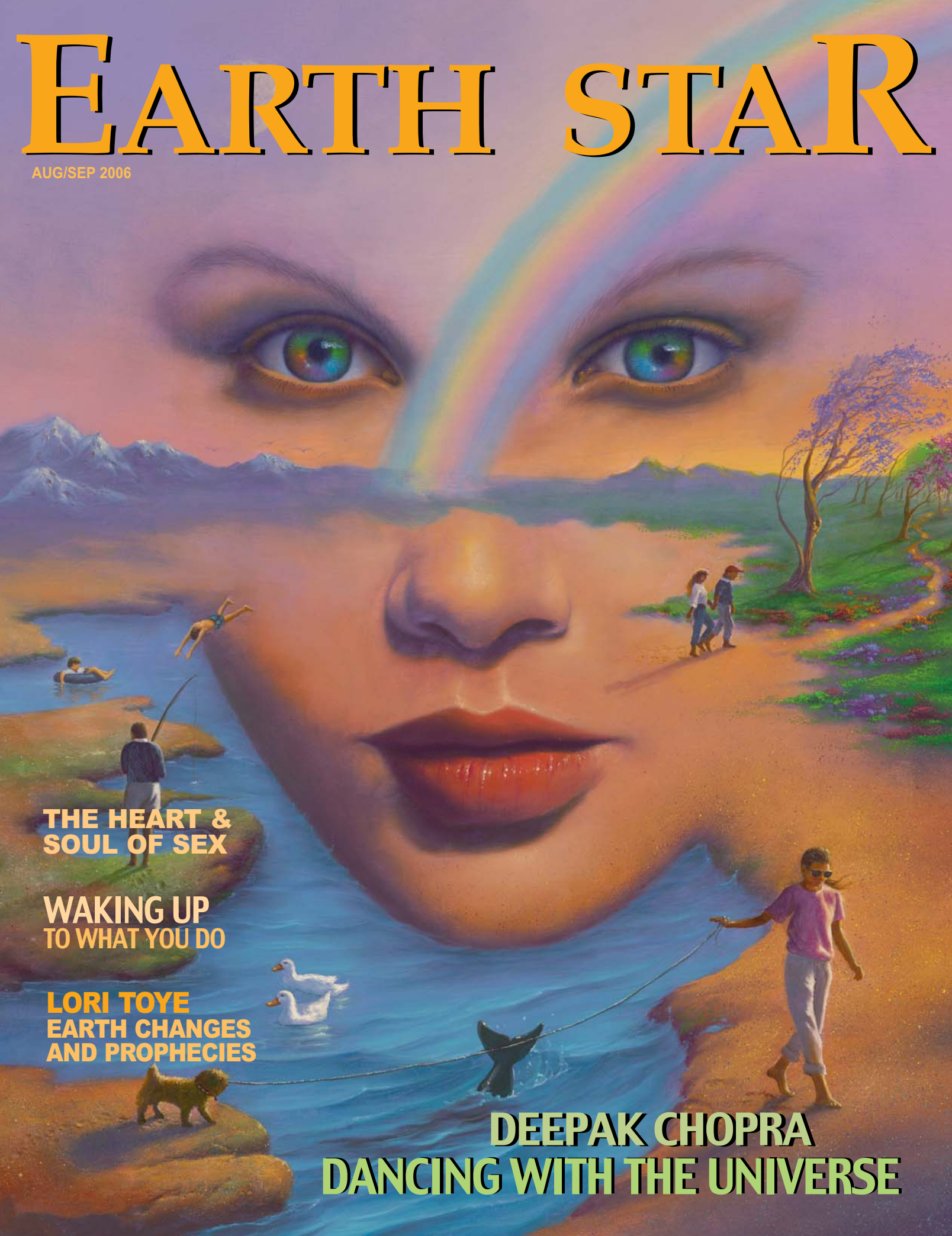


EARTH STAR

AUG/SEP 2006



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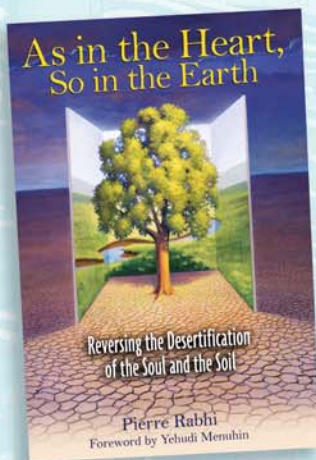
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PIERRE RABHI

Foreword by Yehudi Menuhin

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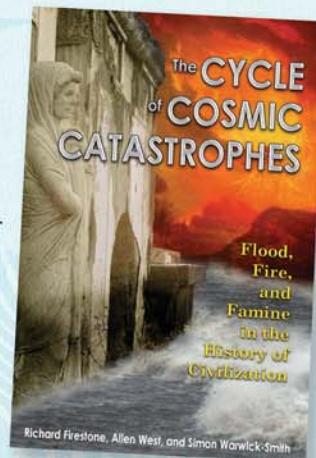
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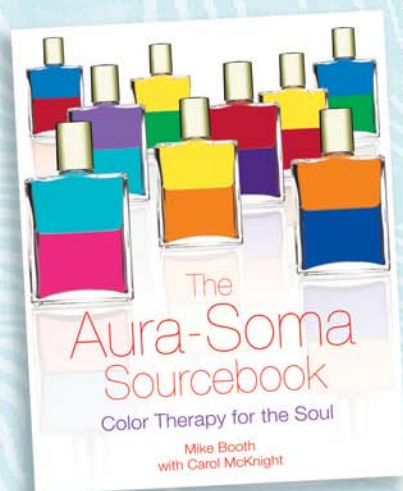
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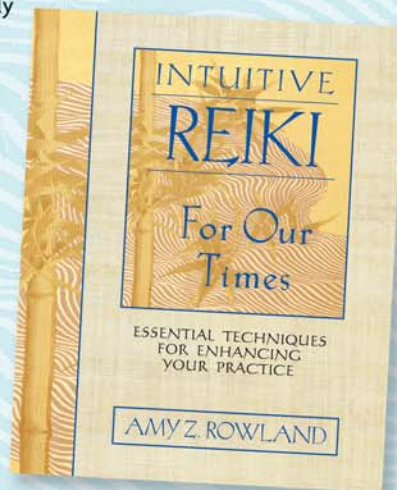
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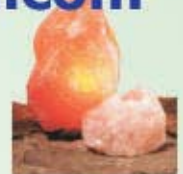
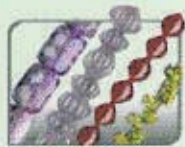
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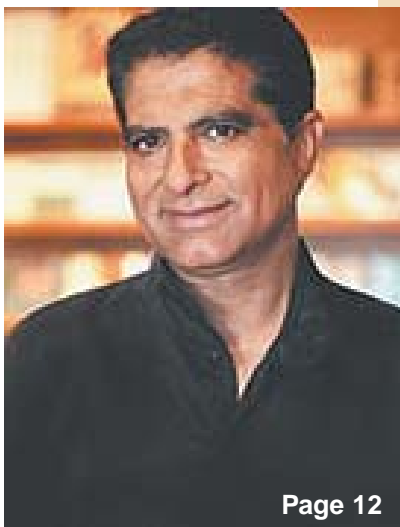
EARTH STAR

CONTENTS

AUGUST / SEPTEMBER 2006



Page 30



Page 12



Page 26

ON THE COVER

- 12 **Dancing with the Universe**
by Deepak Chopra, M.D.
- 22 **Waking Up To What You Do**
The Trapeze
by Diane Eshin Rizzetto
- 26 **Earth Changes Prophecies**
by Lori Toyne
- 30 **The Heart & Soul of Sex**
by Gina Ogden, Ph.D.

FEATURES

- 18 **Down To Earth Astrology**
by Tim Gunns
- 38 **Altars for Success, Prosperity & the Full Moon**
From The Way of Vastu
by Michael & Robin Mastro
- 40 **Vision Tips**
by Rosemary Gaddum Gordon, D.B.O., M.A.
- 44 **New Findings on Fiber**
by Stephen Laifer
- 49 **The Movie Mystic**
by Stephen Simon
- 66 **Mystical Stones**
Sugilite
by Robert Simmons & Naisha Ahsian
- 67 **A Residence Awaiting Its New Owner**

DEPARTMENTS

- 5 **Up Front**
- 36 **Yoga Listings**
- 41 **Green Living**
- 46 **Calendar of Events**
- 50 **New England Notebook**
- 51 **Directory of Professional Services**
- 68 **Book Reviews**
- 72 **Classified Marketplace**



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Books by Jim Warren

In a turn away from chemical-intensive farming, countries around the world are adopting policies to support conversions to organic agriculture. Whether wealthy, like Italy, or poor, like Thailand, governments are digging up ways to help growers be more environmentally sensitive. The small former Yugoslav republic of Slovenia, for example, offers farmers three years of cash assistance as they transition from conventional to organic agriculture.

Not so in the U.S. The world's biggest agricultural producer offers little official support to organic farmers. There is only one full-time organic researcher at the U.S. Department of Agriculture, and no federal, state or local government offers monetary assistance to organic growers.

TAX RELIEF

for Organic Growers



Woodbury County in western Iowa. Last year the county became the first government in the U.S. to financially support organics when the board of supervisors voted to give a property tax rebate to farmers transitioning to organic. Since then, Woodbury officials have also passed a law that requires the county's food service contractor to purchase organic food grown and processed within a hundred miles of the county courthouse whenever available.

