Christopher Macklin Ministries

Christopher Macklin was born in Chester, England. He is a powerful 13th Dimensional, Melchizedek channeling medium and healer, utilizing Divine Healing techniques, cultivated through Divine knowledge from God and the spirit world for over 30 years.

Our office is located in
Branson, MO ~
180 Claremont Dr
Branson MO 65616
(417)334-6200

Christopher works on a global basis
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Radiation Treatments Create Cancer Stem Cells 30 Times More Potent

In a groundbreaking new study published in the peer reviewed journal Stem Cells, researchers at UCLA’s Jonsson Comprehensive Cancer Center Department of Oncology found that, despite killing half of all tumor cells per treatment, radiation treatments on breast cancer transforms other cancer cells into cancer stem cells which are vastly more treatment-resistant than normal cancer cells. The new study is yet another blow to the failed and favored mainstream treatment paradigm of trying to cut out, poison out or burn out cancer symptoms (tumors) instead of actually curing cancer.

Senior study author Dr. Frank Pajonk, associate professor of radiation oncology at the Jonsson Center, reported that induced breast cancer stem cells (iBCSC) “were generated by radiation-induced activation of the same cellular pathways used to reprogram normal cells into induced pluripotent stem cells (iPS) in regenerative medicine.” Pjonk, who is also a scientist with the Eli and Edythe Broad Center of Regenerative Medicine at UCLA, added “It was remarkable that these breast cancers used the same reprogramming pathways to fight back against the radiation treatment.”

In the new study, Pajonk and his team irradiated normal non-stem cell cancer cells and placed them into mice. Through a unique imaging system, the researchers observed the cells differentiate into iBCSC in response to radiation treatments. Pjonk reported that the newly generated cells were remarkably similar to non-irradiated breast cancer stem cells. The team of researchers also found that the radiation-induced stem cells had a more than 30-fold increased ability to form tumors compared with non-irradiated breast cancer cells.

Despite mounting evidence, mainstream medicine clings to surgery, chemo and radiation and ignores natural solutions. Despite all the billions of dollars spent on cancer, the forty year “war on cancer” has been a losing one by any honest evaluation. One hundred years ago, anywhere from 1 in 50 to perhaps 1 in 100 people could be expected to develop cancer. Now it is estimated that 1 in every 2 men and 1 in every 3 women will be diagnosed with cancer in their lifetimes. Despite more people around the world developing cancer and dying from cancer every year, mainstream medicine continues to cling to failed treatments which more often than not fail to eliminate the cancer and help cancer spread and return more aggressively than ever. Notably, two of the three major mainstream cancer treatments—radiation and chemo—are themselves highly carcinogenic.

One might think that the new study provided ample reasons to rethink using radiation. However, the study authors looked at the results as an opportunity to continue and enhance the use of radiation by finding ways to control the cell differentiation. What the scientists failed to note is that natural alternatives have already been found which prevent the development of cancer stem cells.

As just one example, a University of Michigan study in 2010 found that a compound in broccoli and broccoli sprouts had the ability to target cancer stem cells.

The researchers failed to note how cancer cells fought against unnatural treatments. They also failed to take into account the mounting evidence that the best way to beat cancer as well as avoid it is to build and enhance our natural first line of defense—our immune system.

The safest and most effective way to enhance the natural immune system and fight cancer in general is by working with nature. It is also by far the least expensive way, and therein likely lies the rub. You can’t patent and profit from nature like you can with mainstream drugs and treatments.

— *The Best Years in Life*

Smartphones To Die Out ‘Within Five Years’, Says New Study

According to a new study of 100,000 consumers, mobile technology is expected to be replaced by artificial intelligence.

Many consumers believe smartphones will cease to exist within five years, according to new research carried out by researchers on behalf of Ericsson.

The company’s ConsumerLab questioned more than 100,000 customers in its native Sweden and 39 other countries, seeking their views on their technological desires for the future.

Half of the respondents said they thought mobile technology would be a thing of the past by 2021, with increasingly prevalent artificial intelligence superseding many of its functions.

Rebecka Cedering Ångström of Ericsson ConsumerLab said: “A smartphone in the hand, it’s really not that practical. For example, not when one is driving a car or cooking. And there are many situations where display screens are not so good. Therefore, one in two think that smartphones will belong to the past within five years.”

She also predicts that evolving technologies will enable customers to enhance their leisure time.

“Just imagine watching football and being able to choose from where you want to see the game from different places in the stands, or perhaps even from the pitch. Shopping is also an area where you could [virtually] try on shoes and see how they fit on your own feet.”—The Daily Telegraph, UK
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Monsanto Buys Up Heirloom Seed Suppliers

Monsanto is buying up heirloom seed companies and trademarks. Maddy Harland discovers who is buying what and how to avoid Monsanto. She explores why what we buy can be a form of positive activism.

The NM Tree and Garden Centre located in Rio Rancho, New Mexico has discovered that Monsanto is buying heirloom seed companies. They are also buying the trademarks to a number of heirloom seeds. This means that you may think you are supporting an heirloom seed company but in reality the company is owned by Monsanto. The seeds themselves are still non-GMO and heirloom and they can be saved at the end of the harvest and resown next season, but you are still giving money to Monsanto.

Monsanto are also buying trademarks so that no matter where you buy certain seeds, they get money from it. Here is a LINK to the trademarks and seed companies Monsanto supply and ones that they do not supply in the USA.

Here are some tips on how to avoid Monsanto.

We need to all do our research when buying seeds (or any organically labelled product for that matter).

In Europe we have witnessed a proactive corporate programme to buy up ethical/organic companies. L’Oreal now own The Body Shop and have a poor record for animal testing. Green and Blacks fair trade chocolate were bought in 2006 by Cadbury who were then acquired by Kraft Foods, one of the huge food multi-nationals. Rachel’s Organic, founded by Welsh farmers, is now a subsidiary of French company Lactalis.

This is a deliberate strategy—so much so that Triodos Bank actually have a European fund to help small organic companies stay independent and resist being bought up.

Why are small organic/heirloom marques being acquired by the big global corporates? Firstly, there is a commercial market for them. Secondly, what you own you can control. Thirdly, if you are a vast industrial magnate and own one of these companies you can marginalise its market if you wish.

As consumers we have the power to first support our local producers and make sure they stay in business. Then we need to support larger ethical, organic companies like Yeo Valley who produce organic dairy products and still remain independently owned by the family who started the company. Sometimes this means spending more money on a product. But we have a choice: Do we want to eat a chocolate bar with cacao picked by children in a system that pays the farmer a subsistence wage or do we want an artisanal bar that costs much more but tastes better and is fairly traded? Do we buy yoghurt from a large corporate who is trading under an acquired organic brand or from a local supplier or a family owned national organic supplier?

Permaculture is all about Earthcare, Peoplecare and Fair shares. It is therefore not only about what we grow but what we buy. Shopping is a form of activism. We all do it to a greater or lesser degree. We have to activate our consciences.

The NM Tree and Garden Center is a small nursery located in Rio Rancho. NMT & GC is owned by a husband and wife partnership who have always loved gardening and growing. Everything they grow is organic and sustainable. All their seeds are heirloom and will never be GMO. We hope this story will inspire you to start growing your own food and planting trees.

Europe may have opened the gates to Monsanto to grow genetically modified crops. Due to an accepted proposal by the EU Environment Council last week, GM crops could be planted across Europe as soon as next year.

Even worse, the proposal could give Monsanto and other biotech giants the power to overturn decisions made by democratically-elected governments to ban GM crops.

The European Parliament can still reject this decision. With MEPs voting on the issue soon, we need to make sure they hear from citizens across the continent to reject this Monsanto-backed proposal. —From The Trenches World Report

Is This 800-Year-Old ‘Mobile Phone’ Proof That Time Travel DOES Exist?

Conspiracy theorists believe so, after the artefact was allegedly discovered during an archaeological dig in Austria.

It bears a striking resemblance to the popular Nokia phones of the early noughties—but the ‘keys’ appear to be inscribed with cuneiform, an ancient system of writing favoured in 3000 BC Mesopotamia.

But while theorists have reacted wildly at the find, it bears several similarities to another picture posted on Flickr in 2012, which made the same claims.

No specific details are given about when the dig took place, or indeed who discovered the phone-like object.

However, the artefact was discovered during a dig in Salzburg, Austria.

But sceptics offered a more humorous view on the artefact.

“I bet it has horrible coverage”, one joker quipped. —Yahoo News
Mass-Produced, **Printable Solar Cells Enter Market**

A ustralian solar power experts making up the Victorian Organic Solar Cell Consortium have developed and begun to market solar cells that are created with a 3D printer.

The group, consisting of scientists from the CSIRO, the University of Melbourne and Monash University have been working on the technology for over seven years and have figured out a way to cheaply print the panels onto plastic, including smart-phones and laptops, enabling self charging electronics. They are also able to print directly on to walls and windows using an opaque solar film and claim that they can line a skyscraper with panels, making it totally electrically self sufficient.

“We print them onto plastic in more or less the same way we print our plas-tic banknotes,” said Fiona Scholes, senior research scientist at CSIRO. “Connecting our solar panels is as simple as connecting a battery. It’s very cheap. The way in which it looks and works is quite different to conventional silicon rooftop solar.”

The next step is to create a solar spray coating to enhance the power of the panel. “We would like to improve the efficiency of solar panels—we need to develop solar inks to generate more energy from sunlight,” said Scholes. “We are confident we can push the technology further in the years to come.”

—*Viral Alternative News*

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The World Is Racing to Build a **Moon Base** — Here’s What It Could Look Like

T he European Space Agency just reminded the world that it wants to build a base on the moon by 2030, using 3-D printed parts made from materials found on the lunar surface.

The ESA has some competition. Earlier this month, Congress passed a spending bill that would give NASA $55 million to build a space habitat for deep-space exploration, including both the space within the moon’s orbit and, eventually, Mars. The only catch: NASA has 180 days to show what it’s going to be.

It’s a global space race to live on the moon. Around 26 nations want to figure out what that’s going to look like.

In the past, NASA has been a big fan of expandable, inflatable modules, like the ones made by Bigelow Aerospace. The ESA’s concept art shows buildings made out of the natural elements found on the lunar surface. This idea isn't far-fetched: product designers have used sand to print in the past.

NASA already uses a 3-D printer that's able to print in a vacuum. It can build tools and little bits and pieces for the International Space Station that would otherwise be tremendously expensive to send. If the walls, or even the entire structure, could be built on the moon instead of being shipped, we could have pretty large structures. Earlier this year, an architect revealed his own plans to 3-D print a 2,400-square-foot house using just dust, sand and gravel. And that one had a swimming pool, jacuzzi and garage.

Obviously, a moon base wouldn't need that—at least, not right away. An Italian coffee company sent a zero-gravity espresso machine to astronaut Samantha Cristoforetti, so obviously there's room for a little luxury in the cold darkness of space. But this base would need places to grow plants, which was proven viable earlier this year when ISS astronauts ate red romaine they'd grown in the space station.

While the ESA (and China) are looking at lunar bases in the next couple decades, and NASA is looking at the space in the moon's orbit, SpaceX CEO Elon Musk, who recently proved he could build a reusable rocket and screw with Russia's aerospace-based income, is focused on settling Mars around 2040.

As we count down to the end of 2015 and reflect on all of the major leaps in science this year, it should give space geeks a warm feeling to know that 2016 will include multiple space races—both between Musk and Blue Origin CEO Jeff Bezos, and between all the nations chomping at the bit to rocket humanity deeper into the galaxy.

—*Mic.com*
A n enemy able to change our weather could reduce us, even without a war, to a second rate nation.

Cloud seeding, the first method that comes to mind for controlling the weather, is of little importance because it is effective in only limited areas under favorable conditions.

But present science lists six possible ways to control the weather on a global scale:

1. Rocket-spread gas clouds to increase or decrease the amount of solar energy reaching the earth.
2. Electronic bombardment of the ionosphere to alter its electrical charge.
3. Controlled thermonuclear reaction to heat great areas of the atmosphere. “Enough heat to warm a city or even a continent is not beyond the realm of possibilities once we succeed in releasing atomic energy from such plentiful forms as sea water and granite.”
4. Reflectors on [huge] space platforms to concentrate the sun’s rays on the earth—“such space platforms could warm our cities—or set them on fire.” (article states such is to be ready in the next few decades.)
5. Dye, oil or vegetation on ocean areas to alter their reflective properties.

6. They have several chemicals which when spread over the water can drastically speed up or retard evaporation and thus rainfall. A film of cetyl alcohol one molecule thick drastically cuts down evaporation. Certain detergents speed up evaporation and cloud formation. He spoke of using this to create floods or droughts.

“All these methods would regulate the distribution of heat in different parts of the earth’s atmosphere. This is the basis of global weather control.”

Visualize the [earth’s] atmosphere as a tremendous solar battery, constantly being charged with 127 trillion horsepower of energy each day.

But what leverage can we exert? We can never expect to control the sun but new knowledge of the upper atmosphere, may enable us to control the amount of solar energy that strikes the earth. Air force scientists are experimenting with sodium vapor, injected from jet planes, to intercept solar radiation.

Other gases would admit solar radiation but trap heat reflected back from the earth.

On the stand, H-Bomb physicist, Dr. Edward Teller who testified that the United States could be beaten without war if Russia was the first to control the weather on a global scale. ... and he said he would not be surprised if they could do it in the next 5 years, or if it took 50 years. That was 57 years ago...

“Control of the earth’s weather and temperature is within the realm of practicability now,” says Joseph Kaplan, chairman of the International Geophysical Year - June 1958

“Used wisely is could turn the earth into a Garden of Eden. As a weapon it could be more disastrous than nuclear warfare.” —GeoEngineering Watch

Two New Planets Bigger Than Earth Found In Our Solar System

Scientists may have found Planet X—the long-rumored object believed to be larger than Earth and further from the sun than Pluto.

Planet X and another object dubbed “Planet Y,” are among 13 “extreme trans-Neptunian objects” (ETNOs) orbiting the sun at great distances, according to a report in Space, which quoted a new research paper.

They are believed to follow elliptical paths averaging about 200 astronomical units (AU) from the sun. Earth is 1 AU, or 93 million miles, from the sun.

“This excess of objects with unexpected orbital parameters makes us believe that some invisible forces are altering the distribution of the orbital elements of the ETNOs, and we consider that the most probable explanation is that other unknown planets exist beyond Neptune and Pluto,” lead author Carlos de la Fuente Marcos, of the Complutense University of Madrid, said in a statement.

“The exact number is uncertain, given that the data that we have is limited, but our calculations suggest that there are at least two planets, and probably more, within the confines of our solar system,” he added.

They are far enough away to be nearly impossible to spot with current instruments, according to Space.

Planet X was previously hypothesized in a 2014 research paper.

Called 2012 VP113, researchers Chadwick Trujillo and Scott Sheppard claimed that the object never came closer to the sun than 80 AU.

The newly-found ETNO joins Sedna, a dwarf planet believed to be about 250 AU from the sun, as objects residing outside the Kuiper Belt, where Pluto resides, according to Space.

Pluto was only recently reclassified as a planet, albeit a Dwarf planet, after losing the distinction in 2006.

—AOL News
Off-Gridders Threatened: Get Rid Of Your Wood Stove Or Face Huge Fines

Already proposed in many parts of America, I know may, who live in the country and count on wood heat to get them through the winter.

Montreal residents that burn wood for heat must register their stoves and by October 2018, must replace them with newer models or face thousands of dollars in fines.

The registration is part of an effort to ban most wood-burning heaters in Canada’s second largest city.

The burning of wood, coal, pellets and other solid fuels is already banned during smog alerts in Montreal. Starting October 18, 2018, the city will extend the ban to all devices that emit more than 2.5 grams of fine particles an hour. Any fireplace, furnace or stove that does not meet that standard will be banned, and there is no grandfather clause. With some older models emitting 10 to 20 grams per hour, many residents will be forced to find a new source of heat – and stop using heaters that may have been in the family for generations.

The new law effectively bans all older stoves and fireplaces because they are not certified by the EPA, the CBC reported. Persons who refuse to replace or stop using their wood burners will face a $500 fine for the first offense, a $1,000 fine for the second offense and a $2,000 fine for every offense beyond that.

Supporters of the ban say it is an attempt to reduce air pollution. Persons who want to keep burning wood will have to install inserts that can cost between $2,000 and $8,000. The only exemption to the ban would be if a power outage lasts more than three hours.

Many Canadian citizens are criticizing the proposal.

“After thousands of years relying on fire as a source of heat, suddenly humans have discovered fire is so dangerous that we must use the power provided by a government monopoly instead,” a man named Tristan Verboven wrote in the National Post’s story comments. “Yet somehow vehicle and industrial emissions are not worth eliminating. That would be way more complicated than inspecting people’s private homes to enforce a law everyone knows is a racket.”

Another person, Michael Sweny, wrote, “First a gun registry and now a wood stove registry. Utterly insane!”

In the United States, San Francisco already has banned such stoves. The Bay Area Air Quality Management District, which regulates pollution in the San Francisco Bay area, will ban the installation of new wood-burning heaters starting November 1, 2016. Fireplaces already were banned.

Limited bans on wood burning are common in other areas of the country, including Grand Junction, Colorado. The Colorado Department of Public Health and Environment ordered residents of that city not to use wood stoves without an EPA sticker during a recent inversion in that city. The sticker certifies that the stoves meet new EPA standards. An inversion is an atmospheric condition that traps air pollution in a region, usually in the winter.

It looks as if wood burning could soon be a thing of the past in many parts of the United States and Canada.

—Off The Grid News.

Reishi - the Mushroom of Immortality

Reishi mushrooms, or Ganoderma lucidium, is well-known as the King of Herbs and the Mushroom of Immortality. It has earned its reputation due to its ability to promote vitality and overall body balance, strengthening the immune system and preventing a wide range of diseases. Throughout Chinese history dating back 2000 years, Reishi mushrooms were widely used for medicinal and health purposes.

With more than 400 bioactive compounds, Reishi has attracted the attention of researchers world-wide. Evidence of its efficacy is shown to the extent that it is officially accepted for use in conventional medical sectors in some countries. Among the hundreds of biologically-active compounds found in Reishi mushrooms, five compounds in particular have been highlighted as the major components that contribute to most of its active pharmacological properties. They are the polysaccharides, triterpenoids, adenosine, organic germanium and ganodermic essence.

The demand for Reishi mushrooms continues to escalate due to the wide range of pharmacological properties found in this ancient herb. There is a wide range of available products from which to benefit from Reishi’s potent properties including, supplements in all forms, Reishi coffee, Reishi tea, Reishi spore oil, Reishi shampoo and Reishi hand cream. The best Reishi products will be available at Asian stores and apothecaries where they’re fresh and you’ll find knowledgeable herbalists to help you decide which is best for your needs. —JBBardot.com
Fasting has long been popular for the things it helps us eliminate, mainly weight and toxins. Now, exciting new research has found that what fasting adds may be even more important because it induces the body to create new stem cells and regenerate our vital immune system that is our first line of defense against disease and illness. To put it simply, fasting triggers stem cells and boosts the immune system.

In what promises to be one of the most important medical discoveries of our time, researchers at the University of Southern California (USC) in Los Angeles have found that fasting (food deprivation) for 2 – 4 days in both humans and mice resulted in the creation of new stem cells and a renewed immune system. The implications for this discovery are huge: increased longevity and overall health as well as use against specific conditions such as cancer and other diseases—and might even help brain cell regeneration to help combat dementia and brain trauma.

In the study, published in the journal *Stem Cell*, researchers cut off the food source for both mice and humans in separate trials. When they cut off the food source, white blood cell counts dropped. White blood cells are the cells the body uses to fight disease and infection. However, instead of the body being less able to fight infection due to lower white blood cells, just the opposite happened: the fasting cycle naturally flipped a regenerative switch on.

With each fast the depletion of white blood cells resulted in new cells in the immune system. When researchers found reduced levels of the enzyme PKA (Protein kinase A), which regulates glycogen, sugar, and lipid metabolism in the cells, they realized that there was a switch being turned on.

