and liquid suspensions. Particularly robust activity was observed among several isolates in the genus Pestalotiopsis, although it was not a universal feature of this genus.”

Apparently the mushroom can survive on polyurethane as its only food source. What’s more, it can live in a completely anaerobic (oxygen-free) environment, such as a landfill. The students believe the fungus is a promising approach to waste reduction, especially since it uses a natural, non-polluting processes to breakdown substances like plastic.

Even though plastic-eating fungi are truly wonderful, they won’t completely solve our plastic troubles. What we need is a multifaceted approach. There’s always the old standby: Reduce. Reuse. Recycle.—which is a step in the right direction and certainly helps on a personal level. However, to really make a dent in our plastic load, we need to get industry on-board with biodegradable/recyclable packaging and products made from materials like hemp paper, cellulose, glass and metal.

Another workable solution involves converting waste plastic into usable fuel (gasoline, kerosene and diesel). A Japanese company has created a plastic-to-oil conversion system, which can be used for both industrial and home applications. By utilizing this method, CO2 emissions are reduced by an impressive 80% compared to conventional burning of plastic. The creator stresses that if we were only to use fuel from plastic—instead of oilfields—we would drastically reduce our pollution and waste.

There is one possibility that is glaringly absent from the recommended eco-friendly list: bioplastics. This is because biodegradable, plant-based plastics generally need to be disposed of at an industrial composting facility, which are few and far between. Some products are beginning to emerge that can be composted at home, but they aren’t mainstream yet. When dumped in a traditional landfill, bioplastics rarely breakdown in the anaerobic atmosphere. And when they do, they release methane gas—one of the worst emissions contributing to global warming. Moreover, bioplastics in the ocean takes months to breakdown, which is plenty of time to endanger wildlife. We also have to take into account the impact plastics made from renewable resources will have on arable land, fresh water supplies and soil erosion. Ethanol gas is one example of how a ‘green solution’ can compete with the food supply—in this case, corn.

Even though bioplastics are not a viable, long-term solution for our growing plastic crisis, there are plenty of other ways we can minimize our plastic waste footprint.

—Wake Up World

With traces of radioactive material from Fukushima appearing in rainwater as far away as Boston, concerns about radiation exposure are at an all-time high. But even if you’re not anxious about contamination from Japan, you may be wondering about the health risks associated with everyday sources of radiation—from the sun to airport scanners and routine medical procedures like mammograms and CT scans.

But if scientists from University of Toronto are right, you may not have to worry as much about the damage from X-rays in coming years. Reporting at the annual meeting of the Society of Interventional Radiology, Dr. Kieran Murphy, a radiologist at the university, said that a cocktail of antioxidants he and his team have developed could cut the damage done to DNA by radiation from CT scans by as much as 50%, if taken before the scan.

Murphy’s concoction works by blocking the effect of free radicals, or unstable compounds made when radioactive waves collide with water, generated by radiation. Free radicals can damage DNA and are responsible for the premature aging and death of cells. Murphy’s idea was to flood the body with antioxidants that neutralize free radicals prior to medical procedures such as CT scans, which use X-rays to image the body; the antioxidants would counter the damage from radiation.

He stresses that while any CT scan causes some damage to DNA, for the most part the body’s own repair mechanisms are able to overcome such low-level changes. “We have to balance the risks with the benefits,” he says. “By far the majority of the time, the risk is far, far worth the benefit.”

—Time
How TV Ads Silently Ping Commands To Phones

Imagine sitting in front of the telly with your smartphone nearby. An advert comes on during the show you’re watching, and it has a SilverPush ultrasonic message embedded in it. This is picked up by an app on your mobile, which pings a media network with information about you, and could even display followup ads and links on your handset.

“This kind of technology is fundamentally surreptitious in that it doesn’t require consent; if it did require it then the number of users would drop,” Joe Hall, chief technologist at CDT told The Register. “It lacks the ability to have consumers say that they don’t want this and not be associated by the software.”

Hall pointed out that very few of the applications that include the SilverPush SDK tell users about it, so there was no informed consent. This makes such software technically illegal in Europe and possibly in the US.

There are similar systems in use already. Ratings agency Nielsen has an audio system that does just this to measure the size of radio station audiences, but it’s something people have to agree to use and get paid to do so.

In addition, this sort of thing doesn’t just need to be used for advertising. What if a repressive regime decided to use it to track the phones of dissidents, he posited.

Of course, none of this matters if you don’t have an app listening out for the sounds of SilverPush. But initial research found almost 30 applications using the SilverPush SDK, predominantly shopping apps run by Indian or Far Eastern firms.

As the news about SilverPush spread, Kevin Finisterre of security consultancy Digital Munition decided to take a look at the code. He has since published his findings on GitHub.

He found that the software assigned letters of the alphabet to high-pitch tones, eg: an 18kHz sound translates into an ‘A’, and 19.125kHz is a ‘P’. Pairs of these characters are used to identify TV ads: ‘AP’ is used to recognize a Geico ad and display an image and link to the insurance biz, he said. Sound-playing online advertisements appear to use a fingerprint of five characters.

“In would try to block this at the audio driver level, not at the browser level. Any other app can implement the same type of tech,” he said.

“Logs are lots of possibilities. It really depends on which aspect of it you are trying to protect against. The audible beacon triggers themselves (audio driver-based protections, spoofing tones, etc), or the data collection process (think blocking the IPs of the servers), or the monetization of the data collection (think spoofing randomized invalid data at the backend).” —The Register, UK

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**Dark Chocolate increases attention and alertness while improving blood flow**

“Chocolate is indeed a stimulant and it activates the brain in a really special way,” said Dr. Larry Stevens, a professor of psychological sciences at Northern Arizona University. “It can increase brain characteristics of attention, and it also significantly affects blood pressure levels.”

—Natural News
This Pedal-Powered Washing Machine Is Electricity-Free And Costs Only $40

This innovative machine could help disadvantaged communities break free from the cycle of poverty.

Everyone loves the smell and feel of clean clothes, but the amount of water and electricity needed for conventional washers isn’t exactly eco-friendly—or even accessible for those in third-world countries.

Perhaps this pedal-powered washing machine, then, is one of the many solutions to the problem.

The GiraDora washing machine, designed by Alex Cabunoc and Ji A You, is actually a combination washer and spin dryer that is powered by a foot pedal.

The portable plastic tub can be filled with soap and water before a lid is placed on top, which acts as a seat. All the user needs to do, then, is rest on the washer and pump the spring-loaded foot pedal.

One need not fear back pain from sitting and pedaling, either. The designers developed an ergonomic seat which allows one to spin hands-free.

As Inhabitant reports, the ($40) contraption is a needed way to help disadvantaged communities break free from the cycle of poverty, and that’s exactly why it was designed.

The GiraDora machine was created specifically for those with the least income living in the poorest nations. The makers hope to ease the burden of washing clothes—a chore that can take nearly 6 hours a day, 3-5 days a week.

Because people in poverty-stricken communities often labor for hours washing articles of clothing piece by piece, this invention will assist them in living healthier, happier lives. Not only will physical and mental stress be alleviated, potential reactions caused by mold growing on wet fabric will be prevented.

At present, the washer/spin dryer is being field-tested in Peru. There are also plans to introduce it more widely into South America and India.

The project has also been honored by both the Dell Social Innovation Challenge and the International Design Excellence Awards for its potential contribution to this world.

—True activis

The 3 Most Common EMF ‘Hot Spots’ That Are Ruining Your Health

In today’s modern world EMFs are very difficult to avoid. Aside from living on a power-free island, they are going to find us, and we need to do our best to negate the harmful consequences. However, there are some places that are much worse than others that contribute the most to our EMF load due to the frequency and intensity of EMFs at each of these locations.

There are three places that pose the most problems due to consistent exposure and concentration, and one should do whatever they can to avoid them or use EMF-neutralizing technology to offset their effects.

One of the most heavily polluted areas for EMFs is the corporate office. Squished into tiny cubicles on a single floor that are packed with computers, landlines, cell phones, laptops, office equipment, and Wi-Fi, this is EMF central. To make it even worse, large screen TVs and projectors get put into conference rooms, where everyone participating often has a cell phone and laptop in close proximity.

Keep in mind that the generally accepted measurement of when EMFs become dangerous is 1 milligauss (mG). Many laptops shoot off 2-3 mG 12 inches from the screen, and cell phones project 2-3 mG up to half an inch away. Any continuous typing and talking ends up being a serious health threat, in an area already being flooded with EMFs.

One place where many people spend time in on a daily basis is the car. Whether it’s commuting, driving the kids around or getting groceries, we all tend to spend a few hours in a car each day.

The problem with the car is that you are in a small space that emits EMFs from the dash due to all the electrical components behind it.

We have become a very mobile society due to the popularization of air travel. What could previously take us days and even weeks to reach a destination can now take a few hours. This trend has certainly allowed us to enjoy more of our vacations, but the time spent in airports and airplanes has left an impact on our body.

—Natural News
The dry, red earth could almost be mistaken for a Martian landscape.

It is in fact the Atacama desert in Chile, one of the driest places on Earth.

Average rainfall here is less than 0.1mm (0.004 in) per year and there are many regions which have not seen any precipitation for decades.

But while there is little rain, the clouds here do carry humidity.

Coastal fog forms on Chile’s shore and then moves inland in the form of cloud banks. The locals call it “camanchaca”.

The fog is made up of minuscule drops of water which are so light they do not fall as rain.

During a particularly severe drought in 1956, scientist Carlos Espinosa Arancibia had an idea.

The retired maths and physics professor from the University of Chile carried out a series of experiments in the highest hills near the city of Antofagasta.

There, he came up with the idea of the fog catcher: netting with tiny openings of approximately 1mm across to capture the tiny water droplets in the fog.

The droplets accumulate in the netting and form a bigger drop which eventually runs off the netting into a canal underneath.

From there, it is channelled through a pipe to containers at the base of the hills, ready for use.

And the research continues today.

The town of Pena Blanca boasts one of the biggest study centres for the fog catchers. There are six big nets in the hills overlooking the town.

Technical adviser Nicolas Schneider says that thanks to the fog catcher they have managed to combat the desertification of the region. He says that 100 hectares now are again covered in the flora once typical for the region.

“We’re planning to provide local families with water from the fog catcher in the near future,” Mr Schneider says.

At the heart of the community is a small building which also uses water from the fog catcher: the town’s small artisanal brewery. Fog Catcher Brewery is small. It has three vats and one cold store producing about 24,000 litres per year, but it is the pride and joy of its owner, Miguel Carcuro.

“The water from the camanchaca is of excellent quality and gives our beer a special quality,” he says.

The project’s backers say the fog catchers are cheap and sustainable. An average-sized fog catcher of 40sq m costs between $1,000 (£635) and $1,500 depending on the material used.

They say its impact on the environment is minimal as the metal posts can be discreetly hidden among vegetation.

As the water is transported down the hill by gravity, there is no extra cost involved for transport, they say.

It is an idea which has been exported to other arid regions in Peru and Mexico.

The largest expanse of fog catchers is located in Tojquia in Guatemala, where 60 fog catchers trap 4,000 litres of water a day.

Prof Pilar Cereceda of the University of Chile says she hopes that within a decade Chile will have enough fog catchers to supply the whole Atacama region.

“I dream of the day in which the fog catchers can compete with desalination plants, which is not environmentally friendly.” — BBC News
Expect the unexpected when Mercury trines Uranus on December 1st. An intuitive flash coupled with an active imagination might provide a progressive and timely solution to an old problem. Be open to new ideas now. Seek support for your projects. Upgrade computers and mobile devices.

There may be too much information coming your way on the 4th, when Mercury squares Jupiter. Do your best to keep on top of details. Remain skeptical of proposals or offers now, make sure you have all the facts.

Venus enters passionate Scorpio later on the 4th, till the 29th, when values and promises will be tested, particularly regarding shared assets or mutual agreements. Passions rise, while loyalty may be rewarded in some way. Shrewd investments during this period could return handsome dividends.

Make productive use of an abundance of dynamic energy early on the 6th, when Mars sextiles Pluto. Get some physical exercise. Constructive, creative self-expression is encouraged.

Later on the 6th, Mars squares Pluto, favoring work requiring sustained effort. However, avoid confrontations, attempts to control others, or placing yourself in precarious situations. Think before you act!

Seek innovative ways of raising investment capital, or of financing a project when the sun trines Uranus on the 8th. A flash of pure genius could facilitate progress towards a goal or ambition now. Study your horoscope for helpful and timely insights.

Mercury enters Capricorn on the 9th (till Jan 1, 2016), when thoughts become more serious and turn toward business, career and practical considerations. Ambition is fueled.

A highly volatile opposition between Mars and Uranus becomes precise on the 10th, 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.

Venus trines Neptune later on the 10th, when a veritable fountain of creative inspiration will be available on tap. However, we may also fall prey to delusions or even deception.

December’s new moon arrives on the 11th, in 19°03’ Sagittarius, heralding a time to review or upgrade 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!

An element of impetuosity pervades the ethers when the sun squares Jupiter on the 14th. Curb impulsive behavior, or squandering precious resources; act only after careful deliberation, as you may be inspired to tackle projects that you normally wouldn’t consider, or promise more than you can actually deliver.

When Mercury sextiles Neptune later on the 14th a moment of awareness could provide the solution to a vexing problem, while spiritual or metaphysical study can bring both inspiration and enlightenment.

Venus sextiles Pluto on the 17th, an opportune time to revitalize financial or business practices. Seek greater harmony in close personal relationships now.

December’s full moon culminates on the 25th, in 03°20’ 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.

After five months in retrograde, Uranus, planet of innovation, stations direct later on the 25th, in 17° Aries. Ambition is kindled at this time,
and 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.

Imagination can be truly inspired when the sun sextiles Neptune on the 29th. Experiment with telepathy or lucid dreaming: try going to bed with the firm knowledge that you will receive an answer to a particular question in your dreams.

Venus moves into Sagittarius later on the 29th (till Jan 23, 2016), ushering in a four-week period in which to be more sociable and outgoing. Outdoor activities can be enjoyable now, while travel could prove rewarding.

Mercury moves on from Capricorn’s realm of rules and tradition and enters revolutionary Aquarius on January 1st (till Jan 23), a transit that is especially favorable for creative writing, conceiving progressive ideas, and for the study of metaphysics, science, and astrology.

The red planet, Mars, enters Scorpio on the 3rd (till March 5), intensifying emotions and desires. While, this is one of the best zodiacal positions for Mars, its highly charged energies here need to be handled well, and channeled into positive, creative outlets. Be sure to get plenty of physical exercise during this period.

Mercury squares Mars on the 5th, when an extra measure of patience may be called for. Communications or travel could prove frustrating now. Avoid jumping to conclusions, impulsive actions, or blurting out something that you may later regret.

Mercury stations Retrograde later on the 5th, in 01°03’ Aquarius (till Jan 25) so plans or arrangements of any importance should be implemented prior to this period. However, while Mercury is retrograde, make revisions or otherwise go over previously covered territory for inconsistencies or errors.

When the sun conjuncts Pluto on the evening of the 5th, in 15°14’ 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.

The Sun squares Uranus on the 7th, which, potentially, can be a real earth shaker! Flow with any changes in circumstances beyond your control, but this is not the time to rebel, or initiate change based solely upon a desire for greater personal freedom or independence. Nonetheless, creative inspiration abounds now, so tap into it.

Jupiter stations Retrograde later on the 7th, at 23°14’ Virgo (till May 9th), a celestial reminder that we will need to exercise greater tolerance of others’ philosophies and methodologies during the next four months. Reassess goals and ambitions during this time, and consolidate recent gains or business progress.

Mercury retrograde re-enters Capricorn on the 8th (till Feb 13), when thoughts become more serious and turn toward business, career and practical considerations.

Venus conjuncts Saturn later on the 8th, at 12°01’ Sagittarius, conferring a sobering, restraining influence to help counterbalance other high-energy transits. Responsibilities may cut into your social life now. It’s possible that a new business partnership could begin around this time, or that a relationship that has served or outlived its purpose may now end.

January’s new moon occurs on the 9th, in 20° Capricorn. Much creative impetus exists for planning practical, ambitious new business ventures now, and in the weeks ahead.

Venus trines Uranus on the 12th, when an unexpected social or financial opportunity could occur, now. Have fun with stimulating people. Artistic inspiration abounds.

The sun and Jupiter align in a free flowing trine on the 13th, an aspect that favors expanding one’s outlook on life, and the pursuit of educational goals. Plan a long-distance business trip, or vacation.

When the sun and Mercury align in conjunction 24° Capricorn on the 14th, you’ll be more inclined to express your thoughts and views. This transit often coincides with important announcements. Be on the lookout for business or educational opportunities.

Progress can be made in business, commerce, and legal affairs when Venus trines Jupiter later on the 14th. However, be aware of the future consequences of your actions now.

Venus squares Jupiter on the 17th, when self-discipline may be lacking. Beware of pursuing pleasures while duties go unfulfilled.

Put your imagination to work for you when Mars trines Neptune on the 18th. Creative visualization practices can be successful now.

The sun enters forward-looking Aquarius on January 20th, a time to assess whether you’re “up to speed” with the techniques or technologies that can get you to the head of the pack in your chosen field. Consider your goals and ambitions; Are you on target?

Mercury retrograde squares Uranus later on the 20th, when mechanical or systems failures are possible. Back-up data files, or get your vehicle checked out beforehand.

Mercury, currently in retrograde, conjuncts Pluto on the 22nd, boosting willpower, while passions and physical desires are heightened. Be aware of the motivations that prompt your actions.

Venus enters the serious, business-like realm of Capricorn on the 23rd (till Feb 16), when professional interests may have greater appeal than pleasure pursuits now. A new source of investment or working capital could appear, or a present source could dry up.

After Mercury stations Direct on the 25th, at 14°55’ Capricorn, formerly sluggish mental processes over the past three weeks will begin to accelerate. It’s celestially safe now to move ahead with plans, and to sign important documents, but only after careful consideration, as there’ll be a tendency to want to rush matters over the next several days.

There are forceful, dynamic energies at work as Mercury, now retrograde, conjuncts Pluto once again on the 29th, at 16°03’ Capricorn, which can further boost one’s willpower. Improve efficiency wherever possible, eliminate waste and unnecessary effort.

Mercury, now moving direct, squares Uranus on the 31st, when once again, mechanical or systems failures are possible. This is a wonderful time to brainstorm, though.

Following is a general overview of how the planetary trends for December/January, 2016 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
**Aries** (March 20—April 19)
You may have been feeling unsettled, of late, and are now keen to put certain elements of the past behind you and move on with your life. While change is often a good thing, be sure that you would be doing so for the right reasons, such as to pursue a new employment opportunity, for example, and not simply for a desire to escape responsibilities or for a greater sense of personal freedom. Indeed, there may well be a new career development early in the new year, one in which your past experience could stand you in good stead for a prime assignment. Meanwhile, over the Holidays, take extra care while traveling to festive events. Also, remain mindful of how your current overly assertive nature may impact those around you.

**Taurus** (April 19—May 20)
It’s time to clear out your closets, literally and metaphorically, of anything that you’ve outgrown or no longer need that would hold you back from realizing a bold new objective amongst your New Year resolutions. This would also include thought processes and emotional response patterns that no longer serve your highest good. Indeed, a new worldview is emerging, born of past experiences and perhaps of recent revelations that cause you now to consider broadening your horizons. You may also contemplate tackling a creative project that has been on the back burner for some time.