Woodbury County's cutting-edge approach is part of an effort to revitalize the area's rural communities. In the last generation, the number of Woodbury farms has dropped sharply, down from a height of seventeen hundred to about twelve hundred today. Rob Marqusee, director of Woodbury's office of rural development, blames the decline on "economies-of-scale thinking"—smaller farms can't compete in the high-tech farming that dominates American agriculture. Marqusee's hope is that organic farming—which is more labor intensive since it doesn't use pesticides or herbicides—will bring in new jobs, deepen the tax base and repopulate Woodbury's countryside.

"Our sense of self-determination is shot," Marqusee says. "Either we make our future ourselves with the earth we have, or we look outside the county to troll for business and industry to come in."

For Marqusee, fostering organics is a way to build economic vigor by relying on Iowa's best native resource—its world-class soil. Although Iowa grows twelve billion dollars worth of agricultural products every year, much of that value is exported in the form of corn and soy used in processed foods and animal feed. This symbol of heartland fertility actually imports food for people to eat. It's the perfect metaphor for a food system that emphasizes uniformity and national production over diversity and local needs.

More laws like Woodbury's could help change that system, advocates say. "This is extremely important," says Ronnie Cummins, director of the Organic Consumers Association. "It will help U.S. farmers to produce the organics that people want. It's definitely the way forward." Contact: Organic Consumers Association, (218) 226-4164, www.organicconsumers.org. —*E Magazine*

Except, that is, for Woodbury County in western Iowa. Last year the county became the first government in the U.S. to financially support organics when the board of supervisors voted to give a property tax rebate to farmers transitioning to organic. Since then, Woodbury officials have also

Rising Tides



For what may be the first time, a village has been forced to move to higher ground because of global warming and rising sea levels, according to a UN report.

On Tegua Island in Vanuato, a hundred people packed up their homes and moved them inland. In recent years, surging tides have flooded the village four to five times annually.

Rising oceans, swollen by melting polar ice caps, threaten coastal areas around the world. In 1999, two uninhabited Kiribati islands disappeared. Near Papua New Guinea, about two thousand people are planning to move to a new island.

A panel of scientists that advise the UN warns that sea levels could rise three feet by 2100 as a result of continued climate change. —*Reuters*

Iceberg Ballads

German scientists in Antarctica have found an iceberg that sings as water moves through it.

Though too low to be heard by human ears, when sped up the music sounds like a swarm of bees or an orchestra warming up.

"The tune even goes up and down, just like a real song," said scientist Vera Schlindwein. —*Reuters*



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AIDS eco-training

Umzi Wethu, a new program in South Africa, helps children orphaned by HIV/AIDS to learn about the environment and, ultimately, work in the ecotourism or hospitality industries. The program is backed by the Wilderness Foundation of South Africa.

Children orphaned by HIV/AIDS face major obstacles in finding meaningful employment. Participants in the program are taught about conservation and life skills in the wilderness and on campus. After a one-year internship in a national park or game reserve, each will be placed in a permanent job.



“We realize that wilderness is a force for social change, and that this project can offer a safe and supportive environment to invest in young people in a way that is crucial to entire family systems,” said Andrew Muir, executive director of the Wilderness Foundation of South Africa. —*Earth Island Journal*

Low-Fat, High-Carbohydrate Diets Don't Cause Weight Gain



Some nutrition experts and popular diet books claim that diets with higher intake of carbohydrates cause weight gain. But a major clinical trial has found that's not so. The Women's Health Initiative (WHI) Dietary Modification Trial was designed to examine the effect of a low-fat diet rich in vegetables, fruits, and whole grains intake on the risk of cardiovascular disease and breast and colorectal cancer among almost 49,000 postmenopausal women. The women were randomized to either a diet low in fat and high in fruits, vegetables, and whole grains or to a control group given dietary information. All were fol-

lowed for an average of seven years to assess weight patterns. After an initial weight loss of almost five pounds the first year, women in the low-fat diet group maintained their modest weight loss, while women who followed their usual diet had higher body weights. Weight loss was greatest among women in either group who decreased their percentage of energy from fat, "suggesting that a low-fat dietary pattern may help attenuate the tendency for weight gain commonly observed in postmenopausal women," the researchers concluded in the *Journal of the American Medical Association*. —*Food & Fitness Advisor*

RETIRING EARLY DOESN'T ADD GOLDEN YEARS

Getting away from the nine-to-five pressures at work by retiring early may mean you'll enjoy life more, but it won't help you live longer. Retiring very early, at fifty-five, may even be associated with higher mortality, according to a study of 3,500 Shell Oil retirees, published in the *British Medical Journal*. The study found that those who retired at sixty and sixty-five lived to similar ages, but deaths were nearly twice as high in the first decade post-retirement for those who stopped working at fifty-five. The higher mortality for the earliest retirees may be due in part to the inclusion of people who had to retire because of health reasons.

—*Tufts University Health & Nutrition Letter*



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Aug 17-27 Yoga Meets Dance/Beth Rigby
Aug 18-21 Yoga Meets Dance Open Classes
Aug 19 *Kirtan*/Shubalananda & Durga
Sep 1-3 *Bhagavad Gita*/Edwin Bryant
Sep 5-8 AM Daily Yoga/Annie Hoffman
Sep 10 Fall Open House/free classes!
Sep 16 African Dance/Wyoma/Drums!
Sep 16 The Artist's Way/Kim Childs
Sep 16 *Kirtan*/Shubalananda & Durga
Sep 17 Initiation/Feldenkrais/Schreiber
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Evan B., France, Summer 2004

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Since 1997, more than four thousand birds have died or been injured after flying into buildings.



"New York City is this nexus of ancient migratory flyways, and the parks have become these havens for these birds, but... the build-ings with their light draw birds to them, sort of like moths to a flame," says NYC Audubon Director E.J. McAdams.

The program is modeled after similar ones in Chicago and Toronto. —Reuters



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DANCING WITH THE UNIVERSE

by Deepak Chopra

As the Earth spins on its axis, we experience a twenty-four-hour cycle of night and day that we call *the circadian rhythm*. This rhythm is based on the spinning of the Earth, and everything in our body, being part of the Earth, is also spinning and following the rhythm of the Earth.

Our body, our mind, our emotions — everything in our physiology is changing moment to moment, depending on the time of the day, the cycles of the moon, the seasons, and even the tides. Our body is part of the universe, and everything that happens in the universe ultimately affects the physiology of our body. Biological rhythms are an expression of the rhythms of the Earth in relationship to the entire cosmos, and just four rhythms — daily rhythms, tidal rhythms, monthly or lunar rhythms, and annual or seasonal rhythms — are the basis of all of the other rhythms in our body.

As the Earth spins on its axis, we experience a twenty-four-hour cycle of night and day that we call *the circadian rhythm*. This rhythm is based on the spinning of the Earth, and everything in our body, being part of the Earth, is also spinning and following the rhythm of the Earth. When this biological rhythm is disrupted by long-distance travel, for example, we experience jet lag. Or if we work a night shift, we don't feel quite right even if we rest during the day, because our biological rhythms are out of tune with the cosmic rhythms.

Scientific data shows that if we give an animal a certain dose of radiation at one time of the day, it may have a beneficial effect. If we give the same dose of radiation twelve hours later, the animal may die. Why? Because its physiology has changed completely in that twelve-hour period. Even a little bit of subjective experience tells us that at certain times of the day we feel hungry, while at other times of the day we feel sleepy. We know that we tend to feel one way at four o'clock in the afternoon, and another way at four o'clock in the morning.

Tidal rhythms also have an effect on our physiology. These rhythms are the result of the gravitational effect of the sun, the moon, and the stars in the distant galaxies on the oceans of planet Earth. We have an ocean within us that is similar to the oceans of our planet. More than 60 percent of our body is water, and more than 60 percent of our planet is water. So we experience a low tide and a high tide, and the tides ebb and flow in our own physiology. When we feel out of sorts, our body is out of synch with the body of the universe. Spending time near the ocean, or anywhere in nature, can help us to synchronize our rhythms with nature's rhythms.

The lunar rhythm is a twenty-eight-day cycle that occurs as a result of the movement of the Earth, the sun, and the moon in relationship to one another. This rhythm is evident in the waxing and waning of the moon. We see the full moon, the half moon, no moon, and then the cycle starts all over again. Human fertility and menstruation are good examples of lunar rhythms, and there are many other twenty-eight-day cycles. When I worked as a physician in an emergency room, we would frequently expect to see patients with certain types of problems depending on the time of day and the cycles of the moon.

As the Earth moves around the sun, we experience seasonal rhythms as distinct biochemical changes in the body-mind. So we are more likely to fall in love in spring or get depressed in winter. People with a condition known as seasonal affective disorder get depressed in winter but feel better when you expose them to sunlight. Seasonal changes affect not only the biochemistry of the human body; they affect the biochemistry of trees, flowers, butterflies, bacteria, and everything throughout nature.

The Earth tilts on its axis in the

spring, and flowers bloom, groundhogs come out of the ground, birds migrate, fish return to their spawning grounds, and mating rituals begin. People are moved to write poetry, lovers sing songs, and young and old hearts fall in love. Seasonal rhythms affect us biologically, mentally, emotionally, and it all has to do with the relationship of the Earth to the sun.

There are other cycles and rhythms that oscillate for just a few seconds, including electrocardiogram and brain waves, and there are rhythms that last anywhere from thirty minutes to twenty-eight hours called *ultradian rhythms*. There are cycles within cycles, and it gets very complicated, but it's all one symphony. All of these rhythms create the symphony of the universe, and the body-mind is always trying to synchronize its rhythms with universal rhythms.