As corresponding study author Valter Longo explained, “PKA is the key gene that needs to shut down in order for these stem cells to switch into regenerative mode.” He continued, “It gives the ‘OK’ for stem cells to go ahead and begin proliferating and rebuild the entire system. And the good news is that the body got rid of the parts of the system that might be damaged or old, the inefficient parts, during the fasting. Now, if you start with a system heavily damaged by chemotherapy or aging, fasting cycles can generate, literally, a new immune system.

“When you starve, the system tries to save energy, and one of the things it can do to save energy is to recycle a lot of the immune cells that are not needed, especially those that may be damaged. What we started noticing in both our human work and animal work is that the white blood cell count goes down with prolonged fasting. Then when you refeed, the blood cells come back. So we started thinking, well, where does it come from?”

“We could not predict that prolonged fasting would have such a remarkable effect in promoting stem cell-based regeneration of the hematopoietic system,” said Longo.

Think of fasting as a re-boot for the body. It forces the body to produce ketones and also results in the break-down of large amounts of white blood cells. Ketones are produced when the body turns fat into energy or fuel, and are a major player in weight loss. Intermittent fasting causes the body to use fat as its primary source of energy.

Periods without food boost the metabolism to burn through calories more efficiently. Giving the digestive system a rest speeds up the body’s metabolism and improves bowel movements. When the body is freed from digestion for 12 to 24 hours or longer, it is able to focus on regenerating other systems, such as the skin. Fasting also helps the body remove toxins and it regulates organs such as the liver and kidney which filter toxins from the body.

It is important to note than when the body uses up its fat reserves it can then turn to using, and wasting away, muscles. Many experts advise that the body shouldn’t experience periods of fasting longer than four days, and that water intake should be increased throughout the fasting process. People who are very thin with little or no fat reserves, and those who may already have experienced muscle loss—such as cancer patients suffering from the common wasting disease cachexia—should be extra cautious. —Align Life
A momentous sextile between Mars and Pluto perfects on February 3rd. When the god of war and the lord of the underworld get together, highly unstable and volatile conditions can typically exist for a few days, and explosive events are possible. However, as this is a generally harmonious alignment, much potential exists to implement positive changes in one’s life around this juncture. Nonetheless, issues concerning power or willpower are likely to arise, so avoid locking horns with anyone who will surely defend their beliefs as fiercely as you would your own. Constructive activities are strongly favored under this potent planetary influence. Improve efficiency wherever possible.

Constructive progress can be made towards career goals later on the 3rd when the sun sextiles Saturn. Being both practical and creative achieves the best results now. Advice from a wise elder or authority figure could prove helpful.

Be alert to compulsive behavior when Venus and Pluto align in conjunction on the 5th, in 17° Capricorn. For some, a new love interest could lead some astray. Express your creative ventures. Progressive career opportunities can present themselves; however, be discerning. A good physical workout will help to reduce any stress that may develop.

February’s new moon occurs on the 8th, in 20° Aquarius. This progressive Aquarian lunation cycle favors planning for the foreseeable future, and the setting of realistic, attainable goals. Intuition is greatly enhanced now, so make time for quiet contemplation, to envision the future you want to manifest.

In addition to seeding a new lunar cycle of growth and development over the next twenty-eight days, today’s Aquarius New Moon also heralds the Chinese New Year of the Fire Monkey, during which invention and determination can yield big dividends. The guileful Monkey is a master of charm and trickery. Quick witted and ingenious, he can be successful at whatever he turns his agile mind to, therefore, phenomenal growth and progress is possible for the enterprising this year...without going bananas! Although the restless, pioneering spirit associated with the Monkey will be difficult to ignore, like the Monkey, don’t make a move without a sound plan of action.

A sudden fortunate opportunity could occur when Jupiter trines Uranus on the 9th; at the very least, prospects could look brighter. Fresh input stimulates change, and future plans may require some adjustment. An innovative solution to a quandary may be found.

When the sun makes its annual conjunction with Neptune later on the 28th, in 10° Pisces, wander through your personal field of dreams regarding ambitions or career direction. Intuitive insights are possible, though it may not be easy to distinguish between genuine higher inspiration and the murmurings of the subconscious mind.
Seek financial support for personal projects when Venus sextiles Saturn on the 29th—leap day. Constructive artistic work is favored. If you’re considering an investment, look into art, precious metals, or real estate.

An unexpected social or financial opportunity could occur on March 2nd, when Venus sextiles Uranus, while a desire to do something different may be hard to ignore. Have fun with stimulating people!

Extra patience may be called for when Mercury squares Mars on the 4th. Communications or travel could be frustrating. Avoid jumping to conclusions, impulsive actions, or blurting out something that you may later regret. Keep the intellect gainfully employed, to avoid irritability.

Mercury heads into dreamy Pisces on the 5th (till March 21), when unconscious desires are powerfully stimulated, while intuitive abilities increase. Maintain contact with reality now as discerning fact from fantasy could prove challenging.

When Mars enters the expansive realm of Sagittarius also on the 5th (till May 27), be prepared to back up your beliefs and philosophies with action. Crusades are now in vogue, and religious, cultural, or political fervor may emerge.

The sun squares Saturn later on the 5th, when duties or responsibilities can seem onerous. This somewhat heavy aspect can illuminate personality flaws, perhaps to show where work needs to be done. To lift your spirits, meditate on something inspiring.

When the sun sextiles Pluto on the 6th, corporate enterprise and joint financial concerns are emphasized and, in general, supported. Find creative ways to recycle or reuse discarded items or resources.

On the 8th the sun opposes Jupiter, a cosmic augury to avoid impulsiveness or squandering valuable resources under this highly exuberant influence. Act only after careful deliberation, as you may be inspired to tackle projects that you normally wouldn’t consider.

March’s new moon arrives later on the 8th, in 19° Pisces, and is also a total solar eclipse. In the coming weeks, the quest for emotional and spiritual harmony and understanding could receive a higher priority, while creative artists may find fresh inspiration.

Practice creative imagery techniques on the 10th, when Mercury conjuncts Neptune. It may not be easy to separate reality from illusion just now. Begin a dream diary.

Venus enters Pisces on the 12th, (till April 5) when intuition is enhanced and creative inspiration abounds. Love can take on a more spiritual, idealistic quality now.

Daylight Savings Time Begins at 2:00am on Sunday, March 13th so remember to turn your clocks AHEAD 1-hour.

A powerful new love attraction or desire experience may occur when Venus squares Mars on the 14th, but be honest with yourself because what you think you want isn’t necessarily what you need.

Jupiter trines Pluto on the 16th, when self-improvement through creative enterprise and spiritual evolvement is encouraged. Relative to one’s natal horoscope, the present house locations of Jupiter and Pluto indicate the life areas in which the transformation of stagnant conditions may have become necessary, in order for further evolutionary progress and personal growth to be made.

Spring arrives with the vernal equinox on March 19th, as the sun enters tropical Aries (till April 19). Energetic activities have greater appeal and are more readily pursued.

Aesthetic sensitivity is heightened as earthly Venus conjuncts mysterious Neptune on the 20th, in 11° Pisces. However, judgment in business, financial, or partnership matters may be somewhat below par.

Be sure to note all the daring new ideas that come to mind once Mercury enters Aries on the 21st (till April 5). Communications are direct and to the point now.

Expansive Jupiter and restrictive Saturn square off precisely on the 23rd, heightening one’s predisposition towards either optimism (Jupiter) or pessimism (Saturn). Expansion and contraction are conflicting influences at this time, when measured progress is the order of the day. Be careful not to take on more projects or responsibilities than your current resources can sustain.

March’s full moon on the 23rd is also a penumbral lunar eclipse, which culminates in 04° Libra, when the need for self-expression, and space within relationships assumes greater importance.

When the sun and Mercury align in conjunction in 04° Aries later on the 23rd, you’ll be more inclined to express your thoughts and views. This is often a planetary transit that coincides with important announcements.

Mercury trines Mars on the 24th, a prime time to sign or negotiate business contracts or agreements. Make travel plans. Get some physical, and mental, exercise today.

Saturn, planetary ruler of career and lord of karma, stations Retrograde on the 25th, in 17° Sagittarius (till August 1). Take the time during this period to review your professional or educational ambitions; if necessary, seek vocational guidance.

Self-discipline may be lacking when Venus opposes Jupiter later on the 25th. Beware of pursuing pleasures while duties go unfulfilled.

An abundance of physical energy may take some sublimating when the sun trines Mars on the 26th, so be sure to get plenty of exercise!

Consider business decisions and contracts when Mercury trines Saturn on the 29th. Enhanced self control and mental discipline is a boon to creative writers, and teachers.

There could be difficulties communicating when Mercury squares Pluto on the 30th, and perhaps some heated disagreements. Remain circumspect and avoid becoming confrontational.

A mentally stimulating conjunction between Mercury and Uranus occurs on the 31st, when sudden changes in plans or to schedules are possible. Startling information could come your way, while a stimulating chance encounter is also possible. Research innovative strategies and ideas which could be useful in a new venture. Upgrade computer software or technology. Back up important data files.

Following is a general overview of how the planetary trends for February/March, 2016 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
Down To Earth Astrology

**Aries** (March 20—April 19)

Friends, groups with whom you’re affiliated, and business connections may play a larger role in your life during February, when your professional aspirations could receive a boost and work suddenly becomes more plentiful. Keep the big picture in mind when making plans or setting personal goals, as decisions made now may have long lasting, though positive, implications. Set aside more quiet time for yourself in March, when assimilating the results of recent activities and events will enable you to fine-tune your hopes, dreams and game plan for the future.

**Taurus** (April 19—May 20)

A new professional venture may enable you to bring your considerable creative abilities to bear in a very satisfying and perhaps highly original way during this forecast period. You may also have the opportunity to share your wisdom and expertise with others, perhaps via an innovative blog, publication, or video. Take care to give appropriate credit to others for their help, where due. As a result of recent developments you may decide to set new goals, or make expansive plans for the future. Just make sure that your progress is measured, so that you don’t outpace the resources at your disposal in your enthusiasm to get ahead.

**Gemini** (May 20—June 21)

You feel deeply inspired to broaden your horizons now, by setting bold new plans for the future. You certainly have the energy and drive, at present, but be sure to stay on top of all the details, as it may be all too easy to get ahead of yourself in your keenness to make rapid progress towards your goal. The resources necessary may indeed be in place, so it’s up to you to manage them efficiently, like any good producer would. Planetary trends favor your professional progress during March, and throughout the spring, so don’t be shy about blowing your own trumpet in appropriate circumstances.

**Cancer** (June 21—July 22)

You and a partner or close associate make be making big plans for the future; an innovative professional venture is one possibility, while transforming a casual alliance into an official partnership is another. Either way, you appear to be keen to break new ground, and to make a goal that is dear to your heart a reality in the foreseeable future. A publishing or educational venture might also be in your plans, as you may feel inspired to share your knowledge, wisdom, or experience with others.

**Leo** (July 22—August 23)

An increase in work or professional activities during February could enable you to add to your income, and perhaps help to pay for some recent improvements around the home. However, a significant other may have something to say about how any additional income might be best utilized. Indeed, this would be an appropriate juncture at which to overhaul or make improvements to the way your resources are managed, in order to maximize their potential.

**Virgo** (August 23—September 23)

An increase in activities, communications, and travel will likely keep you busy during February, when your creative enterprise may know no bounds. The possibility of a new work assignment may give you pause for thought, as you might have to decide just how much more responsibility or obligations you can comfortably handle. Activities around the home increase considerably during March, when your domestic environment could undergo a transformation, of sorts. Some Virgo natives may decide to put down roots, while others may consider renovations.

**Libra** (September 23—October 23)

Your creativity and inspiration may know no bounds in February, when you could commit some of your more serious thoughts or ideas to paper or the keyboard. Indeed, there may be some things or notions that you just have to get off your chest, so that friends or colleagues know where you stand. However, be sure to sprinkle a little humor amongst your words, in order to keep your audience engaged. A new work or vocational assignment is possible during March, perhaps as a direct result of your recent discourse.
Scorpio (October 23—November 22)

Your personal energy levels will be soaring during February, with your sign’s co-ruler, Mars, in your solar first house, so be sure to get through as many chores on your “to do” list as possible, while this extra head of steam is available. Domestic affairs are likely to be a focal point of your activities now, with perhaps a little nest feathering to brighten up your roost. There will be plenty of work to keep on top of in March, when you might also want to pay more attention to your health and dietary needs, in order to sustain your stamina.

Sagittarius (November 21—December 21)

You might have been playing more of a supporting role recently, rather than blazing your own trail, as the needs of family and friends may have taken precedence. Nonetheless, you’re keeping a keen weather eye on your professional prospects and aspirations, with a view to adding to your cash flow, while increasing your stock in trade wherever possible. Amongst your greatest assets now are your bright ideas, some of which you may be able to take to the bank. Consider ways in which you might increase your revenue stream by sharing your knowledge, wisdom, and experience with others.

Capricorn (December 21—January 19)

Your values and priorities may be undergoing subtle changes, as a result of what you have learned in recent months. So, too, are your thoughts about what it takes for you to feel comfortable in your own skin. You’ve had time to reflect upon and process various elements of the past, and to assimilate your findings into your present reality, and may now be actively seeking new goals that better fit your needs and ambitions. Consider keeping a journal, dream diary, or even a simple wish list, to help you to define and clarify your objectives.

Aquarius (January 19—February 18)

You may feel that it’s time to take out a new lease on life, or at least to seek out a few new career options. February’s Aquarius new moon in your solar first house can certainly put some wind in your sails, but it’s up to you to chart your course. You may be keen to try something novel or innovative that would allow you to express your natural talents and abilities. Whatever you set in place during this forecast period may endure for a long time to come, so make sure that it is in alignment with your changing values and priorities.

Pisces (February 18—March 20)

You are keen to broaden your horizons and to enhance your future prospects during February, when certain goals or ambitions may now seem more attainable. Indeed, your powers of manifestation are particularly strong now and throughout this forecast period, so take the time to clearly visualize what it is you want to achieve. Seek input or advice from significant others in your life, as one of them may hold the key to your ultimate success. With carefully measured and sustained effort you can make great strides towards professional aspirations in the coming months.

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
I recognize myself and most fellow sufferers of Chronic Fatigue Syndrome as the classic A-Type character. This type of personality tends to like stress. We tend to be very competitive and self-critical, striving towards goals but without feeling a sense of joy in our efforts or accomplishments. There also tends to be a life imbalance, characterised by a high work involvement. Type A personalities experience a constant sense of urgency, as if in a struggle against the clock. Often, we quickly become impatient with delays and unproductive time, schedule commitments too tightly, and try to do more than one thing at a time, such as reading while eating or watching television.

What I think is interesting is that Type A individuals tend to be easily aroused to anger or hostility, which they may or may not overtly express. I recognise that I had a constant irritation inside myself to get on, to move on, to get more done. Strangely, others saw me as so calm and placid on the exterior. So well-schooled and contained despite the toll of irritation tallying silently within me.

Empirical research shows that Type A personalities are more prone to a range of stress-related illnesses, including heart disease and high blood pressure (hypertension) (Friedman & Rosenman, 1959). While being a high achiever can be a positive attribute, research shows that this can have a negative effect on the subject’s health. However, when you’re in it, it creates its own high. There’s a real buzz in feeling so busy, which I suppose is the adrenalin. It’s like being an adrenalin junkie because it feels so good, so powerful. I got used to operating through adrenalin all the time. It was as if everyone else lived life in the slow lane...isn’t it ironic that I was headed for that slow lane I despised so much? A position which I viewed as weak, helpless and unproductive from my unsympathetic, uncompasionate standpoint? Oh the ironies of life! Are we destined to experience all that which we criticise and focus emotion to, whether positive or negative? The Laws of the Universe decree that we draw it towards ourselves and manifest it through sheer strength of focus. Dispassion and patience now seem a much more healthy option. But
try telling me that before! You would not have halted me from my path or deterred me from my predetermined objective. Still, time flat on one’s back has a way of leading one to reconsider previous notions and modus operandi.

Reflect here.

- Have you ever spoken or thought vehemently in judgement of someone or a group, only to find that same experience being played out in your life?
- How did this manifest for you?
- Think back to the time when you made the initial emotional judgement. Did you somehow feel or know, at the time, that this was somehow significant for you?
- How much of what you subsequently experienced might have been as a result of the first event?
- Did you attract this experience towards you?

Make notes in your journal. This is a deep reflection which will require meditation over several sessions. Open exploration will draw the answers up from your inner self.

I have come to believe that CFS is linked to adrenal burn-out. I pushed myself to achieve so much for so long that I burned myself out. I squeezed every last drop from my adrenal glands to give me the adrenalin to keep on going, long beyond the point of normal tiredness.

It is interesting to note that some people with CFS have sensitivity to adrenalin being medically administered. This is worth mentioning to your anaesthetist if you’re having an operation. Local and general anaesthetics contain adrenalin. Personally, I can feel this as my heart starts to race and have palpitations.

Then I got to wondering if the adrenal glands, which produce adrenalin, situated at the top end of the kidneys, at the level of the solar plexus were linked with the ‘disconnected’ feeling between the etheric and physical body at the solar plexus which is one of the main symptoms in CFS. Could it be that the dizziness and feeling of dislocation were due to a disparity at the solar plexus? I had all the time in the world to explore this during my long rest periods.

I have always had a low boredom threshold. I assumed it was related to a high IQ, but linking it to CFS I can see that it was part of the drive to achieve. It simply was mind-numbingly boring to me just to stand still. I considered it a waste of time to not be productive by one means or another for even a minute.

It makes perfect sense to me that resistance is listed as a key factor in Fatigue because, in addition to feeling bored extremely easily, I was resistant to either sitting still or to others wasting both my time and theirs. Why prevaricate? Just get on with it, I would think! With that came an irritation towards others. I found it easier just to do everything myself than to take time to explain how to do it to another, then watch them take forever to complete the task. As such, my demands on others as well as myself were often unreasonable. It is only with the gift of hindsight that I can see that these were unhealthy approaches, akin to OCD. I had thought it was a healthy disregard for the products of my labours which led me to continually move to work on the next creative project. But was this a healthy detachment? Now, I can see that perhaps some pause to celebrate my achievements was not only allowable but perhaps healthier. So, Louise Hay’s explanations for fatigue, of resistance, boredom and a lack of love for what I did, were a perfect match for how I had led my life. I could associate with them all.

Excerpted with permission from Living Lightly, by Jenny Light. Published by Ayni Books, http://www.ayni-books.com

Jenny Light is an author and inspirational speaker on recovery from Chronic Fatigue Syndrome (M.E.). She became ill with the condition in 2010 and left a career in teaching. Her journey back to health lead her on an inward discovery about the illness. The approach she teaches has five strands: meditation, self-healing, affirmation, personal growth and a raw food diet.
**Winter Reading**

**Discover Your Soul’s Path Through the Akashic Records Taking Your Life from Ordinary to ExtraOrdinary**
By Linda Howe

In these pages, enter the inspirational, fascinating realm of the Akasha with Linda as she shares her very accessible and student-tested processes designed to facilitate your awakening to your true identity and soul’s destiny. Explore the essential consciousness concepts of the Records, excavate the obstructing beliefs on your path, and learn how to realign to your soul’s highest purposes. Meditations, or Akashic Reflections, guide you every step of the way. Application of Linda’s teachings is guaranteed to make a critical difference in your life right here, right now.

Hay House. Paperback, $16.00.

**You Are Your Own Best Medicine A Doctor’s Advice on the Body’s Natural Healing Powers**
By Frédéric Saldmann, M.D.

Frédéric Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple remedies that activate the body’s natural healing powers and address common ailments. Find why hitting snooze on your alarm makes you tired; which sleep position increases your risk of cancer; and how kissing boosts the immune system.

Healing Arts Press. Paperback, $14.95.

**My Life After Death A Memoir from Heaven**
By Erik Medhus and Elisa Medhus M.D.

*My Life After Death* begins on the tragic day when Erik Medhus took his own life. What follows is a moment-by-moment account of the spiritual life he discovers on the other side—told for the very first time in his own words as channeled by medium Jamie Butler and then transcribed by his mother Elisa. Overflowing with his signature honesty and candor, Erik describes more than just a visit to the afterlife. He personally walks us through the experience of dying, transitioning into spirit form, and reveals a detailed look at the life awaiting us on the other side.