** Gemini** (May 20—June 21)
A new partnership or alliance may result from social activities during the Holiday season, that might have a bearing on the direction your career or a professional undertaking may take in the new year. For those available, romance in the workplace is also a possibility. A metamorphosis or renaissance of sorts could shortly occur, precipitated by some recent soul searching, or even a few home truths of which you become aware. It all adds up to a substantial amount of emotional and personal growth taking place, boosting your sense of self worth and self esteem, from which your ambitions and standing in the workplace can benefit.

**Cancer** (June 21—July 22)
A new work or professional opportunity could appear quite unexpectedly, or perhaps a current arrangement or assignment might evolve into something more substantial. Remain flexible now, to take advantage of changes taking place around you. However, it might be wise to not initiate change just for the sake of novelty, on a whim, or an emotional impulse. Be mindful of the far-reaching consequences of any actions or decisions you take now. People may be more inclined to listen to what you have to say, giving your words, along with your credibility, more weight. It will do your stock in trade no harm, either, as your value in your professional field of endeavor rises.

**Leo** (July 22—August 23)
Keep a tight rein on finances over the holiday season, as it will be all too easy to go overboard having fun with friends and family. If possible, set yourself a strict budget and stick to it. You may be glad you did. Also, take extra care while traveling, even though you may be in a hurry or on a schedule, as erratic behavior could get you into hot water. Likewise, comments made in haste without due forethought could come back to haunt you. Nonetheless, this is likely to be a highly stimulating period, with the prospect of much enjoyment and pleasure in the company of friends and family. A new employment opportunity could come your way early in the new year, with the prospect of a higher salary. If so, do your due diligence before making a decision.

**Virgo** (August 23—September 23)
There could be some progressive changes taking place within your domestic environment during this period, when activities around the home are likely to increase. While your finances may begin to show signs of improvement, money can also quickly slip through your fingers unless you stick to a practical budget. Allow yourself more time to pursue creative activities, as this will not only provide an outlet for your inspired thought, but may also give you a much needed sense of accomplishment. While friends and significant others can be a source of inspiration, it is important that you make up your own mind in regard to key decisions.
LIBRA  (September 23—October 23)
There's a limit to how much you can put yourself about during the Holidays, so know where to draw the line when committing to activities. Indeed, you may choose to opt for a relatively quiet time close to home. Even so, it won't stop you reaching out to friends and loved ones for some uplifting social interaction. Pay attention to your health and well-being, even if it means spending a little more on your own needs. Indeed, treat yourself to a soothing massage, or a visit to a day spa to lift your spirits! You may decide to hunker down and do more work from home in the new year. There could also be some kind of restriction on when and how your travel.

Scorpio  (October 23—November 22)
A great deal of your activities take place behind the scenes in December, but you will, nonetheless, be kept fairly busy. You may be working on a very tight budget, that necessitates you to get more creative, and perhaps more discerning, with your spending, and how you utilize your precious resources. Both communications and local travel increase as the new year dawns, so you may need to keep your notes and files well organized, and your schedule flexible, in order to stay on top of your game. Go easy on yourself, and don't drive yourself too hard; with Mars in your sign and solar first house during January, you might be inspired to tackle more than you can comfortably handle. Be aware of your limitations, and pace yourself accordingly.

Sagittarius  (November 21—December 21)
You're in your element as the Holidays approach, though you may also be rather busy, too. Nonetheless, you'll make time for some fun and festive activities with friends, even if it does tax your schedule, and your staying power. You could be rewarded for your recent efforts with some extra cash in your pocket, perhaps a bonus, raise, or a new source of income. One way or another you stand to gain financially during this period. You may receive some form of appreciation or acknowledgement from your employer for a job well done, or at least feel like you deserve it! After all, you're a highly responsible person, and take great pride in all you do, both at work and in your personal life. And the stars now align in your favor.

Capricorn  (December 21—January 19)
You may feel like you've earned a little quiet time over the Holidays, but your friends and family might have other ideas, involving you in a number of exciting and enjoyable activities. Even so, be sure to get adequate rest and down time, in which to indulge yourself in some simple pleasures. As the new year dawns you may be inspired to set a bold new objective, one that would bring you great personal satisfaction to attain. Indeed, broadening your horizons is something you may now be keen to do. It may be possible this year to make a long held dream come true.

Aquarius  (January 19—February 18)
While you're likely to be much in demand over the Holiday season, you might feel like just getting away from your usual routine and surroundings, if only to gain a little perspective on your life. Indeed, it may be time to contemplate the future, and to seriously consider some new objective or goal. However, don't be too hasty to implement change just for the sake of it; take the time to consider your options carefully before making any irrevocable decisions. Revisit your hopes and dreams of yesteryear to see if any of them could become a reality in the near future. Your fortunes appear poised to take a turn for the better; keep faith in your ability to achieve.

Pisces  (February 18—March 20)
In the wake of the recent Harvest Moon it’s time to purge the unwanted or unnecessary elements from your life, beginning with thought processes that no longer serve your highest good and evolution. You are both cognizant and appreciative of the help and support you receive from your nearest and dearest, and this would be an appropriate juncture at which to let them know how much they mean to you. Your thoughts turn towards the future, and various options that may lie before you. Professional decisions taken now can have a profound and long-lasting effect on your worldly endeavors.

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

Tim prepares personalized no-nonsense interpretations of Natal Horoscopes ($40), Future Forecast Transit Reports ($75 for 1 full year), and Relationship Compatibility Reports ($45). Shipping is free. Send: Name (as you'd like it to appear on the chart), Date of Birth, Time (as close as possible), Place of Birth (city/country, etc.) for each person, and your return address, phone# and check to: Tim Gunns, c/o 110 Hilltop Drive, Waynesville NC 28786. 828-452-7885. Consultations by phone may also be scheduled. Payment can be made via Paypal to tgearthstar@aol.com  http://www.earthstarmag.com
If you truly desire peace, you must relinquish being “right” and release attack—violent thoughts and actions. If you are unwilling to practice forgiveness, you keep the seeds of separation alive. You are watering those seeds rather than the seeds of loving-kindness and forgiveness. What you water through your consciousness, either positive or negative, will sprout and grow in your life and can be witnessed in your day-to-day experiences.

So many times I have witnessed individuals absolutely fixated on holding to their grievances, not realizing their unforgiving thoughts are keeping them in hell.

Alex is such a person. She absolutely and totally loathes her only sibling, an elder brother. She has loathed him since she was three; she even has a photo of her dainty little self attempting to pull away from her ten-year-old brother, who was trying to hold her hand so the picture could be taken.

Fifty years later she still loathes him. He has never physically or sexually abused her. He has never sworn at her, made fun of her, mocked her, or told lies about her.

There is no reasonable or rational explanation as to why she has always hated him. She just does. Even if he were totally out of her life and she never consciously thought of him, she would still need to forgive him. Because of their elderly parents, however, he flies across the country three or four times a year to be with them, and that is just enough contact to set her off anew each time.

Hers is an irrational hatred. Since it is so ancient, I tend to think it must go back to a past life. But Alex cannot see that. Perhaps her chronic gastro problems, heart palpitations, and sinus troubles might have an emotional connection to continually fanning the flames of hatred. Said the Buddha, “Hatred does not cease by hatred but only by love. This is the eternal rule.”

You may be thinking how miserable she must be. But if you met her you would never see her underbelly. She is bright and articulate, very witty, and caring to total strangers. But underneath this pleasant exterior is a raging inferno.

By Joan Gattuso
Through the years I’ve noticed that her unrest has escalated as she has gotten older. Her loathing of her brother hasn’t lessened but has gotten more intense as each year passes.

Several times I have broached the subject of her need to work on forgiving her brother for whatever she perceives he has done to damage her. I might as well be talking to my sofa! She doesn’t want to hear it. She doesn’t want to get it. She doesn’t want to change her story. As a result I’ve politely told her I’m done listening to it.

Alex’s unwillingness to forgive is keeping her in hell and in poor health at best. If she was willing to begin to forgive her brother for whatever negative perceptions she has about him, she could begin to release both of them from the evil dream in which she continues to live. Broad, sweeping forgiveness techniques are what are needed for her, because there is no recall of any specific instances that need forgiving—thoughts such as, “I bless you. I release you. I forgive you. I let you go to God.” Such affirmations need to be repeated over and over again. Think of a stone wall guarding a prison, in this case the prison of her unforgiving mind. Beyond that wall and deep inside the prison lay her innocence and the innocence of her brother. It would take a tremendous amount of prayer work and release to break down the wall and enter the depths of the prison.

To further assist her in doing this it would be helpful if, every time a negative thought of him enters her consciousness, she immediately releases it to God or the Holy Spirit or Mother Mary or whomever she trusts as a spiritual guide, then breathes deeply and creates a loving thought of her brother.

Whatever the circumstances of our past, we must forgive the perpetrators in our lives to experience a shift in consciousness to experience healing—to be happy. Desmond Tutu once said, “To forgive is not just to be altruistic, it is the best form of self-interest.” And again from the wisdom of the Buddha, “How easy it is to see your brother’s faults; how hard it is to face your own.”

A wonderful technique from the Dalai Lama is called “giving and taking.” In a deep meditation one visualizes sending to the other person positive emotions like happiness, loving-kindness, love, compassion—good thoughts of all kinds. Then, in the next meditation, one visualizes taking in the other’s negative emotions—suffering, fear, cruelty—all the toxic emotions. Breathe all these in, when in a deep meditative state, and then breathe them out.

The Dalai Lama says that these techniques are very helpful to reduce pain and hatred, to cultivate forgiveness, and to experience peace and happiness.

When we withhold forgiveness, we become as culpable as the offender, except that we rarely are able to acknowledge our participation. So we remain in the mind-set: I’ve been wronged. I am right. Damn the offending party. This hostile state of mind will never lead to healing or resolution of any kind.

As you travel along your soul’s journey of spiritual advancement, it is good to begin to be open to exploring exactly what was your part in allowing the negative situation to occur in the first place. Perhaps you were too passive, or you were not true to your moral conviction or you pretended that it didn’t matter. In the first place you should have been paying more attention when inwardly you were furious.

The Dalai Lama teaches that to harbor a destructive emotion like hatred is of no use. He does not hate the Chinese, even after all the destruction they have wrought on his people and his country. In time he has totally forgiven the Chinese communists. If he can forgive the atrocities he and his people have had to endure, can we learn to follow his example and be set free?

America: Nation of the Goddess
The Venus Families and the Founding of the United States
By Alan Butler and Janet Wolter
Foreword By Scott F. Wolter
The authors reveal how a secret cabal of influential “Venus” families with a lineage tracing back to the Eleusinian Mysteries has shaped the history of the United States. They explain how this group set the stage for the Founding Fathers to create Washington, D.C., according to the principles of sacred geometry, with an eye toward establishing the New Jerusalem. The sacred design of the Washington Monument is explored, revealing its occult purpose and connections to the heavens. They reveal how the obelisks in New York City depict the stars of Orion’s Belt just like the Giza pyramids and how the site of one of them, St. Paul’s Chapel, is the American counterpart to Rosslyn Chapel in Scotland. Nearly every city in America has a temple to the Goddess hidden in plain sight—their baseball diamonds—exposing the extent to which the Venus families are still at work behind the scenes.

A Little at a Time
Homeopathy for You and Those You Love
By Mary English
Are you interested in helping recover your health with fewer drugs and more natural treatments? Have you ever wanted to use an alternative approach to health? Would you like some real life insight into homeopathy, the gentle form of medicine? A Little at a Time: Homeopathy for You and Those You Love offers: Guidance on the sort of conditions you can safely treat at home; an explanation of what the ‘whole person approach’ is; suggestions, tips, and recommendations to help you feel more confident with treating your symptoms.

The Journey Within
By Imre Vallyon
The Journey Within offers the spiritual seeker an accessible yet comprehensive introduction to the Universal Spiritual Teaching, stressing the need for right understanding while walking the Spiritual Path in today’s world. Vallyon discusses with clarity the big topics that are commonly encountered by the spiritual aspirant: the inner nature of our being and the cosmos; the importance of reconnecting with our higher nature through meditation; what happens after death; how to work with the law of Karma; the importance of developing love and wisdom in our lives; and why not all spiritual paths have the same end result. This book offers a system of guidance and right knowledge from the perception of Higher Consciousness so that the reader may be inspired and prepared for the Inner Journey.

The Evolutionary Testament of Co-Creation
The Promise Will Be Kept
By Barbara Marx Hubbard
Barbara Marx Hubbard’s extraordinary new book offers an evolutionary, future-oriented perspective to the Gospels of Jesus Christ. Barbara reveals that many of the miracles Jesus performed are actually similar to those acts that we currently aspire to achieve today, but so often without consciousness of Christ love. This book builds on the great themes in the New Testament, such as Jesus’ statement: “You will do the works that I do, and greater works will you do in the fullness of time…” and St. Paul: “Behold I show you a mystery, we shall not all sleep, we shall all be changed…” These statements are coming true. The Promise is being kept. We are all being changed. We do have the power of what we called gods. We can destroy the world and we also can restore the Earth, evolve ourselves and all of society.

Primal Nutrition
Paleolithic and Ancestral Diets for Optimal Health
By Ron Schmid, ND
Foreword by Sally Fallon Morell and Nora T. Gedgaudas, CNS, CNT
Drawing on the work of Dr. Weston A. Price, Dr. Francis Pottenger, and other nutritional health pioneers, Dr. Ron Schmid demonstrates that the strongest and most disease-resistant indigenous cultures around the world lived on whole, natural foods. He explores how modern refined diets differ from ancestral ones, and the steps you can take to build health with traditional foods. Blending the wisdom of traditional eating patterns with modern scientific knowledge, Dr. Schmid explains how to apply these principles to create your own common-sense primal diet, tailored to your specific needs, to rebuild health and improve longevity.

The Power of Forgiveness
Forgiving as a Path to Freedom
By Joan Gattuso
Joan Gattuso, bestselling author of A Course in Love, brings her wisdom to a topic that affects everyone—how to forgive when forgiveness seems impossible. Gattuso’s practical and inspiring teaching serves as a compass to the spiritual principles that can transform bitterness into beauty and anger into peace. The road to forgiveness is the path to freedom. It is this freedom, she writes, that allows us to move forward, so that we can live a happy and joy-filled life.
Tarcher/Penguin. Paperback, $15.95.
The Spirituality of Age
A Seeker’s Guide to Growing Older
By Robert L. Weber, Ph.D.
and Carol Orsborn, Ph.D.
As we enter the years beyond midlife, our quest for an approach to aging takes on added urgency and becomes even more relevant in our daily lives. Empowering a new generation of seekers to view aging as a spiritual path, authors Robert Weber and Carol Orsborn reveal that it is by engaging with the difficult questions about meaning, and mortality—questions we can no longer put off or ignore—that we continue to grow. In fact, the realization of our full spiritual potential comes about not by avoiding the challenges aging brings our way but by working through them. The authors guide you through 25 key questions that can help you embrace the shadow side of aging as well as the spiritual opportunities inherent in growing older.

Park Street Press. Paperback, $14.95.

The Book of Becoming
By Ronald Alan Meakin
Why is there something, rather than nothing? From the ancient text found on The Emerald Tablet, the motion implicit in achieving higher levels of consciousness is explored through questions surrounding whether evolution proceeds through natural selection or by controlled design and whether the nature of evolution itself is changing. Along our journey we ask whether Gaia theory can be extended beyond an earthly arena, whether science and religion are really incompatible and how do paranormal experiences, such as clairvoyance, actually arise.


Lessons from the 12 Archangels
Divine Intervention in Daily Life
By Belinda J. Womack
Foreword by Catherine Shainberg
Belinda Womack was a believer in Angels until the age of 12, when she decided she wanted to become a scientist. Years later, working in a biology lab, she found herself in the presence of the Archangel Gabriel and realized her calling as a spiritual conduit for Angelic healing and support. In this book she shares lessons, practices, and daily guidance from the 12 Archangels to help us listen to and heal our wounded inner child, release our fears, and enact deep subconscious transformation. The tools and exercises in this book shift your vibration so results are both felt and experienced immediately. Includes Angelic guided visualizations on working with Angels to access the healing power of the chakras and to manifest with the creative imagination.

Bear & Company. Paperback, $15.00.

The Biology of Belief
Unleashing the Power of Consciousness, Matter & Miracles
By Bruce Lipton, Ph.D.
This new updated and greatly expanded 10th Anniversary Edition of The Biology of Belief will forever change how you think about your own thinking. Stunning new scientific discoveries about the biochemical effects of the brain’s functioning show that all the cells of your body are affected by your thoughts. Bruce H. Lipton, Ph.D., a renowned cell biologist, describes the precise molecular pathways through which this occurs. Using simple language, illustrations, humor, and everyday examples, he demonstrates how the new science of epigenetics is revolutionizing our understanding of the link between mind and matter, and the profound effects it has on our personal lives and the collective life of our species.


Making A World of Difference
One Quilt At A Time
Inspiring Stories about Quilters and How They Have Touched Lives
By Ruth McHaney Danner
Quilts exemplify precious things: comfort through the warmth they provide; community, since they are often created by groups; and love, given the time and effort they require. The quilters profiled here have turned something they love doing into a way of showing love. Each chapter introduces a quilter or group of quilters. They include elderly women in Michigan who create bedcovers for a homeless shelter, an Indiana group that makes quilts for every member of every Habitat for Humanity house built in their county, and a Massachusetts woman who organized the sewing of quilts for everyone injured in the Boston Marathon bombing. Their wonderfully inspiring stories show that everyone who has ever wondered, “But what can I do?” can do something that will help someone.

New World Library. Paperback, $14.95.

Crystal Gifts
How To Choose The Perfect Crystal
For Over 20 Occasions
By Michael Gienger
Silent and yet still able to communicate, stones deliver their messages wordlessly, reaching out to us, touching our hearts to be understood by our whole being. When presented as gifts, they are a beautiful way of expressing good wishes, of offering greetings or congratulations—and they can help those wishes come true. Crystal gifts and greetings are messages of a very special kind: crystals bring strength and joy; they help us to recuperate from illness, are a source of protection and power, and promote trust and bring comfort. Crystals express affection in their own special way, preserving the memory of special moments and events through their very existence. This handy reference book can help you to determine the best stone for virtually any occasion.

**The Piper Protocol**
*The Insider’s Secret to Weight Loss and Internal Fitness*

By Tracy Piper, with Eve Adamson

A-list celebrity cleanse expert, Tracy Piper, guides you through a four-week intensive cleanse program structured to change the way you look and feel. The Piper Protocol can turn you into one of the “beautiful people.” Tracy’s cleanse program offers an amazing promise: lose 25 pounds in the first month. Taking a holistic view, it focuses on weight loss and overall wellness. It’s not entirely vegan. It’s not entirely raw. But it’s very specific, and it works. *In The Piper Protocol,* she takes you on a tour through the body and explains why cleansing is the key to physical and emotional health; describes how food interacts with the body; and provides a detailed, 28-day eating and supplementation plan that will help you lose up to 25 pounds and start you on the path to a new life. Includes step-by-step instructions, helpful drawings, and delicious recipes.