To separate the body-mind from the rest of the cosmos is to misperceive things as they really are. The body-mind is part of a larger mind, it's part of the cosmos, and cosmic rhythms result in profound changes in our physiology. The universe is truly a symphony of the stars. And when our body-mind is in synch with this symphony, everything is spontaneous and effortless, and the exuberance of the universe flows through us in joyful ecstasy.

When the rhythms of our body-mind are in synch with nature's rhythms, when we are living in harmony with life, we are living in the state of grace. To live in grace is to experience that state of consciousness where things flow effortlessly and our desires are easily fulfilled. Grace is magical, synchronistic, coincidental, joyful. It's that good-luck factor. But to live in grace we have to allow nature's intelligence to flow through us without interfering.

Theoretically, if we were totally

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aligned with the cosmos, if we were totally in harmony with its rhythms, and if we had zero stress, then there would be very little entropy in our body. Our body wouldn't age if we were totally synchronized with the cycles of the universe. If it did undergo entropy, it would be on the scale of the universe, which is cosmic cycles or eons of time. But our body-mind is not totally aligned with the rhythms of the universe, and why isn't it? Stress. You see, as soon as we have a thought, any thought, it interferes with the innate tendency of the biological rhythms to synchronize with the universal rhythms.

How do we interfere with nature's intelligence? In spiritual terms, we can say that we interfere when we identify with our self-image and lose our inner self; when we lose our sense of connection with our soul, our source. In more common terms, we can say that we interfere when we start worrying, when we start anticipating problems, when we start thinking, *What can go wrong?* When we try to control everything, when we are afraid, when we feel isolated — all these things interfere with the flow of nature's intelligence. Anytime we feel resistance, anytime things are going wrong, anytime we feel frustration, anytime there is too much effort,

then we are not connecting with our source, the field of pure consciousness that manifests as the infinite diversity of the universe. The state of fear is the state of separation; it is resistance to what is. If we don't have resistance, then it's all spontaneous, effortless ease.

Our body is constantly speaking to us through signals of comfort and discomfort, pleasure and pain, attraction and repulsion. When we listen to the subtle nuances of sensation in our body, we are accessing intuitive intelligence. This intelligence is contextual, relational, nurturing, holistic, and wise. Intuitive intelligence is more accurate and precise than anything that exists in the realm of rational thought. Intuition is not a thought; it is the nonlocal cosmic field of information that whispers to us in the silence between our thoughts. So when we listen to the inner intelligence of our body, which is the ultimate and supreme genius, we are eavesdropping on the universe and accessing information that most people don't normally access.

When we listen to our body's wisdom, when we become aware of the sensations in our body, we will know the whole cosmos, because the whole cosmos is experienced as sensations in our body. If we are out of harmony with universal rhythms, the signal that comes to

us is a sense of discomfort, whether it's physical, mental, or emotional. When we are flowing in harmony with the universe, the signal that comes to us is a sense of comfort, ease, or joy. In reality, these sensations are the voice of spirit, which speaks to us at the finest level of feeling in our body. When we offer our body our deep listening, we will hear the voice of spirit, because our body is a biocomputer that is constantly plugged into the cosmic psyche. Our body has a computing ability that can instantly take into account the infinity of details that create every event in our life.

Knowing all this, why not treat your body with reverence and take care of it? Nurture your body with your loving attention. Nourish your body with healthy food and fresh water. Feed your body with the freshness of the earth, and the colors of the rainbow that the earth offers in the form of fruits and vegetables. Drink deeply of the Earth's waters so that you open the lines of communication and intelligence that course through your tissues and blood vessels. Breathe deeply so that your lungs are fully expanded with air.

Let go of all constriction and tightness in your consciousness so that your body can relax into the rhythms of the universe. Move your body, exercise your

body, and keep it moving. Make a commitment to keep your body free of toxins, both physical and emotional. Don't contaminate your body with dead food and drink, toxic chemicals, toxic relationships, or toxic emotions in the form of anger, fear, or guilt. Make sure that you nurture healthy relationships, and that you do not harbor resentments or grievances. The health of every cell directly contributes to your state of well-being, because every cell is a point of awareness within the field of awareness that is you.

The body-mind is the dance of the universe, and the more you dance with the universe, the more joy, vitality, energy, creativity, synchronicity, and harmony you will experience. You can stay in tune with your body by being aware of how you dance with the universe. If you pay attention to the rhythms and cycles of your body-mind, and if you become a little familiar with cosmic rhythms, you'll see that you can synchronize your body's rhythms with the rhythms of the universe. You don't have to be an expert, just pay a little attention to this. Notice how you feel at different times of the day and at different times of the month depending on the lunar cycle. Look at the sky, and observe the cycles of the moon. If you look at a newspaper, check the high tide and low tide. Feel your body and see how it relates to each of the seasons. Understanding these rhythms can really help you, but the following information is all you need to remember.

Between six and ten in the morning and between six and ten in the evening is when your body is hypometabolic, or at its lowest phase of metabolism. Try to spend time in silence around six in the morning and six in the evening. Ideally speaking, it's best to meditate in the early part of this phase, and to exercise in the middle of this phase — especially if you're doing it to lose weight.

Between ten in the morning and two in the afternoon is when metabolic fire is at its highest. This is the time to have your biggest meal, because your body will metabolize the food much better. Between two and six in the afternoon is a good time to be active, to learn new mental skills, or to engage in




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physical activities. Between two and six in the morning is a good time to dream.

Around six in the evening, and preferably before sunset, is a good time to have dinner. It's best to make dinner a lighter meal, and to have at least a two- to three-hour interval between dinner and sleep. Then try to get to bed by ten or ten-thirty at night, and you'll have ideal sleep and great dreams.

These are very basic suggestions,

but once we start to synchronize our rhythms with the cosmic rhythms, the body feels quite different. It feels vital; it doesn't get fatigued. We feel more energy subjectively. We begin to experience that state of consciousness where everything in our life is flowing with ease. Vibrant health is not just the absence of disease; it's a joyfulness that should be inside us all the time. It's a state of positive well-being, which is not only phys-

ical but emotional, psychological, and ultimately even spiritual. Technology won't make us healthy. What *will* make us healthy is to be aligned with the forces of the universe, to feel that our body is part of the body of nature, to commune with nature, to commune with our soul by spending time in silence and solitude.

The Indian poet, Rabindranath Tagore, summarizes the miracle of life more beautifully than science can explain it. He says, "The same stream of life that runs through my veins night and day runs through the world and dances in rhythmic measures. It is the same life that shoots in joy through the dust of the earth in numberless blades of grass, and breaks into tumultuous waves of leaves and flowers. It is the same life that is rocked in the ocean-cradle of birth and of death, in ebb and in flow. I feel my limbs are made glorious by the touch of this world of life. And my pride is from the life-throb of ages dancing in my blood this moment."

The oceans and rivers of this biosphere are the lifeblood that circulates in our heart and in our body. The air is the sacred breath of life that gives energy to every cell in our body, so that it may live and breathe and participate in the dance of the cosmos. To have the experience of "the life-throb of ages dancing in our blood this moment" is to have the experience of joy, the experience of connectedness to the cosmos. This is the healing experience; it is the experience of being whole. And to be whole is to live in grace.

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AUGUST - SEPTEMBER 2006

Those who promised more than they could deliver when the sun squared Jupiter in early August will likely be called to task when the sun conjuncts Saturn on the 7th, give or take a day or two. For those who delivered, a Mars-Jupiter sextile (60° aspect) on the 8th could bring a new opportunity, as a result of your recent 'fortunate actions.'

A powerfully energized full moon in 17° Aquarius on August 9th, conjunct mysterious Neptune, portends changes in the wind. Dissolution precedes the formation of new structures, institutions, identities, or goals. The conjunction of the sun and Saturn in mid-Leo admonishes, "know what's in your heart," which then helps to clarify what, or whom, may need to be released, or dissolved.

When Mercury (10th) and Venus (12th) enter the fiery realm of Leo during August, creative mental work is strongly supported, and communications can assume a noticeably more theatrical air. This planetary combination can provide a boost for sales, advertising or PR operations. Along with most creative activities, affairs of the heart are also highlighted for the next couple of weeks.

Keep your head down when Mars opposes Uranus on August 13th. In particular, exercise caution while traveling, as irritability or excessive agitation could quickly lead to accidents, or heated arguments. Avoid acting on impulse around this period...instead, take a breather, and the time to consider the consequences of your actions.

When the sun enters Virgo on August 22nd the accent is on adaptation to needed changes. How fortunate, then, that one's ability to

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adapt to necessary changes is enhanced by the sun's presence in this versatile sign. Being methodical comes easily now; do creative work requiring attention to detail, you'll ace it.

August's new moon occurs on the 23rd, in the first degree of Virgo, signaling a time to nurture one's special talents and skills. Adjustments in the work sector may have to be made around this juncture and, indeed, new opportunities to put your talents to good use could arise. It's possible, however, that some work-related partnerships may terminate, while new alliances in professional circles can be readily made. Use your intuition and imagination to help determine career or business moves.

Jupiter trines Uranus for the third and final time on August 29th, one of the best possible auguries of a sudden fortunate opportunity...at the very least, one's prospects could, in some way, look considerably brighter around this time. New input stimulates change. An innovative solution to a conundrum may be found. It's all good under these emotionally stimulating vibes!

The first of three oppositions between Saturn and Neptune culminates on the 31st, an augury that discerning reality from illusion could be a tricky business these days. Nonetheless, this is certainly a time to consolidate any recent gains you've made, and to cut your losses. Visions of new possibilities or objectives that seem eminently attainable are likely to emerge around this juncture.