**The Upside Down Mountain**
By Mags MacKean

What happens when you seem to have it all but happiness remains elusive? *The Upside Down Mountain* forsakes the summit for the journey downhill, penetrating the hidden depths of darkness and discomfort most people live to avoid. This descent through the wild landscapes of the Pyrenees, the Amazon, Tibet and Egypt reveals how to navigate troubled times and create a new story for ourselves and the world: inspiring us to become the change we seek. Archetypal guardians become familiar allies at the thresholds of descent - pointing the way to deepening and lasting transformation. The narrative reads as an adventure yarn, and inspirational memoir, with implicit signposts for fellow explorers determined to lead a fulfilling life.


**Inside the Miracle Enduring Suffering, Approaching Wholeness**
By Mark Nepo

With *Inside the Miracle*, Mark Nepo shares the journey that shaped his vision as a teacher that began in 1987 when he was diagnosed with cancer. The revelations during that time would inform every dimension of his work to follow. Here he shares the insights most essential to those of us who now find ourselves there. These lessons and stories are for all of us, ill or not; when the inevitable question arises: How do we move through an overwhelming crisis—whether from physical illness, grief, or a major life change—into the rest of our lives? *Inside the Miracle* is a reading companion that can be explored in many ways: as a memoir, as a “survival kit” of wisdom and verse that helped Mark during his own healing journey, and as a conversation to spark our own contemplation, journaling, and discovery.


**The Book of Mastery The Mastery Trilogy: Book I**
By Paul Selig

The first book in channeler Paul Selig’s widely anticipated Mastery Trilogy leads you into an unprecedented journey of self-development, at once building your personal excellence and your ability to improve life for others. *The Book of Mastery* provides a deeply practical prescription for heightening your abilities, aptitudes, and sense of personal excellence. “he Guides” teachings go much further, however, instructing you how to improve life for others and, ultimately, for global humanity.

Tarcher/Penguin. Paperback, $16.00.
The Ecology of the Soul
A Manual of Peace, Power and Personal Growth for Real People in the Real World
By Aidan Walker

In The Ecology of the Soul, Aidan Walker explains the seven powers of our own inner ecosystem, the Ecology of the Soul, and how to revive them to regain our natural, true state of peace, power and well-being. When the Ecology of the Soul is in balance, we live and thrive in this world, and create the new one, with grace, harmony and beauty. Each one of the seven powers, Nature, Creativity, Endurance, Love, Communication, Focus and Connection, generates seven separate meditations, which in turn create ‘Power Seeds’ of thought and mental habit. Plant one a day, and in a ‘Magic Minute’—60 powerful seconds of daily, active meditation, you can achieve the balance, power and peace of Soul Consciousness.


Oneness – The Pearls
A Treasury of Divine Wisdom
By Rasha

Oneness - The Pearls is a beautiful, full-color treasury of the most powerful quotations from the spiritual classic, Oneness, illustrated with breath-taking, all-new photo images that capture their essence and bring these pearls of Divine wisdom to life! This exquisite collection of spiritual pearls, culled from the Divine wisdom of Oneness, empowers us to take a quantum leap into our own inner depths and totally transform our lives and our world. Includes over 150 gorgeous 4-color photos.

Earthstar Press. Hardcover, $279.50.

Black Freemasonry
From Prince Hall to the Giants of Jazz
By Cécile Révauger

Cécile Révauger traces the history of black Freemasonry from the late 1700s through the 1960s. Black lodges were instrumental in helping American blacks transcend the horrors of slavery and prejudice, achieve higher social status, and create their own spiritual—based social structure, which in some cities arose prior to the establishment of black churches. Looking at the deep connections between jazz and Freemasonry, the author reveals how many of the most influential jazz musicians of the 20th century were also Masons, including Louis Armstrong, Duke Ellington, Nat King Cole, Eubie Blake, Cab Calloway, and Paul Robeson. Unveiling the deeply social role at the heart of black Freemasonry, Révauger shows how the black lodges were instrumental in helping American blacks transcend the horrors of slavery and prejudice, achieve higher social status, and create their own solid spiritually based social structure, which in some cities arose prior to the establishment of black churches.

Inner Traditions. Hardcover, $29.95.

The Aztec UFO Incident
The Case, Evidence, and Elaborate Cover-up of One of the Most Perplexing Crashes in History
By Scott Ramsey, Suzanne Ramsey, and Frank Thayer

Preface by Stanton T. Friedman

The Aztec UFO Incident—the first ever widely publicized report of a recovered flying saucer—was derided as a hoax for decades. But now the Ramseys and Frank Thayer reveal the exact spot where the craft landed and show how the 100-foot diameter saucer was moved to a secret laboratory. Witnesses to the incident who were interviewed by the authors affirm that they were sworn to secrecy by the military. The authors also reveal the names of scientists who worked on the craft after its recovery. Also included are previously unseen documents from the CIA, FBI, U.S. Air Force, and U.S. Army that constituted a cover-up whose sole purpose was to surround the Aztec story with a smoke-screen of lies, misinformation, and destructive allegations. The Aztec UFO Incident is a must-read for historians and UFO students alike.


The Four Purposes of Life
Finding Meaning and Direction in a Changing World
By Dan Millman

For many of us, life seems like a puzzle with missing pieces. We form plans and change them; we choose one path then another, trying to find the right mate and career, hoping that we’ve made the right decision and that it will all work out. At some point, we ask ourselves the central question: What is the purpose of my life? In The Four Purposes of Life, Dan Millman distills decades of exploration and experience into a concise map of what we’re here to accomplish on our life’s journey. This book is for anyone seeking deeper insight into themselves and their lives, but especially for those at a crossroads, facing a challenge or change, when past approaches no longer work.

New World Library. Paperback, $14.00.

A Transformational Approach to Weight Loss
By Mark Mincolla Ph.D.

In The Whole Health Diet Dr. Mark Mincolla tailors the Whole Health Healing System to focus on the problems of obesity and food-related poor health. It’s not just about state-of-the-art, optimal nutrition, but it’s also about arriving at your ideal weight as the natural result of attaining and maintaining your holistic balance. By connecting all the dots—metabolic, dietary, nutritional, physiological, and spiritual—this book provides the reader with a path to attain true holistic balance and wellness. In so doing, The Whole Health Diet provides a true solution to the problem of obesity.

Tarcher/Penguin. Paperback, $16.95.

www.earthstarmag.com
You Were Not Born To Suffer
Love Yourself Back To Inner Peace, Health, Happiness & Fulfillment
By Blake D. Bauer
Discover why all suffering, illness, and unhappiness are simply cries from the depths of your soul asking you to love, honor, and value yourself in every moment, situation, and relationship. Born out of Blake D. Bauer’s personal healing and spiritual journey, as well as his professional counseling, coaching, and healing success, You Were Not Born To Suffer offers a unique combination of deep insight and practical guidance that will empower you to transform your suffering in the present and move forward immediately in creating what you want and need most in your life right now. If you are indeed serious about improving the quality of your health, your relationships, your finances, and your career right now, then this book will support you to take your life, your power, and your destiny back into your own hands, so you can do just that.

Anatomy of Voice
How to Enhance and Project Your Best Voice
By Blandine Calais-Germain and François Germain
Using the signature anatomical style of the author’s groundbreaking Anatomy of Movement, this illustrated guide presents a dynamic, integrated study of the physical structures of the vocal tract and their functional relationships to the entire musculoskeletal system.
Healing Arts Press. Paperback, $35.00.

The Path to Wealth
Seven Spiritual Steps for Financial Abundance
By May McCarthy
In today’s economy, it’s more important than ever to get clear about your personal and professional goals—and to commit to a plan that will get you there. In The Path to Wealth, multimillionaire entrepreneur and angel investor May McCarthy shares her own daily practice to help you do just that. The first step on this journey is to welcome a new member to your financial advisory team: the all-knowing power of the universe that McCarthy affectionately calls the Chief Spiritual Officer, or CSO for short. In part one of the book, you’ll learn how to set up and activate the seven-step daily practice. In part two, you’ll go deeper into the practice to gain insight about your purpose, learn how to successfully navigate financial ups and downs, and overcome the fear of failure as well as eliminate old beliefs and behaviors that have kept you from experiencing the success you really want. The steps outlined in this book will teach you how to develop your own financial intuition, which is key to noticing and pursuing the opportunities that will present themselves once you are on this path.
Hierophant Publishing. Hardcover, $18.95.

A Guide to Mystical France
Secrets, Mysteries, Sacred Sites
By Nick Inman
A Guide to Mystical France takes you deep under the psychic skin of France into the invisible dimensions that our materialistic world does its best to ignore. Science stops at the most interesting questions. To describe, say a painted prehistoric cave as a sacred space used for ritual is to beg more questions than it answers. It is impossible to fully appreciate the cathedral of Notre-Dame, Mont St. Michel, or the alignments of Carnac if you do not understand the reasons these structures were built, and the way they have been used over the centuries. The book makes no assumptions. The reader is not required to believe anything. He is merely pointed in the direction of the invisible and the hidden and left to judge for himself. You get much more out of a visit if you look for what isn’t there as well as what is. The travel guide section at the end provides region by region suggestions of where to go to discover Mystical France by yourself.
Seeding and Nurturing the Garden of Your Soul
By Elizabeth Joyce

The invisible energy, known as Shakti, Chi, The Holy Ghost, is not a ‘name’ or a ‘thing’, but the underlying natural order of the Universe, whose ultimate essence is difficult to hold down or understand. The object of Spiritual practice is to become One with these energies. This always involves meditative and moral practices. In all its uses, Spiritual energy is considered to have ineffable qualities that prevent it from being defined or expressed in words. It can, however, be known or experienced, and its principles can be followed or practiced. Your impact and connection to this energy force brings you a force field containing unlimited possibilities. However you access it and use it is up to each and every individual Soul.


Recollections
Could people we meet have pre-destined roles in our lives?
By Daniela I. Norris

Amelia Rothman, a foreign-rights editor from New York, has a turbulent personal life. She juggles a divorce and two teenage kids, and decides to seek hypnotherapy to help her deal with insomnia and anxieties. But when during the session an unexpected event emerges, she tries to understand how it is relevant to her current life and why it suddenly triggers a series of synchronicities that take her on an unexpected personal journey to the depth of her subconscious. At once a spiritual and psychological novel, Recollections explores the concepts of past lives, recognition of people and their roles in our present lives and life lessons.


The Union of Isis and Thoth
Magic and Initiatory Practices of Ancient Egypt
By Nicki Scully and Normandi Ellis

Foreword by Sandra Ingerman

In Ancient Egypt, temples were centers of community, healing, and wisdom, represented by the union of Thoth and Isis: the god of creative cosmic force joining with the goddess of civilized knowledge. This initiatic guide explains how to create a sacred temple within and without and restore the magic of the Egyptian mysteries to our time. The authors detail the construction, shamanic visioning, and ritual consecration of a Moon Temple dedicated to Thoth. They explore teachings that help you develop relationships with the Egyptian neteru and realize your place within the family of the Egyptian pantheon. They guide you as you create your inner temple, the adytum, a safe place in which to receive guidance and access your higher spiritual bodies and oracular gifts. They provide shamanic journeys and initiations on ascension, shamanic death and renewal, soul retrieval and healing, multidimensional realities, and more.

Bear & Company. Paperback, $18.00.

Life After Near Death
Miraculous Stories of Healing and Transformation in the Extraordinary Lives of People with Newfound Powers
By Debra Diamond

Life After Near Death is the only book to explore the deeper meaning of the near-death experience (NDE) through the prism of its miraculous after-effects. You don’t need to be declared clinically dead to experience an NDE. Nor must you experience many of Raymond Moody’s nine elements, including a life review, an out-of-body experience, encounters with deceased loved ones, and a decision to return to one’s body. The key is whether you return from the experience permanently transformed. Life After Near Death profiles a dozen cases of specific cognitive and physiological near-death aftereffects, and offers a new, science-based paradigm to unravel the NDE and our assumptions regarding the afterlife.


The Transfiguration of Our World
By Gordon Asher Davidson

This book provides a stunning and revelatory overview of the causes behind the current world upheaval, and the immediate and long term goals of a well-developed Plan for the transfiguration of the world. It explains how the world is being guided by a co-creative effort of humanity and an interdimensional Light Alliance, who are together transforming the darkness on our planet, and supporting the emergence of a civilization based on love, aligned with a higher spiritual Plan.


In the Oneness of Time
The Education of a Diviner
By William Douglas Horden

In the Oneness of Time is an inspiring true story that draws the imagination into its own magical source—where things become possible, and possibilities become things. It grips the reader like a Carlos Castaneda Don Juan tale—for real. Horden shows how he discovered the divinatory mode of intuitive perception—and relates in an engaging manner how a series of highly skilled teachers, life events, and “in-between-world” experiences trained him to develop it and use it wisely.

Larson Publications. Paperback, $16.95.
A

ccording to the CDC (centers for Disease Control and Prevention), 69% of American adults over 20 are overweight; 35.1% are obese. Many will resolve to lose weight this New Year’s. However, if we buy into one of the one-size-fits-all diets on the market and don’t explore our own, individual mind-energy fields to determine which foods we should be eating and which we should avoid to shed those pounds, we may never fit the size we dream of.

Take a look around you. You see lamps, tables, a television set, four walls, a ceiling and a floor. What you see may only be what you think you see. What you think you see may in fact be but an illusion. You’ve been led to believe that the over-stuffed material supported by four wooden legs that you’re sitting in as you’re reading this is a chair, but reality is based on perception, and your perception of reality is based on an obsolete theory of materialism.

In 1921, Albert Einstein was awarded the Nobel Prize in physics for his groundbreaking theory of relativity. With this theory, Einstein reinforced an emerging reality based on the inter-convertibility and transferability of energy and matter. Suddenly there was an argument for a reshaped reality where the perceptible is both supported and continually created by the imperceptible. With his Nobel Prize award, the world was suddenly forced to acknowledge that all matter is comprised of 99.999 percent energy.

In 1925, the Nobel Prize in physics was awarded to Dr. Werner Heisenberg for discovering a way to formulate quantum mechanics in comprehensive matrices. Heisenberg’s discovery revealed that all things material were in fact, comprised of energy. In the span of one generation, reality as the world had known it was turned upside down. Solid material objects were suddenly redefined as invisible vibrating particles of energy that gave shape to the mirage that was our erroneous material reality.

Weight Loss 2016: A Matter of Energy?

Tapping the mind-body energy field to transcend the archaic, one-size-fits-all approach to dieting

By Mark Mincolla

THE WHOLE HEALTH DIET

Weight Loss 2016: A Matter of Energy?

Tapping the mind-body energy field to transcend the archaic, one-size-fits-all approach to dieting

By Mark Mincolla
In spite of the transformational Nobel Prize work of Einstein and Heisenberg, the western world has insisted on holding on for dear life to an outdated Newtonian reality predicated on the five senses. This represents nearly a century of self imposed limitation. Even to this day, if we can’t see it, touch it, hear it, taste it or smell it, for all intents and purposes it ceases to exist. Delving into the world of energy demands that we be willing to reach beyond our grasp, to see the invisible and hear the inaudible. We largely remain a materially biased culture simply because we’re unwilling to expand our consciousness beyond our five senses. Instead of attaining to a higher level of understanding as is demanded by any appreciable degree of energy literacy, we instead insist on forcing our most convenient reality of choice to conform to the limitations of our consciousness. But what are the real possibilities beyond such shortsightedness and ignorance? What might we be missing out on? Imagine if we were willing to stretch our consciousness just long enough to explore the infinite possibilities that energy-based applications might offer.

We need turn no further than the world of our ancestors for a hint of viable possibilities. They understood and applied energy-based applications for a variety of purposes including medicine, healing and self defense. Acupuncture, Reiki and martial arts are time-tested examples of energy-based applications that have dramatically improved life quality. So, where medicine and healing have played such an important role in our ancestral energy healing applications, why couldn’t we employ them for our present weight loss dilemma?

Einstein and Heisenberg made it clear that everything is energy! You and I are comprised of energy, and so too is food. Whenever two energies meet there is an energetic reaction that is either positive or negative. And so it is when we eat. Some foods make us feel strong, while other foods make us feel weak. As anyone with a gluten intolerance can tell you, even the slightest hint of wheat on the palate can create some very inflammatory energy. There are those with such severe peanut allergies that a mere waft of the nuts will send them to the emergency room in a state of anaphylaxis. But do these profound energetic reactions only take place within our material, body chemistry?

The mind produces an energy field that is shared by the body. In energetic terms the mind and body are one. Whatever reactions take place in the body also happen simultaneously in the mind, and vice versa. Remember, the world of matter only appears to differ from the world of energy. We’re led to believe that the only way to experience a negative food reaction is bodily. The truth is food reactions manifest at both a body and mind level simultaneously. This fact suggests a remarkable possibility for diet and weight loss.

There are several university studies that have proven that subjects can experience appreciable weight loss by merely thinking about food! It seems that by thinking about feeling full on copious amounts of healthy food such as lean proteins, low starch vegetables and low sugar fruits, the mind-body energy field becomes programmed to support weight loss. The body-mind field represents a new frontier in diet, weight loss possibilities.

One energy application that is currently being explored is that of food energy muscle testing. This is a simple procedure that can easily be engaged by two people. A subject and practitioner can interface, with...
the practitioner placing an index finger gently on the subject’s throat as if to energetically dialogue with the subject’s calorie burning thyroid gland. Then the subject raises their non-dominant arm at shoulder height for a series of simple strength resistance muscle tests, as the practitioner audibly calls out the names of respective foods. Those announced foods that elicit a strong subject strength response are representative of the most efficient calorie burning foods for the subject’s prospective diet. The audibly called out foods that weaken the subject’s arm strength, on the other hand, should be seen as foods that will likely hamper subject’s metabolic weight loss efficiency. It’s as if we can be manually tested through our mind-body field for our unique, energetic “DNA like” response. One of the more interesting aspects of this testing is that many foods that are generically considered to be healthy might in fact impose a negative influence over one’s weight loss metabolism.

Mobile Phones Accelerate Mercury Release From Dental Fillings

A fascinating scientific study has found that using mobile phones can accelerate the release of toxic mercury from dental fillings. This is especially noteworthy given that many people hold their mobile phones right next to their jaws when talking on them.

The study is one of millions linked on SCIENCE.NaturalNews.com, which hosts over 12 million published scientific studies from around the world. You can also find the abstract at the National Library of Medicine. A similar study which looked at MRI fields instead of mobile phone use is published by The International Journal of Occupational and Environmental Medicine.

Mercury release from dental amalgam restorations after magnetic resonance imaging and following mobile phone use was originally published in the Pakistan Journal of Biological Sciences: PJBS, Publication Date: 2008; Study Author(s): Mortazavi, S M J; Daiee, E; Yazdi, A; Khiabani, K; Kavousi, A; Vazirinejad, R; Behnejad, B; Ghasemi, M; Mood, M Balali; Institution: Department of Medical Physics, School of Paramedical Sciences, Shiraz University of Medical Sciences, Shiraz, Iran.

The authors of the mobile phone study concluded that “MRI and microwave radiation emitted from mobile phones significantly release mercury from dental amalgam restoration.” This means when you hold a mobile phone next to your jaw, you are driving electromagnetic energy into the mercury fillings in your mouth, heating them up just enough to accelerate their release of mercury. You then inhale the mercury which enters the bloodstream, poisoning your brain and kidneys.

—Natural News

Mark Mincolla, Ph.D., is a natural health care practitioner who has transformed thousands of lives over the past thirty years. Integrating ancient Chinese energy techniques with cutting-edge nutritional science, Dr. Mincolla approaches food as the primary medicine. He is the author of THE WHOLE HEALTH DIET: Balancing Energy and Nutrition to Achieve Optimum Health, published by Tarcher Penguin, http://www.penguin.com  http://www.MarkMincolla.com

The human mind-body energy field is a subtle and unique medium for food allergy testing. It represents an untapped natural resource that invites us to transcend the archaic, material, one-size-fits-all approach to dieting.
The visitors to the National Jazz Museum, occupying a small hall on the top floor of a building in Harlem, receive a warm welcome because they are rare. If, in addition, they are knowledgeable enough to ask a few questions about Freemasonry, they will stupefy their hosts as it is still not common knowledge that Nat King Cole, Cab Calloway, Duke Ellington, and many others were lodge members.