**The Omniverse**
*Transdimensional Intelligence, Time Travel, the Afterlife, and the Secret Colony on Mars*

By Alfred Lambremont Webre

The Omniverse is the overarching matrix of energy, spirit, and intelligence that encompasses all that exists. This easy-to-read book reveals the holographic origins of the soul, the potential of time travel, and our role as divine co-creators with God/Source. In this scientific guide to the Omniverse, Webre reveals startling replicable evidence about extraterrestrial and extra-universal life, the intelligent civilizations created by souls in the afterlife, top-secret alien technology, and the existence of a secret base on Mars. The author explains how our souls are holographic fragments of God/Source and how souls and Source are co-creating planets and galaxies as virtual realities for soul development.


**Expect The Unexpected**
*Bringing Peace, Healing, and Hope from the Other Side*

By Bill Philipps

Bill Philipps had the kind of childhood that seems too tragic to be true—drug-addicted parents, parental kidnapping, homelessness. At age fourteen, he watched his mother die. Two days later she appeared to him, letting him know she was spiritually alive. From then on, spirits “knocked on his door.” As Philipps began giving readings, and witnessed the comfort these spirits offered, he came to accept and honor his abilities. Philipps here helps readers receive signs with or without a medium and shows why he is convinced that readings always contain the possibility for peace, healing, and hope.

New World Library. Hardcover, $22.95.

**Love Everyone**
*The Transcendent Wisdom of Neem Karoli Baba Told Through the Stories of the Westerners Whose Lives He Transformed*

By Parvati Markus

A celebration of Neem Karoli Baba, one of the most influential spiritual leaders of our time, the divine guru who inspired and led a generation of seekers—including Ram Dass, Daniel Goleman, and Larry Brilliant—on life-changing journeys that have ultimately transformed our world. The contributors share their recollections of Maharaji and how his wisdom shaped their lives. All have attempted to follow Maharaji’s basic teaching, his seemingly simple directives: Love everyone, feed everyone, and remember God. All have found their own way to be of service in the world and, in so doing, have collectively touched the hearts and souls of countless others.


**Living Lightly**
*A Journey through Chronic Fatigue Syndrome (M.E.)*

By Jenny Light

An autobiographical, self-help guide for people with Chronic Fatigue Syndrome (M.E.). This is a light-hearted reflection on the lessons learnt from the condition and teaches clear techniques on self-healing, breathing techniques, meditation, personal growth, affirmation, positive thinking, supplements and raw-food diet to recover full health.


**Easy Breezy Prosperity**
*Five Foundations for a More Joyful Abundant Life*

By Emmanuel Dagher

Bridge the chasm between spirituality and money—once and for all! The gap is incredibly stark, and you’ve probably noticed it. Many books written about success, abundance and wealth are missing a huge essential ingredient...HEART! All of this is about to change. Right now. In an epic way! These same books miss the mark when it comes to providing a surefire and easy-to-follow roadmap that actually leads to greater prosperity. Bestselling author Emmanuel Dagher’s groundbreaking new book, Easy Breezy Prosperity, The Five Foundations for a More Joyful Abundant Life, makes a titanic shift in the way humanity experiences prosperity. Like no other book before it, Easy Breezy Prosperity builds a powerful bridge between our spirituality and how we treat and view money. It’s the book you’ve been waiting for that finally ties it all together!

Rodale. Hardcover, $19.95.
The Healing of Jordan Young
A 21st Century Spiritual Guide to Health and Healing
By Tobin Blake

Jordan Young had been dating author Tobin Blake’s daughter for two years when, days after his eighteenth birthday, he was diagnosed with an aggressive form of lymphoma. Within months, several rounds of chemotherapy had failed and top researchers determined that Young could not survive the widespread disease. But he did survive and, two years later, is cancer-free. This suspenseful narrative explores the anatomy of a miracle. Young’s path shows how methods based on spiritual laws can be used to transform fear, navigate the medical world, guide family and friends, and, most important, heal. It illustrates that hope is for-}

New World Library. Paperback, $15.95.

The Logic of Enlightenment
A Cognitive Theory of Spirituality
By Dave S. Henley

Enlightenment is a special kind of knowledge or insight that lifts the malaise of everyday life. But what exactly is it? This ground-breaking book offers a definitive logical account for the modern mind of the kind of knowledge that spiritual enlightenment provides, doing justice both to logic and to spirituality. Zen and the Tao have expressed the mystical nature of enlightenment by contradictions and riddles; it is shown here that the reason enlightenment must be mystical in this way is that it is complementary to logic, expressing changes in the very nature of our understanding. This work should appeal both to the believer and the skeptic, by revealing the special relationship between spiritual enlightenment and Logic. Not only does it use logic to clarify what is meant by enlightenment, but it simultaneously shows how the mystical nature of enlightenment clarifies when and when not to use logical reasoning.


The Kabbalistic Mirror of Genesis
Commentary on the First Three Chapters
By David Chaim Smith

Generations have been led to believe that Genesis 1-3 is only a primitive proto-cosmic history, a mythological explanation of the human moral disposition, a religious fairy tale. But by accepting the text as pure kabbalistic metaphor, the mystical content of Genesis springs forth, revealing the Divine nature of creativity as well as a new understanding of the human mind. Deconstructing each line of Genesis 1-3 with esoteric methods derived from the oral teachings of the Kabbalah, David Chaim Smith reveals how the ten sefirot, collectively known as the Tree of Life, are not simply a linear hierarchy. They are a unified interdependent whole with ten interactive functions, forming the template through which creative diversity manifests.

Inner Traditions. Paperback, $19.95.

The Soul of Ancient Egypt
Restoring the Spiritual Engine of the World
By Robert Bauval and Ahmed Osman

Exploring the exemplary social and cultural model that produced the golden civilization of ancient Egypt as well as the many waves of conquest and destruction up to the present day, Robert Bauval and Ahmed Osman examine each phase of Egyptian history from its origins and the Pharaonic period, through the Roman conquest and its Christianization, to the Pan-Arabization of Nasser and the ongoing Islamization that began with the Muslim caliphate in the 7th century. They show how the current Islamic rulers are actively working to eradicate all traces of Egypt’s spiritual roots, the source of the Western Mystery tradition. They provide a revised portrait of the life of Muhammad, revealing his connections to the Essene tradition, and explain how most Sharia Law is not based on the Koran.

Bear & Company, $18.00.

How to Become a Miracle-Worker with Your Life
Steps to use the almighty ancient technique of Ho’oponopono
By Dr. Bruno R. Cignacco

How to Become a Miracle-Worker with Your Life is about a powerful ancient technique to solve any kind of problem in a permanent way. This technique, called Ho’oponopono became well-known worldwide when it was used by a doctor to cure a ward of deranged dangerous prisoners without him having any type of personal contact with them. This tool is based on the principles of repentance, forgiveness, love and gratitude. This book provides the reader with a stepwise process to apply this powerful technique, with countless practical exercises. With the frequent use of this technique the reader will gradually become healthier, wealthier and more fulfilled regarding career, business, relationships, and other relevant areas.


How to Talk to an Alien
Can They Speak Our Languages? Can They Read Our Minds? What Are They Trying to Tell Us?
By Nancy Du Tertre

In 1972, American astronomer and ufologist J. Allen Hynek first coined the term “close encounter.” He also identified three types of close encounters with UFOs. We are no longer just looking at strange flying objects in the skies; now we are beginning to interact with the actual pilots, crew, and passengers! Who will speak to them on behalf of planet Earth? Who can translate their intentions—good or evil—toward the human race? How can we learn about their advanced technologies? Can aliens speak human languages? These and even more fascinating questions are all addressed in How to Talk to an Alien.

First, I want to say that I am so sorry for what you are going through, or for what you have already been through. You could still be raw, scared, and possibly even feeling somewhat numb. You are most likely without enough sleep or opportunity for you to process what is happening. Now (or soon) the patient will be coming home, if he or she hasn’t already. Your duties have already increased and most certainly will multiply when they are back in the house. Understand that you will likely feel like a servant at times and won’t be able to take care of yourself in all the ways that you should. But that is only for a while. It will change.

For the time being, however, the main focus has been and will continue to be on the patient. Even so, here are three things to understand upfront to protect your own well being in the midst of the caregiving process.

#1 Expect to feel closer to your loved one (the patient) than you have ever been, and expect to feel, at other times, farther apart than you have ever been.

#2 You must make a real effort to care about yourself amidst all the care that surrounds the patient.

#3 Don’t expect to be the perfect Florence (or Frank) Nightingale. You won’t be.

Now, let’s talk about the bottom line, your survival.

“Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world.”

~ Lucille Ball

By Lauren Simon
Ten Things Caregivers Must Not Fail To Do Daily To Survive

#1 Step up your nutrition. Eat organic (when possible), seasonal, local, whole foods, and grains. If this sounds daunting, just eat better than you normally do. Try to supplement with quality vitamins where you need extra support. Don’t think “limiting”. Think “replenishing”. This also means drinking plenty of water regularly and reducing caffeine, alcohol and sugar consumption.

#2 Exercise. Do NOT omit exercise. Even if it is just walking around the grocery store before entering, or breathing in some fresh air while bending and stretching in your back yard, or taking a few flights of stairs at the hospital; fit it in.

#3 Accept help. Let me repeat: ACCEPT HELP! If friends offer to cook a few meals, walk your dog, run errands for you, sit with the patient while you go out etc., say “Yes, thank you!”

#4 Learn to say NO. Being a caregiver means recognizing your limitations and those of the patient.

#5 Reach out! Humans aren’t wired to work solo. Trying to handle everything alone can lead to more stress and depression. Talk to friends or schedule an appointment with a counselor.

#6 Get out! Getting out of the house or the hospital, even for a short time, can do wonders. When the patient begins to reclaim parts of their daily routine, meet a friend for lunch or for an inspiring movie. If the patient is still in the hospital, eat your lunch outside, weather permitting.

Getting out of the house or hospital can boost inspiration, creativity, and most importantly, insight and clarity.

#7 Become aware of emotional triggers. Protect yourself by being present and aware when these triggers are activated. You can calm and center yourself by breathing and imagining the tension leaving your body while simply recognizing that the stirring inside is you reacting to one of your “hot buttons.” More on this in Chapter Twelve.

#8 Unplug. For a small amount of time each day, unplug the computer, turn off the phone and go to a quiet room, or outside alone in nature, to breathe and just “be” for at least ten minutes. Everyone can take ten minutes for themselves daily in order to restore or just gather their senses. Everyone.

#9 Tell the patient something about yourself every day. As a caregiver, you check in with the patient and ask them how they are feeling and tend to their daily needs. In turn, tell them something they don’t know about you or simply tell them how you are feeling. This will create intimacy and a more equal exchange of energy.

#10 Get sleep. Try taking a quick power nap during the day when the patient is resting. Getting horizontal and putting your feet up is extremely rejuvenating during stressful times. Lack of sleep will make everything worse and you will have a much harder time coping. Please check out Appendix A, A Caregiver’s Survival Guide To Sanity for helpful tips on sleeping well.

#10A You get major bonus points if you can adopt some of the meditative practices described at the end of Chapter 6 and in Appendix A, A Caregiver’s Survival Guide To Sanity. Write down your favorite ones and place this list on your desk, tape it to your refrigerator, or hang it on your bathroom mirror as a reminder that you can take a few moments for yourself each day.
I have come to realize that the most important thing we can do for our loved ones is to take the best possible care of ourselves. Above all, please remember in becoming a caregiver, one does not don a cape and attain magical superhuman powers. Be gentle with yourself.

Excerpted with permission from When You Feel Like Strangling The Patient, by Lauren Simon, published by Waterfront Press.

In When You Feel Like Strangling The Patient (Love and Support for the Caregiver), author Lauren Simon gives voice to the frustration, confusion, and anger that caregivers feel but are often afraid to express. When her husband Stephen Simon (film producer of What Dreams May Come and Somewhere in Time) barely survived a heart attack during which his heart stopped four times, Ms. Simon quickly learned how little practical, do-this-now information was available to those who are thrust into the role of caregiver. As she lovingly helped her husband convalesce (and their six adult children cope with the trauma they too had experienced), she was shocked to find how many powerful emotions she and other caregivers feel but rarely discuss. With humor, compassion, and vulnerability, Lauren wrote her book to empower caregivers all over the world to openly embrace and share their own feelings.

The book is available on Amazon at the following link: http://amzn.com/1943625212

For more information please visit: http://www.DontStrangleThePatient.com
WHEN YOU FEEL LIKE STRANGLING THE PATIENT

Love and Support for the Caregiver

LAUREN SIMON

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http://www.DontStrangleThePatient.com
Chronic Fatigue Syndrome (CFS), sometimes also referred to as Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), has only been recognized by the US Centers for Disease Control and Prevention (CDC) since 1988.

Fortunately, most doctors have now abandoned their view that CFS is just something “in your head,” and no longer view it as a psychological disorder.

On February 10, 2015, the Institute of Medicine released a landmark report containing recommendations for CFS, including the suggestion to change the name from Chronic Fatigue Syndrome to Systemic Exertion Intolerance Disease (SEID).

That name has not yet been formally adopted by world and federal health agencies, but you may end up seeing it more in the future.

Signs and Symptoms of Chronic Fatigue Syndrome

According to the Solve ME/CFS Initiative (SMCI), about one million Americans suffer from CFS, and the syndrome disproportionately strikes more women than men.

The Institute of Medicine estimates the prevalence of CFS may be as high as 2.5 million, with 84 to 91 percent of them being undiagnosed. In the UK, an estimated 250,000 people are affected.

Symptoms characteristic of CFS include the following. As you would expect, these symptoms correlate with many other diseases and conditions, making a correct diagnosis notoriously difficult to obtain.

Since there’s no known cure for CFS, all treatments are currently directed at relieving these symptoms.

• Extreme fatigue and weakness, difficulty maintaining upright posture, dizziness, balance problems, and fainting
• Post-exertional malaise, lasting 24 hours or longer
• Muscle and joint aches and pains
• Sore throat, swollen glands, and periodic fevers and chills
• Chronic headaches
• Numbness and tingling of the extremities
• Brain fog, cognitive dysfunction, and/or lack of concentration
• Insomnia, and/or unrefreshing sleep, night sweats
• Visual disturbances (blurring, light sensitivity, and eye pain)
• Gastrointestinal disturbances
• Allergies and sensitivities to foods, odors, chemicals, and medications
• Irritability, depression, and mood swings

The Benefits of Talk Therapy and Exercise for Chronic Fatigue Sufferers

In 2011, a large randomized trial known as the PACE trial determined that cognitive behavioral therapy (talk therapy) and graded exercise therapy could effectively treat CFS.

Although high-intensity exercises are typically recommended for healthy individuals, that would not be wise for those with CFS. I believe gentle walking, gradually building up to 1 to 2 hours a day could have profoundly beneficial results.

Results showed that at 52 weeks, compared to those who received no other intervention except medical advice about how to manage their symptoms (such as insomnia and pain), those who received talk therapy or graded exercise therapy had significantly lower mean fatigue scores.

Patients receiving talk therapy or graded exercise therapy also scored higher on physical function tests compared to those who only received general medical advice.

According to lead author Professor Peter White: “While there is still room for improvement, this is a real step forward in informing patients with CFS/ME which treatments can help to improve their health and ability to lead a more normal life.”

The British research team has now published a follow-up study on the PACE trial, in which they found that these two treatments do indeed have long-lasting benefits.

In fact, the improvements patients achieved after one year of talk therapy (in which patients are taught how their thinking can affect their symptoms) or graded exercise (where patients gradually increase the amount of exercise they’re able to perform) remained stable even 2.5 years after the original treatment.

Three Important Nutrients for Boosting Energy

While researchers are still struggling to understand the mechanisms causing the wide ranging symptoms of chronic fatigue syndrome, it seems clear that impaired immune system function and/or some sort of mitochondrial dysfunction is involved. The American Healthcare Foundation suggests CFS is best classified as a post-viral or post-infectious syndrome. A number of infectious organisms have indeed been linked to CFS, although definitive evidence that the condition is caused by a lingering infection is still slim.

Despite such uncertainties, supporting healthy energy synthesis and mitochondrial function through nutrition may be quite helpful for alleviating some of the symptoms. Remember that damaging free radicals are produced by excess electrons. So it’s also important to minimize the production of excessive electrons in the mitochondria, as they will generate free radicals that can further damage energy production. The key to reducing mitochondrial damage is to limit free radical generation, and this is most effectively done by calorie restriction or intermittent fasting.

Avoiding eating too close to bedtime is part and parcel of this, as eating right before you’re about to go to sleep will ultimately promote the premature destruction of your mitochondria. I will review the mechanics of this in a section below. But first, let’s take a look at three nutrients that may be of particular importance for supporting cellular energy production and protecting your mitochondria:

Ubiquinol (the reduced form of CoQ10; one of the strongest lipid-soluble antioxidants known that is pro-
duced within your own body)

D-ribose (a core building block of ATP)
Glutathione (one of your body’s most important antioxidants and a natural detox agent)

The Energy Boosting Properties of Ubiquinol

Coenzyme Q10 (CoQ10) is used for energy production by every cell in your body, and is therefore vital for good health, high-energy levels, longevity, and general quality of life. It also helps protect against cellular damage from free radicals.

Ubiquinol is the reduced form of CoQ10 – the effective form your body naturally uses to transfer free electrons. Research shows that the reduced form is better for your health in a number of ways, primarily due to its superior bioavailability if you’re over 25. If you’re under 25 years old, your body is typically capable of converting CoQ10 to the reduced form fairly well, and the additional expense of purchasing the reduced form is unnecessary. However, if you’re older, your body becomes increasingly challenged to convert the oxidized CoQ10 to ubiquinol.

One common question is whether or not supplementing with ubiquinol may negatively affect your body’s own production of it. Fortunately, several studies have shown that this is not the case. Even at very high levels of ubiquinol—upwards of thousands of milligrams a day for a considerable period of time—natural production has remained unaffected. And, even at very large doses, no adverse effects or drug interactions have ever been found or reported, so it appears to be very safe.

Interestingly, although it’s a lipid (fat) soluble antioxidant, which typically means it’s more difficult to absorb, ubiquinol is “peculiar” in that its rate of absorption appears to be based on your body’s metabolic demand—which is great. Meaning, if you’re healthy, you absorb less, and when you’re ill, or struggle with chronic disease, your body will absorb more. Its absorption rate is basically self-adjusting so it becomes very difficult to take too much.

That said, since it is lipid-soluble, it is better to take it with a meal—or if not with a meal, then with some type of fat like olive oil, or coconut oil to ensure optimal bioavailability and absorption. These considerations—its profound, well-documented health benefits, along with its safety profile—makes supplementing with ubiquinol a no-brainer when you’re struggling with fatigue.

Clearly, diet and exercise are the cornerstones of optimal health, but there’s overwhelming evidence that ubiquinol can go a long way toward optimizing your energy levels. I have been so impressed with the recent research on ubiquinol that I have doubled my dose to 200 mg per day.

D-Ribose Helps Energy-Depleted Cells to Recover

Adenosine triphosphate (ATP) is a coenzyme used as an energy carrier in every cell of your body. It’s composed of three major chemical groups, one of which is D-ribose, a five-carbon sugar. As a structural component or building block of ATP, D-ribose is involved in the energy synthesis in your cells, and research dating back to the 1970s found that giving patients supplemental D-ribose prior to, or immediately after cardiac ischemia (where a blockage in your heart’s arteries causes reduced blood flow, preventing it from getting enough oxygen), allowed the heart to recover its normal cellular energy level.

When you take supplemental D-ribose, the vast majority of it—about 97 percent—is absorbed into your blood and is quickly distributed into the various tissues in your body. Once inside your cells, your body uses the D-ribose to synthesize and restore cellular energy levels. As for dosage, research suggests that just about any amount of supplemental D-ribose will help energy depleted cells to recover—even as little as 500 milligrams (mg) can be beneficial.