A rousing Venus-Pluto trine on the 1st ushers in September, and

the waning dog days of summer. For some, a stimulating romantic encounter is possible around this juncture. But for most of us, this planetary impulse offers an opportunity to release outworn emotional habits or response patterns that serve neither us, nor our relationships. Look to see where your financial or business practices can be overhauled for greater efficiency and return under this auspicious alignment.

All Plutonic themes—such as 'power', sexuality, joint finances, and control issues—are greatly emphasized for several days around Pluto's Direct station on September 4th, in 25°Sagittarius. Significant power outages (or struggles) are possible in some regions around this time. As it's Labor Day, some celebrations or special events could be disrupted.

September 7th's Pisces full moon is also a lunar eclipse, and occurs conjunct Uranus—an emotionally willful combination of zodiacal elements that will not be confined or constrained—that can inspire us, and spur us on towards achieving highly prized goals and ambitions. Eliminate the unnecessary, now, in pursuit of your objectives. On a higher octave, emotions and psychic perceptions are significantly enhanced; indeed, a "self-quickening" is very likely underway...tune into it!

When the sun makes its annual conjunction with distant Pluto on the 16th, willpower and assertiveness are greatly intensified, so avoid ego clashes, or attempts at coercion, as they'll only rebound or backfire. It's possible you may get a glimpse of the darker side of life...or of yourself...around this time. For

those that may not have noticed, a strong sexual stimulus currently pervades the ethers. Nonetheless, much creative potential is available for constructive use.

September 22nd is perhaps the most pivotal day of the month—beginning with an early morning new moon-solar eclipse in the last degree of Virgo; followed by the arrival of autumn in the northern hemisphere, as the sun enters tropical Libra. The Sun's transit through the sign of interpersonal relations engenders a heightened awareness of one's obligations within key relationships and partnerships. Also, constraints within alliances, which may have been there all along, which could be impeding your progress towards personal objectives, may become glaringly apparent now, in the light of new developments.

Jupiter's square to Neptune on the 24th can precipitate unrealistic or inflated expectations towards month's end, necessitating a firm grasp on reality in the days around this juncture! Nonetheless, this planetary pairing of Piscean rulers can impart a powerful spiritual influence. However, don't be taken in by any false messiahs or dogma. There's a high probability that escapism could be rife! Keep a firm grasp on reality in these early days of autumn, as all may not be as it seems.

Following is a *general* overview of how the planetary trends for **August/September, 2006** apply to each sun sign. If you know your **rising sign** (Ascendant), read that, too, for additional insights.



ARIES (March 20—April 19)

Many natives of your enterprising sign will be fired up and blazing new trails as this forecast period gets underway, Mars, your sign's ruler, is now in Virgo, dynamically linked by strong and mutually supportive aspects to both Jupiter and Uranus through mid-month, strengthening your resolve to make necessary changes and move on. New employment options can manifest following August's Virgo new moon (23rd), while a new workout or dietary regimen could improve your fitness level, help keep you grounded, and your body and soul together. Indeed, This theme of self-improvement continues throughout September, with your current work the likely centerpiece of your efforts and the recipient of much of you energies at present. Learn to trust your instincts, pay more attention to your hunches.



TAURUS (April 19—May 20)

The self-nurturing theme continues in August, while the sun and Saturn converse in your solar fourth house...presumably regarding your best interests. By releasing self-doubts now you greatly increase your prospects for achieving success in your chosen career. Home improvements will be on the agendas of many Bull-clan members during August, while the financial security offered by a property investment may have appeal for other Taureans now. Make time for some fun with friends in September; indulge your inner child. Creativity can bring you much joy now; express yourself through your unique gifts and talents. Your stock in trade rises towards the end of this forecast period, when your services could be much in demand. There may be some interesting employment opportunities available to you in the weeks ahead. Know what you want and go for it.



GEMINI (May 20—June 21)

You seem to have immense amounts of mental discipline and concentration at your disposal these days, although whether you actually care to harness it may depend more on your mood, and of having a clear sense of the objective, than on simply having the ability and inclination to do it. Changes on the home front may reflect some inner shifts, of late. While some Twins-clan members may physically find themselves in new surroundings during this forecast period, others are becoming more familiar with their inner landscape. Ease up on the self-criticism and you might hear your inner promptings more clearly. Your home appears to be a hive of activity at present; indeed, it could well be the focus of your personal universe just now. When it comes to employment expectations, be realistic.



CANCER (June 21—July 22)

For some Crab-clan members, it appears that a long-playing financial challenge is set to evolve, or dissolve, around the middle of August. A possible new source of income is heralded at this time by the arrival of lucky Venus in your solar second house. Open a new savings account when Venus conjuncts Saturn in this sector on August 26th. Show the universe that you're serious about making—and holding onto—money. This could be an especially active period for many Cancer natives, with an increase in communications and local travel indicated during September. Be sure to note all the good new ideas that occur to you now, and in the weeks ahead, you may be able to take one or two of them to the bank in due course.



LEO (July 22—August 22)

This is your time in the sun, proud Leo, when you're truly in your element. Despite the sobering presence of Saturn in your solar first house, your vitality and enthusiasm for novelty is high. You may find you have a knack for making—and, unfortunately, spending—money during August. To be safe, keep a tight rein on your purse strings. With Venus in your sign between August 12th and September 5th, treat yourself to a makeover. A little pampering now can go a long way towards boosting your self-esteem. The financial trend looks promising through September, when a partnership arrangement could finally bear fruit. To ensure smooth sailing in relationships, be tactful and diplomatic in your dealings with significant others.



VIRGO (August 22—September 22)

While the presence of the sun and Saturn in your solar twelfth house may incline many Virgo natives towards introspection, Mars' transit through your solar first house provides a vigorous and energetic counterbalancing influence. Finding the ideal work that showcases your unique gifts, talents, and experience is not an easy task, but it's a quest that some of you may be keen to pursue. Perhaps by identifying what we don't want we can more clearly define that which we desire. A new moon on August 23rd occurs in the first degree of Virgo, energizing your solar ascendant, signaling the 'go ahead' for launching new personal projects. The new moon on September 22nd occurs in the last degree of Virgo, adding fresh impetus to your drive to succeed.



LIBRA (September 22—October 23)

It's time to get serious about goal setting, and to clarify your ambitions. Seek opportunities to network. Align yourself with a professional group or

institution whose objectives and philosophy you share; it could become an invaluable source of support and encouragement, enabling you to more quickly realize your professional aspirations. Mars the motivator crosses your solar ascendant and enters Libra on September 8th and, while a personally energizing influence, productivity now may depend on the cooperation or approval of others. Indeed, we can learn much about ourselves through our interactions with others during this transit. Strive to maintain a balance between personal needs and those of others. September's new moon on the 22nd occurs in the last degree of Virgo, within a whisker of your solar ascendant, providing fresh impetus to pursue personal objectives.



SCORPIO (October 23—November 21)

There may be much that you aspire to as this forecast period begins, and yet emotional vestiges of past disappointments could conspire to hold you back. Be clear when expressing your needs to a family member, particularly if they pertain to the amount of time spent pursuing career objectives. With a procession of planets currently moving through the upper portion of your solar chart, your sense of ambition has been powerfully kindled. While giant Jupiter languishes in your solar first house, encouraging personal excess, you're seldom short on enthusiasm, either. August's Virgo new moon (23rd) occurs in your solar eleventh house, emphasizing the importance of goals and attainable objectives. September's new moon (22nd) in 30° of Virgo underscores the theme of planning a strategy for professional advancement.



SAGITTARIUS (November 21—December 21)

Oftentimes the future is hard to see, but guess who could care less? Many quest-oriented Sagittarians would be willing to set sail for a distant horizon after barely a glimpse of their destination, operating on blind faith that in the course of their journey, their almost insatiable quest for knowledge would be at least temporarily assuaged. Now that's a well-developed sense of freedom! Yet it may apply to many Archer-clan members right now who are ready and looking for an excuse to escape their present reality. August's Virgo new moon (23rd) occurs conjunct your solar midheaven, attracting opportunities for professional advancement in the weeks ahead. Instability or sudden changes at home could necessitate a new game plan in September. Be flexible, and keep your options open.



CAPRICORN (December 21—January 19)

Saturn's continued presence in Leo adds a creative flair to your management style. It also

brings with it challenges associated with joint financial management and the use of mutual resources. Leave no room for ambiguity when discussing such matters. Some adventurous Capricorn natives will have a yen to travel during this forecast period, particularly in the weeks following August's Virgo new moon (23rd), which occurs on the cusp of your solar ninth house. While embarking on a series of workshops or a new course of study could be rewarding for others. Smoldering embers of ambition are fanned into flame by September's new moon (22nd), which, although in 30° of Virgo, is conjunct your solar midheaven. The coming weeks may bring professional opportunities your way.



AQUARIUS (January 19—February 18)

The challenges posed by your most significant relationships could provide the sternest tests for Aquarian natives to contend with during this forecast period. Your finances may be impacted by any shift in alliances, though with the presence of lucky Venus in your solar seventh house through early September, interpersonal relations should at least be cordial. If there are intimacy issues to address, then August's Virgo new moon (23rd) cycle supports getting to the root of any problems. Likewise, thorny financial matters can be tackled and resolved now. Indeed, September favors financial planning, and perhaps seeding a nest egg.