The histories written about jazz do not mention the Masonic membership of many musicians, although there may be some exceptions. The same is true for the biographical sketches posted by American National Biography. We are in Raphael Imbert’s debt for the first books on jazz and Freemasonry. Not only did he attempt to take a census of Freemason jazzmen, but he also deeply analyzed the spiritual dimension of jazz, which has heavily influenced American society since its golden age in the 1920s and throughout the twentieth century.

This does not mean, he says, “that there is some kind of masonic jazz. Or rather, there are no musical masonic rituals that can be identified as jazz.”

He breaks down the spiritual dimension of jazz into three tendencies: “religious, mystical, and metaphysical.” He demonstrates that the religious dimension is an abiding presence for these musicians, much more than for most European musicians. In fact, the attitude of the American churches, which in most cases supported the fight against slavery and the civil rights movement, just like the lodges of Prince Hall, explains the attachment of many black masons to the religious tradition.

I am not going to focus on the “spiritual” dimension of the bond between jazz and Freemasonry as much as the social aspects. In fact the so-called Royal Art and the art of music have coupled harmoniously to accompany the social rise of a large number of artists from poverty who also had to confront a society that was still strongly gripped by racial discrimination.

By Cécile Révauger
The Racist Context and Social Ascent of Jazzmen

Several of these musicians were born in dire poverty. In his autobiography, *Satchmo*, Louis Armstrong describes the wretched condition in which his family lived in New Orleans during the years 1910–1920, in a neighborhood where violence and prostitution got on well with each other. As a teenager, he was sent to a juvenile home for firing a shot in the air to defend himself against a criminal threatening him. He also was a small-time pimp until he was able to make a living from his concerts. Armstrong, whose family had decided to move there in 1923, when he was just four years old. The city, all the same, was not a haven from racist behavior, including that of “colored” people who wanted to assimilate completely into white society as shown by this incident that Nat King Cole experienced:

Once in Chicago, I sat down on a bus next to this light-skinned black lady, and she turned to me and said: “You are black and you stink and you can never wash it off.”

These remarks, which were all the more hurtful coming from a black woman, left an indelible impression on Nat King Cole. Later, when the musician had successfully broken into an artistic milieu that was largely white, he had to confront many forms of discrimination or at least some unpleasant incidents. When he tried to buy what was a veritable palace—a fourteen-room home—in one of the most bourgeois neighborhoods of Los Angeles, Hancock Park, a homeowners’ association tried to oppose it by suing the seller. A year later, the B’nai Brith, a Masonic-like Jewish organization, published a report denouncing the organizations guilty of discrimination against Blacks. Among them they cited the Hancock Park Homeowners Association that had harassed Nat King Cole and his wife.

When Nat King Cole neglected to pay his taxes, his Cadillac and house were confiscated and the musician barely managed to hold on to his property by negotiating a repayment plan for his fiscal debts. Finally, during a concert tour in the South, he was physically attacked by four people in the middle of a concert in the city of Birmingham, Alabama. His assailants were arrested and convicted thanks to the support of the mayor of Birmingham and the determination of the judges, who were outraged by this openly racist assault.


Cécile Révauger is a respected historian of Freemasonry and a professor at the University of Bordeaux. The author of several books on Freemasonry in French, she lives in the Bordeaux region of Southern France.
You probably don’t realize how many common spices found in your kitchen cabinet contain robust nutrients. Of course, you naturally use many of these colorful herbs and spices to add flavor to your food. But many of them go well beyond simply tantalizing your taste buds.

Some of the spices you use can have powerful health-supporting properties. And this is one of the underlying reasons why they’ve been used for thousands of years in ancient cultures. Modern research is now taking a closer look at some of these common spices and their potential to enrich your overall health.

One such spice is turmeric, the colorful “curry spice” often used in Indian cuisine. It’s even probably in your cabinet. Turmeric contains curcumin. This is the pigment that gives turmeric its distinctive yellow-orange brilliance. And curcumin is a polyphenol identified as turmeric’s primary active compound.

So what are some of the ways you can take advantage of curcumin? Well, one approach is to use it in your cooking as a pure turmeric or curry powder (turmeric powder is my preference).

There are some more effective ways I feel you can take advantage of curcumin benefits. And I’m ready to share with you some of those strategies coming up. But first, you might be wondering... “Where does this turmeric spice get its ‘roots’ from?”

**Why Some Hail It as ‘The Spice of Life’**

A few years ago, I traveled over 15,000 miles to India to learn more about the herbs and spices that lie at the heart of Ayurveda. Ayurveda is India’s recognized authoritative source of knowledge and truth in holistic health promotion.
Of the many herbs and spices I studied, one that particularly caught my attention was turmeric. Turmeric is a spice that has been often labeled “The Spice of Life.”

Turmeric has been used as a spice and in other variety of ways thousands of years ago in many ancient cultures.

Even though there may be some debate about the timing of turmeric’s first use as a healthy spice, folklore has spawned many clues on when and how it was used.

Thousands of years ago, people in India and China used turmeric in a variety of ways. Some stories suggest traditional use may date back more than ten thousand years ago in India.

The ancient Polynesians carried turmeric with them on their incredible voyage across the Pacific Ocean to Hawaii. Today, Hawaiians still use this spice known to them as Olena.

In addition to a number of health-promoting properties, many ancient cultures used turmeric as a dye and it was even worn as dried beads to ward off evil spirits.

While in China, Marco Polo in 1280 AD recorded information on turmeric in his diary: “There is also a vegetable which has all the properties of true saffron, as well the smell and the color, and yet it is not really saffron.”

So, turmeric has been used as a substitute for saffron (an old world spice) in Europe for over 700 years. And when it comes to curcumin in turmeric, western scientists first isolated the curcumin molecule in 1815, obtained its crystalline form in 1870, and determined its overall structure by the early 1900s.

How Curcumin Benefits Your Health in a Variety of Ways

The potential antioxidant benefits (described above) from curcumin are actually just the tip of the iceberg. Many studies have shown a variety of different ways that this spice can support your overall vitality.

Curcumin:

- Can assist gallbladder function
- May help aid in minimizing oxidative stress
- Supports postmenopausal health in women (along with exercise)

Plus, with this spice capable of crossing the blood-brain barrier, curcumin’s potential as a neuroprotective nutrient and supporter of overall brain health should not be overlooked.

With all these promising benefits, what are some of your best sources of curcumin?

Adding More Than Just Flavor to Your Food

Add a few sprinkles of turmeric powder to your favorite curry dish to spice up the flavor.

I spoke early on how you could add turmeric powder to your cooking. Even though there are better ways to reap the benefits of curcumin, spicing up your food is a great place to start.

My only recommendation is that you use a high-quality turmeric powder (preferably organic) because it tends to have more curcumin than standard curry powder.

Here are a couple ideas on how to add turmeric powder to “wake-up” a variety of foods:

- Shake a few sprinkles of turmeric powder into any curry dish you’re making to give it more flavor. Turmeric powder is a primary ingredient in Thai-style yellow curries, Indonesian rendang (a coconut-infused beef stew), and many northern Indian curries.
• Add a teaspoon of turmeric powder to tomato-based sauces to create more complex flavors. Turmeric’s earthy bitterness creates a contrast to the sweet tanginess of the tomatoes for a tantalizing taste.

• Turmeric’s earthy taste can enhance soups, stews, and leafy green sautés. You could even add a pinch to an egg-white omelet to spice up the flavor.

These are just a few examples of how this extraordinary spice can be used in your favorite foods. I’m sure there are dozens of more elaborate recipes on the Internet if you really want to research it.

Unfortunately, as enjoyable as the flavor of turmeric powder is in your food, there are obstacles when it comes to reaping the potential health benefits.

How Bioavailability Issues Can Present a Daunting Challenge

Whether added in the food you eat or even in a supplement you might take, curcumin presents absorption challenges to your body. Here are some of the basic issues with its bioavailability. Curcumin:

• Tends to be unstable at intestinal pH levels
• Presents a poor pharmacokinetic profile for absorbing it orally
• Has a tendency toward rapid elimination from your body

The bottom line with curcumin is that it’s simply not easy for your body to absorb. A great deal of curcumin taken orally simply passes through your system without being absorbed. And the curcumin that does manage to get absorbed in your intestine can be quickly metabolized by the liver.

But not all is lost, because as I mentioned earlier, I have a couple of strategies for you that can potentially help enhance the bioavailability of curcumin in your body.

Do-It-Yourself Strategies That May Help

Curcumin powder can be used in do-it-yourself approaches to help improve its bioavailability of the nutrient.

If you’re into DIY (do-it-yourself) approaches, there are a couple of things you can do to improve curcumin’s bioavailability. One approach is to:

• Use curcumin powder (preferably organic) to make a microemulsion
  • Combine a tablespoon of powder with 1–2 egg yolks and add a teaspoon or two of melted coconut oil
  • Mix together in a high-speed blender to emulsify the powder

Here’s another DIY strategy to consider:

• Put one tablespoon of curcumin powder into a quart of boiling water
  • After boiling for 10 minutes, you will have created a 12% solution
  • Once cooled, you should drink the solution as soon as possible because over time the curcumin will gradually fall out of the solution

One note of caution when using curcumin powder is that it is a very potent yellow pigment. There are obvious reasons why many ancient cultures used it as a dye… it can permanently discolor surfaces if you’re not extra careful.

These are a couple DIY strategies you can use to potentially improve the bioavailability of curcumin. However, you simply may not be into doing something like this yourself, or may not even want to spend the necessary time. Well, there is another strategy for you to consider.

Could Curcumin Supplementation Be a Good Alternative?

Just like curcumin’s bioavailability is challenging when consuming it in foods you eat, such is the case with supplementation as well.

In a quality test conducted a few years ago, an independent lab evaluated some turmeric/curcumin supplements and reported that 20% of turmeric supplements delivered less than 15% of promised curcuminoid compounds. Consumers need to carefully scrutinize turmeric
or curcumin supplements to make sure they’re getting a quality product because curcumin presents absorption challenges, certain specially formulated products may offer greater bioavailability.

So the quality of curcumin supplements is a very serious issue if you are considering using curcumin. You simply must be well-informed when choosing a supplement.

I can tell you that I’ve spent about five years researching this phenomenal spice. And I truly believe that with all the astounding advances in supplementation technology being made today, that the high-quality bioavailability issue can be addressed.

Your Selection Checklist for a High-Quality Curcumin Supplement

Here’s a comprehensive checklist with what I believe contains the most important criteria for selecting a high-quality curcumin supplement. Make sure the curcumin formula:

• Utilizes advanced technology to enhance bioavailability – As I emphasized above, absorption is a considerable obstacle that needs to be addressed by innovative technology. This is probably the most important item to check for.

• Delivers three curcuminoids found in turmeric – Curcumin is the principal curcuminoid (active ingredient) in turmeric. But there are also two more, demethylated curcuminoids (demethoxycurcumin and bis-demethoxycurcumin).

• Avoids unnecessary fillers, additives, and risky excipients – It makes little sense to have questionable, unnecessary ingredients in the formula.

• Is sourced from raw turmeric material containing at least 95% curcuminoids.

• Minimizes serving size/frequency – This is often linked in with the implemented advanced technology. Everyone wants to take the fewest number of capsules necessary.

• Comes from a reputable manufacturer experienced in high-quality manufacturing and delivery of supplements – It does very little good if excellent ingredients and enhanced bioavailability techniques are utilized without giving high-quality practices top priority.

• Yields a final product at a reasonable price – The use of innovative technology is important in improving bioavailability but this can’t lead to a supplement price that’s off the chart.

I strongly feel that if you carefully read the supplement label, and highly scrutinize the ingredients and the manufacturer’s quality practices, you can find a high-quality curcumin supplement with enhanced bioavailability.

However, I realize that’s not such an easy task and you may not have the time to devote to really search for a good formula. To that end, my research team helped save you valuable time and found a fantastic curcumin formula I believe exceeds all of the stringent selection criteria.

I’m ready to share with you the phenomenal supplement I discovered and the technology behind it. On the way to doing that, I think it’s essential to better understand what’s behind some of the key selection criteria.

Why I Recommend You Avoid Excipients Like These

Another important selection criterion for a curcumin supplement is to minimize the use of excipients or fillers within the formula. An excipient is a substance added to a supplement as a processing or stability agent. As some of these agents may cause ill-health effects, I recommend avoiding them.
Here are a few examples of what to watch out for and if they are in your supplement it might be best to avoid:

- **Magnesium stearate** – Made from stearic acid, this “flow agent” can inhibit absorption of nutrients in your digestive tract.
- **Polysorbate 80** – Also known as Tween 80™, this additive can trigger allergic reactions.
- **Isopropyl myristate** – This excipient could trigger side effects in people already facing certain health challenges.

There are other risky additives you may come across as well. The bottom line is this... you don’t need these ingredients in your turmeric supplement. I feel they simply are unnecessary.

This is a great example of how carefully reading the supplement label will pay off. Generally, manufacturers are required to declare any processing agents they add or use in making the formula. If you notice any of the agents identified above on a curcumin supplement label, I recommend dropping it like a hot potato.

### How ‘Sustained Release’ Shows Great Promise

Aside from absorbing the curcumin, like many nutrients, it has a relatively short half-life which means, in order to receive the maximum benefit you would have to consume it every four to six hours.

Fortunately, there is a “sustained release” version of the product that can eliminate the major hassle factor of having to take this supplement so frequently. Sustained release:

- Provides controlled release of nutrients over time
- Aids in enhancing bioavailability of nutrients
- Offers a convenient reduction in intake frequency
- Helps reduce potential adverse reactions
- Tends to promote better compliance in regular use (in combination with reduction in intake frequency)

And with the curcumin supplement I’m ready to introduce you to, Curcumin Advanced, the sustained release technology helps to separately release micro-particles of curcumin in your digestive tract.

Here’s more on how the innovative technology behind Curcumin Advanced delivers what I consider to be the best of the best curcumin supplements available.

The sustained release high-bioavailability enabling technology employed in the Curcumin Advanced formula is only part of the story.

Here’s a quick breakdown how an incredible technology, called “MicroActive®,” helps with bioavailability:

- Creates a self-emulsifying system forming micro-particles of curcumin, making it water-soluble and highly bioavailable*
- Helps enhance protection of the active nutrients for transport to the absorption site*
- Provides time-release functionality to aid in nutrient delivery effectiveness and lowers intake requirements for both regular and maintenance applications*
- Reduces bioavailable variation to help enhance total efficacy potential*
- Delivers detectable amounts of additional curcuminoids, bisdemethoxycurcumin and demethoxycurcumin, with reduced intake requirements. This is critical as new research shows that bisdemethoxycurcumin is only activated when the levels of the other two curcuminoids (demethoxycurcumin and curcumin) are high.

The MicroActive® formula helps reduce the variation between individuals. Some people are good absorbers, but others, because of high levels of adipose tissue or medical conditions, are normally poor absorbers. The MicroActive® helps increase absorption where absorption is low. The end result is that I believe this innovative technology helps make Curcumin Advanced the best curcumin supplement I’ve seen to date.

**Dr. Mercola** is the founder of the world’s most visited natural health web site, [http://www.Mercola.com](http://www.Mercola.com). You can learn the hazardous side effects of OTC Remedies by getting a FREE copy of his latest special report The Dangers of Over the Counter Remedies by going to his Report Page.
Stephen Simon’s Top Ten Movies of 2015

By Stephen Simon

As I note each year, I do not call this a “best” movies list because I see film as an art form much like music and art itself. Can anyone objectively claim that Rembrandt was a better painter than Van Gogh or Mozart a better composer than Beethoven? I believe that all of us can honestly do is say which film, music, or art we personally prefer. As a proud member of The Academy who has been voting for the Oscars for more than thirty years, I keep hoping we can change “Best” to “Favorite”...but I’m not holding my breath.

For the first time this year, my favorite films arranged themselves into four specific categories:

The Spellbinders

Three completely different films—literally light years apart—that riveted me to the screen throughout.

Spotlight

In 2001, Spotlight, the Boston Globe’s special investigative unit, launched an inquiry into allegations of child abuse by priests in their city. During the year that it took them to unravel the tangled web of deceit and cronyism that lay at the core of the heartbreaking story they uncovered, they faced a myriad of obstacles from skeptical, uncooperative city officials and potential sources. The team also faced the
daunting task of confronting one of the most powerful of all U.S. Cardinals (Bernard Law) and the machinery of the Catholic Church itself.

Undeterred, the Spotlight team became the first journalists to expose and document both the shockingly rampant abuse that had been occurring for decades and also the coverup of moving offending priests from parish to parish instead of defrocking them and exposing their crimes.

Director Tom McCarthy does a masterful job of telling a complex story in a straight-forward, compelling style, aided greatly by a brilliant ensemble cast, including Michael Keaton, Mark Ruffalo, Rachel McAdams, Live Schreiber, John Slattery, and Stanley Tucci.

Haunting, mesmerizing, and emotional, Spotlight is at its heart a profile in courage about a small group of men and women who risked everything to report a story that the world needed to know.

The Martian

Astronaut Mark Watney (Matt Damon) gets stranded on Mars when his crew mates leave for home without him, mistakenly believing that he has been killed in a vicious storm. By the time Watney can communicate that he has survived, it becomes clear that he will have to somehow survive for three or four years until a rescue mission can reach him…and he must do so in an enclosure with food and water that was only designed to sustain human life for thirty days.

Pretty simple set-up, yes? Kind of like Cast Away on Mars…but with no volleyball. You had to really want to spend time with Tom Hanks (who doesn’t?) in that earlier film, and the same holds true for Matt Damon here. Watching him meet and solve the myriad of challenges he faces while NASA and his crew mates race to save him is beyond fascinating…and often delightfully humorous.

Director Ridley Scott is no stranger to space (Alien) and here he takes full advantage of both his prodigious visual talents and also the irresistible charisma of Mr. Damon to make an old-fashioned, edge-of-your-seat-don’t-go-to-the-bathroom thriller.

Even more importantly, the film reminds us of how beautiful we humans can be when we operate at our very best. As another space traveler once noted about our species in Starman: “Shall I tell you what I find beautiful about you? You are at your very best when things are worst.”

Joy

The third straight Holiday season film gift from brilliant writer/director David O. Russell (Silver Linings Book, American Hustle), Joy is based on a fascinating, inspiring true story…and is very aptly titled.

Jennifer Lawrence gives another terrific performance as Joy Mangano, the woman who invented The Miracle Mop and then built a business empire with over one hundred patented products, including Huggable Hangers, the best-selling product in the history of HSN (Home Shopping Network). As with most success stories, however, Joy’s pathway was strewn with obstacles, delays, opposition, doubt, personal challenges, and financial missteps. Through them all, Ms. Mangano’s indomitable spirit persevered, survived, and then prospered .as we the audience are rapt witnesses to her amazing journey.

Such is the brilliance of Mr. Russell’s vision that Ms. Lawrence (arguably the most sought after actress in film today) stars in her third film with Mr. Russell and is joined by Bradley Cooper and Robert deNiro, who also appear in all three films…and here both leading men play supporting roles.

The uplifting heart and soul of Joy is beautifully encapsulated by the dedication at the very beginning of the film: “Inspired by the true stories of daring women. One in particular.”

Amen…and Awomen…to that.

Old Hollywood

Three movies that—time travel aside— could have been made in the Golden Age of Hollywood:
Bridge of Spies

Every frame of this engrossing thriller is a resonant and emphatically positive answer to the question “Why don’t they make more movies like they used to make them in Old Hollywood?”

Set in 1957 during the intensity of the Cold War between the United States and Russia, Spies revolves around the fascinating true story of Gary Powers, an American pilot who was captured when his top secret spy plane was shot down over Russia, and Soviet spy Rudolf Abel (Mark Rylance) who was arrested for espionage in the United States. With both countries wanting to repatriate the two men, the United Staes hired an attorney named James Donovan (Tom Hanks) to go to Berlin (just as the infamous wall is being finished) to negotiate the trade.