However, if you’re struggling with chronic fatigue or other health issues, you likely need more than that. A standard dosage recommendation is 3 to 5 grams per day. Even though it is biochemically a sugar, it is not burned for fuel like other sugars but rather preserved to make ATP and parts of DNA and RNA.
The Role of Glutathione in Chronic Fatigue Syndrome

The American Healthcare Foundation presents a valuable summary of the benefits of glutathione in the treatment of chronic fatigue syndrome. Its primary value is its ability to promote healthy immune system function. And, while it has nothing to do with the generation of cellular energy per se, it helps eliminate toxins that can disrupt cellular energy synthesis. Its antioxidant capacity also helps prevent or reduce the pain response.

As explained by the American Healthcare Foundation:

“[Glutathione] GHS protects the mitochondria (your cell’s power plant) from chemical and environmental stressors that mount free radical attacks against the cell. When your body’s natural GSH antioxidant defense systems cannot protect your cells—you experience fibromyalgia and other diseases of ‘pain and fatigue’.

Every day, we are exposed to toxins... and our immune system depends on GSH for their removal. The inability to facilitate such detoxification—overwhelms your immune and antioxidant defense systems—thus the cycle of persistent fatigue, musculo-skeletal pain, sleep disturbance, and cognitive and psychological abnormalities is perpetuated. The GSH enzyme system detoxifies at the cellular level...

Dr. Paul Cheney and numerous other CFS physicians have demonstrated that once your levels of GSH have returned to a level consistent to enabling proper immune system support, many patients respond with dramatic results. By providing your immune system with the ‘fuel’ required to function, raising GSH not only allows you to begin feeling better, but in many cases, a return to normal routines becomes possible.”

Another intriguing explanation of glutathione’s role in chronic fatigue can be found on the Phoenix Rising website, an online support group for people with CFS. The article was written by the late Rich Van Konnenburg, PhD; a physicist (not a medical doctor) who’d taken a personal interest in CFS and spent 15 years studying the disorder before his death in 2012.

In 2004, he proposed a biochemical model of stress-induced glutathione depletion as a cause of chronic fatigue. A few years later, he came up with a more refined hypothesis, the Glutathione Depletion-Methylation Cycle Block, which he thought was responsible for the pathogenesis of CFS. While this information is speculative, many CFS sufferers claim to have benefited from it, so I present it for your review.

How to Raise Your Glutathione Levels

Glutathione is poorly absorbed, so your best bet is to not take oral glutathione but to use its precursors. One good alternative is to use a high quality whey protein, made from organically-raised raw milk, without added sweeteners. Foods that are high in sulfur and/or selenium also encourage your body’s production of glutathione. This includes:

- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, cabbage, and kale)
- Animal foods (eggs, dairy, and organ meats for sulfur / pork, beef, lamb, chicken, and turkey for selenium)
- Certain herbs, such as milk thistle, cardamom, cinnamon, and turmeric
- Brazil nuts and sunflower seeds

Why Intermittent Fasting May Help Pain and Fatigue

Some of you may balk at the idea of calorie restriction when dealing with chronic fatigue, but there’s actually compelling evidence showing it can play a significant role in correcting mitochondrial function. As noted earlier, when excessive electrons are produced in the mitochondria they create highly destructive free radicals. The best way to address this is to limit excessive electron production, as if there are fewer free electrons, they’re less likely to leak out.

So how do you limit free electrons?

One of the most effective ways to do this is through calorie restriction, which in fact is the only proven method to increase lifespan in mammals. The drawback is that calorie restriction is enormously difficult to maintain over extended periods of time. Fortunately, research has shown that intermittent fasting effectively mimics
calorie restriction, and it’s far easier to comply with, especially if you do it daily, restricting your eating to a window of about six to eight hours, where your last meal is taken at least three hours before bedtime. Ideally, aim for as much as six hours between your last meal and your scheduled bedtime.

**The Benefits of Avoiding Late-Night Eating**

The rationale for avoiding late night eating is directly tied to the way your body produces energy, which I will now describe in greater detail. Your mitochondria are responsible for “burning” the fuel your body consumes and converting it into usable energy.

These tiny bacterial derivatives live inside your cell and are optimized to create energy from the food you eat and the oxygen in the air you breathe. Your cells have between 100 and 100,000 mitochondria. Your mitochondria have a series of electron transport chains that pass electrons from the reduced form of the food you eat to combine it with oxygen from the air you breathe and ultimately form water.

This process drives protons across the mitochondrial membrane, which recharges ATP (adenosine triphosphate) from ADP (adenosine diphosphate). ATP is the carrier of energy throughout your body.

A major side effect of this transfer of electrons is that some leak from the electron transport chain to react with oxygen to form the free radical superoxide. Superoxide anion, the product of a one electron reduction of oxygen, is the precursor of most reactive oxygen species and a mediator in oxidative chain reactions. These oxygen free radicals attack the lipids in your cell membranes, protein receptors, enzymes, and DNA that can prematurely kill your mitochondria.

Some free radicals are actually good and your body requires them to regulate cellular function, but problems develop when you have *excessive* free radical production. Sadly that is the case for the majority of the population and why most diseases, especially cancers, are acquired. There are two possible solutions to this problem:

- Increase your antioxidants, or
- Reduce mitochondrial free radical production

I believe one of the best strategies for reducing mitochondrial free radical production is to limit the amount of fuel you feed your body when it requires the least amount of energy, which is when you are sleeping. If you feed your body shortly before sleeping you will have large amounts of fuel your body simply has no need for, which will result in an increase in unnecessary energy production that results in the leakage of electrons.

These leaked electrons then combine with oxygen to form free radicals, which damage your DNA, thereby radically increasing your risk for serious disease.

In the case of CFS, they will also decrease mitochondrial energy production, which is why I believe this is one of the simplest, least expensive, and possibly most effective strategies for CFS. It is one of the reasons why I rarely eat less than three hours before going to bed and frequently it is five to six hours. A review paper that provides much of the experimental work for the above explanation was published in 2011, titled “Mitochondrial DNA Damage and Animal Longevity: Insights from Comparative Studies.”

It may be too complex for many laypeople, but the take-home message is that since your body uses the least amount of calories when sleeping, you’ll want to avoid eating close to bedtime because adding excess fuel at this time will generate excessive free radicals that will damage your tissues, accelerate aging, and contribute to chronic disease.

**Addressing Chronic Fatigue Requires a Multi-Pronged Approach**

Chronic fatigue syndrome is undoubtedly a challenging condition, but there is hope. A number of different lifestyle changes have been shown to increase your chances of recovery, including the ones covered in this article:

- Exercising according to your ability, with a focus on increasing the amount of exercise you can handle. Research shows that a combination of aerobic activity and strength training can improve pain and fatigue.
symptoms. Gentle exercise such as yoga can also be an excellent part of your exercise program—and yoga benefits the mind as well as the body.

Supplementing with nutrients important for cellular energy synthesis, such as ubiquinol and D-ribose.

Eating foods rich in glutathione precursors, and foods high in sulfur and/or selenium to encourage glutathione production. Also make a conscious effort to avoid toxic exposures.

Intermittent fasting, making sure your last meal is taken three to six hours before bedtime.

Addressing your mental outlook. In addition to talk therapy, I would recommend trying The Emotional Freedom Techniques (EFT), to help normalize your bioenergetic circuitry. Emotionally traumatic events can leave “energy blockages” for many years, which then interfere with your overall health, including immune function. There are many different techniques that can be used, but EFT is my favorite, and it’s easy to learn and apply.

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.

Brain Wave Warping Effect of Mobile Phones, Study Reveals

Your mobile phone is not only a carcinogenic, radiation emitting device, but may alter the structure and function of the brain, including brain wave activity that is intimately connected to cognition, mood and behavior.

A concerning new clinical study published in PLoS One titled, “EEG Changes Due to Experimentally Induced 3G Mobile Phone Radiation,” has revealed that so-called 3rd generation (3G) cell phone technology has widespread brain wave disrupting activity in subjects exposed to real-world like conditions, i.e. 15-minute “talk time” exposure to the ear area.

The study abstract describes the experimental design and results:

The aim of this study was to investigate whether a 15-minute placement of a 3G dialing mobile phone causes direct changes in EEG activity compared to the placement of a sham phone. Furthermore, it was investigated whether placement of the mobile phone on the ear or the heart would result in different outcomes. Thirty-one healthy females participated. All subjects were measured twice: on one of the two days the mobile phone was attached to the ear, the other day to the chest. In this single-blind, cross-over design, assessments in the sham phone condition were conducted directly preceding and following the mobile phone exposure.

During each assessment, EEG activity and radiofrequency radiation were recorded jointly. Delta, theta, alpha, slow beta, fast beta, and gamma activity was computed. The association between radiation exposure and the EEG was tested using multilevel random regression analyses with radiation as predictor of main interest. Significant radiation effects were found for the alpha, slow beta, fast beta, and gamma bands. When analyzed separately, ear location of the phone was associated with significant results, while chest placement was not. The results support the notion that EEG alterations are associated with mobile phone usage and that the effect is dependent on site of placement. Further studies are required to demonstrate the physiological relevance of these findings.

While previous research has found that mobile phone exposure affects alpha brain wave activity, and subsequent behavior (insomnia), this is the first placebo-controlled, single-blinded study of its kind to show that as little as 15 minutes of 3G cell phone technology exposure directly to the ear, “is associated with increased activity of the alpha, beta, and gamma frequency bands in nearly every brain region.” In other words, typical mobile phone exposure resulted in electrophysiological changes that resulted in measurable alterations in nearly the entire brain’s structure/function. Even though it is now common knowledge that cell phone radiation is powerful enough to disrupt sensitive equipment within an airplane (think: airplane mode) or hospital, there is still resistance to acknowledging it may adversely affect the human brain, an electrical impulse sensitive organ.

Moreover, since brain waves are believed to encode rules for behavior, altering brain wave activity could have considerable downstream affects on behavior and consciousness. To learn more about the potential of mobile phone and related electromagnetic radiation to affect cognition and behavior, read the Scientific American article, “Could certain frequencies of electromagnetic waves or radiation interfere with brain function?”, which explains why these concerns are valid.

—Green Med Info
Whatever you think or feel, the universe says yes. Perhaps you have noticed this. Yes, we are talking about the law of attraction. It is indeed an ancient law, never a secret to those who live consciously. “All things which are similar and therefore connected, are drawn to each other’s power,” according to the medieval magus Heinrich Cornelius Agrippa von Nettesheim. It is a rule of reality that we attract or repel different things according to the emotions, the attitudes, the feelings, the agendas that we carry.

Before you walk into a room or turn a corner, your attitude is there already. It is engaged in creating the situation you are about to encounter. Whether you are remotely conscious of this or not, you are constantly setting yourself up for what the world is going to give you. If you go about your day filled with doom and gloom, the world will give you plenty of reasons to support that attitude. You’ll start looking like that cartoon character who goes about with a personal black cloud over his head that rains only on his parade. Conversely, if your attitude is bright and open to happy surprises, you may be rewarded by a bright day, even when the sky is leaden overhead, and by surprisingly happy encounters.

Through energetic magnetism, we attract or repel people, events, and even physical circumstances according to the attitudes we embody. This process begins before we speak or act because thoughts and feelings are already actions and our attitudes are out there ahead of us. This requires us to do a regular attitude check, asking, What attitude am I carrying? What am I projecting?

It is not sufficient to do this on a head level. We want to check what we are carrying in our body and our energy field. If you go around carrying a repertoire of doom and gloom, you may not say what’s on your mind, but the
The universe will hear you and support you. Attitude adjustment requires more than reciting the kind of New Age affirmation you see in cute boxes with flowers and sunsets on Facebook. It requires deeper self-examination and self-mobilization.

What are you doing? A woman in one of my workshops told me she hears this question, put by an inner voice, many times a day. Sometimes it rattles her and saps her confidence. But she is grateful for the inner questioner that provokes her to look at herself. It’s a question worth putting to yourself any day. As you do that, remember that thinking and feeling are also doing.

“The passions of the soul work magic.” I borrowed that from a medieval alchemist also beloved by Jung. It conveys something fundamental about our experience of how things manifest in the world around us. High emotions, high passions generate results. When raw energy is loose, it has effects in the world. It can blow things up or bring them together. There is an art in learning to operate when your passions are riding high and to recognize that is a moment when you can make magic. Even when you are in the throes of what people would call negative emotions—rage, anger, pain, grief, even fear—if you can take the force of such emotions and choose to harness and direct them in a certain creative or healing way, you can work wonders, and you can change the world around you.

How? Because there is no impermeable barrier between mind and matter. Jung and Pauli in concert, the great psychologist and the great physicist, came around to the idea that the old medieval phrase applies: **unus mundus**, “one world.” *Psyche* and *physis*, mind and matter, are one reality. They interweave at every level of the universe. They are not separate. As Pauli wrote, “Mind and body could be interpreted as complementary aspects of the same reality.” I think this is fundamental truth, and it becomes part of fundamental life operation when you wake up to it.

The stronger our emotions, the stronger their effects on our psychic and physical environment. And the effects of our emotions may reach much further than we can initially understand. They can generate a convergence of incidents and energies, for good or bad, in ways that change everything in our lives and can affect the lives of many others.

When we think or feel strongly about another person, we will touch that person and affect his or her mind and body—even across great distances—unless that person has found a way to block that transmission. The great French novelist Honoré de Balzac wrote that “ideas are projected as a direct result of the force by which they are conceived and they strike wherever the brain sends them by a mathematical law comparable to that which directs the firing of shells from their mortars.”

Bring in the creative imagination, and it is wonderful how the world can rearrange itself. I heard a beautiful little story about this from a friend in California. She had been consciously building a kind of inner sanctuary, a place of peace and joy where she could take herself anytime in her imagination. She envisioned a lovely place with healing waters, around an oak tree she knows in the natural world. In imagination, she added a swing to the tree, visualizing the ropes fastened to one of its great limbs. She pictured herself rocking happily under the spreading canopy of the oak. She used this image to help her get through a long and sleepless night when she was severely ill.

A week later, feeling much restored, she took a hike to the place of the oak. And found that someone had added a swing, exactly where she had placed it in her imagination.

Scientific experiments have shown the ability of the human mind and emotions to change physical matter: studies by Masaru Emoto have shown that human emotions can change the nature and composition of water, and the Findhorn experiments have taught us that good thoughts positively affect the growth of plants.
Conversely, rage or grief can produce disturbing and sometimes terrifying effects in the physical environment.

“We are magnets in an iron globe,” declared Emerson. If we are upbeat and positive, “we have keys to all doors....The world is all gates, all opportunities, strings of tension waiting to be strung.” Conversely, “A low, hopeless spirit puts out the eyes; skepticism is slow suicide. A philosophy which sees only the worst...dispirits us; the sky shuts down before us.”

Whatever our circumstances, we always have the power to choose our attitude, and that this can change everything.

**Making Real Magic**

We are embarking on a path of real magic. Real magic is the art of bringing gifts from another world into this world. We do this when we go dreaming and when we remember to bring something back. In dreaming, we go to other realities that may include places of guidance, initiation, challenge, adventure, healing. When we bring something back from these excursions, and take action in ordinary life to embody the guidance and energy we receive, that is a practice of real magic.

We go dreaming in the night. We do it quite spontaneously. We can do it by setting an intention for our nocturnal adventures. We can do it as lucid dreamers, awakened to the fact that we are dreaming and able to navigate the dreamlands consciously. We can do it in the way of the shaman, traveling intentionally, conscious and hyperawake, riding the drum to locales beyond the ordinary, and bringing back gifts.

We can also walk the roads of everyday life as conscious dreamers, learning to recognize how the world is speaking to us in signs and symbols, and how a deeper order of events may reveal itself through the play of synchronicity. In night dreams and conscious excursions, we get out there; we go near or far into other orders of reality where the rules of linear time and Newtonian physics do not apply. Through synchronicity, powers of the deeper reality come poking and probing through the walls of our consensual hallucinations to bring us awake. Sometimes they work to confirm or encourage us in a certain line of action; sometimes they intercede to knock us back and discourage us from persisting in the worst of our errors.

Synchronicity is when the universe gets personal. Navigating by synchronicity is the dreamer’s way of operating 24/7. Though the word synchronicity is a modern invention—Jung made it up because he noticed that people have a hard time talking about coincidence—the phenomenon has been recognized, and highly valued, from the most ancient times. The Greek philosopher Heraclitus maintained that the deepest order in our experienced universe is the effect of “a child playing with game pieces” in another reality. As the game pieces fall, we notice the reverberations, in the play of coincidence.

When we pay attention, we find that we are given signs by the world around us every day. Like a street sign, a synchronistic event may seem to say Stop or Go, Dead End or Fast Lane. Beyond these signs, we find ourselves moving in a field of symbolic resonance that not only reflects back our inner themes and preoccupations, but provides confirmation or course correction. A symbol is more than a sign: it brings together what we know with what we do not yet know.

Through the weaving of synchronicity, we are brought awake and alive to a hidden order of events, to the understory of our world and our lives. As in the scene in the movie The Matrix when the black cat crosses the room in the same way twice, riffs of coincidence (for which I have coined the term reincidence) can teach us that consensual reality may be far less solid than we supposed.

You do not need to travel far to encounter powers of the deeper world or to hear oracles speak. You are at the center of the multidimensional universe right now. The doors to the Otherworld open from wherever you are, and the traffic moves both ways.

You begin *Sidewalk Oracles* by saying, “We are embarking on a path of real magic.” Please explain.

Real magic is the art of bringing gifts from another world into this world. We do this when we go dreaming and when we remember to bring something back. We can also walk the roads of everyday life as conscious or lucid dreamers, learning to recognize how the world is speaking to us in signs and symbols. In night dreams and conscious excursions, we get out there; we go near or far into other orders of reality where the rules of linear time and Newtonian physics do not apply. Through synchronicity, powers of the deeper reality come poking and probing through the walls of our consensual hallucinations to bring us awake. Sometimes they work to confirm or encourage us in a certain line of action; sometimes they intercede to knock us back and discourage us from persisting in the worst of our errors.

*Sidewalk Oracles* is full of fun everyday games. You call one of them *Sidewalk Tarot*. What is *Sidewalk Tarot* and how do you play it?

I invented the phrase *Sidewalk Tarot* after I noticed that things keep literally popping up, like tarot cards, on the streets and sidewalks of the small city where I live. Anything that enters your field of perception, through any of your senses, within your chosen time frame may count as a card in play, even as one of the greater trumps.

There are two basic ways to play the game of *Sidewalk Tarot*. The first is to put your question to the world. Do you have a question or theme in your life on which you would like help or guidance right now? Then try to state that theme as clearly as possible. A simple way to that is to fill in the blank in the following statement: “I would like guidance on……” The game now is to be ready to receive the first unusual, striking thing that enters your field of perception as the tarot card the world is dealing you in response to your question.

The second basic way to play *Sidewalk Tarot* is to schedule ten or twenty minutes of unscheduled time to let the world put its question to you. Using all your senses, you gather impressions during that short period of time and then study them as you would look at a tarot spread. I make it my intention, the first time I leave the house (or wherever I am staying) in the course of a day, to gather three observations from my external environment. These do not need to be extraordinary in any way, just things that pop up on the street. As in drawing from a tarot deck, you can choose to play with as few or as many cards as you like. The big difference is that a tarot deck offers you only 78 cards; the number of cards in the world deck cannot be counted.