PISCES (February 18—March 20)

The continued presence of Jupiter, your sign's co-ruling planet, in your solar ninth house encourages broadening your horizons. Shoot your arrows of ambition at ever loftier targets, while Neptune, your sign's primary ruler, provides guidance from your solar twelfth house via intuition and perception. Work may seem more enjoyable some days, as a variety of assignments come your way, especially during August. In September, the emphasis shifts to relationships, where seeds for new growth can be sown in fertile social soil. With the presence of lucky Venus in your solar seventh house throughout most of September, your key alliances appear well-starred.

Tim Gunns is an astrological consultant, conference coordinator and producer, new age market and speaker consultant to the entertainment industry, and formerly program director of 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. Private consultations with Tim by phone may also be scheduled, which must be pre-paid and scheduled in advance. Send:

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WAKING UP TO WHAT YOU DO

By Diane Eshin Rizzetto

The Trapeze

Trapeze artists who seem to effortlessly swing through the air with the greatest of ease win my vote for the most enticing circus performers. They spin out on one bar and midway through, let go, do a twirl or a twist, and seemingly without effort or thought, grab the next bar, which almost miraculously presents itself at their fingertips. They often do their act without a safety net under them to catch a fall. I marvel at their daring and skill at what appear to be effortless swings from one bar to the next. How like our lives. As conditions and events arise we swing into action.

Some years ago, I read an interview with a young performer from a family of trapeze artists. The interviewer suggested that she must be pretty strong physically to be able to control the swings. The young artist answered, “Physical strength isn’t really necessary. . . . Sometimes it can save you if you make a mistake, but if you’re relying on strength, you’re doing it wrong. The trapeze is all timing. It’s letting the trapeze do the work for you.”

I would also add to that equation awareness of many conditions. When you think of it, there are so many variables in a swing—the airwaves, the heat, the lights, and the performer’s body and concentration on that particular day. A twist one day can be a brilliant move. The next day, it could be a fatal error. It

all depends on the conditions present in that moment and conditions change from swing to swing.

The Dead Spot

The trapeze artist went on to say that the most important part of the trapeze action was something called the *dead spot*. The dead spot comes “at the end of the swing . . . when the swinging bar stops moving in one direction and starts moving in the other. Like when you’re highest on a playground swing. The whole idea is to use that change of momentum to create the trick.” She explained that it is there, in that moment, that the next trick is born.

The reporter noted that swinging on a trapeze is a lot like life—“timing is

Whatever it is, no matter how big or small, the dead spot appears when we cannot engage in our habitual way of holding and grasping for the bars, either because we are forced to let go or we willfully launch ourselves into midair.

all.” But, as he also observed, “in life it’s hard to sit still and wait for the timing to reveal itself . . . life keeps [us] moving and at predictable [or not predictable] intervals, there will be change. The pendulum will literally swing the other way. You can’t change that. You can only use it.”

I’ve added a few twists of my own to this act. I like to expand the metaphor to include another aspect of trapeze-swinging—the letting go between bars. I think of the dead spot as that place between swings, when the performer just hangs at point zero before grabbing the next bar. It is the moment of nonaction and not knowing. The events of life offer all types of dead spots.

Our dead spots can take many forms. They can occur at the time of major events, like changing a relationship or profession. It can be the loss of a loved one or indecision over what action to take when faced with a job choice. Whatever it is, no matter how big or small, the dead spot appears when we cannot engage in our habitual way of holding and grasping for the bars, either because we are forced to let go or we willfully launch ourselves into midair. Life pries our fingers loose and no matter how much we try to avoid it, we end up in the suspended moment, not knowing what comes next.

Say you have a medical problem and have to wait several weeks for test results. During that time you may find yourself right in the middle of the dead spot because you don’t know what to expect. You might have either a minor problem, which lets you be safe or okay,

or a life-threatening illness that could mean your life. For several days you grasp first at one bar and then the next: *I’m going to die or I’m going to live*. Our usual reaction to this type of situation is to grasp at whatever relief we can get. How we do this differs according to our systems of defense. For some, it may be assuming the worst scenario. For others it may be only assuming the best. For some it may be clouding awareness.

As I help people explore the precepts, I sometimes wonder what kind of world it would be if we could all just hang for a moment in our own dead spots. We don’t have to be trapeze artists to know that dead spot. Sooner or later, if we’re lucky, we’ll find ourselves awake, suspended between the bars. Of course it’s the last place we want to be. But if approached with intelligence, the dead spot can be the key to understanding the reactionary behaviors spinning in the dream of self. We can learn how to work in that split second, when either there is no new bar for us to grasp or our usual favorites no longer work; we have the opportunity to know ourselves in a way that is open to whatever life brings our way.

Just This

When if even for the briefest of moments, we take pause in the dead spot, that moment of nonaction, before we react, we step through the door marked Enter Here and meet life just as it is, in just this moment. It is in this moment of Just This that the trapeze artist finds the most power and creativity. In

Just This we meet the power and creativity to break away from our habitual thoughts, emotional matrix, body patterns, and energy that fuel and direct our reactions. So, for example, when someone insults us, with practice we can more quickly turn our awareness to our experience—to thoughts like, Who does she think she is talking to me that way? We can breathe in the presence of the tightening in the shoulders and neck, the heat in the face, the words wanting to form in outrage. Just This is exactly what the words suggest—there is only *this* right now. As one teacher has said, “Wherever you go, there you are.” This is the core of our awareness practice—to challenge us to question our assumptions about what makes the world real to us. It turns us toward the realization that any assumption of permanence is exactly that—an assumption. That in truth, Truth can only be expressed as Just This.

As you work your way through the precepts presented in the book *Waking Up To What You Do*, you will learn how to engage in this process and experience Just This for yourself. In time, you may find that you can actually rest for longer periods in the place of no action, between the habitual reactionary swings. In other words, you will be more attentive and at rest in the presence of the worry and anxiety of not knowing, for example, what those medical tests will reveal. Looking and listening to the spinning scenarios of thoughts and the churning sensations in our stomachs, we open ourselves to the full experience of our lives just as it is in this present moment.

The precepts can be a useful tool for helping us learn how to find our way into the dead spot and rest in Just This. For example, when we're out with a couple of friends and someone's name is brought into the conversation for gossip, the beacon light goes on and before we join in, we allow ourselves to experience the moment before the reaction. Maybe we feel a surge of physical sensations as our desire to join in talk rises, especially if the person being discussed is someone for whom we have strong animosity. We continue, breathing, watching, listening.

This moment of nonaction, in which we are completely aware and present in our feelings and bodily sensations, is one in which we are making good, fruitful use of the precepts. When we don't try to escape our experience, the necessity of reaction slowly begins to fade. Instead, we often find that we begin to take actions that best meet the present circumstances or situation. We respond instead of react. We take action that best serves life. What do we do when we find ourselves in the presence of gossip? What do we do when someone just insulted us? What do we do when an emotion within us demands to be numbed? What do we do with any thought or feeling that leads us into reactions that ultimately could be hurtful? Yes, there are short-term strategies that it will often make sense to follow. We can excuse ourselves or change the subject when we're with people who start talking about someone else. We can count to ten or go for a walk before answering the insulting email. These are certainly useful ways to stop our reaction, but real transformation, a dismantling of the reactionary patterns learned deep within our brains and bodies, can only take place by facing the deepest beliefs and fears that drive us toward the next bar. This confrontation can only occur in the dead spot.

Reactions

But what if the trapeze artist, for some reason, doesn't let go and just keeps grabbing for the same bar in the same old way? There are many reasons why she might not take that step into suspension. Maybe the timing is off. Then it would make good sense not to let go.

like the
trapeze artist,
we swing on
the same old bar
back and forth,
meeting
whatever life
brings our way
with the same
old
REACTIONS.

But what if she was too scared to try something new? What if the swinging back and forth on the same bar carried certainty and safety? What if the same old swings are the only swings she knows? She would never experience what our young performer suggests is the most powerful, creative moment of the entire act—the moment pregnant with possibilities.

Again, how like life. As circumstances and events arise in our lives, how do we swing into action? On reflection some of us may find that, like the trapeze artist, we swing on the same old bar back and forth, meeting whatever life brings our way with the same old reactions. For many of us, much of our lives is spent in habitual swings on the same old bar. No matter how unhappy it makes us, no matter how much we know it affects others, it may seem to us the only way to go. The old familiar swings seem safe and to rest for just one brief second in that dead spot can seem daunting. Yet, if we really want to experience the happiness and well-being that comes when we break loose of our habitual reactions of self-defense, then we need

to take a much clearer look at our reactive thinking. Lao Tzu points to how we can break these patterns:

*Who can by stillness, little by little
make what is troubled grow clear?
Who can by movement, little by little
make what is still grow quick?*

Reactive thinking manifests itself in several ways. Perhaps a boss corrects us for something we did incorrectly and before we know it, we swing into self-defense, rejecting his words. Maybe we gossip about others, pointing out their faults as revenge for some mistreatment. Maybe we distort the truth to cover ourselves. Perhaps we grasp at whatever sensual pleasure excites us or overly depend on approval from others. Or maybe we remain distant and indifferent by isolating ourselves through substances, overworking, tuning out, or turning away from closeness. In the heat of our reactions, we fail to see the reality of a given situation and often end up doing more harm than good. We may have no idea where our reaction stems from, but we continually react in the same way whenever our buttons get pushed. It is the *re* part of *reaction* into which we need to inquire. By observing ourselves through any of the precepts, we are quickly confronted with our reactionary patterns, and how they occur again and again.