Tom Hanks is his usual brilliant self as is Mr. Rylance and everyone else in the cast. Director Steven Spielberg has always been a master storyteller and his genius is on full display in Spies, in which he eschews any cinematic techniques that could get in the way of simply telling the story.

Bridge of Spies is a wonderful example of what we fondly remember as an Old Hollywood “movie-movie”. Those indeed were the days.

Creed and Southpaw

Old Hollywood had a rich tradition of making classic films about boxers, with stars from Kirk Douglas to John Garfield to Paul Newman. In 1976, Sylvester Stallone’s Rocky joined that pantheon… which now comes full circle in the poignant Creed.

This time around, old rival and friend Apollo Creed’s son Adonis comes to Philadelphia to seek Rocky’s help in becoming a world class boxer. With his wife and best friend deceased, and his son having moved across the country to start a new life and family of his own, Rocky has settled into a quiet, often melancholy retirement in which his body and spirit are showing the effects of the wear and tear of a life in the ring…and the absence of loved ones.

While what happens from there is no surprise (Rocky relents and becomes to Adonis what Burgess Meredith’s iconic character Mickey was to Rocky himself), how the film unfolds is inspiring, deeply emotional, and life-affirming. Michael B. Jordan is absolutely wonderful as Adonis, as is Tessa Thompson as the young singer with whom he falls in love. But the real revelation here is Mr. Stallone himself who, in a break from all previous Rocky films, hands over the writing/directing reins to others in Creed and gives the best performance of his career. Warm, humble, wise, and witty, Mr. Stallone gives us a lovable, vulnerable, older-sadder-but-wiser Rocky to remember him by. Even though it might require a Rocky-like upset in the late rounds, don’t be surprised to see Mr. Stallone receive a Best Supporting Actor nomination for his work here. To which I say—“Yo, Rocky”!

Southpaw features another career-defining and Oscar-worthy performance by Jake Gyllenhaal as World Light Heavyweight champion boxer Billy Hope, who has clawed his way up from poverty to wealth and fame, alongside his wife/best friend/muse Maureen (Rachel McAdams). When we meet Billy, he is a happy, humble man who dotes on his adoring wife and young daughter. When Maureen is tragically and accidentally killed, however, Billy’s life completely unravels, leaving him bankrupt and alone, without even his daughter who has been taken away from him because of his erratic and self-destructive behavior. Motivated by his drive to regain custody and the respect of his daughter, Billy begins to work his way out of the abyss.

While there is nothing terribly surprising in the plot lines of either Creed or Southpaw, the
journey we take as an audience is engrossing, emotionally resonant, and ultimately very life-affirming...with stirring and vulnerable performances by all concerned. After both films, I walked out of the theater feeling better about being human...and that is in and of itself a wonderful gift in these perilous times.

The Originals

After over a century of movie-making, coming up with a truly original film is a prodigious, daunting undertaking, not to mention the financing, casting, marketing challenges, etc. There were two in 2015 that I particularly admired (Me, Earl, and the Dying Girl also gets very honorable mention):

The Danish Girl

Talk about “boldly going where no man–or woman–has dared to go” (on screen), The Danish Girl is one of the bravest films of recent memory, featuring perhaps the single most courageous and vulnerable performance I have ever seen.

Based on the true story of 1920’s married Dutch artists Einar (Eddie Redmayne) and Gerda (Alicia Vikander) Wegener, the film introduces us to a couple who are deeply in love. Immediately, however, we see that Einar is utterly fascinated and beguiled by women, not as potential lovers but as role models of grace and femininity. Soon, Einar becomes inexorably drawn to dressing and behaving like a woman. With the loving support of his wife, he inhabits a female persona whom they call Lili. Einar’s male persona soon disappears into Lili, culminating in him volunteering to be the first man to ever undergo transgender surgery.

Tom Hooper’s (The King’s Speech) direction is flawless, sensitive, and pitch perfect and Ms. Vikander’s performance of a woman who unconditionally loves her husband is very touching. The film, however, belongs to Mr. Redmayne who gives an astonishing, nuanced, vulnerable, heartbreaking performance that even surpasses his Oscar-winning role in last year’s Theory of Everything. Mere words cannot capture how courageous Mr. Redmayne’s portrayal is …except to say that is one for the ages.

Ex Machina

A young computer programmer named Caleb (Domhnall Gleeson) at the world’s largest Internet company wins the opportunity to meet Nathan (Oscar Isaac), his company’s visionary founder, at a remote, almost inaccessible research facility/home. When Caleb arrives, he discovers that he has been chosen to “test” Ava (Alicia Vikander), a “robot” that Nathan claims is the world’s first true artificial intelligence.

Writer/director Alex Garland creates and maintains an intense, fascinating, foreboding, erotically charged atmosphere and, in a complete departure from her role in The Danish Girl, Ms. Vikander is creepy, convincing and coldly shrewd as Ava, who has much more on her mind than her creator might imagine. What makes the film even more compelling is our understanding that we are indeed at the doorstep of a tipping point beyond which A.I. may no longer need –or even more chillingly–want–human assistance.

For those of us who are concerned that the evolution of our humanity has not kept pace with the evolution of our technology, Ex Machina is an innovative, chilling, hypnotic, surprising experience…and cautionary tale.

Second Chances

Danny Collins

and

Ricki and the Flash

Unfortunately, Danny and Ricki came and went in theaters with barely a ripple...which is a shame because they’re both wonderful, adult movies with some very important things to say about the choices we make…the regrets that haunt us...and those often elusive second chances we sometimes get the opportunity to embrace.

The title characters are portrayed by movie industry royalty (Al Pacino and Merly Streep) who both play musicians that made the same fateful decision to place their careers above their families.
When we meet Mr. Pacino’s Danny Collins, he is rich, famous, and still performing his greatest hits for sold out audiences. Even so, he is also feeling burned out and hollow when his manager and best friend (Christopher Plummer) changes everything in an instant by giving Danny a forty year old letter from John Lennon that Danny had never received. Mr. Lennon’s observations galvanize Danny to seek out his adult son whom he had never met because of Danny’s obsession with his career. Danny’s son, however, wants nothing whatsoever to do with the father who had so completely abandoned him.

Forced to finally face the consequences of his actions and choices, Danny finds new direction and meaning in his life. Mr. Pacino is wonderful and completely believable in his role, as are Mr. Plummer, Bobby Cannavale as Danny’s son, Jennifer Garner and adorable Giselle Eisenberg as the daughter-in-law and granddaughter he never knew existed, and Annette Bening as a hotel manager who somehow becomes Danny’s muse as he transforms his life.

Meryl Streep’s Ricki also abandoned her family in favor of her career but, unlike Danny Collins, she never rose to fame or fortune. When the film opens, Ricki is barely surviving by playing gigs in bars with her sometimes lover Greg (played by Rick Springfield—yeah—him!) when she receives news that her daughter, who was about to be married, has been jilted. Going home after many, many years of absence, she must face her son, her daughter, her ex-husband…and the consequences of the fateful choice she had made long ago.

Ms. Streep’s own daughter Mamie Gummer plays her daughter, making the scenes, confrontations, pain, love, and ultimate reconciliation between them even more poignant.

Oh…and along the way, Ms. Streep and Ms. Springfield play some incredible, get on your feet and rock along music that we baby boomers all remember!

That’s my list. What were your favorite films of the year? Please leave a comment here http://www.TheOldHollywood.com and/or join us on Facebook (Bringing Back The Old Hollywood) and Twitter (@Old_Hollywood)

Thanks so much and have a wonderful 2016!!

Stephen Simon

People today go to extreme lengths to cover up tired, dull, lifeless skin, nails, and hair. What few understand is that outward appearances of skin wrinkles, brittle nails, and dry hair are more than superficial cosmetic issues. They are indicators of the aging of connective tissue throughout our body.

Connective tissue provides support to hair, skin, and nails. As we mature, a decline in the production of structural proteins causes deterioration of the body’s connective tissues.

Fortunately, many of these surface changes can be thwarted using an ingestible combination of bioavailable keratin and collagen.

Clinical studies document reversals in markers of superficial aging in response to replenishing the body’s structural proteins.

These improvements are reflected through more lustrous hair, stronger nails, and vibrant skin.

Why Cosmetics Fail

As we age, our bodies produce less keratin and collagen, two key structural proteins that are essential to the health of the tissues that comprise hair, skin, and nails.

On the outside of our body, this breakdown results in hair loss, dry and wrinkled skin, and dull, brittle nails.

However, these “cosmetic” changes are reflective of more serious problems on the inside, including changes in blood vessel walls, bone, connective tissues, and other vital organs where these essential structural proteins are predominant.

The Keratin Connection

For many who have cosmetic problems that occur due to the decline in the body’s keratin supply, the logical solution is to replace the essential keratin in the body.

The problem with many commercial keratin preparations is that they are made from hooves, horns, and


By Marcus Phillips
feathers. As a result, they lack biological activity in humans because they have been over processed during exposure to heat and other harsh conditions.

Scientists have developed a patented process that makes keratin soluble, preserves its bioactivity, and makes it digestible. Solubilized keratin contains highly bioavailable protein-forming building blocks, including sulfur-containing amino acids, to replace the keratin that is lost in the aging process.

The result is the delivery of high-quality keratin proteins directly to the cells that help form hair, nails, and skin. Solubilized keratin has a high bioavailability, meaning that it can rapidly start replenishing depleted keratin.

Laboratory studies have shown that soluble keratin stimulates skin cells to proliferate at a rate up to 160% greater than they would without the protein, permitting cells to then increase their own production of structural proteins. This results in an increase in the thickness of the epidermis, which translates to a reduction in fine lines and depth of wrinkles. Furthermore, promotion of healthy skin cells also reduces water loss by improving the skin’s barrier function and providing firmness and elasticity.

Chronic oxidative stress and ultraviolet light exposure can lead to a decline in skin vitality. In preclinical research, supplementation with this new keratin has shown to rebuild the natural enzyme systems in cells, including glutathione and superoxide dismutase.

**WHAT YOU NEED TO KNOW**

**Beauty from Within**

- Deteriorating hair, nails, and skin appearance is not only unsightly, but is a visible sign of aging connective tissue proteins throughout the body.
- This occurs as a result of a decline in the body’s production of keratin and collagen.

- Insufficient intake of specific vitamins and minerals further contributes to the loss of essential structural proteins.
- Many of these changes can now be prevented, slowed, or even reversed with a novel combination of bioavailable keratin and collagen, along with specific vitamins and minerals.

**Evidence of Clinical Efficacy**

Clinical studies have demonstrated real-world benefits of supplementing with solubilized keratin.

In 2010, scientists revealed the results of their study on female subjects who had damaged, fragile, and stressed hair to determine if an oral keratin supplement would be effective in strengthening hair and facilitating hair growth. The women took daily supplements of 500 mg of solubilized keratin, along with zinc, vitamin B3, copper, vitamin B5, vitamin B6, and biotin for ninety days.

The subjects’ hair was tested for integrity and strength using three standard ways of measuring hair quality: scanning electron microscopic photos (shows hair appearance), number of hairs lost after washing (indicates hair strength), and mechanical force on individual hairs (shows hair strength).

First, electron microscopic photos showed dramatic healing of individual hair shafts. At the beginning of the study, the photos indicated elevated, uneven cuticle surfaces, but by day ninety the photos showed a smooth, interlocking, watertight cuticle. This change translates into smoother, shinier hair.

In addition, the number of hairs lost during washing was significantly reduced by 30% and hair strength increased by 12%. The researchers concluded that the keratin supplement strengthened hair, promoted hair growth, and improved hair appearance.
Hair and Nail Improvements

A 2014 randomized controlled trial found that the same keratin formulation was effective for decreasing the rate and amount of hair loss and improving the strength and appearance of nails in adult women.

Subjects were women between 40 and 71 years old who had clinical signs of damaged hair and nails. They took two capsules of solubilized keratin or a placebo daily for ninety days.

By day ninety, the researchers observed the following improvements:

- 47.1% subjective improvement in hair appearance
- 5.9% improvement in hair strength
- 9.2% increase in hair follicles in the growth phase (the placebo group had no significant increase)
- 47% reduction in the number of hairs that could be removed from the scalp in a hair-pull test, an evaluation in which 20 to 60 hairs are grasped between the fingers and firmly tugged away from the scalp to see how many can be removed

At the structural level, the amino acid composition of hair protein changed favorably in the supplemented group. By day ninety, all four amino acids tested had a statistically significant increase showing the bioavailability of solubilized keratin.

Nail parameters were also significantly improved in the test group. Supplemented subjects showed an 87.5% improvement in the tendency of their nails to break, compared with 28.5% in the placebo group.

Five additional nail health parameters showed significant improvements for the supplemented group compared with baseline:

- Hardness improved 50%
- Resistance to bending and breaking increased 54.2%
- Maintenance of overall nail integrity improved 33.2%
- Nail smoothness increased 37.5%
- The white, or natural, appearance of the nail improved 20.8%

WHY KERATIN IS IMPORTANT

Keratin is an important component of hair, skin, and nails.

The hair shaft is made primarily of keratin. The age-related decline in keratin synthesis leads to deterioration of stability and flexibility of the hair shaft, leaving hair vulnerable to dryness and breakage with brushing and the use of styling products and tools.

Similar to the hair shaft, the human fingernail is made almost entirely of keratin. As we age and produce less keratin, fingernails become brittle, resulting in splitting and fissuring. Nails can also develop yellow or gray discoloration and become dull or opaque in appearance.

These changes can occur as a result of various factors, such as circulatory changes that reduce the delivery of nutrients to the nail bed, exposure to the sun’s ultraviolet radiation, which damages the cell replication process, repetitive cycles of wetting and drying, and exposure to cosmetic and other chemicals. These and other factors, in addition to loss of keratin content, result in impairment of the intercellular adhesion that maintains the integrity of the nail plate.

Keratin is also largely responsible for making skin strong, waterproof, supple, and flexible. Skin strength and resistance to tearing and penetration comes from an abundance of tough, but flexible fibers of keratin in the epidermis, the outer layer of the skin. Keratin cells and fibers also maintain the moisture content of the skin by providing a waterproof yet water-retaining barrier.

As we age, the cells that produce keratin are slower to renew themselves and progress through the skin layers to the surface. This causes the skin to become vulnerable and much of the waterproofing and water-retaining properties of the protective outer layer are lost. The result is a dry and dull appearance.

Dry skin associated with lower keratin content creates more than just appearance problems. Dry skin causes itching and irritation that can lead to scratching and excoriation, further compromising the health and integrity of skin.

The age-related decline in keratin production makes supplementing with this compound extremely important for preventing or reversing many of these seemingly cosmetic signs of age.
Keratin Improves Skin Appearance

In 2013, the same keratin formulation was evaluated in a randomized, double-blind, placebo-controlled clinical trial to determine its effectiveness in improving skin health and appearance.

Subjects were females between 40 and 71 years old who already showed signs of skin aging. They took two capsules of solubilized keratin or a placebo daily for ninety days. Researchers determined that the supplement improved skin moisture, reduced wrinkle depth, and improved skin elasticity.

By day thirty, subjects had already achieved a statistically significant 13.3% improvement in skin moisture. By day sixty, there was a 22.2% improvement, and by day ninety, there was up to 30.4% improvement in skin moisture. Interestingly, placebo recipients showed a decrease in skin moisture at these times.

Women taking the keratin supplement also experienced almost a 12% reduction in wrinkle depth after taking the keratin supplement for ninety days. This translated to visible improvements in wrinkle depth in 58.3% of subjects, significantly more than the placebo group.

By day ninety, skin elasticity was improved 16.8%, skin smoothness improved 17.9%, and skin roughness decreased almost 9% when compared to the placebo group.

Supporting Healthy Skin from Within

In addition to keratin, collagen is vital for healthy, vibrant skin. Collagen makes up 70% of the weight of the dermis, the inner layer of the skin, and provides supple flexibility and supports elastin, the protein that allows the skin to stretch and return to its original shape.

As with keratin, there is an age-related decline in the number of collagen fibers in the dermis. With time, the cells that produce collagen fibers slow down, and the remaining fibers stiffen, break, and begin to lose shape. Elastin fibers begin to fray and lose elasticity. This deterioration of collagen and elastin leads to a wrinkled and sagging appearance.

In order to combat this problem, scientists have developed Bioactive Collagen Peptides® that provide building blocks for collagen synthesis and stimulate the production of new collagen and elastin in the extracellular matrix of the skin. This provides increased suppleness and elasticity to aging skin.

Animal studies show that hydrolyzed (partially broken-down) collagen peptides increase the expression of collagen, helping to produce stronger, suppler skin. Additionally, these collagen peptides reduce activity of metalloproteinase 2, a “protein-melting” enzyme that degrades collagen and hastens skin aging.

In 2014, scientists conducted a double-blind, placebo-controlled study to evaluate the effectiveness of a collagen peptide oral supplement on clinical signs of aging skin. Subjects supplemented with either 2.5 or 5 grams of Bioactive Collagen Peptides® or a placebo for eight weeks, and researchers measured skin elasticity, moisture content, and roughness.

Both doses of the Bioactive Collagen Peptides® resulted in a 7% improvement in skin elasticity. Even four weeks after the last supplementation dose, the supplemented group retained higher skin elasticity than the placebo group. The improvement in skin elasticity was markedly greater in the subgroup of women aged fifty years and older.

Improves Wrinkles

A second double-blind, placebo-controlled study of the effectiveness of Bioactive Collagen Peptides® oral supplement was published in 2014. The primary focus of
this study was to evaluate the effect on skin wrinkles and synthesis of the dermal matrix. Subjects were 114 women aged forty-five to sixty-five years old. Skin wrinkles were measured regularly during the eight-week trial of daily oral supplementation of 2.5 grams.

At four weeks, the volume of eye wrinkles for the supplemented group had decreased significantly by 7.2%, compared with placebo recipients. At eight weeks, that difference had risen to 20.1%, a one-fifth reduction in the size of unsightly eye wrinkles.

The researchers for this study also measured the amount of texture- and flexibility-preserving structural proteins in the dermal matrix. The greater the content of these proteins, the healthier and suppler the skin appears. Supplemented subjects had a 65% increase in the accumulation of essential type-I pro-collagen and an 18% increase in elastin fibers.

**Biotin Improves Nail Health**

Animal studies have demonstrated that biotin supplementation is especially beneficial for healthy nails and leads to improvement in the hardness and integrity of the nail structure.

Biotin’s beneficial effects on the health and appearance of fingernails have been established for more than twenty-five years. As far back as 1989, a study of the effect of biotin on aged and damaged fingernails showed that daily supplementation with 2.5 mg of biotin yielded firmer and harder fingernails for 91% of treated subjects after approximately 5.5 months.

A year later, a group of women with brittle, splitting, or soft fingernails received biotin supplements and were then compared to a control group with healthy nails. In the supplemented group, fingernail thickness increased by 25%, reaching the same degree of thickness as in the control group. Nail splitting was also reduced for the supplemented group. Electron microscopy revealed that the irregular arrangement of cells on the nail surface of brittle nails became more regular.

Finally, a small retrospective study in 1993 found that when 44 adults with brittle and splitting nails took 2.5 mg per day of biotin for at least one month, 63% of subjects experienced a clinical improvement in nail integrity, as shown by a decrease in the brittleness and splitting of the nail.

**Additional Collagen Support**

Silicon is an essential trace element involved in the metabolism of connective tissue. It plays an important role by activating the hydroxylation enzymes for cross linking collagen, supporting its elasticity and strength. Better collagen ultimately translates into better hair, skin, and nails.

**Summary**

The health and vitality of hair, nails, and skin begins with the health of the tissues that comprise them. Expensive cosmetics will only temporarily cover the telling signs of a tired and aging body.

An entirely different approach is to nourish the aging body’s vital structural proteins from within by strengthening the essential keratin and collagen needed to sustain structural integrity and an attractive appearance.

A novel, oral formulation of specialized bioavailable collagen and keratin, plus biotin, silicon, and other micronutrients, has been shown to support healthy protein structures at both the microscopic and the visible levels. These changes, while visible to the eye, represent a much deeper shift in the protein structure and composition of the entire body.