You invented a new word—kairomancy—for the practice of navigating by synchronicity. Please explain.

I invented the word “kairomancy” to describe the practice of navigating by synchronicity. It builds on the idea that a key feature of the experience of meaningful coincidence is that we know this is a special moment when things operate differently. The Greeks have a word for a special moment of this kind. They call it a Kairos moment. Kairos is also a god, the antithesis of Chronos, the old god of tick-tock linear time. Kairos is jump time, opportunity time, the special moment you have to seize before it is lost.

So: Kairomancy. The word literally means divination by special moments. But it means more. It means being poised to seize time by the forelock—to recognize a special moment of opportunity (or warning) and act on it tight away.

You invite us to become kairomancers, which sounds romantic and mysterious. What is a kairomancer and how does someone become one?

A kairomancer is someone who is ready to recognize the special moments when synchronicity is at work – and to seize on the revelation or opportunity that is now available. To be a kairomancer, you must be:

- Open to new experience
- Available, willing to set aside plans and step out of boxes
- Thankful, grateful for secret handshakes and surprises, and ready to
Honor your special moments by taking appropriate action.

If you want to become a kairomancer you need a poet in your soul. You need to grow your ability to recognize what rhymes in a day, or a week, or a life and to build that “talent for resemblances” that was held to be the primary requirement for a dream interpreter in ancient Greece. So, yes, this is quite romantic. Walk this path, and you’ll find there is a champagne fizz of excitement in the air any day.

Explain what you mean when you say “coincidence multiplies when we are in motion”.

When you are on the road, outside your regular commute, you are more likely to notice novel things around you. When your plans get screwed up, and you can avoid Type A personality disorder, you may find that Trickster energy comes into play, making new connections.

Synchronicity often becomes especially strong when we are going through major life passages, involving birth or death, falling or out of love, losing a job or taking a creative leap. Our emotions are stirred up, and the world seems to be stirred to move in different ways around us.

You give us a synchronicity game called “Listen for Your Daily Kledon”. What is a kledon and how does this work?

I borrowed the word kledon from the ancient Greeks. A kledon is sound or speech coming out of silence or undifferentiated noise. Sounds and voices heard in this way were one of the most important oracles in ancient Greece. A kledon is often something you overhear—a snatch from a stranger’s conversation, a song from a passing car radio, the croak or cry of a bird, the siren of an ambulance.

Another everyday game you suggest is bibliomancy. What is that and how does it work?

Bibliomancy is literally “divination by the book”. You have a theme on your mind, and you open a book at random and look for guidance in what you see on the page. People of faith have often used sacred books in this way, as Abe Lincoln turned to his family Bible (the one on which President Obama swore his oath) for a second opinion on his prophetic dream of his assassination. You can use any book you like, and instead of setting an intention you can simply let the text in front of you offer a spontaneous message for the day.

One of your rules for navigating by synchronicity is “Notice What’s Showing through the Slip”. You say this even led you to your present publisher. Talk to us about that.

When I first spoke to Georgia Hughes, the wonderful editorial director of New World Library, on the phone, she spoke to me as if we had been close friends for ages. I was surprised, and asked if she knew who I was. “You are Robert Moss,” she told me. “You are the author we are publishing.” This was strange, because I had never discussed any book project with Georgia, though I now had one in mind. When I mentioned this, she realized she had confused me with Richard Moss, one of her stable of authors. I begged her not to apologize. “There are Freudian slips and then there are cosmic slips. This one is an opportunity.” I was now emboldened to lay out the idea for the book that was published as The Three “Only” Things. A day later, we had a contract. I have stayed with New World Library ever since. An editor’s slip turned me into a constant author. So: if you hear a name misspoken, or spot a typo, pay attention. Something may be showing through the slip.

Physicists speculate that we are living in Many Interactive Worlds. You say that through dreaming and monitoring synchronicity, we can acquire evidence of the existence of parallel worlds and use this to do some good. Please explain.

It is an emerging consensus in physics that we live in one of numberless parallel universes and that the “many worlds” are interactive in ways that escape our ordinary attention. Synchronistic encounters and moments of déjà vu can help to awaken us to these possibilities. When we keep dream reports over time we sometimes notice that we seem to be living continuous lives in other realities, near or far from our present one. Once you awaken to this possibility, you may start to observe how choices
you are making now are bringing you nearer or farther from parallel selves who made different choices in the past. This discovery can equip you to make the conscious effort to draw gifts and lessons from those parallel selves.

**How do you explain what you do to people who are meeting you for the first time?**
When I am asked by a stranger on a plane, “What do you do?” my favorite answer is this: “I am a storyteller, and one of my greatest pleasures is to help people discover their bigger stories, and live those stories and tell them so well that they want to take root in the world.”

**What is the most important thing you have learned about reality?**
The only time is Now. All other times—past, present and parallel—can be accessed in this moment of Now, and may be changed for the better.

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**Studies Prove this One Plant Compound Kills Cancer, Protects Against Radiation**

For years scientists couldn’t really figure out why people on a small island off of Japan hardly ever suffered from cancer—until they stumbled onto a curious fetish the Okinawans had for a seaweed delicacy called Kombu. (Okinawans use various longevity secrets to live to be 100 and older). Although it would be difficult to find Kombu now that isn’t tainted with Fukushima radiation, at least in or near Japan, there is a long chain carbohydrate in the seaweed called Fucoidan that has proven to fight cancer again and again.

Fucoidan is absolutely lethal to certain types of cancerous cells. Sometimes called U-fucoidan, it is referenced in more than 600 peer-reviewed studies listed at the US National Library of Medicine.

Found in the cell walls of brown seaweed, fucoidan, has antitumor, antiangiogenic, antiviral, and immunomodulatory effects on the human body. Fucoidan also stimulates natural killer cells by down regulating AP-I involved in cellular proliferation, or the spreading of cancer cells. What’s more, fucoidan also has anti-coagulant and antithrombic activities, while also being radioprotective.

More recently, fucoidan has been shown to have antitumor and anticarcinogenic effects. Fucoidan’s therapeutic properties may come from its ability to act as natural killer cells and regulate substances involved in cell growth.

Research suggests that fucoidan stopped some lung cancer cells from proliferating and triggered the programmed death of cancer cells. A study published in the *International Journal of Biological Macromolecules* also found that fucoidan killed lung cancer cells. Additionally, it improved the activity of white blood cells, the natural killer cells.

Fucoidan extract has even been used to treat workers at nuclear sites that were exposed to hazardous levels of toxic radiation. There are nearly 2000 species of this brown seaweed, and fortunately, not all of them live in the Pacific Ocean, which has been greatly compromised by the incident at Fukushima. Sea urchins, sea snails, and other marine life have also been found to contain this amazing healing compound, so protecting our oceans has never been more important.

**Overview of Fucoidan Benefits:**
- Fucoidan contains antioxidants, which protect against cell damage.
- Kills viruses
- Combats inflammation
- Stimulates and balances the immune system
- Protects against neurotoxicity
- Prevents blood clots
- Protects against radiation
- Destroys cancer cells
- Helps reduce blood pressure

—Natural Society

Robert Moss is the author of Sidewalk Oracles and numerous other books about dreaming, shamanism, and imagination. He is a novelist, poet, and independent scholar, and the creator of Active Dreaming, an original synthesis of dreamwork and shamanism. He leads creative and shamanic adventures all over the world.

Our intuition is an inner voice that speaks with an essence of love. As we connect to that loving energy, we feel supported. We feel relaxed and safe, knowing that everything happening at this moment has a greater purpose.

Begin with those small calls to action, the ones that say, Today reach out your friend—because who knows what that friend is going through at this moment? Understand that those gut feelings, and that sense of urgency behind them, may very well be lifesaving for that dear loved one of yours.

If you “hold on” to that intuitive guidance, it’s like a mail carrier receiving a parcel and refusing to deliver it. If you keep it to yourself, only one person is going to benefit from it, and that’s you. However, if you choose to share that message—to have the courage and the confidence to speak what you feel—then it may change the lives of your loved ones and allow them to feel happier and freer... and be inspired to then trust their own gut feelings. They, in turn, will share their intuitive messages, and that ripple effect spreads.

As you listen to your inner guidance, it may tell you something simple, such as Switch lanes, while you’re driving in the car. It may become more complex, such as You need to leave that relationship, You need to change careers, or You need to move.

Your intuition can be like an internal lie detector. When you meet someone, you can immediately tell if you like him or her or if something about what he or she is saying rings untrue. You get a sense of somebody’s energy the instant that you make a connection, and your internal lie detector says, Yes, this is a wonderful person!—or, it does the opposite and tells you to get as far away as you possibly can.

Sometimes you pick up on different energies when you’re in somebody’s home. Do you feel uplifted, or do you get a sense that the person is just trying to impress you? Is that energy stagnant with negativity? You’ll know.
So please trust the messages that you receive when you meet somebody or when you enter a new environment. Do so especially if you’re going to see practitioners or healers, because if you go into a space feeling uncertain or afraid, that’s a sign to step back.

This is something that we’ve learned to listen to when we’ve been invited to attend particular seminars. We feel that our purpose here on Earth is to help as many people as we can. We hope to spread healing messages about spirituality, natural health, God, and the angels. But we still have to trust our own intuition. Sometimes we get invited to speak at events that sound wonderful, but there’s something in our gut that says, Don’t do it.

When we trust that information, even though it might feel uncomfortable at the time, we’re then able to look back on that event at a later date and understand why we were guided to stay away. Often it’s not because the organizers or attendees were “bad” or anything like that, but rather something else came up that more urgently required our attention. We might not have been able to give 100 percent at that particular event. Perhaps we’d been so busy throughout the year that we needed some time to rest.

As you listen to your intuition, you learn that the way in which God and your angels communicate with you is special and unique because you are special and unique. Rather than feeling like you have to fit inside a box, honor your own perceptions.

Trust your intuition. Truly, it’s the heavenly voice of God and your angels coming through.

Science and Intuition

At one time, intuition was considered an old wives’ tale. Today, researchers have solid scientific foundations for the process of intuition. Dozens of studies support the value of intuition in decision making and finding creative solutions to problems. A recent study stated that medical doctors can achieve better outcomes in their patients’ care by calling upon their intuition when making decisions. The researchers concluded, “Intuitive and analytical decision processes may have complementary effects in achieving the desired outcomes of patient decision support” (de Vries et al. 2013). A related study found that farmers use intuition more than analytics.

Many studies have focused on our physical reactions to various situations, measuring blood pressure, brain waves, perspiration, and heart rate in response to stimuli, such as looking at emotionally charged photos or video clips. In some intriguing experiments, the participants’ heart and other systems were shown to react to a photo or video even before the people being studied were shown the stimulus. Most of these experiments are “double-blind,” which means that neither the participants nor the researchers know beforehand which type of image the person being studied will see. The studies show that our bodies “know” when something emotionally charged is coming our way.

Perhaps you’ve had this experience yourself when you woke up feeling excited or happy for no known reason. Or, similarly, you felt a sense of dread on a day when something unforeseen and unpleasant later occurred.

Research has demonstrated that our palms begin to sweat when we’re around something harsh or dangerous several minutes before our conscious minds can register the threat. This makes sense, as the hands have a high number of sensory neuronal connections to the nervous system. Scientists believe that if we could learn to pay attention to our palms’ subtle signals, including perspiration, it would enable us to be consciously be aware of—and avoid—danger.

Similar studies find that our heart rate and blood pressure increases when people are directing negative thoughts our way, and that these functions relax and decrease when others are thinking positive thoughts about us. It turns out that “sending love” is a measurable energy!

Intuition Works with the Body’s Systems

Our ancient ancestors relied on their intuition to ensure their physical safety. Imagine the vulnerable feeling of walking outside to forage for food, where you depend on your wits to stay alive. This is the same built-in system wild animals use for survival. While we now shop in grocery stores for food and live in houses, this doesn’t
mean that our ancestors’ instincts have “evolved away.”

Researchers have pinpointed the brain’s right hemisphere, which is associated with emotions and the arts, as the center of our intuition. Additionally, the autonomic nervous system, also called our “ancient brain,” appears to be hardwired to instinctively react to potential danger in a way that could be called “intuitive.” The brain’s limbic system—our feeling center—can sense danger detected by the autonomic nervous system before it’s physically apparent. In this way, our intuition (if we listen to it) keeps us safe.

In the face of stress, our nervous and endocrine systems work closely together to bring about harmony and balance. These two systems are linked by the hypothalamus, a structure in the brain’s limbic system. While the endocrine system is made up of many glands, the most important to know in regard to stress and intuition are the pituitary and adrenal glands. Let’s look at how all these systems work together.

When your nervous system recognizes a stressor, it sends a message to the hypothalamus, which then releases hormones to deliver the message to the pituitary gland. Next, the pituitary sends out hormones influencing the adrenal glands. In turn, this causes your adrenals to release a hormone to reduce the effects of the stress. This pattern continues until your body is satisfied that you have enough stress-relieving hormones available. Your body then relaxes, and the nervous system calms.

However, if stress continues for extended periods of time, the biological exchange of neuro-messages and hormones may become unbalanced. If the hypothalamus, pituitary, or adrenal glands become depleted, it creates a strain along the cascade. This causes a change in your stress response, energy levels, and hormones.

By supporting your endocrine and nervous systems nutritionally, you will help keep your intuition clear and sharp. And, conversely, listening to your intuition is a big factor in reducing your stress levels, as it will guide you to avoid stress-producing situations in the first place. Your intuition may also lead you to a stress-management program that’s custom-tailored to your interests, schedule, and budget.

Excerpted with permission from Nutrition for Intuition by Doreen Virtue and Robert Reeves. It is published by Hay House (January 5, 2016) and is available in bookstores and online at http://www.hayhouse.com
This year in the United States, a staggering 231,000 women will be diagnosed with breast cancer. It is the most common malignancy in women.

Fortunately, because of earlier detection and improved treatments, most women diagnosed with breast cancer will not die directly from the malignancy. Nonetheless, breast cancer remains the second leading cause of death among American women, resulting in 40,000 deaths each year.

Looking at overall numbers, however, is quite misleading. Early-stage breast cancers are nearly 100% curable, whereas only 25% of advanced (stage IV) patients are alive at five years.

From a common sense standpoint, one might think that conventional therapy for early-stage breast cancer makes sense due to the high cure rate.

Overlooked are the side effects of mastectomy such as pain, scar tissue formation, numbness, tenderness, sensitivity, fluid or blood collection, infection, and tightness. Radiation, chemo, and hormonal therapies can inflict more serious side effects.

To ensure that all tumor cells have been eradicated in patients with early-stage disease, high-intensity radiation is often administered into the chest sometimes with follow up (or pre-surgical) chemotherapy. While these procedures reduce risk of local recurrence and metastasis, there can be life-long health risks associated with these treatments, such as chemo-related leukemia and radiation-induced heart disease.

Hormone blocking treatments used against certain types of breast cancer can induce premature menopause in younger women and create hormonal imbalances in older women that lead to a myriad of side effects including osteoporosis.

A widely publicized study published in the Journal of the American Medical Association showed that breast-conserving surgery (lumpectomy) plus radiation to the chest provided superior survival results compared to unilateral mastectomy.

In this huge study, breast-conserving surgery plus radiation showed equivalent survival to removal of both breasts (bilateral mastectomy).

While we applaud the ability of conventional medi-
Cine to “cure” most early-stage breast cancers, we are concerned that the side effects of breast-conserving surgery plus radiation are being trivialized.

There is a litany of side effects caused by chest radiation for the treatment of breast cancer, some of which have long-term consequences such as lymphedema, rib bone weakening and fractures, heart problems, radiation pneumonitis, and peripheral neuropathy to the shoulder and arms.

Women diagnosed with more advanced-stage breast cancers are at a significant disadvantage with low 5-year survival rates. These women are exposed to huge doses of chemotherapy that has been shown to improve survival, but at the cost of numerous well-defined side effects.

Women with these more advanced breast cancers need to look beyond conventional therapy as the aggressive methods to control metastatic disease are failing over the longer term.

**A Non-Toxic Alternative**

Outside of the United States, there is a well-researched cancer treatment referred to as Photodynamic Immunotherapy. The acronym that will be used throughout this report for this therapy is PDIT.

The basic mechanism by which PDIT works is through the use of a photosensitizing agent delivered to the breast tumor that when exposed to a unique wavelength of light, causes one of the oxygen molecules to spin in the opposite direction in an ever increasing arc before it returns home. This oxygen molecule otherwise known as Singlet Oxygen produces an energy force that can neutralize nearby cancer cells while at the same time signaling the immune system to mount a response against infiltrative or metastatic tumor cells.

PDIT is designed to harness the energy of Singlet Oxygen to defeat cancer cells without serious side effects while simultaneously amplifying the immune system.

When PDIT is applied to primary breast tumor(s) it neutralizes cancer cells and shrinks and destroys tumors by damaging the cell walls and blood vessels in the tumors, thus making it difficult for the tumor to receive nutrients.

PDIT also activates the immune system by breaking down the cancer cells’ RNA and exposing tumor cell immune signal, i.e., antigens. This is called an Adaptive Immune Response (AIR). AIR allows one’s body to create its own unique reaction specific to antigens found in their tumor, up-regulating the immune system and helping to protect against residual or metastatic malignant cells.

An Adaptive Immune Response does not occur with conventional chemotherapy or radiation so by choosing PDIT many patients are able to avoid surgery, radiation, and chemotherapy.

Chemotherapy and radiation have long been shown to severely suppress immune function. A little known fact about cancer surgery is that it also markedly suppresses immune responses.

PDIT is an outpatient procedure which can be performed once or more as required depending on individual response to the treatment.

**Results from long-term clinical study**

A group called the International Strategic Cancer Alliance (ISCA) decided to evaluate the effects of Photodynamic Immunotherapy (PDIT) on women with breast cancer and chose a highly regarded private clinic in the Caribbean as the venue for a clinical study.

Because of the PDIT technique’s unique ability to destroy both an advanced primary tumor and life-threatening metastases, the researchers sought to treat women with breast cancers that had already spread to the lymph nodes or to other parts of the body.

The results showed that in Stage IV breast cancer patients, the survival rate to date has been 73.3%. This is comparable to the most favorable responses using conventional therapies. The advantage is that PDIT produces no serious side effects.

**Details on the first 15 study subjects treated with PDIT**

Of the first 15 subjects who were treated, 4 subjects are deceased, 11 subjects remain alive, and of those subjects 4 are disease free and 2 are in remission, which equates to a 73.3% total subject survival rate. However, of the 15 study subjects, only 6 subjects completed the trial. Of those 6 subjects, 1 subject is deceased, 5 subjects remain alive, and of those 5 subjects, 4 subjects remain disease free, which equates to an 83.3% survival rate for sub-
jects who completed the study.

The results from the initial study are encouraging, particularly in light of the poor survival rates when conventional therapies are used. Among the 15 initial study subjects, 11 (or 73.3% of the group) remain alive today.

This compares favorably with the typical survival rate in the United States for women with advanced breast cancer treated with conventional therapies, which is only 25% at 5 years. From this small initial study, almost three-times more women have survived compared to those subjected to harsh conventional treatments.

Currently, 6 subjects have surpassed the 5-year milestone and of the surviving 73.3% the average survivorship is 59.8 months or 4.9 years and counting!