Swinging on the same old bars in the same old way without meeting the freshness of the present condition is the difference between reacting and responding to whatever a situation offers us. Struck with the possibility of a life-threatening illness, the first thing, of course, that most of us want is to know the prognosis. But the truth is, we won't have any information until the tests come in. Even then, we don't know what will develop. Being open in this way is often very difficult unless we've cultivated the ability to rest in what is. We often convince ourselves of all sorts of things—even lies.

When we are in that place of not knowing there is no safety net under us. Suspended action. Suspended thinking. Suspended knowing. No stories, no shoulds. Just This—awake and present. It's very difficult to hang there for long,

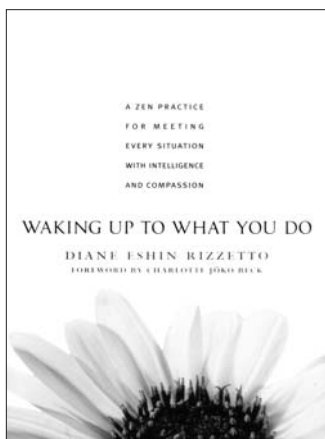
without grasping at whatever gives us a sense of security. But there's a lot to be learned even in just two or three seconds, if we're willing.

Response

The power of resting in the dead spot cannot be overestimated. In time, we don't find ourselves repeatedly swinging from the same bars. Something changes. Something shifts at a very deep level. As new situations arise, we begin to respond instead of react. Our actions are more often responsible actions because they are based on what best meets the reality of the situation. Facing the sink full of dirty dishes, I simply see dishes with a bit of egg and jam. I turn on the hot water, soap the sponge, and begin washing. Dishes are just dishes. Or our boss points out an error, and we say, "Oh, yes, I see what I did wrong. Let me correct it." Or we respond, "I understand that you see that as my error, but I wasn't the person who did it." In either case, we keep the precept of not distorting truth. The key is we've responded in the true sense of the Latin *respondere*—which means *to match*—and are simply matching our responses to the situations that require them.

If we rest in the dead spot, we allow ourselves to recognize the perception of the boss and to include whatever other facts are present in the situation, then we respond. He thinks what he thinks at this moment. He believes it is true that we made an error. We honor his position by really listening and acknowledging what it is he has to say, by resting in the experience of what that brings up for us and then responding. We either agree or disagree. This is quite different from running reactionary thoughts, such as He always thinks I'm making mistakes, or She doesn't appreciate all that I do around this office. Maybe those thoughts are true, but there are options for how we can respond to them. Whatever difficult situations we find ourselves in—in the workplace, with our families, or among friends—can be opportunities to work through reaction into response. This is how we take up the way of the precepts.

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Earth Changes and Prophecies

By Lori Toye

I recently had the opportunity to view the Al Gore documentary, *An Inconvenient Truth*. At the time, it was showing in only two theatres in the Phoenix Valley of almost four million people. There was no way it would ever play in my cowboy conservative town of Payson. In fact, it was already being ridiculed in the local paper under the title, “Global warming theme fits agenda of liberal left.” That same article used the phrase, “enviro-wackos.”

The theatre was packed. I scanned nearby rows to detect any semblance of the wacko fringe left of society. All ages were present—roughly early twenties to mid-seventies. If they were conservatives or liberals, I couldn’t tell. A young couple sat in front of me; they snuggled

and ate popcorn.

Immediately, I sensed a connection with Al. Then I discovered that we had both been raised on cattle ranches even though they were coastlines apart—he from Tennessee, me from Idaho. Our dads were farmers, too. His raised tobacco, mine raised wheat and barley. Al Gore’s dad was a renowned state senator; my dad isn’t, but he is famous to me. I guess farm kids always feel a bond with each other.

During the film I couldn’t help an inner distraction from a flurry of déjà vu scenes. Sixteen years ago I had traveled around the states with a similar slide presentation. I had even started my lecture exactly the same with a photo of the Earth, taken from space! Albeit, there

were a few glaring differences—my slide show fit completely into one single carousel. Al’s was replete with color animations, morphing maps and beyond the beyond graphics. Plus, Al had slick venues, with engaging Oprah-esque crowds. Nine times out of ten my presentations were in living rooms that would later become my sleeping quarters for the night.

I still felt a haunting camaraderie with the former Vice-President of the United States. In 1989 our lives had drastically changed; his by almost tragedy, resulting in a complete restructuring of priorities. My farm-life world had been torn apart the previous year by divorce, and I responded to the terrible stress with spiritual inquiry and meditation.

Interestingly, six years prior, I had

encountered a reoccurring dream. In the 1983 visions, four beings in white robes presented a map of the United States. It was not Rand-McNally. The map showed entirely different coastlines and vast changes in geography. At my meditation and spiritual development group, I mentioned this unforgettable experience. One fellow member had been a student of Edgar Cayce and felt that further inquiry could yield some interesting results—maybe parallels. We agreed to use the meditation techniques we had been practicing, and scheduled our first meeting in the early morning hours—four-thirty am. Admittedly, the first sessions were difficult. Yet over time we carefully reopened the communication with the four beings of the vision—Ascended Masters. In three months over eighty taped sessions included the details of the United States map accompanied with spiritual teachings.

The compelling information virtually opened a new world for us, and we began to share some of the teachings with our group. Encouraged to publish the transcripts of the readings, we organized the Earth Changes information on a large vinyl map with overlays and colored felt-pens. Since our funds were limited, we asked the Spiritual Teachers, “What information should be published first?” Without hesitation, it was imperative that we print the map—this information was critical—the spiritual teachings would follow later. In September, 1989 the first, “I AM America Map,” rolled off the press.

The first time I rolled out an I AM America Map for a family member I heard nothing but uncomfortable silence. I watched my aunt’s face with interest as she poured over the map’s “Bay of Harmony,” which covered all of California, Nevada, and most of Arizona with water; then upward to the Pacific Northwest’s “Bay of Prosperity,” which rendered our beloved Idaho a new sea-coast. Telepathically I was certain I heard the aforementioned phrase, “enviro-wacko,” sans enviro.

I’m sure it was surprising for my family who had only known me as a farmwife to hear me explaining possible earth

changes, and the spiritual transformation that could make all the difference. At times, I was even more astonished with myself, and the new role I had purposefully assumed. As I listened to Al’s voice, I sensed a similar shock still lingering that indeed he was not our President, yet had discovered a newfound, genuine voice through Global Warming education.

Throughout the next two years I gave my slide presentation of “The Map,” at dozens of living rooms, New Age centers, bookstores, small fairs, and expos. Before long I had each slide and accompanying notes perfectly memorized—a small feat for me as the material was originally received via trance. Every setting provided fresh faces with different approaches and attitudes towards the information, and my lecture gleaned a great deal from the friendly exchange of knowledge. However I must admit that I always felt a bit prickly when asked, “Are you a psychic? Are you a channel? Are you a prophet?” I wasn’t sure just how to answer.

Perhaps my newfound solidarity with Al Gore comes from the humble attempt to answer this question. In the midst of being labeled a chicken-little or a doom-sayer, Al responds simply and elegantly, “This isn’t a political issue, it is a moral one.” The Master Teachers of the I AM America information succinctly state, “It is a lesson of change, choice, and consciousness.” Either way, both of our slide presentations, one born from science, the other born from the science of consciousness, are infused with a passionate love affair with the Earth. No doubt, the time is now. Also, I would like to add that the “now” is getting shorter and shorter.

Three years after the publication of the I AM America Map, Gordon Michael Scallion released a published version of his psychic earth events in a similar map, the future United States. Within the next couple of years, the I AM America Map became totally confused with his, and the ensuing rush of dozens of other Earth Changes Maps hoped to find their place in an eager market. Soon a commercial competition of “hits” and “misses”

through predicted earth events enveloped every nook and cranny of the now sophisticated Earth Changes movement. The frenzy of pre-Y2K took over the interest of the large television networks, including late-night talk airwaves, and provided budding entrepreneurs and authors with an abundant mercantile aimed at assisting everyone to survive, “the big one.”

Llewellyn Publications contacted our office in 1996. They wanted my top ten predictions for 1997—would I oblige? I called back and explained to them that the prophecies were not predictions; hence nothing was etched in stone. In fact, with greater enthusiasm I explained how this information had been given to us so that we could make informed, healthy choices that may better impact the Earth. Maybe, just maybe, this could change the outcome of the I AM America Map. I hinted towards the connection between eco-spirituality and Global Warming, and gave my contact information if they wanted more. They never called back.

After Y2K, the overall interest in Earth Changes severely waned. People are funny—if you say something is going to happen and it doesn’t, they become skeptics. Considering we hadn’t seen a decent polar shift from any predictor’s forecasts and California was still viably and visibly attached to our North American continent. In the midst of this transparent confusion we continued to share the spiritual teachings that accompanied the map, “A change of heart can change the world.” There is a saying that a prophet’s work is truly complete when the events that are prophesied never occur. If they do not occur, then those who had the “eyes to see” and the “ears to hear” made the choice to heal and transform their lives. Catastrophe and destruction may be averted or avoided altogether. So inevitably, a genuine prophet always has egg on her face. Perhaps in some small way, we had been successful.

And then 9-11 happened...then the terrible tsunami...followed by Katrina, and hurricane after hurricane. The overall irony of viewing, *An*

Inconvenient Truth, was that the man who was the Vice-President of the United States for eight years, and our nation's President-Elect (even if for one brief minute) was repeating what all of us—predictors, prophets, psychics, messengers, channelers, visionaries—had continuously said throughout the nineties. I realized that through his work, people would be further informed and awakened to the true conditions we are facing concerning our future and our planet. "Maybe now," I whispered with prayerful aspiration, "we have a chance."