Health and beauty reflected in hair, nails, and skin can only be truly achieved from within, and many of the changes that are often seen as an inevitable part of aging, can be prevented and even reversed now that essential proteins can be restored by oral supplementation.

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I firmly believe that my ability as a psychic medium is a God-given gift, and that not just anybody can become one simply because he or she wants to. Trust me, I know many people who have tried, and without success. But I do believe all people have some psychic intuition — more than most know they have — that can be cultivated enough to enable them to receive and recognize signs from spirits.

The first step in tapping into that intuition is to set your intention by silently asking the spirits for help when you need it. In other words, pray or meditate. If you are going through a difficult time and are looking for answers or guidance in a particular situation, you first have to ask for help and for signs. That’s the easy part. The second step, which is more difficult but equally important, is to open your heart and mind to receiving those signs.

So how do you know whether something is truly a sign? There is no definitive answer to that; you must use your intuition. If you think you have received a sign but aren’t confident that it is one, continue to pray and meditate. Ask God for more help, more signs, more assurance, and see what happens.

I have discovered over time that signs intended for me from spirits come in threes. I have heard others say the same. Some of us need to have signs thrown in our faces many times and in different ways before the message resonates with us. So if I were thinking about changing jobs, and the spirits were trying to tell me I should, I might get that sign from the waitress and two other signs totally unrelated to her but related to changing jobs. Maybe the next day I will open a newspaper and find a story about how more Americans are changing careers, and the day after that I will turn on the radio and hear Johnny Paycheck’s 1977 country hit “Take This Job and Shove It.” Does any station even play that song anymore? I think that would be a huge sign! Remember, spirits can relay messages in several ways, including through music and humor.

Any time I seek guidance, I look for a white butterfly. To me, that is a sign from my mother. It has been since my late teen years, when I noticed that white butterflies appeared soon after I prayed to my mom for help.
in certain situations. I am not saying that my mom is the butterfly. I am not even necessarily saying that she sent the butterfly. What I am saying is that she directs my attention to one when I ask her for help. It’s her way of letting me know that she is listening.

For others, a sign could be a bird or something else in nature. I once did a reading for a woman who lived in a big house in California with picture windows in almost every room. For a week straight a bird tapped on the windows all day long. No matter what room the woman was in, the bird seemed to find her. It became so annoying that she went outside several times to try to shoo it away, but the bird always came back. She even considered calling an exterminator.

At the end of the week, when we had our reading — I knew nothing about her bird problem — I told her that her mother was coming through and showing me a bird. I asked her if she had had any recent encounters with birds. After the woman acknowledged that she had, and commented on how bothersome the bird was, her mother flashed an image of herself throwing her head back and laughing. That bird was the mother’s way of letting her daughter know that she was with her. After the reading, the daughter shifted her mind-set, and that annoying bird instantly became a sound and symbol of peace and comfort from someone she loved so dearly. Fortunately, after that discovery, the bird was spared extermination.

Fluctuations in electricity could also be a sign. Spirits are energy currents, so it is easy for them to manipulate electricity and cause cell phones, televisions, computers, and lights to flicker. Yes, when a lightbulb burns out, that could simply mean the lightbulb was old. But if you are sitting on the edge of your bed looking at a photo album, reminiscing about a grandma who has passed, and a light pops off, I would bet it’s her letting you know she is there. All spirits are different, and spirits’ methods of communicating with you may vary greatly.

Another way they reach us is through music. My mom once told me that when she sang in her school choir her sophomore year, the song they were best known for was “California Dreamin’” by the Mamas and the Papas. During my sophomore year of high school, just a month after Mom passed away and on our first day of choir practice, our director told us to open our binders to the song on the first page — and it was “California Dreamin’.” It’s a random song from the 1960s. What were the chances? I definitely took that as a sign that she was with me that day and throughout the year as I came into my own element as a singer.

Some people will argue that the signs I’ve mentioned are nothing more than coincidences. I understand and respect that opinion but do not agree. I do not believe in coincidences. I believe everything in the universe happens for a specific reason, and that such synchronicity is often triggered by spirits. If you are open to that belief, the spirits will be open to giving you the signs and guidance you seek. These will enlighten you to a new way of living and thinking and will empower you to build your own communication system with the spirits. If your mind is closed to the spirits, they will likely recognize your attitude over time and no longer try to communicate with you — which, to me, would be a tremendous opportunity lost.

Excerpted from the book Expect the Unexpected ©2015 by Bill Philipps. Printed with permission of New World Library. http://www.newworldlibrary.com
What is a psychic medium?

A psychic medium is someone who has the ability to tune into the energy of the living and who can also channel, or “hear from,” those who have died. I like to refer to myself as a channel or medium because it doesn’t carry the negative connotation that many people associate with the word “psychic.” In a nutshell, as a medium, I receive messages from those who have passed, messages that those spirits want me to communicate to their loved ones here on earth.

How did you know you had this gift?

It began when my mother appeared to me two nights after she passed. I was just fourteen years old. Over the next few years I was experiencing unusual energy within and around me, something extraordinary that I couldn’t explain. I eventually discovered this gift at a metaphysical shop in town when I was put to the test by reading for two random people. That’s when I was able to understand that the sensations, feelings, and thoughts I was experiencing were not my own, but of a psychic nature.

What would you say to skeptics who don’t believe in your work?

I believe there is a big difference between a skeptic and a cynic. I actually encourage people to be skeptical when they see someone who claims to be a psychic medium because I feel it’s important to have the evidence, to know that you’re having a genuine experience rather than just being scammed. During a reading with me, most people are convinced within just minutes that their loved ones are present because of the irrefutable validations the spirits provide. For those who are cynical in nature and not open to this gift, I send them light and intention for growth, and then let go of their opinions.

Can you turn off your ability?

No, I don’t believe it’s ever turned off. However, it can be turned down enough for me to be able to ignore it. The word “ignore” may sound harsh – why would I ignore spirits trying to communicate with their loved ones? But everybody needs a break at some point. I can’t allow my life to be ruled 24/7 by spirits. When I explain this to audiences during my live shows, I tell them that it’s similar to choosing to ignore that nagging person in your life who you want to tune out. You still love that person, but sometimes you need some separation. The funny thing is that everybody does it, most without even knowing they are doing it. As I discuss in the book, I believe we all have some psychic ability, but we ignore it, regardless of how strong it may be.

How does the other side communicate with you?

There is never one exact way that the spirits communicate with me. They give me information through my psychic senses, called clair senses, and I have to be tuned in to those senses in order to receive their signal and download their data. I may receive a visual or a sound in my mind, or I might physically feel or smell something. In many ways it’s similar to playing a game of charades, but with an energy that is bodiless. For that reason, it requires a tremendous amount of concentration on my part which, going back to the previous question, explains why I sometimes need to tune them out and take a break. A reading can be mentally, and even physically, draining for me, especially after a two-hour live show when hundreds of spirits are trying to reach their loved ones in the audience.

Do you ever communicate with dark spirits?

No. It is possible for them to try to communicate with me, but I don’t let them in. I learned early in my development what a dark spirit felt like, and I know how to recognize their energy. It’s a very negative, sick feeling. In the very rare times I have felt it, I stopped what I was doing and immediately tuned them out.
doing and elevated my energy and vibration to a higher level through prayer and meditation. Doing that protects my spirit from anything that isn’t of the light. But, as I said, it’s very rare for dark spirits to try to get through. I can’t even remember the last time it happened. I think they know by now that they aren’t going to have any luck with me.

Is it possible to have interpersonal relationships with your ability?

It certainly is, though it has been a challenge in the past in the sense that I know things about people that I wish I didn’t. But I feel very blessed to have countless people in my life who are honest, loving, truly supportive of my gift, and who understand there are simply no limits to what I may be able to pick up on psychically.

Do you think people think you’re crazy?

Ha! It’s depends on your definition of crazy. People who are closed off and cynical may think that, but I think most people are fascinated by this gift. Think about it – two things all human beings have in common, no matter our race, socioeconomic status, choices we make in life, etc., are that we are all going to die, and none of us know for sure what awaits us on the other side. So when someone with my ability offers a glimpse into that unknown, people are naturally curious. They want to know. They want that comfort of having some knowledge of what awaits them. So yes, some people may think I’m crazy because I claim to be able to provide some of that knowledge into the unknown. But when thousands of people who have had readings with me, people of all ages and from all walks of life, say that I’m not crazy, my gift becomes more difficult for people to dispute.

Have you ever used your ability for personal gain, be it personal, financial, etc? (i.e, do you read for yourself)?

I don’t read for myself because I feel I may see what I want to see instead of what is reality. It’s similar to brain surgeons. They can work on others, but not on themselves. I have learned how to trust my gut with personal situations, which has prevented chaos down the road. I also feel I have a responsibility to use this gift in a responsible manner. I believe the reason I have been given this gift is to help others, not for personal gain.

Is this a teachable skill?

I believe I can guide people to tap into their own intuitive abilities, such as to recognize signs around them that are from spirits, but I do not believe I can teach someone how to be a medium. You either are one or you’re not. That’s why I say this is a gift. An example I
use in my book is with LeBron James. He is considered by many to be the greatest basketball player in the world. So if I train and work as hard or harder than he does at becoming the best in the world, does that mean I’ll become better than him? No, because he has been given a gift that I don’t have.

Why did you decide to write *Expect the Unexpected*?

I wanted to share my story to educate people about the truth of this ability that I and some others have, to teach people how to tap into their own intuitive abilities, and to clear up misconceptions people may have about psychic mediums that have been portrayed in the media. For example, why didn’t I know you were going to ask me each of these questions before you asked them? There is an easy answer to that, but one most people don’t know the answer to because of preconceived notions they have about psychic mediums. I also feel that many readers will be able to relate to the stories in each chapter that people share about losing loved ones, and once readers can relate and see how a reading with me brought peace, healing, and hope to those people, their minds may open to possibilities they never imagined. One more reason I wrote it is that I want to give people hope that no matter who they are, they can achieve their soul’s potential if they put their trust in the Universe/Spirit/God.

What does the title of your book mean to you?

When I first began giving readings, I was never quite sure how to explain the process because each experience was so unique. A common theme I found was that people had information or people come through from the other side that they never had expected. I can’t recall the last time when someone came in for a reading and left with nothing but exactly what he or she expected. There are always wonderful surprises, many of them life-changing. So, a phrase I found myself saying early in my career to everyone who came in for a reading was “expect the unexpected,” and it’s always stuck.

What should one expect in a reading with you?

My two main intentions in every reading I do are to provide someone with validations from spirits to prove the hereafter exists, and for healing to occur so that person can release the negative stigma associated with death. As I stated earlier, coming into a reading with skepticism is fine, and even encouraged, but understand that you can be skeptical and open-minded at the same time. Keep an open mind and heart during a reading, and watch what happens.

How does your family feel about you writing this book?

Almost all of my family has been very supportive of this entire process, which is something I am truly grateful for. My father and my grandmother (my dad’s mother) did not take the news well, which was no surprise. I love them both and they love me, but readers will understand when they read the book why Dad and Grandma aren’t as excited as other family members are about this. But I have absolutely no regrets. It has been a very liberating experience to share my story and to own my voice.

Bill Philipps is the author of *Expect the Unexpected* and is known for being one of the world’s youngest psychic mediums. He has appeared on the Dr. Phil show and has helped countless individuals deal with the grief of losing loved ones by bringing through validations, evidential information and beautiful messages which heal and bring a sense of peace. Visit him online at http://www.billphilipps.com/.
There are few times in the careers of historical researchers when something so “odd” and so utterly incongruous turns up that when it does happen there is a tendency to wonder whether the whole thing is a dream. Such a rare occurrence is a time of wrinkled brows and frantic searches to verify that there are rational answers to be had. Generally patience and persistence win out—but not always. When subsequent research only complicates the issue, there is nothing to be done but to feel the thrill of excitement that attends the start of any adventure and to say, as did Sherlock Holmes, “The game’s afoot!”

What began our particular adventure was a single word. It was a word that was of importance to both of us, but for totally different reasons. That word was grange, and it started a quest that had more twists and turns than a medieval maze and which shows no sign of finishing any time soon.

It might seem as if the monastic medieval meaning of the word grange, and the way it was used in nineteenth-century America had little in common—except for the fact that grange comes from the Latin word gran, meaning “grain.” As a result the word grange was closely associated with the word granary—a place where grain is stored. However, in the way the Cistercians used it, grange meant an outlying farm, separate from but yet directly owned and run by a particular abbey. In the case of the United States Grange, more properly known as “The National Grange of the Order of Patrons of Husbandry,” it meant a gathering together of many thousands of independent farms—all across the country—associated by mutual interest and common problems. In this way it served as the farmers’ “union.”
As our mutual research began Alan was spending more and more time in the United States working on television documentaries and doing research for his book *Washington D.C.—City of the Goddess*. Alan believes that Washington D.C. is the most extraordinary deliberately planned city in the world.

One of the observations that had caused him to look in great detail at the founding of Washington D.C. was the tremendous proliferation of “goddess” statues to be found within its civic heart and throughout its parks and intersections.

Underpinning the “secular” stance of the founding government of the United States had been a particular reverence for a strong feminine component within the spiritual beliefs of at least a fair proportion of Washington D.C.’s designers. Because many of those who created Washington D.C. were Freemasons, and also because to those in the know there is a secret “goddess slant” to Freemasonry, it was not too surprising to see why all the goddess statues were present.

Like Freemasonry, the Grange consists of a series of stages of initiation, which are known as degrees. Those who wish to become members of the Grange have to proceed, stage by stage, through the degrees in order to reach the top of the Grange ladder of initiation. Accompanying the degrees are specific costumes, role-playing, and carefully memorized dialogue.

It is the nature of the degrees of Grange membership—available to both men and women—that sets the Grange apart from its Freemasonic origins. What is more, many of the presiding officers present during the conferring of Grange degrees are women who take on the names of different goddesses known in the ancient world to be goddesses of nature and agriculture.

To the majority of those taking part across so many decades, all of the costumes, the play-acting, and the carefully learned lines must have been a fascinating departure from the humdrum lives of the subsistence farmer and his family. Grange meetings not only cemented communities together (probably for the first time in many isolated townships), but the Grange ultimately gave small farmers a “national” voice. The Grange brought people together on a regular basis and must have been a social godsend, especially to hard-pressed, isolated women. The feeling of warmth, inclusion, and quite inexplicable sense of calm that we both felt when we visited the oldest of the surviving Grange halls is difficult to describe.

All the same, no matter how significant and important the Grange has been to its many members, it remains one of the greatest enigmas of developing society in the United States. This is primarily because throughout the whole of the degree rituals neither the name “Jesus” nor the title “Christ” is mentioned, despite the fact that the Grange has always considered itself to be a Christian institution. Farming communities have tended to be conservative in their outlook and have often been comprised of people from a strong, fundamentalist Christian background. It is incomprehensible that such people would have taken part in ceremonies that have an unabashed “pagan” feel to them.

It turns out that the use of the word *Grange* for this unique experiment in agricultural cooperation was no coincidence. It was deliberately chosen by a group of people who have been steering the ship of humanity for a very long time. We call these people the “Venus families,” but they have appeared in very many forms and guises. They took control of western Europe in the eleventh century and were responsible for both the Cistercians and the Knights Templar. They set the scene for European settlement of North America in the twelfth century, and they left ample evidence of their presence and their alliances with the indigenous peoples.
The dream of the Venus families was always the same: self-determination, equality, and fairness, a foundation laid with the cornerstone that was placed with great Freemasonic ceremony at the northeast corner of the Capitol in Washington D.C. They also believed vehemently in religious freedom, despite holding fast to personal beliefs that are older by far than any organized religion in the world today.


Alan Butler is a writer, researcher, and recognized expert in ancient cosmology and astronomy with many books to his credit, including Hiram Key Revisited, Civilization One, and City of the Goddess. He has appeared on Ancient Aliens, The Mystery of History, and America Unearthed. He lives in Yorkshire, England. http://www.nationofthegoddess.com/

Janet Wolter is a writer and historical investigator. Married to Scott F. Wolter, the host of H2’s America Unearthed, she lives outside of Minneapolis, Minnesota.

Antibiotic Drugs May Permanently Destroy Gut Flora Balance

Over-prescribing and overuse of antibiotic drugs have become widely known culprits in causing the emergence of antibiotic-resistant “superbugs,” as well as the onset of digestive and other health problems, caused by the elimination of beneficial gut flora. But a review published in the journal Nature suggests that such gut flora alterations could be permanent.

Professor Martin Blaser from New York University’s (NYU) Langone Medical Center has been studying the long-term effects of antibiotic drugs on gut flora, and has already confirmed a definitive link between antibiotics and the disruption of beneficial bacteria in the digestive system. But what his research also seems to confirm is the possibility that such disruption might be permanent, at least in some individuals, and thus carry with it lifelong health consequences.

“Early evidence from my lab and others hints that, sometimes, our friendly flora never fully recover,” writes Blaser in his shocking editorial. “These long-term changes to the beneficial bacteria within people’s bodies may even increase our susceptibility to infections and disease. Overuse of antibiotics could be fueling the dramatic increase in conditions such as obesity, type 1 diabetes, inflammatory bowel disease, allergies and asthma, which have more than doubled in many populations.”

Blaser suggests that, even at this preliminary stage, restrictions be put in place to clamp down on the rampant over-prescription of antibiotics to young children and pregnant women, a misguided practice that is likely responsible for causing each new generation to “[begin] life with a smaller endowment of ancient microbes than the last.”

If antibiotic drugs truly are responsible for causing a permanent imbalance of gut microbiome in some people, then supplementation with probiotics may also be necessary throughout such individuals’ entire lives in order to simply maintain a normal, healthy balance.

At this point in time, vastly reducing the prescription rates of antibiotic drugs to people of all ages—and particularly to young children and pregnant mothers—is of first priority. Along with this is a much-needed ban on the use of growth hormones and antibiotics in conventional cattle-raising operations, which end up in the food products eaten by millions of Americans every single day.

—AlignLife
Do you believe in miraculous healings? When his doctors told him he was going to die, the first thing I said to my friend Jordan Young was, “With love, all things can be healed.” The cancer, which started in his lymph system, had by this point choked his lungs with dozens of tumors that spread out in a stranglehold of death. He was just a kid—eighteen.

In our world, sickness seems like the natural course of the body, but it doesn’t have to be. It may be hard to believe, but health is actually the body’s natural state. It is sickness that is unnatural. In order to heal or remain healthy, you don’t really need to do anything. Without interference, your body will automatically settle into a state of balance and wellness. When you become ill, what you really need to figure out is what has gone wrong.

Jordan and I learned many powerful, life-changing lessons during our journey together. I’d like to share a few of these with you now.

Lesson 1: The body and mind are not separate.

All authentic, lasting healing begins with understanding this premise. In fact the body and mind are so intricately linked, where one ends and the other begins is something even science cannot unravel. Your mind has a tremendous impact on your physical state. When you become ill there is almost always some reflection of that illness in the mind. So, if you can discover the corresponding psychological element to a physical disease—and fix it—the physical part will heal itself. Perhaps this healing will happen spontaneously, but even if it doesn’t, some effective treatment will come into play: a treatment will be discovered; the perfect healer will appear at perfect moment; the right medication will be found.

Lesson 2: Every thought has an impact on the body.

Consider that the average person thinks some 60,000 thoughts every day. Your inner dialogue is a virtually
unbroken stream of self-talk, and it has an enormous impact on how you feel, both physically and emotionally. Everything you think has an energetic charge to it, like electricity, that cannot be held apart from your body. Every thought either heals and balances the body or opens it to disease.

Lesson 3: In order to heal, the patient must believe healing is possible; the patient must want to heal; and the patient must feel they deserve to heal.

Unless the above three conditions are fully met, no treatment or medication will ultimately be successful, because the patient will be fighting his or her own beliefs and desires. How can a patient truly heal if they don’t want to, don’t think they deserve to, or cannot even conceive of healing being possible? It is essential, then, that a patient uncover every hidden doubt about healing and urge to be ill, otherwise the seeds of the disease will remain.