Further, of those 9 study subjects who did not complete the study but were treated at least once, 2 subjects are deceased but 6 subjects remain alive, and of those, 2 are in remission, which equates to a 66.6% survival rate for subjects who did not complete the study.

Results of conventional chemotherapeutic or anti-hormone breast cancer treatment aren’t nearly as encouraging. One study reported an average survival of just 15.4 months, another small study reported survival up to 23.1 months, but had no survivors by 3 years.

It is important to point out that the pilot study of PDIT was small and more data will be needed before a definitive comparison can be made to conventional therapy.

Subjects in the PDIT study were provided with access to advanced imaging diagnostics, which enabled the oncologists overseeing the PDIT trial to quickly assess whether the initial therapy was working and advise repeat treatments when needed. Conventional treatment centers often fail to utilize these kinds of meticulous diagnostics to assess presence of metastatic lesions. This puts breast cancer patients at a significant disadvantage.

**IMPORTANT FACTS ABOUT BREAST CANCER**

According to the National Cancer Institute:

- The median age at diagnosis for breast cancer is 61 years old.
- The median age of dying from breast cancer is 68 years old.
- Overall 5-year survival for women with breast cancer is 89.2%. For those with cancer that has metastasized (stage IV), however, just 25% (or fewer) remain alive 5 years after their diagnosis.

There is no question that advances in conventional breast cancer treatment have prolonged survival and resulted in cures for many breast cancer patients. Overlooked are the lifelong side effects inflicted by surgery, radiation, chemo, and hormone therapies.

This PDIT pilot program has been overseen for the last seven years. It has included treating early and advanced stage breast cancer, melanoma, and other cancers. The science and clinical results on breast cancer patients treated with one form of PDIT were reported in the November 2012 issue of *Life Extension Magazine®*.

Ideally, breast cancer patients considering PDIT therapy should consider it before surgery, radiation, and chemotherapy inflicts immune impairment and permanent structural damage. In too many cases, patients contact ISCA after conventional therapy fails, which reduces the likelihood that PDIT will induce a complete response.

In response to this article published almost three years ago, ISCA was overwhelmed with calls from breast cancer patients who wanted the treatment. These patients regretfully had to be turned away because the technology was not available outside the clinical testing arena. ISCA is pleased to announce that it can now assist women with breast cancer in obtaining access to a PDIT program should they choose to become an ISCA client.

**Advantages and Drawbacks to PDIT**

A prime advantage of Photodynamic Immunotherapy (PDIT) is that it does not create the myriad of painful and lethal side effects associated with conventional treatments. A pilot study on 15 patients indicates it may be superior in efficacy to conventional treatment, but this was only a small study. It was, however, meticulously carried out.

Travel to the offshore outpatient facility is required and insurance is unlikely to reimburse, which is regrettable since PDIT costs only a fraction of what conventional oncology charges for breast cancer surgery, radiation, chemo and other ancillary expenses.
Concierge Assistance in Cancer Management

ISCA offers a concierge consulting service whereby it introduces cancer patients to treatments and diagnostics that are ahead of what most of conventional oncology offers.

One of the advantages of becoming an ISCA client is gaining access to advanced Imaging Service that can quickly assess whether or not the therapy has eradicated the cancer.

This includes new PET/CT imaging technology that provides the expertise needed to properly read and interpret the scans and that can detect metastatic “hot spots” very early in the treatment, and an advanced MRI technology that can find metastases in lymph nodes well below the size limitations of standard scans, again allowing early detection and thus a more precise diagnosis and targeted intervention.

These kinds of precise imaging technologies enable ISCA to ascertain how well PDIT and other therapies are working on each individual patient.

An advantage of PDIT is that it may be considered as a primary therapy and if the advanced imaging techniques detect any residual tumor cells that fail to respond to ISCA-recommended therapies, conventional treatment can then be initiated. It is not always possible to avail oneself of PDIT after certain conventional therapies have been performed. The novel MRI technique is also finding application with leading cardiologists and neurologists who can now monitor destructive inflammatory damage in real time if necessary, which can be important in identifying early infiltrating inflammatory damage to healthy tissue caused by conventional radiation therapy.

These invaluable early detection information systems allows ISCA and the client to create and optimize a Personalized Treatment Protocol which can maximize the effectiveness of the treatment and allow the client the opportunity to consider treatment options including Photodynamic Immunotherapy (PDIT), or to opt for other treatments.

In addition to offering Photodynamic Immunotherapy for breast cancer, ISCA also has plans for PDIT protocols for prostate and lung cancer, melanoma, as well as other difficult to treat cancers.

Excerpted with permission from Life Extension Magazine, http://www.lef.org

Boost Your Body and Mind with Magnesium

After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies. It is vital for heart health, bone health, mental function and the overall body—yet 80% or more of us are deficient in this vital mineral.

Magnesium is more important than calcium, potassium or sodium and regulates all three of them. It also activates over 300 different biochemical reactions necessary for the body to function properly. Contrary to popular misconceptions, it is magnesium that is actually most important in building strong bones and preventing bone loss than calcium. Recent research has revealed that this lack of magnesium may put your heart and your overall health at significant risk and that magnesium deficiency may be linked to cognitive dysfunction and mental decline.

Called the “The Master Mineral”, “The Forgotten Mineral” and the “5-Cent Miracle Tablet” by medical researchers, magnesium is a muscle relaxant and low magnesium intake is associated with muscle spasm, tremors and convulsions. Magnesium protects against heart disease and heart attacks, high blood pressure and stroke, type II diabetes and much, much more.

Numerous researchers have reported that adequate amounts of this mineral in the population at large would greatly diminish the incidence of kidney stones (1 in 11 Americans), pre-menstrual tension, constipation, miscarriages, stillbirths, strokes, diabetes, thyroid failure, asthma, chronic eyelid twitch (blepharospasm), brittle bones, chronic migraines, muscle spasms and anxiety reactions.—The Best Years in Life
The Angel Messages are designed to be a quick reference guide for accessing Angelic guidance.

Writing with Angels is a partnership. They send me Their teachings through my intuition (knowing). I then translate the message into language. This task is a back-and-forth process of receiving the teaching using the sensory centers in my creative brain while testing the precision and accuracy of the language with my scientific and rational brain.

Perhaps the best way to describe the accuracy required in Angelic communication is to have a musician describe how they tune an instrument. A talented musician must know when a note is being played out of key. My friend Robert is such a musician. When he hears sound that is out of tune, you would think someone ran over his foot with a truck. It is the same way when I communicate with an Angel. If I am not hearing the message correctly and recording it precisely I feel contraction in my body. I cannot breathe, because I am hearing notes being played out of key.

It was the mission of the Angels and myself to offer guidance that supports everyday life. The assistance provided in the Messages is practical and effective in shifting our vibration closer to the goal of unconditional love.

I invite you to open your creative mind and experience the infinite love, color, and truthful communication of Angels. I am forever grateful to coauthor with Them!

Message 5 - Coming Home

On the days that the analytical mind demands control, the ego self releases with full force the judging, comparing, and wanting torpedoes. These torpedoes are thoughts that explode in your head, demanding that you must know what is going to happen next.

Before you take your next breath, your thoughts are
racing down Scenario Lane, searching for the right house where you can hide safely and prepare yourself for all the worst that can happen.

The ego is the part of your mind that identifies itself as separate from God and Creation. It holds within it your personality and how you see yourself in your outer world. The ego mind has great potential for leading you away from your Center, that intuitive all-knowing space where you feel kindred with the universe.

When you are thinking from your Center, your head and heart are connected to your inner voice. This voice of God within you has all the answers to all the questions, and when you obey this voice, you are living your life for your highest joy and good.

In truth, your ego was designed to bring you back home to the heart of Spirit. We desire to show you how to integrate your ego self—your beautiful, questioning human personality—with your Center, the home of God within you. As the ego and Center become reunited, you will discover the tremendous power of staying present and in tune with all of the Cosmos.

**Bringing Ego Home**

Breathe in deeply and exhale slowly. See yourself standing under a brilliant white golden Light. See yourself stretching up to greet the Light, and allow the Light of Divine Love to flow into your head and travel all the way down into your feet. The white golden Light is now pouring in, completely filling you until it overflows out through every pore of your body. It even flows out through the soles of your feet and palms of your hands.

Gently, with deep, slow breaths, allow your Self to totally dissolve in the love. Say, “I Am home, ego come home with me”—again and again until you feel relaxed, clear, and peaceful.

**Facing Your Shadow**

Fear’s aspects of negative thinking, low self-worth, and envy are often given credit for destroying what is good and joyous. We are here to show you, fear is your greatest teacher.

The shadow self is the blanket of fear’s negative energy your Soul agreed to learn from, and eventually transform, while here on Earth. This condensed layer of fear separates the ego from Mother Father God. Your shadow is willing to be dissolved by love as soon as you recognize fear as illusion.

Ask to meet your shadow and become its friend. Shadow has many secrets, for really your shadow knows exactly where you are stuck in your inhibitions and insecurities. When you feel brave enough to change and break through your attachments and fears, your shadow will reveal all you need to see about what imprisons your ego self. When the ego knows with thought, emotion, and action it is one with God, you are FREE!

Why does shadow want to tell you what you are in the dark about? Shadow is really God’s Energy feeling disconnected and lost, and shadow wants to come home to the Light and Sound of Divine Love.

When you become aware of how shadow tricks you, then you are ready to face fear and clean all the sticky gum of self-sabotage off the bottom of your shoes. When your shoes are clean, your Soul is ready to race ahead and bring you your greatest Destiny. Shadow has the key. Shadow knows all.
Purple Pie

See yourself sitting in the dark. Take a deep breath, and welcome your shadow self to come forth from every place inside your mind. Ask the questions, “Shadow, what gift of insight do you have for me? Why did I sabotage myself in this situation? Why am I afraid to try this or that?” Enjoy talking with your shadow self. When you are finished, it is time for shadow shrinking. Visualize a Violet Fire cream pie. Say, “Thank you, shadow!” Throw the cream pie in shadow’s smirking face (which looks like yourself in a dark shadow) and feel your confidence soar as you are filled with the delicious and sweet taste of Transformation and Forgiveness.


Belinda J. Womack is a spiritual counselor, channeling Angelic wisdom to support individuals, couples, and families for 25 years. She is the creator of the 12 Archangels University, an online “change your everyday reality to Heaven on Earth” education platform. A scientist by training, with dual master’s degrees in microbiology and environmental science, she lives in Freeport, Maine.

Zinc is Essential for Good Health

Most of us are familiar with the use of zinc as an aid to combating common colds and sore throats; however, many of us are unaware of just how vital zinc is in maintaining overall good health. Zinc is an essential trace element found in every cell in our bodies. While studies have indicated that about 12% of Americans are deficient in zinc, our ability to absorb zinc declines with age and it is estimated that this percentage increases to 45% in older Americans.

Zinc performs a variety of important functions, including strengthening the immune system, protecting cell membranes against free radicals, preventing cell structural damage and repairing damaged DNA. Zinc also is instrumental in healing wounds, supports the stabilization of blood glucose, supports neurological function, maintains the senses of taste and smell, and stimulates activity in approximately 100 different enzymes.

In addition, Zinc supports normal growth during pregnancy, childhood, and adolescence and helps to protect against macular degeneration, a cause of blindness in adults over the age of 60. Zinc can even help boost libido. Zinc may also be effective in treating such conditions as acne, eczema, anorexia nervosa, and those suffering from trauma after surgery.

Zinc deficiency can lead to numerous health conditions, including prostate disorders which may in turn lead to prostate cancer. Because zinc affects the immune system, a deficiency can present itself in frequent colds, flus, and other infections. In children, a zinc deficiency can manifest itself in growth retardation.

In addition to aging and poor dietary habits, digestive disorders such as irritable bowel syndrome and Crohn’s Disease can be contributing factors in the depletion of zinc from our bodies. Deficiency in zinc can also be caused by certain medications. Among the offenders are diuretics and medications used in controlling blood pressure. Acid-suppressing medications also play an important role. Alcoholics have a higher risk of being zinc deficient. Others at risk include women taking birth control pills and on hormone replacement therapy.

—The Best Years in Life
It’s time to learn how to take care of yourself. I mean really take care of yourself. The most profound self-care practice we can do is right under our noses. It’s an internal practice, so simple and obvious that we often completely miss it. When we bypass this step, no amount of external pampering can nourish our depths when we’re feeling depleted, afraid, overwhelmed, or insufficient.

Self-care is just this: lovingly meeting ourselves exactly where we are and allowing things to be as they are. When we can hold ourselves in this way, our inner world starts to become softer, gentler. We start to trust our own basic goodness, and we even come to learn that irritation, aversion, doubt, and resistance aren’t to be evicted through our self-care; they’re to be allowed and included by it.

Devoid of our loving presence, our bodies become more like haunted houses than goddess temples. How did we end up this way? Trauma has frozen inside. Our bodies house all of our old memories, sensations, thoughts, and emotions. Scary, unpredictable, too much, too little: At some point in our lives, our bodies became scary to inhabit. They craved foods that make us fat, sex that makes us “bad,” or pleasure that makes us “selfish.” They grew hair in inconvenient places. They bled through our pants and stained our sheets.

Deep down in our bodies’ depths roam the ghosts of unhealed trauma, abandoned creative passions, sensual desires, intuition, and the true power that comes from who we are, rather than what we do. Our bodies aren’t indentured servants here to labor for us until we take our dying breath. They are sacred chalices, home to our SHEs. The chalice, a metaphor for the Divine Feminine, is the lake, bowl, vessel, womb, or grail. We are not only embodied as but also governed by circles. Within this roundness, we house the entire universe—each season of the sun, sea, earth, and moon. We are microcosmic containers within which the miracle of life can grow, flourish, and decay. Our bodies help us live out the unique contribution we’re each here to make in the short time that we have. Our bodies always tell the truth and hold the information we need to thrive.

The confusion we harbor about our embodiment has reached epidemic proportions. We’re all living in a time that values spirit (masculine) over matter (feminine). These two qualities exist in everything and are independent of gender. Each man holds feminine, or yin, qualities, just as each woman holds masculine, or yang.
qualities—in different degrees. When we appropriately balance these two poles, we become integrated human beings.

The well-known yin/yang symbol from Taoism illustrates how the coessential polarities of masculine and feminine energies intermingle and flow together to create a balanced whole. Yin is inside, slow, passive, dim, downward, female, moon, while yang is outside, rapid, active, bright, upward, male, sun.

Masculine awareness ascends. It rises up and out of the body, seeking spaciousness and the bird’s-eye view (think meditation, quantum physics, and the compartmentalization and mechanization of “the body” in Western medicine). Feminine awareness descends. It moves down and into the body, all the way into the heart of the earth (think belly dancing, Mother Teresa kissing lepers in the slums of Calcutta, and the use of medicine spirits in plants to heal the body). Ultimately, we need both to truly thrive as individuals, and as a society. We need both dancing and sitting still, penicillin and echinacea, splitting the atom and activating our compassionate hearts.

Since we’ve all inadvertently prioritized the “up and out” (masculine) current, we need to remember how to go “down and in”—not just as a concept, but as a felt experience. When we inhabit our bodies, we feel like we’ve come home. Embodying our womanhood needs to be a full-time affair.

Cultivate a Daily Practice and Sacred Space

An inward-guided life only comes from ongoing practice. This takes time, discipline, and devotion. Daily rituals ground us, allowing all of our actions to align with our deepest priorities. Just like you can’t win the Olympics without training every day, you can’t become a Heroine without carving out time every day for communing with and becoming Her. We each need to create a strong container for our daily training times, for a daily practice of yoga, meditation, prayer, energy cultivation, and self-inquiry serves as the foundation of this work. If you don’t already have an established daily practice and teacher, you can use my first book to learn more about my complete philosophy and approach to practice, as well as to obtain specific instructions for each of the components, or you can find an alternate source of instruction.

Depending upon your level of experience and availability, carve out anywhere between ten minutes to three hours each day, first thing in the morning, to connect with yourself and the Sacred. What you do first thing each morning impacts how you experience the rest of the day. This is when you’re most receptive and vulnerable, so make sure that the outer messages and agendas you’re pursuing nourish and anchor you in your depths. Before you wear all of your other roles in life, put yourself in your own sacred space where you can relax all of your external masks and rest in your primordial nature. Take this commitment seriously. Daily practice is precious; it’s what allows us to fully live during all the hours of the day.

Right when you wake up in the morning, rather than rolling over to check your phone, be intentional about your first thoughts. Make it a practice to fix your thoughts on your deepest dedication before getting out of bed. Recite to yourself a phrase, poem, or affirmation, and also consider your impermanence. Be grateful for a new day, and recognize that it could possibly be your last. How do you want to live it? Let your heart awareness marinate in these early contemplations for a few moments before even putting your feet on the ground. Then get up and, as soon as possible, enter your sacred space for your practice.

For this practice to take root in your life, it needs its own “holding environment.” Create a sacred space in your home that’s just for you. Keep this separate from your family, partner, and technology. Fill it with those things that most inspire you and remind you of your highest Self. This is the space where you’ll connect with your SHE and your rich inner world. This is the space where you’ll birth your new life and surrender all the outdated parts of yourself in the process. At another level, remember that this sacred space also lives within you, in your own body, your own inner home. Be sure to also find sacred spaces near where you live to seek...
refuge when you need to. Yoga studios can serve as modern-day temples, as can spaces in nature, meditation centers, and even quiet cafés that are off the beaten path.

**A Modern Day Fairy Tale**

I’m going to tell you a story you’ve never heard before. I’m going to tell you a fairy tale the way it’s meant to be told. It’s not a story where, in a land far, far away, an evil witch torments you until Prince Charming saves you. It’s one that transpires in your own body. One where you perpetually plague yourself, until you wake up to the realization that you’re the only one who can liberate yourself through your own true love. In this story, you embrace the best and worst parts of yourself, and in so doing, you transform your obstacles into opportunities to become the woman you know you’re born to be.

We come to know our true potential through opening to whatever life offers us—the good, the bad, and the ugly. The mess is the portal to our womanhood. Our bodies know this well. The greatest initiations of our lives, birth and death, are painful, grotesque even—no matter how hard we try to make them otherwise. Who are we to think that everything that transpires between those two milestones should be hunky-dory?

The Chinese character for *crisis* includes those for both danger and opportunity. We need to acknowledge the truth about our naturally tumultuous womanhood, and, together, weave a larger, more inclusive narrative of empowerment that acknowledges that chaos and destruction are always half of our reality. Birth and death, joy and sorrow, gain and loss, success and failure—are all partners. You can never have one without the other. It’s exhausting to try to get more of the good by pushing away all the bad. Clinging and craving create a game we can never win.

Instead of freezing, fighting, or yearning to be rescued, how can we learn to flow through these natural fluctuations? How can we reunite our smart minds with our even wiser hearts and bodies, so we’re not living in a constant state of inner war? How can we learn to trust that disasters are often thresholds to the very miracles we seek? Becoming a Heroine is a choice. It involves being willing to view our lives through a new, more honest and accurate lens. It beckons us to unlearn everything we’ve ever been taught about what it looks like to be a successful, happy, and powerful woman.

As a devoted spiritual practitioner and closet psychology nerd for two decades and counting, I’ve noticed two things. First, those practitioners immersed in the spiritual world need to embrace a better understanding of their own psyches. Without psychological health, spiritual practitioners get lost in the weeds of spiritual bypassing, a phrase coined by one of my teachers, John Welwood, in 1984. They seek only to transcend the mess of life and embrace the light, blissful side of reality.