After the film ended, we all sat in a brief stillness. Then I heard the faint sound of two hands clapping, and then four joined with six, and soon the entire theatre erupted in spontaneous ovation. It wasn't just the sound of applause; it was the sound of hope.

I AM America Map Earth Changes Prophecies:

Every state in the United States will be affected by the changes.

The first events started in the year 1992. [This may or may not be accurate, as time is rarely correct when stated by dimensional beings.] However, during that year these events took place:

A 6.8 earthquake in Eastern Turkey kills 500 people

One of the most destructive hurricanes ever, Hurricane Andrew, ravages the Bahamas, Florida, and Louisiana.

Hurricane Iniki strikes the state of Hawaii—Kauai and Oahu.

1992 Tornado Outbreak, November 21-23, Eastern and Midwestern US. This outbreak was the largest and longest on record.

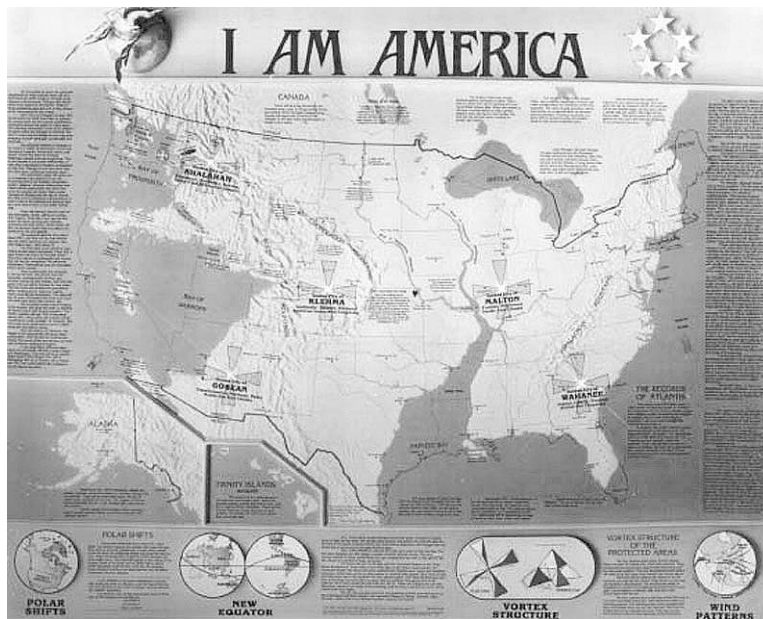
All of the four elements will be involved during the changes: Fire, water, earth, and air.

Prior to a mega-quake in Oregon the earth is bombarded by a massive shower

of meteorites. These numerous impacts cause an ash cloud to envelope Earth's atmosphere, and tremendous rainfall. We experience massive flooding all over the world. Rivers, seas, and oceans swell.

The increased water causes increased pressure on fault lines. This leads to massive earthquakes and megaquakes.

Weather and wind patterns will



change regional climates throughout the United States. They vary from region to region.

Arizona & New Mexico: Hot, Dry and Arid. Extreme temperatures, flash flooding.

Washington, Oregon, Idaho & Montana: Warmer and Rainy, with temperatures 64 degrees and above in all twelve months. Monsoons and flooding.

Central United States: Mild temperate climate with erratic weather patterns.

Alabama, Georgia, North & South Carolina: Hot, temperate climate with erratic weather patterns.

Florida, coastal areas of Georgia, the Carolinas, Virginia, and Maryland: High winds, many hurricanes and flooding. Many of these coastal lands break-up because of winds and storms.

Wisconsin, Michigan, Illinois,

Indiana, and Ohio: Cooler with very cold winters. The higher the elevation, the colder—an Alpine climate.

Maine, New Hampshire, Vermont: Much cooler with ice and snow, perpetual frost.

During the Times of Changes there will be shifts in the present-day Rocky Mountains near Denver, Colorado.

During the meteor shower a larger meteoroid/asteroid strikes the Earth in the Nevada desert. This sets in many weaknesses in the Earth's fault lines and eco-systems. This causes a series of massive earthquakes around the world, the most serious earthquakes are in the state of California.

During the changes the North Pole will change magnetically many, many times.

During the Times of Changes, there will be extreme winds. Many of the current wind pat-

terns will change.

The Wind Patterns change at the Rocky Mountains near Denver, CO.

Frigid, arctic wind near Maine.

A hot, temperate wind pattern from Florida.

Cold and warm winds meet in the center of the United States, and will meet in extreme contrast causing deadly tornadoes.

Hot, arid winds near Phoenix, Arizona.

Three polar shifts happen within years of each other. With the excess water at the equator from Global Warming and other changes, the spinning of the earth becomes unbalanced. The addition of extra water weight to the Earth causes land to sink. Through this change of ratio of land to ocean coverage, many other shifts occur. The first shift is not noticeable, but the second shift places the pole in the middle of Greenland. The final, and third shift, finds the pole in the waters of the Hudson Strait, at the south end of Baffin

Island. This is approximately 1,650 miles from New York City. [NASA has studied the effects of moving water from oceans to continents and the result upon the Earth's rotation. Reservoir waters have shifted water away from the equator and towards the northern part of the globe, near the axis of rotation. The overall effect quickens the Earth's spin, known as "The Reservoir Effect." For more information go to <http://www.uswaternews.com/archives/arcglobal/6earth.html>]

The United States and Canada will go through the earth changes simultaneously. Also, since the North American continent will be the first to experience great change, they will also be the first to recover, and will offer aid to the rest of the world.

A new Continental Divide forms. Starting in central Canada, this range of mountains follows the flow of the River of Cooperation [new Mississippi River], extends into Kansas, as far south to present New Mexico. [See Deep Probe Study, a 1995 geological survey in the United States and Canada. Apparently, this is an area of the earth's crust that is considerably thinner east of the Rocky Mountains. This area stretches through Canada and runs South through Mexico. Link: <http://www.soes.soton.ac.uk/staff/then/deep-probe.html>.] The new mountain range is referred to as The Cooperation Mountains, and are prophesied to appear long after the Times of Changes.

Prophecies for the New Times

During the times of changes the Earth's energies will change and transform. Areas (likes vortices) will open that will be known as "Transportation Centers." These are areas that through utilizing the Earth's unique energies will allow us to travel to non-physical dimensions and back again. Several of these areas prophesied is near Coeur d'Alene, Idaho; another near Bismarck, North Dakota.

New agricultural areas will be developed in the North Dakota area, and later near Albuquerque, New Mexico. After the changes, advanced technology will be applied to control the weather. This technology will be utilized to stabilize the weather throughout the west coast of the United States, which will have suffered the most drastic of earth changes.

After the Times of Changes, we will enter the "Age of Transportation."

Golden Cities

During the changes "spiritually protected areas" will manifest on the earth. In these areas, known as "Golden City Vortices," Ascended Masters will teach and help the masses. The Golden City Vortices are likened to huge universal temples of spiritual energy and will serve as "nerve endings" for the changing of earth and consciousness. Their shape resembles a pyramid.

Five Golden City Vortices will manifest through a new "grid system" of the Earth in the United States. Their sacred mathematics and geometry overlap. They are:

Continued on Page 64

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By Gina Odgen, Ph.D.

excerpted from *The Heart & Soul Of Sex*

LISTENING TO WOMEN

As a sex therapist and researcher, I've had the privilege of listening to thousands of women describe the most intimate aspects of their lives. The more I listen the more I understand that sexual experience encompasses much more than what happens in the bedroom. It can affect our whole existence—and can become a powerful path to growth and healing.

Sex is more than something we do. Sexual energy is part of who we are, though we may not always be aware of it. Many women speak of sex as a kind of ongoing journey that changes how they respond to the world around them. Their stories range from ecstatic confluences of body, heart, and soul to chronicles of hurt, disappointment, and abuse. And many women also speak of holding back, so they experience only a tiny fraction of their sexual desire and potential.

Whatever our experiences of sex, and whatever our age, cultural background, or sexual orientation, it's almost impossible for any of us to tell the whole story. We simply don't have the language to convey the full range of our sexual feelings, our longings, fears, or dreams of what might be. Our fast-lane culture sexualizes everything from beer to Barbie, but it doesn't yet acknowledge the core power of sexual connection: its ability to transform our lives.

The national conversation about sex trivializes women's most meaningful experiences. Sexual slang reduces us to body parts. The just-say-no language of sexual morality offers too many "shoulds" and "oughts." The clinical language of sexual science shrinks sex to what can be counted or measured, hormone levels, goals. In some ways, the language of spiritual experience comes closest to expressing the fullness of our sex-

ual response, for it is the language of connection and ecstasy. I've heard women describe their most joyous sex as "bliss," "a joining of hearts," "a revelation," "a gift from God."

My goal is to expand how we think and talk about sex—by offering information from thousands of women and suggesting how their experiences might broaden sexual meanings and language for all of us.