Jordan and I worked together on these lessons, and other lessons of love and healing, for months. I am not claiming that Jordan’s healing was miraculous. Many physical treatments came into play. But, as a matter of fact, however it came about, Jordan did, remarkably, find himself at just the right hospital at just the right time, where just the right healer appeared at the just the right moment. And the right medication was found, just when all hope seemed lost. One bizarre coincidence led to another, and that’s how Jordan became “that guy”—you know the one: the guy who survived a terminal diagnosis.

Healing Visualization

The following visualization is a healing exercise I taught Jordan. It isn’t meant to replace traditional medical care, but it makes a powerful supplement to modern treatments. Even if you aren’t sick, it is a great way to quiet your mind and balance your body. Practice it for ten to fifteen minutes once or twice a day.

1. Find a quiet place, sit down, close your eyes, and relax.

2. Imagine a sphere of golden light resting near your core, like a miniature sun, in the area of your heart chakra. Now imagine that this ball of light represents pure, healing Source energy. It brings balance and healing to every cell it touches.

3. Now picture the light growing a little brighter each time you breathe in, increasing in intensity. Then, as you exhale, see it flowing from your chest through the rest of your body, all the way to the tips of your toes, fingers, and the crown of your head. Repeat this visualization with every respiratory cycle: breathing in, the light grows brighter, breathing out, it flows through your body.

4. Imagine that this light is healing every function, organ, and cell in your body as it passes. Try not to think of it as destroying the disease so much as repairing and rebalancing.

Based on the book The Healing of Jordan Young © 2015 by Tobin Blake. Printed with permission of New World Library, Novato, CA. http://www.newworldlibrary.com
In the book’s introduction you call meeting Jordan shortly before he was diagnosed with lymphoma a “co-incidence.” Can you tell our readers what you mean by that, and how does it differ from the more common expression coincidence that most of us are familiar with?

On the surface most people would not be able to tell the difference between a mere coincidence from a co-incidence. While they may look identical, a co-incidence is when two or more people meet not by chance at all, but by an invisible cosmic design that cannot be planned for nor understood through ordinary human reasoning. What this means is, the two were meant to meet for purposes that cut straight to the heart of the highest purpose for living—to heal, to awaken, which are really the same thing when properly understood. In fact when it comes to our major relationships and life events, I don’t believe there are any true coincidences. Those who are meant to meet, will meet; those who can heal together will be brought together.

Tell us about when Jordan got sick. When did he/she [Jordan] first know something was wrong?

Of course nobody ever really expects to get sick. People may be afraid of illness, but when it happens it seems to come out of nowhere like a blast of lightning, and this was certainly true in Jordan’s case. He was just your average, healthy teen before. He was active and friendly, a talented snowboarder. There was really no warning whatsoever. The disease started simply with enervation and severe nights sweats that socked his sheets through. Then the lymph nodes in his neck swelled up like golf balls. That’s when we knew he was in trouble.

What’s it like to be diagnosed with a disease as scary as lymphoma? Do you go into denial? What are the emotional responses, and how does someone cope with getting “the news”?

At first there is a sense of disbelief. Everyone knows that people get sick. Everyone knows how prevalent cancer is—it’s the second biggest killer in the U.S. But, as I said, no one really expects that they, or someone they love, will be hit with The News. That’s The News, with a capital T and a capital N. So, I’d say universally speaking shock and disbelief are the most common reactions, and it certainly was for all of us who knew and loved Jordan. Once The News sinks in, however, acceptance must follow, and from that point, there are really only two paths a person can follow. Either you go into retreat mode, or you go into fight mode. There’s this primitive fight or flight response. Denial is a form of flight; so are depression, withdrawal from the world, life, relationships, etcetera…. These patients end up just blindly going along with whatever their doctor suggests without putting much in the way of personal effort into healing. Other people get active. They start doing research, looking for the best doctor, checking out treatment options. They open their eyes and dive into getting better head first. And the most successful attitude to adopt goes beyond just looking for the best treatment options; the most powerful stance is to view the disease as an opportunity for personal growth—which granted can be extremely difficult to do when you’ve been diagnosed with something serious. But the hard truth is you can’t hide from cancer—or any disease. You can’t deny it away or pretend it does not exist after you’ve been diagnosed. And withdrawing from your relationships, friends and family, only weakens you. You have to accept your disease before you can heal it. This may sound odd, but in a sense it’s better to embrace your disease and learn as much as possible about it than just trying to ignore it and push it out of mind. Become an expert. Understand. Harness the moment to become a deeper, richer, stronger person. Grow emotionally and heal physically. These often go hand in hand.

Speaking of education, can you tell us about the most common forms of cancer treatments, and how they work?

The first thing to understand is that cancer involves defective cells that have started to replicate out of control, growing and spreading through the body’s tissues...
and organs. Something has gone wrong with the cells’ programming, and as they spread they absorb the body’s nutrients, essentially starving the body and interfering with its basic functioning. So, you have to get rid of the defective cells before they have spread too much. One way is to cut them out with surgery, but that’s not always possible. Another tactic involves blasting them with focused doses of radiation in the hopes of destroying them directly. Chemotherapy is similar to radiation, except it uses toxic drugs that attack fast replicating cells, such as cancer cells. Unfortunately, both radiation therapy and chemo also injure other cells in the body, so the treatments themselves do quite a lot of damage, and in fact may kill the patient.

Jo rdan also received a bone marrow transplant and something called “targeted chemotherapy” didn’t he?

Yes, and chemo and radiation therapy too. The bone marrow transplant was the last piece of Jordan’s treatment. It is such a painstaking and dangerous procedure it’s typically used only as a last resort, and one of the problems with it is a patient needs to be relatively stable and strong to undergo the procedure. Basically massive doses of radiation and chemo are used to destroy the patient’s bone marrow and, by extension, their immune system. This phase of the treatment also simultaneously destroys as many of the cancer cells as possible in the patient’s body. The treatment would ordinary kill you because the immune system is totally obliterated during this process. In a world loaded with viruses, bacteria, and parasites, this is a decidedly precarious situation. In fact to survive the patient must remain isolated from the world in a pressurized ward during this procedure. Fresh stem cells are then transplanted into the patient giving him or her a brand new immune system.

There is also another form of chemo that Jordan received often referred to as “targeted therapy,” which uses drugs that are essentially programmed to attack a specific type of cancer cell directly, while leaving most of the other cells unharmed. My guess is this type of treatment will likely be used more and more for cancer treatment in the future. Jordan’s doctor likened it to using sharp shooters to take out the cancer cells directly as opposed to whacking the patient with a baseball bat, which is akin to how traditional, non specific chemo drugs operate. In fact in Jordan’s case a targeted drug designed to treat his specific form of lymphoma had been released only months before Jordan was diagnosed. The timing of this was one piece of a long string of unpredictable “co-incidences” we experienced during Jordan’s treatment, which ultimately led to his stunning survival. The way his journey played out was truly like watching movie; it was as if some master screenwriter was behind the scenes writing the twists. We never could have predicted the way things turned out.

Let’s switch gears and talk about the spiritual elements of the book. This is not just a book about medical treatments, it’s about how the mind affects the body, and how—you claim—we can use our minds and our attitudes to help us heal. In fact you suggest that all physical diseases have a mental component, and that if the psychological aspect of a disease is healed, the physical part will heal too. That’s quite a statement.

So the first thing to get clear on is that the mind and body are not separate. In fact they are so intricately linked, where one ends and the other begins is something even science cannot unravel. But what is clear is that the mind has a tremendous impact on the physical state. Just think what happens when you are startled or experience an emergency. Your heart instantly begins racing, and your body receives an enormous dose of adrenaline, preparing it to react. On the other hand, someone who was brain dead would experience no such reaction. It is the mind that activates the body’s defensive system. The placebo effect is another good indicator of the connection between mind and body. Give someone a sugar pill, tell them it’s a powerful medication, and they are more likely to recover from any given illness. The truth is, if you look carefully, when we become physically ill there is usually some reflection of that illness in our minds somewhere. I once read about a
A fascinating study which found that people who’d had their “hearts broken” by a lover in the past were significantly more likely to develop heart disease. What a fascinating reaction! So what I’m suggesting is that if we can discover the corresponding psychological element to a physical disease—and fix it—the physical part of the illness will heal. Perhaps this will happen spontaneously in some cases, but even if it doesn’t, some effective treatment will come into play; or, as I say in the book, “the right medication will be found; the perfect healer will appear at perfect moment, drawn into the patient’s life by one of those mysterious coincidences.”

The heart of the spiritual healing principles in the book seems to be that “every thought has an effect on the body.” Tell us more about this notion.

First of all, consider that the average person thinks some 60,000 every day. The inner dialogue is a virtually unbroken stream of self-talk—and it has an enormous impact on how we feel, both physically and emotionally. If even a small percentage of your thinking is negative in nature, consider how this is going to make you feel. If you are thinking thousands of negative, self-defeating, fear-based, anger-laced, thoughts every day, it isn’t only your emotional body that is going to take a negative hit. Everything you think has an energetic charge to it, like electricity, that cannot be limited, or held, within the mind apart from your body. It will travel from your mind to your body like the flow of a river. The transfer of energy to the body may not be felt immediately, but it is inevitable because the body and mind are ultimately a single, undivided entity. So negative thoughts hit the body with a negative jolt that tends to create disease, and positive thoughts infuse the body with healing energy. This is why mind-training is so critical to anyone who wants to live a happy, healthy life, and why I included details on how to begin retraining your mind in the book, as well as how to practice activities that naturally foster healing such as visualization, mindfulness, and meditation.

So do you believe that sickness is all in a patient’s head?

To be clear here, physical sickness is as real as mental sickness is. So saying sickness is all in a person’s mind is probably not the most accurate statement. What I’m saying is that, ultimately, physical and mental disease are the same. Certainly disease has an effect on the body, and that’s all that is really important. A disease at this stage isn’t “all in the patient’s head”; it’s in his body too. But what I want to emphasize is that we cannot simply treat the physical portion of an illness while ignoring the mental/emotional element of it. All diseases have some emotional link. Ideally, treating both the physical part and the emotional one will yield the deepest healing results.

You also reference something you call “the healing dimension,” and you suggest that it is the deepest source of all healing—whether physical or mental/emotional. Can you tell us what this is and how it can be used?

Entering the healing dimension is an experience that is impossible to describe in words, but is entirely possible to experience directly for yourself. It is a space that exists within each of us. It is the place within you that connects you with Source—Spirit or God—call it what you like. Touching the healing dimension is a timeless experience that has been described by people of all ages, nationalities, and religions, which itself transcends all of these categories. Some people refer to it as a mystical experience, by it goes by many names. In the book I call it the healing dimension, because that is ultimately its gift to us. By entering into communion with the healing dimension, all of the things that are wrong in our lives are gently corrected, whatever the source of those trials happens to be. It is a state where literally anything becomes possible.

Tell us about the Three Laws of Healing, which you state are the laws that must be met in order for the patient to enter the healing dimension.
To be clear, the Three Spiritual Laws of Healing are best described as conditions, or a psychological set, the patient needs to satisfy before total healing can take place. Many diseases can be healed on the surface—meaning physically—using medical interventions, but until the conditions of the Three Laws are met, the disease is bound to resurface in the patient’s life in one form or another. Maybe it will morph into a different type of illness, or disappear only to return again at a later date, but healing cannot be complete until a person is fully cleansed of the emotional seeds that contributed to the disease in the first place. The Three Laws themselves are very simple: One, the patient must believe healing is really possible. Two, the patient must want to heal. And three, the patient must feel that they deserve to heal. The tricky part is not really understanding the three laws, but applying them. The real work lies in rooting out and healing the mental/emotional debris that contributes to illness and interferes with healing. It’s a process that takes some dedication and courage, but it is satisfying and healing in a way traditional medical care can never be, and it really works. Fix what’s in the mind and the body shall follow.

Law Two suggests that some people may unconsciously want to be sick, that they are choosing sickness in order to get something out of it. This seems absurd. Who would want to be sick?

Right, it’s important to understand that the decision to be sick certainly isn’t a conscious choice, but one that is typically hidden deep in the inner recesses of the patient’s mind. But if you consider disease and human motivation in depth, it is true that there are certain potential rewards for being sick. For instance, some people just like the attention, and others may use sickness to get out of work or to get a day off from school without feeling guilty about it. In some cases sickness may even be sought for monetary profit. These are just the most obvious and simple motivations, however. There are many other potential pay-offs that are attached to illness. So the takeaway here is that it is vital for anyone who is sick to thoroughly examine and release any potential hidden motives they may have for not getting better.

You talk quite a lot about the role guilt plays in sickness.

Yes, I have gradually come to believe that guilt is the primary emotional fuel behind all suffering, and if you look at what guilt really is you may understand why this is so. Guilt is actually anger reversed and turned against yourself, or internalized anger. This is why it is so damaging, and why it adds to the development of diseases so consistently. When a person feels guilty they simultaneously believe that they deserve to be punished. In this way they are actually attracting disease. Sickness, in various forms, is a major form of self-punishment. The really interesting thing is, even people who have done nothing at all to feel guilty about still feel guilty. This is because guilt, shame, and all the related emotions, are really built into the human ego’s emotional structure, and are therefore an integral part of the human psyche. This built-in guilt response ultimately stems from our sense of being disconnecting, or separated, from Spirit and each other. The answer to guilt, then, is awakening to the truth that we are still at one with God—and the universe in general. All healing, then, really stems from awakening to unity, which is the reality of life. This is also why all thoughts that make us feel different, or divided from others tend to foster disease, while unifying attitudes and thoughts are healing.

What are the most important things a sick person can do to heal?

First of all, the patient must seek out those internal seeds of disease and remove them from his or her mind. They need to identify the purposes for which they are using disease and realize that the things they are getting from it are no longer valuable to them. Health must be seen as a blessing and not a curse and a loss in order to be accepted. Second, the patient should seek to heal any sense of guilt, or urge to attack themselves, no matter how hidden. This necessarily entails forgiving others as well for their mistakes, and in fact forgiveness is one of the most powerful healing tools we have in our arsenal of healing devices. When you judge, hate, and attack others—even when it only occurs in your thoughts but is not acted on—you will feel guilty. It doesn’t even matter if your judgment or attack seems justified. You will still experience guilt, and illness will become more like-
ly. Therefore forgiveness is necessary because anger and the related emotions reinforce guilt, and forgiveness heals it. The other emotion that is important to cultivate is unconditional love. Love is the great healer of our lives. When we experience true, unconditional love, we are connecting with others and thereby experiencing unity with them, and also reconnecting in a very real sense with the Divine. Love is the most powerful medicine of them all. Everyone who is ill should practice openly giving and receiving love every day, while asking nothing in return for their gift. This is how God loves—like the sun shining upon a garden without any sense of judgment or conditions.

Part Three of the book, Methods of Healing, opens with a provocative quote from the book A Course in Miracles, which reads: “Who is the physician? Only the mind of the patient himself.... Special agents seem to be ministering to him, yet they but give form to his own choice. He chooses them in order to bring tangible form to his desires. And it is this they do, and nothing else. They are not actually needed at all. The patient could merely rise up without their aid and say, ‘I have no use for this’. There is no form of sickness that would not be cured at once.” This sounds too simple and easy to be true. Basically what it seems to be saying is that anyone can heal any disease at any time with no medical intervention at all. Yes, this is true. But the teaching goes on to point out that the patient must meet certain conditions in order to be able to make that choice clearly and consciously. This may require considerable training and mental discipline. So it is not something that most of us are able to accomplish without help. In fact most healings, even if they are spiritual in origin, still involve some medical treatments. Few people are in a position to accept a direct healing without some tangible, physical form—medication, surgery, some treatment. But when the patient is ready and willing to heal, the right treatment is bound to pop up.

So do you believe Jordan was healed by a miracle?

My answer to that question is both yes and no. Certainly there were medical interventions involved, and I am not here to prove to anyone that he was healed by miraculous means. That is not the purpose of the book. In fact the book is not focused on proving anything in particular. It merely seeks to share one boy’s remarkable journey of healing, and show how the lessons we learned together are lessons that all of us can use and learn from. However, if you are asking my open and honest opinion about Jordan’s case, I do believe that the love Jordan received from everyone who surrounded him during his fight was what ultimately saved his life. Jordan needed to feel worthy, and he needed to feel loved in order to believe that he did deserve to live, and also that life had something great and worthwhile to offer him; in other words, he needed to feel surrounded by our love to realize that he not only deserved to live, but that he wanted to live. So, if you ask me, it was love that healed Jordan Young, and nothing but love. And that is a miracle.

Tobin Blake, the author of The Power of Stillness and Everyday Meditation, is a longtime student of meditation, healing, and the mind-body connection. He holds workshops on meditation and spiritual awakening and lives in Bend, Oregon. His website is http://tobinblake.com/
Every New Year, the topic of resolutions comes up. That is the time of year when people are fired up and optimistic about achieving their goals. I hear friends powerfully proclaim, “I want to lose ten pounds” or “I want to get out of debt.” I even heard one friend say, “I hope that this year Uncle Bob isn’t a pain in everyone’s neck at the family reunion.” One thing that all of these resolutions or goals have in common is that they’re going to produce more of what these people don’t want in their lives.

Our subconscious is designed to help us achieve whatever we put our attention on. To make the statement “I want to lose ten pounds” true, you always have to be wanting to lose and never achieving. A better way to describe the desired outcome that you want is to say with gratitude: “I am so grateful that I have a physically fit, trim, toned, and energetic body that is pain-free and easily able to go on walks with my family and friends. We have so much fun together!” With a goal like this, your subconscious and your intuition are going to show up more often, and in more obvious ways, to point you toward steps you can take to make those statements true.

Our words are powerful tools that help us to receive whatever we describe. Unfortunately, we often give voice to what we don’t want instead of what we do want, and then we’re surprised and disappointed with the results. For example, I know a saleswoman who often says things like, “I really hope that I’m not late for my appointment with ABC Company on Tuesday. They are a huge potential customer and I don’t want them to buy from my competitor.”

Do you see anything out of the ordinary in these statements? Perhaps not, since many of us have learned to speak like this. We spend time talking about what we don’t want as a normal part of our speech. Then, we’re surprised with the results. In this example, the saleswoman is most likely going to be late for her appointment with ABC.
Company since that’s what she’s focused on, and she may lose the sale to one of her competitors. Her subconscious recognizes that she’s focused on being late and her customer buying from a competitor. Accordingly, she may act in a way that makes those statements true. This is not what she really wants to happen.

To enable her subconscious and intuition to help her, a more powerful statement would be, “I am so grateful to be on time and early for my appointments. I’m going to arrive at ABC Company 15 minutes early for my meeting, and I’m excited for the opportunity to sell our products and have my customer receive great value in return.” With statements like these, her subconscious and intuition will show up in a more obvious way to help make those statements true. She might get a strong, unexpected thought to check the traffic report before she decides on a route to the appointment and avoid a terrible accident and backup. She may feel an intuitive nudge to get ready sooner than she normally does so that she can leave earlier. She might receive an email or phone call that gives her insight into her customer’s needs so that her presentation can be designed to be more valuable.

We can choose to use our words to achieve more of our goals in 2016. To do this, follow the three simple steps below:

- Rewrite your goals daily with gratitude as though you’ve already achieved them.
  Describe the outcome that you want to experience and be grateful in advance for the achievement. For example, “I am so grateful that I am living in a beautiful new home that allows my family and me to feel comfortable, safe, and happy,” or “I’m delighted to receive a minimum of $____ that easily affords all of my living, giving, and entertainment expenses. I use my talents and skills in fulfilling and satisfying ways.” Rewrite your goals daily to keep them at the forefront of your thoughts and enable your subconscious and intuition to help you notice more possibilities throughout the day to make your statements true.

- Read your goal statements out loud with emotion.
  The practice of reading your goal attainment statements out loud anchors the meaning more fully within you. This tells your brain that you’re serious about your goals manifesting so you can begin to notice more opportunities to take steps toward achieving your goals. Muhammad Ali, one of the world’s greatest boxers, said, “It’s the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.” Speaking your goal statements out loud daily with emotion helps to convince you to believe that achieving your goals is possible. Once you believe, you can receive.