Second, those experts in the psychology field need to expand their view into a larger, spiritual context. If we don’t incorporate spirituality, we get stuck analyzing and rehashing old childhood wounds without ever meeting the part of ourselves that never has, and can never be, broken.

Currently, neither approach is whole, and the consequences are grave. As we move forward, we need to understand that cultivating psychological health isn’t the end of the road; it’s the launching point of the spiritual journey. We need both, in different degrees at different stages of our lives, in order to weather the inner work required to become fully functioning adults and fully realizing spiritual beings.

**Two Kinds of Darkness**

As a little girl, were you afraid of the dark? I used to envision green, googly-eyed monsters lurking under my bed, or slimy dragons slumbering in the lumpy shadows of my closet. We all grew up associating the dark with gloom and danger, even though it serves as the backdrop for our entire lives. As Clark Strand, author of *Waking Up to the Dark: Ancient Wisdom for a Sleepless Age*, notes, “Our lives begin in the womb and end in the tomb. It’s dark on either side.”

We spend one third of our lives sleeping. For much of the year, darkness shrouds half of each day. Our lives are composed of interweaving, interdependent threads of light and dark. And still, darkness gets a bad rap. We’re afraid of it. We resist it. We project it onto others. We avoid it at all costs. And for good reason. Darkness reminds us of our vulnerability. Slipping into night requires a surrender into deep, dreamless consciousness...
that most of us resist. We don’t want to unplug, power down, and let go of “doing.” We don’t want to veer out of the capable, wakeful part of our being that we rely on so strongly to get by in life.

In fact, we’re so frequently going, going, going that we’ve forgotten how to rest. We feel compelled to reach for the booze, the pill, the smoke, the secret late-night snack to help us check out. When we can no longer find the off switch, we have nightmares while still awake. We can’t get off the freight train of our own minds.

Our demons stir at nighttime, or during the “dark nights of the soul.” About ten percent of Americans have chronic insomnia, and many people—women especially—associate bed with trauma. Historically, people huddled together by candlelight or firelight at night to stay warm and protect each other. Now, most of us face our dark demons alone.

In fact, most of humanity has simply forgotten how to relate to darkness. Over the years, with the convenience of electricity, we’ve all become increasingly reliant on light. It allows us to be more machine-like, more productive. We can get things done at any hour. But is this really so wonderful? Probably not.

First, women’s menstrual and hormonal cycles have been affected by this shift. Most of us no longer bleed with the cycles of the moon, since we’re constantly exposed to artificial light. As well, we are all becoming increasingly disconnected from our intrinsic circadian rhythms, which affect appetite, the secretion of hormones, body temperature, alertness, and sleep timing. We’re living in a time of darkness deprivation. Seen from outer space, our planet, plundered by light pollution, glows. Most of this nighttime light is completely unnecessary—streetlamps and shop lights staying on, even in unpopulated areas, through the wee hours of the night.

In order to heal, we need to remember how to value the night. We need to honor that this darkness is intelligent and necessary for our survival. We can persist for weeks without food or water, but no one can live without sleep. We need to see the darkness as part of our nature. It’s half of the miracle of life—a safe and holy place—imbued, like dark chocolate, with bittersweet beauty. We need to remember that all true creativity springs from the darkness. We need to learn to hold sleep, surrender, and uncertainty as profound spiritual practices.

At the same time, it’s important to remember that not all darkness should be prized and cultivated. Just like Eskimos have many different words to describe snow, we too must become connoisseurs, discerning different breeds of darkness. While we want to adopt the fertile, pregnant darkness that represents the secret void, the spring soil, or cosmic womb that gives birth to all things (the \textit{daemon}), we want to remain alert to the blackness of blindness and ignorance (the \textit{demon}). The latter is a sleepy darkness, where we’re plagued with the temptation to avoid facing our deepest truths.

In fact, if we can’t face what the darkness is trying to teach us, the wisdom of the fertile void turns into evasion, and we choose to stay asleep, unresponsive to our call to grow. Rather, when we wish to heal ourselves, our aim is to be like Sumerian goddess Inanna, who gathered up the lost pieces of herself in the underworld. Unless we too are willing to collect the forgotten wisdom lost in the dark corners of our psyches, we’ll experience resistance, rage, depression, illness, and addictions.
Who is SHE?
SHE is the Divine Feminine, or the Feminine Face of God, in all of Her colors, flavors, and textures. Some know her as Mary, others as Kuan Yin, Tara, Shakti, or the Mother. SHE is available to all of us, all the time. But, living in a world that’s mostly cut off from its connection to the sacred, most of us have lost the eyes to see Her, the ears to hear Her. Today, it’s a rare woman who has truly met Her. SHE also lives within each of us through the intersection of our humanity and our divinity. This intersection lives in our bodies—down in our bellies. Here lives our intuition, inner wise woman, or our feminine soul. All of these are also names for our SHE. Through regularly turning towards Her for guidance, we become whole women. In our outer lives, SHE then takes the lead—rather than our small, ego-bound selves—guiding us into lives of fulfillment and authenticity.

You share a lot of very personal, vulnerable stories—things that most women would prefer to keep a secret. Why did you write this book?
I wrote the book that I most needed to read. As a dedicated yoga and meditation practitioner for twenty years, as well as an avid student of psychology, I reached a major impasse when I was writing my first book, The Way of the Happy Woman, several years ago. An old eating disorder from my college years resurfaced, along with strong bouts of anxiety and insomnia. These were all things I thought I had healed through the wellness practices I shared in my first book. Only through working very closely with a couple of my female teachers, and drawing on a lot of self-study, was I able to gain the perspective that these challenges weren’t a “failure.” They were the opening to my next leap in empowerment, the start of my own Heroine’s Journey. The practices I wrote about in my first book made me strong enough in body, mind, and heart, to be able to hold my younger self’s addictions and afflictions, and then to heal them at their root level. Through mentoring other women, I started to see that many of them were going through similar rites of passage, while erroneously viewing them as shortcomings. I vowed to share my story to help those women—and all women—to view our struggles as stepping-stones to our unconditional happiness, wholeness, and empowerment.

The subtitle of your book is “Your Heroine’s Journey into the Heart of Feminine Power.” What is the Heroine’s Journey? And how does it compare to Joseph Campbell’s Hero’s Journey?
Joseph Campbell was an American mythologist, writer, and lecturer from the mid-1900s whose Hero’s Journey maps out a singular, central narrative of becoming, found woven throughout diverse religions, regions, and times. The stories of Moses, Odysseus, Christ, and Gautama the Buddha follow this mono-mythic structure, as do more modern pop culture adventures such as Star Wars, Indiana Jones, The Matrix, and The Wizard of Oz.

While an authentic “being-ness” lives at our core, amidst all the bumps on the roads of our lives, we women can very rarely live from our wise depths. And today, while women are rising into power at greater rates than ever before, we need to ascend to our heights not as pseudo-men. We’ve tried that and it leads to burnout and unhappiness. Instead, we need to succeed, fully at home in our womanhood. It’s time for our own road map for empowerment.

Since men and women are so different in so many ways, our journeys to empowerment must also be different. We need to take into account our major life transitions—menstruation, motherhood, and menopause. We run into problems—in classrooms, relationships, work spaces, health care, and spiritual practices—when we assume that both sexes are fully the same and fully equal. Yes, we are equal. We are both human beings worthy of health, freedom, and happiness; yet our bodies and neurology cause us to perceive and experience the world in vastly different ways.

Our worldly advances can be dangerous if we don’t understand what it looks like to truly triumph through our distinctly feminine rites of passage. We’ll live in
shame and secrecy about the very initiatory transitions that, if brought into the light, could deliver us the power that is our birthright.

Do women have to consciously choose the path of the Heroine’s Journey, or is it something that happens to everyone?
The Journey comes for all of us, in various degrees during different stages of our lives, whether or not we’re aware of that or whether or not we think we’re ready! If we remain ignorant of the terrain of these rites of passage, when we’re in the midst of a major life transition—the death of a loved one, financial challenges, an illness, addiction, divorce, or menopause—we’ll flounder. In resisting what’s happening and judging ourselves for our perceived failures, we’ll only suffer more.

When we stay awake to the entire arc of the Heroine’s Journey, we see that the present crisis is the doorway into a new life, and a more whole expression of ourselves in the world.

I invite every woman to become intimate with the Heroine’s Journey, so that when hers comes, she’s prepared and can walk it with sovereignty, courage, and proper support. Doing so will tip the scales from living a life of regret to one of radical fulfillment.

Your first book was called The Way of the Happy Woman, and you titled the introduction to this book “The Dark Side of The Way of the Happy Woman.” What do you mean by the “dark side”? And why is it an important part of the spiritual journey?

We live in a dualistic world. Every day we experience good and bad. Pain and pleasure. Gain and loss. Light and dark. To deny one half of these polarities, while craving and clinging to its opposite, is delusional. This only causes strife.

The “supermarket spirituality” that has become very popular in recent years exacerbates this delusion by advocating that we only seek the light. In doing so, we deny our darkness by transcending it. Then, our “dark side,” which holds all of our childhood wounding, starts to turn against us. It sneaks out in disruptive ways—uncontrollable anger, narcissism, addictions. We see this very often in monasteries and yoga schools, where practitioners earnestly try to perfect their humanity by escaping it and merging with the light. This is not spirituality. It’s spiritual bypassing.

The remedy is not in escaping our darkness; it’s in merging with it. A tremendous amount of creative energy is locked inside our “Dark Side.” It holds our vulnerability, wonder, vitality, and child-like enthusiasm. If we don’t tend to it and heal the wounds within it, instead of liberating us into a life of joy, our darkness will haunt and torment us.

The magic that pours forth from the integration between your own dark and light sides is always only euphoric, beatific, and an expression of divine perfection itself.

In the book you write that the most common question you got asked about The Way of the Happy Woman was “What is the one thing every woman can do that will have the biggest impact on her happiness?” What is that one thing? Do you have tips for how women can make that a part of their lives?

Sit in silence and meditate for ten minutes, first thing in the morning. During this pocket of mindfulness, silence, and solitude, she notices what’s happening in her body, heart, and mind. She checks in with her soul, her SHE, for guidance for the day. Without this time, she will override her own needs and be driven by the agendas of others. Over time, this mindfulness needs to extend throughout the entire day, helping us to remain heroines, rather than victims, to the circumstances of our lives.

We also need to make sure we’re getting enough sleep. If we’re not sleeping well or enough, everything starts to fall apart. About seven to nine hours is what we really need to thrive.

I love the section of the book where you write about the importance of women embracing and working with our monthly cycles. What do cycles have to do with the Heroine’s Journey?

Our bodies, emotions, and spirits are tremendously sensitive to the rhythms of life. Reclaiming nature’s
rhythms, as they live in our own bodies and hearts, is what can heal us. They’re what can heal the world at large, too.

It’s not sustainable to go full throttle day after day. We need cycles of blooming, maturation, decay, death, and rebirth. We need the full circle of life for true happiness to take root within us. Light is the other side of dark. Birth is the other side of death. And happiness is the other side of sorrow. One can never exist without the other.

These cycles also mirror the Heroine’s Journey. Scripted into our own DNA, through our hormones, we traverse through a Heroine’s Journey each month. We experience a challenge (PMS or peri-menopause), surrender to it (menses and menopause), and are then reborn into a new expression of ourselves (ovulation). These rhythms of death and rebirth need to be brought into the center of our lives. We need to work with them, not against them.

Even within the feminist movement, we ignore the power and splendor of our cycles. It’s time to wake up to the truth that our cycles are the cornerstone of our womanhood and hold the key to our greatest power.

You have an unconventional perspective on feminine power. How do you define this?

We can’t be powerful like men are because we’re not men. Feminine empowerment is always right under our noses yet always eluding us because we think it’s a flaw rather than a strength. It’s so obvious and natural that we keep missing it. Claiming it requires a completely different orientation and approach than the one we’re all currently using.

Our power as woman rests in our sensitivity, vulnerability, receptivity, capacity to create new life, and, above all, in our ability to love unconditionally.

Love. This is the power that changes lives—and the world.

Sara Avant Stover, yoga and meditation instructor, bestselling author, and founder of the Way of the Happy Woman®, has uplifted tens of thousands of women worldwide through her retreats and online programs. She lives in Boulder, Colorado. Visit her website: http://www.thewayofthehappywoman.com.

Seed Starting for Home Gardeners

Growing your own seedlings indoors can save you big bucks, as well as open up a whole new world of crop variety options.

When you start seeds at home, you aren’t limited to the, well, “garden variety” plants available at most garden centers. You can order seeds of anything you desire to try—such as disease-resistant, organically bred, regionally adapted or rare heirloom varieties—from the many mail-order seed companies across the United States, and then sprout them yourself.

The range of setups you can use to start your seeds is nearly as diverse as the plants you can grow. As you get set up at home, keep in mind that using lights will usually work better than placing plants on windowsills, and certain lights are superior for this purpose.

We recommend standard fluorescent T8 bulbs because two of them together produce about 3,000 lumens. Even though the glow looks bright to human eyes, 3,000 lumens is only a small fraction of the light a seedling would receive outdoors. Keeping your seedlings within only a couple of inches of these bright lights will make them sturdier and healthier.

—Mother Earth News
The Evolutionary Testament of Co-Creation: The Promise Will Be Kept

comes to you as an inspirational writing awakened by the wisdom of the New Testament. My personal, mystical experience in 1980 of the living Christ catalyzed its creation. I had been writing a book on the future of humanity, in which I asked a question of the universe: “What kind of person can handle all this new power?” By that, I meant the new capacities I saw emerging from science and technology—breakthroughs that provided us with the awesome capacities we used to attribute to gods. Where was a new image of a human being who would be able to use these new powers for the good? I could not find any description of such a person.

Hampered by writer’s block, I took a walk in the beautiful hills of Santa Barbara. The day shimmered with beauty. Before long I came upon a beautiful monastery high upon a hill—Mount Calvary Monastery—and entered the grounds. In the garden I noticed a large wooden cross reaching upward toward the mountains. Suddenly, a flock of hang gliders jumped in tandem off one of the higher mountains.

They floated high above the cross, spreading their butterfly-colored wings.

In that instant an image of mass metamorphosis flashed through my mind. The resurrection. The risen Christ. The ascension. The promise that we shall all be changed. I could hear the words of St. Paul sounding inside my head: “Behold, I show you a mystery: We shall not all sleep; but we shall all be changed in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet shall sound ...”

An epiphany flashed through me. It was all coming true. This is the last trump of this phase of evolution. The trumpet is sounding right now for humanity. We cannot continue to fight, pollute, overpopulate and destroy our environment because we remain trapped in the illusion of separation. We’re already all being changed by our new capacities, as well as our new crises. We will either

By Barbara Marx Hubbard
evolve toward a higher order of love and creativity, or we will self-destruct.

A ray of hope illuminated my consciousness. As a futurist, I realized that if we could combine our new innovations in science and technology—to heal, to produce in abundance, to leave the earth in chariots of flaming fire, to communicate around the world with the speed of light—with ongoing advances in biotechnology, nanotechnology, robotics, artificial intelligence, quantum computing, accessing zero point energy and space travel, and if we could also infuse these new capacities with Christ love, we will indeed all be changed. I remembered Jesus’s words: “You will do the work that I do, and even greater work shall you do in the fullness of time...” Jesus was calling out us to live up to our full potential as human beings.

The mass metamorphosis vision I witnessed by the cross became, for me, the image of the evolved humans we were already becoming. The resurrection offered a vision for the next phase of human evolution beyond our current condition. In that instant of inspiration, I realized that the person who could indeed handle all our awe-some powers for the good would be a natural Christ: one who embodied the qualities Jesus demonstrated so beautifully throughout his own life.

With a feeling of awe and mystery, I knocked on the door of the monastery and entered the sanctuary with its polished wood floors, portraits of saints and rich aroma of incense. A nearby sign announced that there was to be a silent retreat held at the monastery that next weekend, “To meet the Lord in silence.” I signed up right there.

While browsing through the library on the first morning of that retreat, I selected a Bible from the shelves and opened the New Testament to St. Paul’s famous saying,

“Behold I show you a mystery...” I then began to write. The floodgates of my mind opened. It appeared to me that the life of Jesus forecasted immense potential for the future human, by revealing a new humanity now struggling to be born. As I read various passages of scripture, I simply asked: What does this mean for us now? I then allowed the inspired insights to guide my thoughts, while holding in my aware-ness a dawning realization that the Bible is coded evolution, just now coming true.

The promise is being kept.?In six months I wrote a 1,600-page manuscript covering the Gospels, Acts, Epistles and the Book of Revelation. I named the entire work The Book of Co-Creation. Although I was a Jewish, agnostic futurist, the experience elevated me into a new awareness of Jesus as the embodiment of our highest potential self—a future human. It revealed the long-term goal of humanity to be the fullest actualiza-tion of ourselves as universal humans. In that, we become willing co-creators with the divine: natural Christs.

Mine is not a scholarly interpretation of the Bible, but a mystical expression based on my inspired insights. It therefore cannot be compared with the New Testament writings of the many distinguished scholars and theologians who have analyzed these same passages over the centuries. I have read with great interest and apprecia-tion many in-depth scholarly and theological works about the Bible; how-ever, I am neither a theologian nor a Biblical scholar. Bringing my futurist’s perspective to the Bible, it seemed to me that the hidden evolutionary thrust of the work could not be revealed until after the birth of a generation that possessed the technological capacity to perform many of the miracles that Jesus once performed, like lifting off the surface of the earth or bringing the dead back to life—as well as even greater works than these.

The purpose of this text is to provide a context for the discovery of the specifics of humanity’s greatest
mission here on Earth. All those who read this work and feel called from within to act out the loving birth of humankind contain a pre-patterned element of this design in their being. This text encourages those who are activated from within to discover their specific task within the transformation of the whole human system.

This text recognizes and honors the essential contributions offered by all great traditions, avatars and seers of the human race. It calls for a new synthesis of the best of the past—or what can now be understood as precursors of the future—with what is unfolding right here and now, in all of us.

**Evolutionary Bible Study Groups**

This text can best be appreciated by reading it in small groups, in evolutionary circles of two or more. We therefore suggest that readers form evolutionary Bible study groups. We invite you to practice creating a sacred space as you do so, a resonant field that enables you to evoke your own inspired insights. Resonance leads to revelation.

First, read each passage of the New Testament and my inspired insights, then share your own realizations with one another. Within each of us exists a wellspring of inner scriptures that come forth from our own intuition, guidance or higher mind. When we’re joined together in love and trust, this process informs us of our own potential to become whole beings: co-creators of our lives and our larger world.

Through this process you can evoke within yourselves the emerging co-creative human, the being imbued with love who is seeking to express his or her unique life purpose for the good of the living whole.

Each of your evolutionary Bible study groups can become a seed of the new culture, connecting us via the Internet with each other and infusing the emerging world with insights and inspirations that come from our higher wisdom.

A webpage has been created on http://www.evolve.org to serve you in establishing these study groups, and to enable you to connect with others who are also engaged in this deep spiritual exploration. The collective genius that emerges through each of us becomes a vital contribution toward the shift of consciousness from fear to love, and from separation to unity, at this most critical time in our shared evolutionary journey.

If this work resonates with the truth in your own heart, please spread the word to your friends and help us all to embody and express in our own lives the love and vast creativity inspired by the life of Jesus, so that all who are so attracted can unite and co-create together.