- Imagine yourself achieving your desired outcomes.
  As you create a clear picture of your realized goals in your mind, you are creating new beliefs to make those goals manifest. Visualizing the successful completion of a goal is a powerful method that many professional athletes, musicians, and businesspeople use daily as part of their preparation and training for success. Four-time Mr. Universe and seven-time Mr. Olympia Arnold Schwarzenegger has not only used mental imaging for athletic success but also credits it for his success as a Hollywood actor: “When I was very young I visualized myself being and having what it was I wanted. Mentally I never had any doubts about it.” Well-known author Robert Collier puts it this way: “Visualize this thing that you want, see it, feel it, believe in it. Make your mental blueprint, and begin to build.” As you begin to see and feel yourself in your realized goals, you’ll welcome your achieved goals into your life sooner.

“There is an intelligent and divine source that created the one and only you, you must by your very nature have something to offer the world that is unique and remarkable.”

- Mary McCarthy

Author of The Path to Wealth: Seven Spiritual Steps for Financial Abundance
Set aside 20 minutes every morning to repeat the steps described above. The key here is to spend more time focusing on what you want to achieve rather than on what you don’t want or what others tell you that you can’t do. You have the freedom to choose! As you focus more of your time on your achieved goals, you will manifest more of them into your life. Earl Nightingale, a respected author and motivational speaker, said, “Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.” Repetition changes your beliefs; and once that happens, you will achieve your goals sooner and the results will last longer. 2016 can be your happiest New Year of all time, and your well-worded resolutions can help you to reap the rewards that you want!

_Iceland Forgives Entire Population Its Debt. Total U.S. Media Blackout_

The government of Iceland has forgiven the mortgage debt for much of its population. This nation chose a very different way of stopping the crisis from the rest of European countries. It decided to hear the requests of the population and to put politicians and bankers on the bench of the accused three years after their financial excesses would sink one of the most prosperous economies in 2008.

This is awesome. It shows when the people do stand up they have more power and win against the corrupt bankers and politicians of a country. Iceland is forgiving and erasing the mortgage debt of the population. They are putting the bankers and politicians on the “Bench of the Accused.” Which means, they are putting them on trial for corruption.

Now the rest of people of the world need to start doing the same thing. We all need to stand up and against all the corruption and fraud of the banks and politicians that are puppets of the banks and corporations.

The beauty of it is that they will have a load of cash to circulate into the economy and into service industries etc…instead of feeding it to the parasite bankers and out of the economy. Great idea. If it was warmer I’d move to Iceland.

This could very well be the first chime of many to signal the death of the world banking system headed by our ‘good’ friends the Rothschild’s.

Iceland strikes the first major blow against the world banking cartel. This is what can immediately put money into the hands of many American’s.

The U.S. Government, through Fannie Mae, Freddie Mac and FHA, own 96% of all bad housing loans. Many have stated, that in effect, “The US Government is Foreclosing on itself.”

This is the very definition of Insanity. It is a form of suicide.

Major banks only hold 3% of bad housing loans, 3%!

This is not a banking problem, it is a Government problem, they hold the loans!

Times have just gotten brighter.

—I TrueDemocracyParty.net
We raise our arms out of the water reaching towards the sky and cry out, “Face everything!” We throw ourselves beneath the water in surrender to God and cry out, “And avoid nothing!”

A thicket of ash and brambles runs down to the water’s edge. The lake, the hills, and the sky are uniformly gray. The leaves have dropped already, though there are catkin buds on the birch twigs which will stay dormant and survive the winter. It is October in the Berkshire Hills, and a bitter wind bites our skin each time we emerge from the water.

We are three women, a lake, and a timer.

We are committed to prostrating ourselves in the water for an hour without stopping. We have each already failed at this self imposed attempt to atone for offending our guru Andrew Cohen. Two weeks previously, in a group of twenty-five women, we had been the ones who staggered out of the water before the hour was up. This time there is no one to take us to the hospital, no one to stand on shore and monitor the time.

We stand four feet apart, waist deep in the water. At first, each plunge shocks my whole body and I dread going under the second, third and fourth time. After ten minutes, I am so desperate that it is inconceivable that I could still be here in fifty minutes. My whole body is shaking convulsively, teeth rattling uncontrollably—banging, not chattering.

After thirty minutes, my face shrinks tight against my skull. My brain feels as if it has shriveled inside my head. I can’t feel any part of my body. I am afraid.

Time after time, I raise my arms up and out of the water. Time after time, fear grips me as I plunge downwards. I try to convince myself, It’s just the mind that deceives me into believing I have limitations. I know the power of my own intention. I must go beyond fear.

After a while, the rhythm takes over and I cease to care about pain. I lean into the rhythm, the blessed rhythm, as our bodies swing into action. We chant without pause:

“Face everything and avoid nothing!”

I plunge my head under again. As I rise out, I glance at Erica and Ashley, noses unrecognizable, purple and
blue. My God! I see their up-reaching arms, so frail against the pallid sun. I see the fear in their eyes and long to help them. They are thin and weak. They possess such courage to come a second time to this test of zeal.

As the minutes tick away, our fear and doubt grow. We struggle to be worthy, struggle to be accepted in the group, struggle to find confidence inside ourselves.

It had been ten years since my first meeting with Andrew had swept me away with experiences of bliss and intervals of unexpected connection with other students. I fell in love with an ideal of simplicity that was so compelling that it eclipsed all other concerns. I left my life as an English housewife and special needs teacher and, with two small children, followed Andrew first to San Francisco and then to Boston. For the decade before this attempt at purification in the lake, I had lived on the outskirts of Andrew Cohen’s Community, struggling to reconcile a monastic life in a cult with good parenting. Recently I had overcome self-doubt and been elevated to a position of status and authority over others.

The goal was “enlightenment,” what Andrew called “freedom.” To this end, Andrew’s students sought destruction of the ego, which he defined as the self-serving part of ourselves. It was an absolute goal, and we believed that only by trusting Andrew to guide us on the path was success possible.

As I plunged into the chilling water, I was not weighing the risks and benefits of being a student of Andrew Cohen: I was already in too deep. It would be fifteen years before I would have perspective on how dangerous it is when a powerful and charismatic leader controls others through the creation of a system of values which is impervious to critique from the outside. It would be many years after leaving the Community, with the help of friends and therapists that I would come to terms with the complexity of my experiences during these years. I would eventually understand that I had sometimes connected with the deepest part of myself and at other times altogether lost track of who I was.

Now, on this October day in the frigid lake, I do not know whether plunging into the lake will strengthen me or harm me. I do not know that I am already allowing other people to determine who I am and that I will soon go over the edge into losing my sense of identity. The most intense roller coaster ride is still ahead.

Excerpted with permission from Paradise and Promises, published by O Books, which recalls the author’s experiences in Andrew Cohen’s Community from winter of 1986 until 2001. The material is taken from memory, diary entries, letters, video recordings and conversations with family and friends. The identities of nearly all of the characters, except for

Andrew, have been changed. Several characters have been merged to simplify the story. http://www.o-books.com

Marlowe Sand is a nom de plume. The author chose to remain anonymous in order not to jeopardize further her life and family. Revealing the toxic dynamics of cult life and modern spiritual bondage of the student-teacher relationship is an important message Marlowe Sand wants to share.
When I was growing up, I was basically allowed to express one feeling, and I had to go to my room to do it. When I came out of my room, I was expected to feel “better,” even if I didn’t. The basic message was that feelings were to be barely tolerated and best kept hidden. I knew I had a lot of feelings, and they made themselves known to me in lots of ways—some overt and some covert. I eventually created an “Inner Feelings Care System” to manage and care for my feelings, which is an immense benefit for feeling better a lot more often, no matter what is happening in your life. I’ve mentored many people in how to use this system in their lives.

Your feelings are a powerful compass to guide you and can be used as an effective foundation for evoking cooperation in others. Being aware of your feelings will make it easier to make joyful decisions with a significant other and to move the relationship forward together with love instead of fear. It will make it easier not to fall into a role (such as “the good wife” or “the good mother”) that doesn’t fit you. When you learn how to care for your feelings, you’ll recognize when you or an intimate other is heading toward a hurtful situation before your feelings become intense. This can prevent significant conflicts that would be more difficult to resolve.

Most people don’t know how to attend to and manage their feelings. This can and does result in angry outbursts, poor work performance, ineffective parenting, lack of loving feelings, or just simply feeling bad. Our feelings affect us every day, and untended feelings capture our attention and consistently drain our energy for living life joyfully.

Our feelings can sometimes be temporarily put aside as we work or do other activities but will come to us for attention right after we’ve finished whatever we had to do. And then we’re often tired or distracted and try to ignore our feelings—which never works. Most people don’t tend to their feelings along the way during the day. For example, if you feel worried and try to ignore a feeling, it just gets louder and larger. Louder and larger looks like this: you feel frustrated with your partner, then have an upset at work, then wake up at 3 AM in despair. Your untended feelings are at the root of any emotional disturbance.

Another common strategy people use is to try to avoid, deny, or repress their feelings. This doesn’t work either. People often try sedating feelings with food or anesthetizing them with alcohol. They may try to outrun them with overachievement or excessive activities, or just say, “fine,” when they don’t feel that way at all.

Also, most people don’t know how to have or hold multiple feelings simultaneously. For example, you might feel glad to be going to visit your mother, sad that she’s in declining health, angry that your sister isn’t doing more, worried about how you will manage it all,
and hopeless about the whole situation. Many people get overwhelmed with multiple feelings and just try to turn them all off.

Many times it’s not convenient or possible to share your feelings with the people involved in evoking them. They might be busy, unavailable, or even unwilling to hear your feelings. It is also best not to blast pent-up feelings onto others. It’s always possible to acknowledge your feelings to yourself, tend to them, and feel better or differently before you interact with other people.

When you actively care for your feelings, you can more effectively communicate what you want in ways others can hear. You can also then use your feelings to help evoke cooperation from others. Luckily, all our feelings just want some love and attention and will respond swiftly to just a tiny bit of focused care. Giving yourself permission to express and care for your feelings will significantly amplify your ability to feel good more of the time.

**INNER FEELINGS CARE SYSTEM**
The Inner Feelings Care System is an effective way to take charge of your feelings rather than being overwhelmed by them. Using this powerful yet simple system, you’ll learn to identify and express your feelings and then transform them to multiply and expand feelings of goodness and love in your life and relationships.

### 1. Express

Write, “I **FEEL** __________________ ABOUT __________________,” across the top of a piece of paper. (You can use recycled paper for this or write on a computer or even your phone.) Then make a fast list of sentences about everything you can think of that applies, from the tiniest to the largest things. Don’t stop to reread or punctuate — just keep writing. You are expressing your feelings on the page. Add as many feelings and adjectives as apply to you in this moment. Focus on the negative or challenging emotions.

For example:
- I hate my neighbor.
- I hate the way she slams the door.
- I’m afraid I can’t get peace.
- I’m afraid she will fight with me and not stop if I tell her.
- I’m enraged by her thoughtlessness.
- I feel helpless to change this.
- My neighbor is stupid and insensitive.

Use profanity or exclamation points. **Let yourself get very theatrical.** Fully express how you feel on the paper or screen. Don’t hold back. Express until you don’t have another negative feeling in your head or body. When you first start this process, you might write five to eight pages. Feel free to customize what you’re doing. For example, if you would rather not get theatrical, don’t, until or unless you feel ready. Let your feelings be your guide.

### 2. Release

A few minutes into writing your fast list, you’ll begin to feel the release of these feelings, because they’re moving out of your head and onto the paper or screen — a transformational process is occurring with them.

You can highlight this by looking at what you have written and saying, “I see you, I hear you, I acknowledge you.” Then fold up your paper or close the file and imagine sending it to the universe, or God, or whoever you think is larger than you.

### 3. Relief

The expressing and releasing you’ve done with mind, body, and spirit will naturally lead to relief. You’re feeling this relief because we’re not meant to carry around or have unexpressed feelings inside our heads.

Get quiet and take a moment to feel this relief. If you aren’t feeling relief, either go back to step 1 or write some positive thoughts about the situation. For example: My neighbor is thoughtful in other ways. We’ve always been cordial. She would like to be a good neighbor. She’s preoccupied with other things and doesn’t notice the loud door. There has to be some way I can resolve this.

Keep going back to step 1 or writing positive thoughts until you feel relief.

Now let yourself experience the relief as you go about your day and interact with others. We want you to know that your feelings don’t have heads. A feeling only knows how to feel. Your feelings will not respond to desperate pleas or bribes.

Your feelings will respond to your love and attention.

You can do your Inner Feelings Care System in a five-minute segment, and this will provide immediate relief and lead to long-term changes. You may also spend 10 to 15 minutes when you first start practicing your Inner Feelings Care System and be able to abbreviate these sessions as you become more experienced—which can happen quite quickly.

*Excerpted from the book Succulent Wild Love ©2015 by SARK and Dr. John Waddell. Printed with permission of New World Library. http://www.newworldlibrary.com*
Tell us your love story. How did you meet and come to write this book?

We met on a cruise ship where we were attending the same metaphysical seminar in 2012. When we first met, John said, “I want you to know that I’m qualified to adore you,” and I felt married to him in that instant. We’ve been together ever since and in January of 2014, John proposed and I said yes!

John had no idea who SARK was at first—he thought maybe I wrote mystery novels. I knew he had a PhD in clinical psychology, was a metaphysical teacher, and had self-published two novels. We didn’t plan to work together or write a book, until it became clear to both of us that his three core teachings and my three core teachings merged into six powerful habits that we knew would be profound life-shifting teachings for others, as they are for us.

What is a Succulent Wild Love relationship?

Succulent as in self-loving and nourishing, the way a succulent plant stores water & nutrients for itself. Wild as in untamed, being utterly oneself while in relationship with another. Love, of course, as the ultimate expander.

Why do you describe the book as “a new philosophy of love and relationships for everyone?”

Most of us have been taught that in a successful intimate relationship we need to be willing to compromise. We have also been taught that in a long-term intimate relationship, such as a marriage, sacrifice is necessary for the sake of the relationship.

So a mother may wish to pursue a hobby or a vocation, but feel that she needs to sacrifice in order to take care of her children. A husband may limit his freedom to spend time with his friends because his wife wants his attention. Almost all relationships, even quite successful ones, have these pockets of frustration. We show you how to clear these compromises and sacrifices away and create joyful solutions instead.

What would you say to someone who is single and longing for love?

Practice deeply loving yourself and become the partner you think you want. Inhabit your longing for love fully, and do your transformative work with the six habits in the book and let it inform your creation of a new Succulent Wild Love relationship.

Your book offers six habits of people who are in Succulent Wild Love Relationships. The first is that they listen to their Inner Wise Self and take action accordingly. Please explain.

Each of us has a wise love mentor inside—it’s the part of us that knows more than our personality self does. You can think of it as your higher self, pure positive energy, or a gut feeling. Your Inner Wise Self is with you constantly and loves you unconditionally. Most people know they have this part of themselves and most people don’t ask it for help or advice. Whenever you ask, you’ll receive wisdom you can use. As you learn to ask more often, you’ll multiply your power in tremendous ways.

The second habit has to do with using feelings as a guide for knowing when the relationship is off track. Please share an example of how this works from your own relationship.

We were going out for the evening and I wanted John to compliment me and tell me how nice I looked. When he didn’t, I excused myself and went back into the house to tend to my own feelings first. I stomped around for a few minutes expressing to myself that I wished he was the kind of guy that exuberantly complimented me. I then turned to the mirror and exuberantly complimented myself in great detail. Five minutes later, I met John at the car, feeling beautiful and well loved. John looked up and said, “Hey, you look REALLY nice.” That felt good of course, and it was even more important to give that to myself first.

You also offer an Inner Critic Care System in the book. How does it work?

Many people are so merged with their inner critics that they’re not aware that the critics are not them. The first step is to become aware of them by noticing any critical or negative dialogue inside your head. Next is to separate from these energies by expressing in some way — even as simple as saying NO. Next is learning how to communicate with them and inform them that they are no longer in charge—you and your Inner Wise Self are. We show how to do this process.

SARK (Susan Ariel Rainbow Kennedy) and Dr. John Waddell are the authors of Succulent Wild Love. SARK is a best-selling author and artist, with sixteen titles in print and well over two million books sold. Dr. John has been helping individuals and couples lead happier lives for over 30 years. Visit them online at http://www.PlanetSARK.com.
In Memoriam
Dr. Edgar Mitchell
(September 17, 1930 - February 4, 2016)

When he returned from space forty-five years ago, Apollo 14 Astronaut Dr. Edgar Mitchell committed his life to supporting a sustainable future. He worked tirelessly to understand and promote what he viewed as an absolutely necessary collective shift in consciousness. To those of us who knew him well, Edgar was an enthusiastic, loving, dedicated, courageous, generous, and brilliant man who inspired us to be bold in our exploration of the further reaches of human potential, to fearlessly challenge inadequate paradigms, and to carry his spirit of adventure into investigating our inner lives.

Most people know Edgar Mitchell best as an Apollo 14 astronaut and sixth person to walk on the moon. A US Navy Captain, MIT-trained aeronautics engineer, recipient of the Presidential Medal of Freedom, the NASA distinguished service award, and 2005 nominee for the Nobel Peace Prize among many other honors, Edgar Mitchell was a hero in the truest sense of the word.

What fewer people know is that Edgar’s spirit of exploration extended well beyond space travel to his lifelong dedication to increasing our scientific understanding of the nature of consciousness.

Space exploration symbolized for Mitchell what it did for his nation—a technological triumph of historic proportions, an unprecedented demonstration of scientific achievement, and extraordinary potential for new discoveries. What Mitchell did not anticipate was a return trip that triggered something even more powerful. As he gazed at Earth floating in the vastness of space and contemplated the history and hopes of humankind on that lonely blue sphere, he was engulfed by a profound sense of universal connectedness.

“I realized that the story of ourselves as told by science—our cosmology, our religion—was incomplete and likely flawed. I recognized that the Newtonian idea of separate, independent, discreet things in the universe wasn’t a fully accurate description. What was needed was a new story of who we are and what we are capable of becoming.”

That moment was an epiphany for Mitchell. As an accomplished scientist and engineer, he had grown accustomed to directing his attention to the objective world “out there.” But the experience that came to him while hurtling through space was profound.

“My understanding of the distinct separateness and relative independence of movement of those cosmic bodies was shattered. I was overwhelmed with the sensation of physically and mentally extending out into the cosmos. The restraints and boundaries of flesh and bone fell away. I wondered if Stu and Alan [companion astronauts] were experiencing it as well ... Somehow I never felt the urge to ask.”

The experience led him to a startling hypothesis: Perhaps reality is more complex, subtle, and inexorably mysterious than conventional science had led him to believe. Perhaps a deeper understanding of consciousness could lead to a new and expanded view of reality in which objective and subjective, outer and inner, are understood as complementary aspects of the miracle and mystery of being.

That realization sowed the seeds of Mitchell’s next mission. A few years later, in 1973, he founded the Institute of Noetic Sciences (IONS). Edgar was troubled by the prevalence of a dualistic worldview in Western thought and science that separates mind and matter and that typically posits matter as the fundamental basis of reality. Fortunately, the advent of quantum physics provided scientific evidence that challenged this dualistic worldview. Experiments at the subatomic level revealed that (under certain conditions) one particle of matter will instantly “respond” when something happens to another particle, even though the two are separated from each other in space. Edgar interpreted that phenomenon as meaning that “awareness” might be present at an elemental subatomic level.

Building on this notion and affirming a learning, self-organizing principle in the universe, he proposed that awareness can evolve through many levels of complexity and that at an advanced stage of complexity, say, at the human level, an aptitude for self-reflective awareness begins to emerge. This includes the capacity to make conscious choices and to be held accountable for how actions affect others and their physical environment. Given the deepening problems of today’s postindustrial society, in which most threats to our society and planet are rooted in how we view the world and the actions we take as a result, learning how to increase people’s consciousness becomes crucial.

Edgar, along with many others, maintained that human activity is on an exponential growth curve that cannot be sustained globally under current conditions. He believed that a paradigm shift is underway, but cautioned that the outcome is as yet unpredictable, and survival of humanity on our planet is in question. He believed that the same amount of effort and ingenuity that has been dedicated to the exploration of outer space should be directed toward the investigation of the inner world—our consciousness.
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