Note: The full story of the origins of this work is presented in *The Revelation: Our Crisis Is a Birth*, published by the Foundation for Conscious Evolution through a grant from Laurance Rockefeller’s Fund for the Enhancement of the Human Spirit. That volume includes the story of my life journey, which ultimately led me to Jesus, as well as a commentary on the Book of Revelation. It culminates in this second volume: *The Evolutionary Testament of Co-creation: The Promise Will Be Kept*.

*Excerpted with permission from The Evolutionary Testament of Co-creation: The Promise Will Be Kept, by Barbara Marx Hubbard, published by Muse Harbor Publishing.*
How many quilts does your family need? If you’d asked Laura Ingalls Wilder back in the 1880s, she would’ve counted on her fingers: “Let’s see. Two or three for each bed, one for Mary’s rocking chair, and a few extras for replacements.” She’d admit the need for ten to fifteen quilts.

Today, if the question came to you, would you count on your fingers? Is your house cold enough in winter to require three quilts on each bed? Do your quilts wear out from daily use? More likely, you’d confess that your quilts serve as decorations rather than necessity. Nothing wrong with that.

But we continue making quilts, even though we have no real need of them. Why? Because we love the hobby. We like the thrill of shopping for fabric, the joy of choosing a pattern, the pleasure of cutting and piecing. We also enjoy layering and quilting, then binding the edges. And, oh, the ecstasy of spreading out our new creation on the bed for the first time!

Absolutely nothing wrong with any of that. But what eventually happens to this quilt? We enter it in a competition or quilt show, take photos and share them on social media, then fold the quilt and stack it in a closet with the others, all doomed to an idle, unfulfilled future. When we notice a slight bulge to the closet door, we pull out the quilts and refold and rearrange them for a better fit. Occasionally, we lay a quilt across the sofa or spread it on the guest bed as a seasonal accent. We might add a sleeve to the backing and hang the quilt on a wall for a month or two. Then what? Back to the closet.

Why not change the paradigm? What if, instead of making more quilts for the closet, we made quilts for others? We can still experience the pleasure of shopping, cutting, piecing, quilting, and binding. We can still enter competitions, take photos and show them off. But after all that, we can donate the quilt to a cause we support. And we can find such causes everywhere. Indeed, countless charities need quilts on a regular basis, made by quilters who’d rather not fill their closets. Such

by Ruth McHaney Danner
The quilters—bless ‘em all—fit into one of three loose categories.

“Ordinary” Quilters

First, the people I call “ordinary” make serviceable bedcovers for homeless shelters, halfway houses, and grass huts. These quilters don’t consider themselves skilled professionals; they simply enjoy contributing to society. Their quilts are pieced quickly with donated fabric and uncomplicated patterns. When finished, the quilts travel across town or across the globe, filling practical needs.

One example of this group can be found in the Lutheran World Relief program (www.lwr.org). Annually, participants make thousands of simple quilts, which become bedding for children in a Kenyan orphanage or shawls for women selling produce at a market in India. Whatever the quilts’ destinations, the quiltmakers have had a hand in improving lives of others by doing the “ordinary.”

“Occasional” Quilters

I call a second category of quilters the “occasional.” These skilled persons might try a new color combination or a different setting for their blocks, or they might choose a particular charity, such as Quilts of Valor (www.qovf.org) and make carefully planned bedcovers.

Within this group I’ve found some whose skills far surpass the norm. These few remarkable quilters create stunning masterpieces, which hang in museum displays, hospital entryways, and art galleries across the country. In some cases, the quilters have earned considerable income from their work. Or, their quilts have been auctioned, with proceeds donated to charities: scholarships, medical centers, and water-purification systems, for example.

“Other” Quilters and Non-Quilters

Perhaps a third category can be called “others.” Some are quilters; some aren’t. I think of Diane Rose (www.theamazingquilter.com), whose eyesight faded to black while she was a young adult. Even so, she quilts for a living. She also gives motivational presentations to churches, schools, nursing homes, and quilt groups, hoping to encourage and inspire those around her.

Additionally, I think of Gee’s Bend, Alabama (http://www.auburn.edu/academic/other/geesbend/explore/catalog/slideshow/) whose quilters transformed their poverty-ridden community into a nationally recognized destination for quilters and outdoor enthusiasts. Neither Diane Rose nor the Gee’s Bend quilters donate much of their work to charities, yet they still touch lives through quilting.

And what about the other “others”? They don’t sew, but they may be spouses of quilters, friends of quilters, or champions of charities which need quilters. In all cases, these individuals can contribute by donating fabric and supplies, volunteering to drive or haul, and paying to ship quilts to their destination. If they prefer more hands-on work, they can join a quilting bee and iron, sort or cut fabric. Or, they can use their skills to research and promote quilt-related charities.

So, the “ordinaries,” the “occasional,” and the “others” can all find ways to use their creations, instead of stuffing them into a closet. Whether selling them at auction, sending them overseas, or donating them to a good cause, quilters have multiple reasons to make more quilts—even if they don’t need them.

Surely Laura Ingalls Wilder would approve.

Have you done any quilting for charities?
Yes, I’ve made quilts for several charities—many of which are featured in this book. Most of my charity quilts go to my guild’s community outreach. Our Charity Central and Mountain of Quilts programs encourage quilters to make beautiful and functional quilts for a variety of local needs, such as women’s shelters, crisis nurseries, and homeless ministries. I usually make one quilt every three months for Charity Central.

In addition, I’ve made custom Chemo Quilts for children (also through our local guild), Wrap-A-Smile quilts for Rotary International, a small quilt for Quilt Alliance’s annual auction, and a full-size quilt donated to my college’s scholarship fund.

Tell about your most memorable experience when donating a quilt to charity.
A couple of years ago I got a call from the director of our guild’s Chemo Quilt project. She asked me to make a quilt for a boy named Giovanni, undergoing cancer treatments in the local hospital. The boy had requested certain team sports logos, along with Garfield-themed fabric. I had one month to make the quilt. I had to scramble to find the sports logos, because his favorite team was not local. Furthermore, the Garfield fabric was nowhere to be found—except online from an overseas company. I ordered both fabrics and worked quickly, piecing a simple triangle pattern. Then I took it to the machine-quilter for a rush job. She did the work in a day, and I added binding and took the quilt back to the Chemo coordinator. About two weeks later, I received a beautiful note, printed in large block letters, from young Giovanni himself, thanking me for the quilt—especially for including the sports and Garfield fabrics he loved. With the note was a photo of the boy, in a hospital bed, hooked to IVs and covered with the quilt. I keep that note and photo to remind me that one quilt can impact the recipient as well as the quilt maker.

Why do you think quilters should donate their time and skills to charity work?
Well, how many quilts does one quilt maker need? Most of us have closets and boxes crammed with fabric—our stash. We can continue making more quilts to fill up more closet shelves, or we can make and give some quilts to people and institutions that will be blessed and touched by our efforts. It’s a win-win: we get the pleasure of making something, and they get the joy of receiving and using our creations in beneficial ways.

What advice do you have for non-quilters who might be interested in helping with quilting charities?
Non-quilters will find numerous ways to be involved in the process.

Can you cut? If you can handle scissors or a rotary cutter, you can help speed up the process.

Can you sort fabrics? I’m a member of one quilt group that asks me to arrange fabric squares in pleasing color combinations. I sort and arrange blocks during our two-hour meetings, and that’s all I do!

Can you iron? Most groups need people to press quilt blocks throughout the piecing process.

Can you drive? Some quilt groups need occasional or regular drivers to pick up members, to transport fabric or quilts, to haul sewing machines for repairs.

Can you donate fabric, supplies, or cash? Most volunteer groups exist because of the generosity of others. If you can’t contribute your skills, you could visit quilt shops and buy discounted fabric or a roll of batting for a quilting charity.
These are only a few examples of activities for non-quilters. I suggest that you choose a quilting charity, then visit, call or check out its website. You’ll quickly learn this group’s needs and find many ways to help.

**Give one example of a charity you learned about while researching this book.**

There are so many! I think one of the most interesting is a group that stretches across Canada. It’s called Grandmothers to Grandmothers, and its members publicize and support efforts to help struggling women in Africa. I learned that African grandmothers often face the deaths of their children due to AIDS, and then these grieving women must take over the rearing of their grandchildren. In poverty-ridden communities, the struggle is almost overwhelming. The Canadian grandmothers have banded together to raise money and awareness, and one way to do that is to sponsor a traveling quilt show. The small quilts are works of art and will be auctioned to raise funds to help grandmothers in Africa.

**What advice can you offer to quilters who want to offer their skills to charity work?**

Keep your eyes open! There are needs everywhere. But before you donate, check with the recipient. Certain charities accept only certain kinds of quilts, while others are happy with any materials made with a variety of methods. If quilters want to get involved, they might ask about charities at a local quilt shop. Of course, interested persons can also use their computer’s search engine to find quilt charities around the world. My best advice is to choose a charity you care about. Your quilted donation will be a real labor of love!

**Would our audience be surprised about a certain charity’s need for quilts? Give an example.**

Yes! Most people don’t think about animals’ needs when thinking of quilts, but two of my stories are about this very subject. In one, I interviewed the founder of an animal rescue operation in Missouri. This organization needs all kinds of donations, including pet food and office supplies. They also accept old, worn quilts to use as animal bedding. Occasionally, though, they receive a beautiful, new quilt, which they use as a backdrop for photographing the animals ready for homes. After all, who can resist a puppy or kitten napping on a quilt?

The other animal-related organization was established to raise awareness for endangered and extinct species. The founder of this group requests small quilts depicting a realistic image of an animal or plant species. The finished quilt might be incorporated into a larger tapestry, or it might be hung separately in an office or other public location. In either case, the quilt maker is encouraged to research and learn as much as possible about the plant or animal on the quilt. In fact, several public and private school teachers have taken on this project with their students. While making their quilt they apply math, research methods, science, and teamwork skills, and they learn how all living things are part of earth’s ecosystem.

**In researching this book, what did you see as the greatest joy in donating quilts to others?**

I can’t speak for all quilters who donate, but I know how I feel when I make a quilt for a charitable organization or an individual in need. From the start—purchasing the fabric or gathering up my stash, drafting the pattern and cutting out the pieces, sewing and pressing and adding a border—I constantly think of the person who will receive this quilt. Maybe it’s a child with cancer, whose first name I know. Maybe it’s a child I’ll never meet, who’s recovering from cleft-palate surgery in another country. Maybe it’s a young mother in a remote village, selling potatoes in the market. I think of that person, pray for him or her, and think of how this quilt will impact a life—or many lives. Before sending off the quilt, I take a photo of it. Occasionally I look back at those photos and smile, knowing that my simple efforts can really make a difference.
What do you hope readers will gain from reading your book?
I want them to read the last page, close the book and get to work! I want them to choose a project that interests them, a cause they can believe in, a charity that tugs at their hearts. Then, I want them to set a goal—a measurable, feasible goal. Put it on their calendars! Can they make a simple quilt for a neonatal unit by the end of next month? Can they find a group within the next two weeks and join others in making quilts for a cause? When their next paycheck arrives, can they donate money to a charity that uses quilts to make the world a better place for someone in need?

I want readers to find a way to give of themselves to help others. If they do, then my book will have been a success!

What prompted you to write this book?
First of all, I love quilts! I’ve been making quilts since childhood. Now, as I’ve grown older, I’ve realized that one of the greatest joys in making quilts is giving them away. Coincidentally, I’ve discovered many others feel the same.

How did you learn to quilt?
My mother and grandmother both quilted—Grandma out of necessity and Mother out of pleasure. I always enjoyed watching Mother at the quilting frame and begged her to let me take a few stitches. She didn’t, but she did allow me to use scraps to make doll quilts. Within my first year of marriage I’d hand-pieced a full-size quilt, and I convinced my husband to make a quilting frame for me (even though he had no idea what it should look like).

Do you enjoy quilting?
I love the quilting experience. Though I sometimes take a break with knitting or cross-stitch, I always come back to quilting. I enjoy choosing the fabric, colors and pattern, as well as piecing the blocks together, but my first love is hand-quilting.

What aspect of quilting do you like best?
I like hand quilting the best. There’s something calming and therapeutic about sitting at the quilt frame and taking tiny stitches on a large project. However, I DON’T like the layering process. Spreading a full-size backing, batting and quilt top out on the living room floor, then crawling over it and basting the layers together—that’s not my idea of fun! To help me through this two-hour ordeal, I put some music on the CD player and give myself enough breaks that my back and knees don’t give out.

Ruth McHaney Danner is the author of Making a World of Difference One Quilt at a Time. She has won numerous awards for her quilting and donated countless quilts. She lives—and quilts—in Spokane, WA. Her website is http://www.RuthDanner.com.
We will ask you questions now about what it means to be yourself and how you identify yourself in the world that you live in. “I walk down the street. I see myself in everything I see. I witness my reflection in everyone I meet.” This is a new concept for many of you, but as you have inherited much information about what it means to be in this world, you presume things. You see what you see, and you interpret it based on what you were taught. So consequently all that you see and interpret is through the vision of the one who knows herself through data, through individuation of consciousness that you have inherited.

Now we will explain this for Paul, who is already resisting the teaching. As a man, you have expectations about what it means to be a man, and as you live your life you encounter yourself through these expectations. Consequently, all that you see and all that you witness is informed by a sense of self that was made in conceit and in shared agreement, yes, by those who came before you. So the consequence of this is, very, very simply, that when you walk down the street all that you see is actually bound to a history, a consequence, of others’ thought and prescription.

Now as you know yourself in a new way, “I am the one I say I am,” “I am the man who says this or that,” you encounter yourself differently. As you individuate as a conscious being and you claim yourself as a self in the world, the purview of the self is to decide what things mean, the importance things have. The way you understand yourself, in many ways, is decided by you in ways you are not aware of. The vibration you hold, in certain ways, has conducted this. Your fears tell you one thing and your vibration moves into accord with fear and, consequently, what you see will be informed by what you are frightened of.

You are informed by many things, and the challenge you face today, as we instruct you, is that you have already decided many things for many reasons about who and what you are, and the unlearning of this, the decoding of this, if you wish, in your own field is what we must attend to call you forward as the being that you are.
Now the being that you are, the true being that you are, has no history. She is an Infinite Self. She understands who and what she is in a higher way that is not informed by a crisis you had when you were two, or what your husband said about you last week.

The Divine Self, or the True Self, if you wish, which will be claimed by you through this text is actually an infinite being, and all of the things that you would see that would soil you, that would tamper with who you are or disfigure you are actually not real. They are things that you have invested in and decided were so and, as you walk down the street, the world you see concurs with what you think should be there.

Whatever happened to you when you were a child, or ten lifetimes ago, whatever your therapist told you was wrong may, in fact, be something you contend with in your consciousness, but it is not real. It is a parable, in many ways, of the son who leaves the Creator, invests in things, is betrayed by the world and then comes back to the Divine Self, the True Self, the Christed Self, if you wish, who knows who she is. And all of the residue, all of the mud from the tough journey is cleared from the self once he reencounters himself as the Divine Being he is.

You see, what you have done is mistake yourself for your history. You have mistaken yourself through what happened to you. You identify as yourself through the things you see in the world, the objectification of family, of life, as the things that make you who you are.

The truth of who you are and have always been is far greater than anything that you may know and, until you know who you are above and beyond the structures of man, the creations of man, and the laws of man, you will not be able to see what you are and know yourself in accordance with your Divine worth.

What is the process to know? How does mankind know who and what she is beyond what she has seen prior? By claiming the True Self and moving into accord with it. As we have taught you before, there is a system of alignment to the energy field and consciousness you hold to the vibration of the Word. As we claim it, the Word is the energy of the Creator in action. You will say these words now:

I am Word through my body, Word I am Word.
I am Word through my vibration, Word I am Word.
I am Word through my knowing of myself as Word, Word I am Word.

When you claim these things, you align the systems that you hold, the physical body, the auric field, the claim of identity as the True Self. And, as you anchor this frequency into you, “I am Word,” your life will begin to unfold in accordance with this claim.

Want to stay healthy while traveling? Whether on the go for business or pleasure, the accompanying stress combined with the difficulty of finding healthy food and the increased contact with new people and places puts you at risk for getting sick. In addition, many people have to sleep in a new bed or adjust to a new time zone. Add reduced quality sleep to the stress and poor diet, and you’ve got a lowered immune system unprepared for the germs thrown at you. You can’t take a magic pill for jet lag or to fix the physical and emotional discomforts of traveling, but one solution to fight off illness is to cover your meals with immune-boosting substances, many of which you can buy dried and take with you. So, whether you’re planning an upcoming business trip, or a family vacation, consider adding these common spices, herbs, and condiments to your meals to strengthen your immunity.

**Cilantro**
Cilantro is a prime ingredient in salsa. This is fortunate because the herb’s leaves and seeds contain a compound known as dodecenal. This compound is twice as effective as another common antibiotic at killing salmonella bacteria, according to *Immunity Report* journal. So, load up on the salsa or sprinkle some cilantro over salad, rice or pasta dishes. Cilantro is commonly enjoyed with many Mexican, Asian, and Caribbean dishes.

**Rosemary**
Research shows that rosemary has antioxidant properties that kill bacteria as well as anti-inflammatory agents. Studies show that rosemary helps the liver work better and assists in the prevention of skin damage caused by aging or cancer. Dried rosemary leaves are easy to find. People use it in many dishes, including soups, stews, and on fish.

**Hot Chili Peppers**
Although not everyone is a fan of hot chili peppers, they are excellent for boosting the immune system. Peppers contain capsaicin, an oil that helps your body fight disease. Combine them with garlic and you’re in for a flavorful combination that your immune system will love.

In fact, hot peppers are so well-known for their immune fighting abilities that people in West Africa use them to make a paste that is consumed along with food that could have bacteria. The paste contains only peppers, coarse salt, and minced onions.

Since carrying around hot peppers isn’t always feasible, one solution is to bring along a small bottle of Tabasco sauce. The condiment contains several hot peppers and is found throughout the world.

**Garlic**
Garlic is one of the best natural immune-boosting substances around. As such, it is used heavily in areas where people don’t have refrigeration or the safest food preparation options. Garlic kills many of the bacteria responsible for food poisoning. It also improves cardiovascular health and is known to fight some types of cancers.

There are many ways to incorporate garlic into your diet when traveling. Rarely will you find a place that doesn’t have it readily available, but if you think that’s a possibility, bring garlic capsules, or even garlic bulbs. Bulbs of garlic last for a month as long as they are kept in a dry, dark place. Garlic lasts longest when it is stored uncovered at room temperature. Don’t put garlic in plastic bags to travel though. Paper bags or mesh bags work well.

If you do get sick, mixing some freshly pressed garlic with a little lemon juice and honey in some warm water is a great drink to help you recover faster.

**Green Tea**
Drinking a nice warm cup of green tea boosts immune function and helps many people relax. Green tea is bursting with polyphenol catechins, which are powerful antioxidants.

**Ginger**
Ginger is a pungent herb used to flavor many dishes as well as a popular tea that can warm you up and soothe a sore throat. Ginger root contains several important compounds including sesquiterpenes, and the antioxidants shaogals and gingerols.

Sesquiterpenes destroy rhinoviruses, the nasty agents behind colds. Shaogals and gingerols increase proliferation of immune cells, allowing the body what it needs to resist getting sick.

Bringing along some tea bags or spices is a simple and effective way to help you stay healthy while on the go. It could also ensure you aren’t stuck somewhere with bland, unappetizing food.

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