THE VARIETIES OF SEXUAL EXPERIENCE

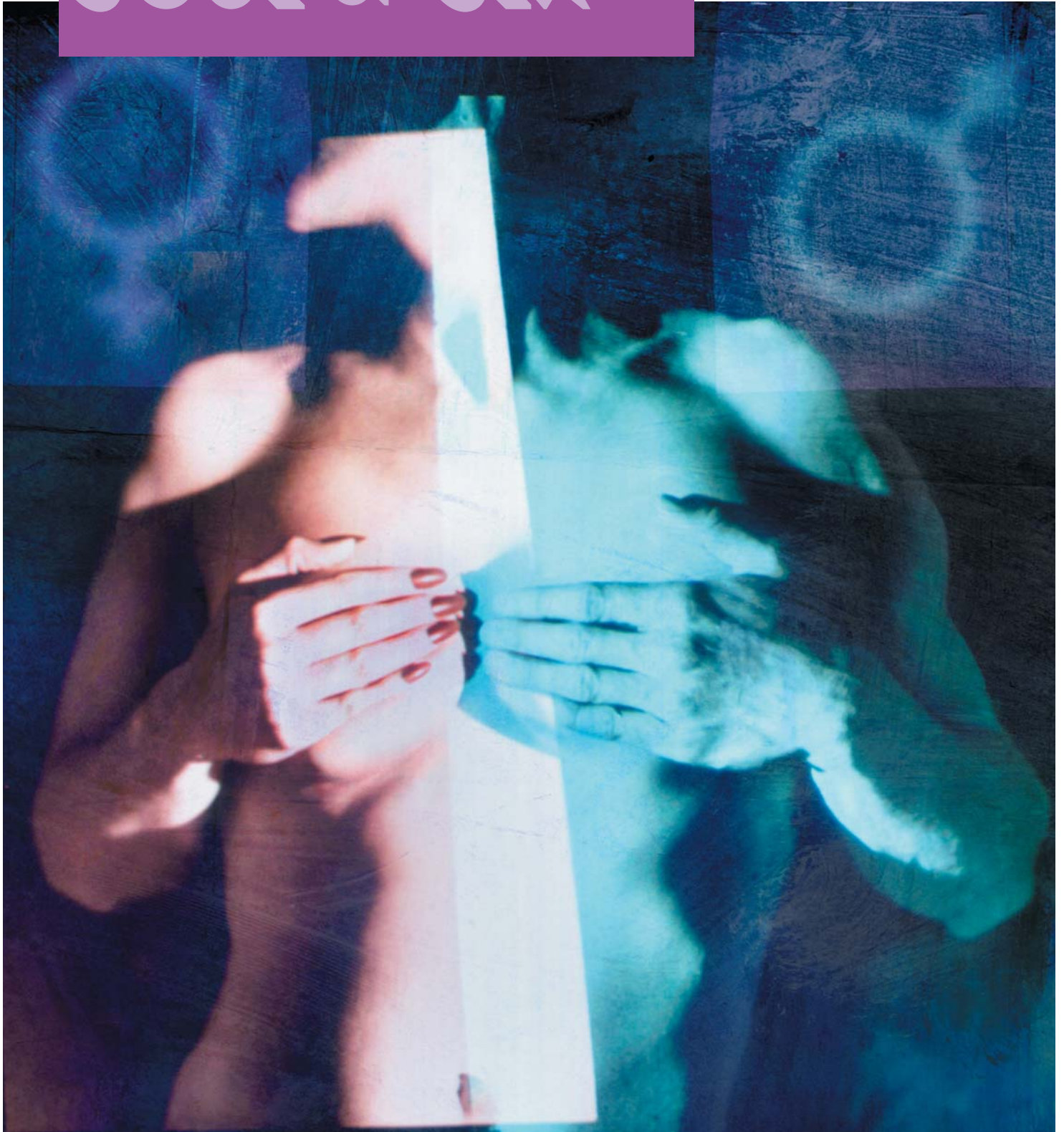
The core information in this book is based on results of a nationwide survey I conducted on integrating sexuality and spirituality—known as the ISIS survey, for short. I received 3,810 responses, making ISIS one of the largest American scientific sex surveys. Most of the ISIS respondents were women. Their ages span seven decades, from late teens into their eighties. These women are diverse in other ways too, including race, religion, education, politics, work, geographic location, sexual attitudes, and the kinds of partners they choose.

The ISIS survey asked respondents how they experience sex and what sex means in their lives. Extraordinarily, this was the first (and so far only) nationwide sex survey to ask these kinds of questions in any depth. Other surveys have asked how many partners you've had, how old you were when you first menstruated, how often you masturbate, have intercourse, and achieve orgasm. We can count and measure all these data, and they help us understand the physiology of sex. But they don't move us toward understanding the deeper purpose of sex in our lives or the power sex has to change our minds, our relationships, and our bodies.

The ISIS survey responses are unique in sexual science. Respondents wrote almost fifteen hundred letters describing the varieties of their sexual experience. These are remarkable documents, spontaneous, moving, often surprising. They are the first to confirm from women all over the country that there's far more to sex than mainstream experts have led us to believe. They delve into the mysteries of sexual connection—how to open up our hearts and souls, how to let our partners know what we most deeply want, how to keep from being overwhelmed by so much feeling, so much trust, so much light. Their collective story challenges fifty years of performance-oriented norms established by other major sex surveys, from the 1953 *Kinsey Report* to the 1976 *Hite Report* to the 1994 *Social Organization of Sexuality*.

The Heart and Soul of Sex is based on scientific research, but it's also based on what I've learned in my life—as a clinician since 1974, and as a woman on this planet since well before that (I was thirteen when the first *Kinsey Report* was published). After all these years I know at a deeply personal level that sexual energy permeates our lives from the very beginning. From nursing my babies I've seen how closely pleasure is linked to our first stirrings of life-force—our infant instincts to nuzzle and suck. Nobody's charted when our sexual energy ends, but I was once privileged to witness its glow in a dear person who was only hours from death. His wife had put on a CD of dance tunes they'd loved and he began to move—first a finger then a shoulder. He was dancing! And he

THE HEART & SOUL OF SEX



was inviting her to join him. She crawled in bed with him and they danced into the night, hearts touching, until he left his body.

The truth is, our sexual energy is always with us, whether or not we choose to act on it in a genital way. It's not just about intercourse and orgasm. It's about receptiveness and movement. It's about our most profound emotions and how we reach out to touch others. It's about how we think and feel and love. It affects every aspect of our lives and it's potentially there until we cease to inhabit this planet. As an ISIS woman wisely said, "Sex isn't everything, but it is a *part* of everything."

CREATING SEXUAL CEREMONY

Incorporating some elements of ceremony into sex can be a powerful way to enrich your ISIS experience. Ritual and ceremony aren't for everybody, of course. And some women feel decidedly uncomfortable about the idea of bringing anything that seems remotely like religion into their bedrooms. Still others feel that having to create sexual ceremony actually acts as a barrier to ISIS—adding more prep work and another sexual goal to achieve, when what they really want to do is keep it simple.

But if the idea of ceremonial and ritual elements in lovemaking feels inspiring to you, read on. Sexual ceremony can provide a degree of attention and awareness that deepens sexual experiences and helps make them transformative. It's guaranteed to take sex beyond the performance model—out of the realm of routine intercourse and into something memorable, perhaps into the very center of the ISIS Wheel. Read how a forty-seven-year-old musician from Austin, Texas, describes an elaborate process of invocation, cleansing, music, and prayers as part of the lovemaking ritual with her husband.

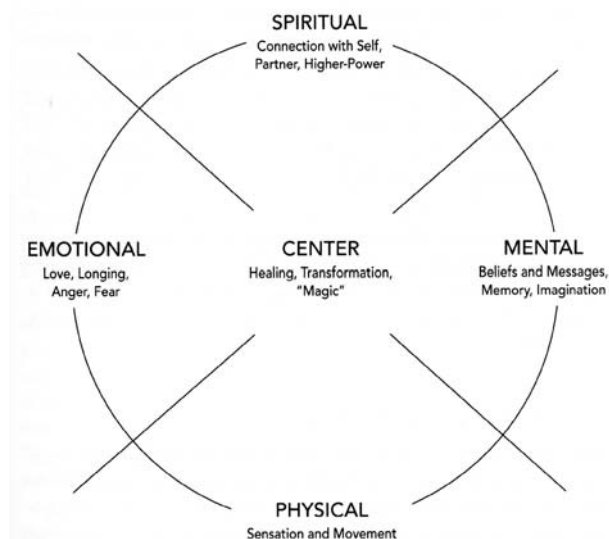
We stated our intention that it be a rich experience of our love as a gift to and from God. We called in our guides and the master teachers. We cleansed the energy in the house with incense and chanting. Then we bathed and got into silk clothes for dancing. We then said a long prayer and sang thanks for our many blessings. Then we went into the sound room—an acoustic dream room, forty feet by twenty-five feet, designed for live music—and drummed and danced and sang and laughed and laughed and felt deliriously happy to be alive. We kissed, we sang, we told each other why we appreciate each other, we caressed, we danced, we breathed together—the whole experience lasted many, many hours.

ISIS women write of many other ways it's possible to create sexual ceremony—you don't have to have a sound studio or practice a certain religion. There are also books that offer abundant details—I especially recommend Margo Anand's *The Art of Sexual Ecstasy*, Linda Savage's *Reclaiming Goddess Sexuality*, Ray Stubbs's *Essential Tantra*, and Jenny Wade's *Transcendent Sex*.

Here is a basic recipe for creating powerful sexual ceremony. Like all recipes, the flavor improves as you add your own individual touches, which may change each time you practice.

SETTING THE STAGE

The ISIS Wheel of Sexual Experience



However informal your ceremony might be, it's crucial that you set the stage. Your stage doesn't have to be grand, but you do need to differentiate it from your everyday stomping grounds. Clean and clear the space where you're going to hold your sexual ceremony. This might include dusting, vacuuming, neatening, and putting fresh sheets on your bed. Create privacy by making sure you won't be interrupted by telephone, children, or visitors. If your ceremony is to be outdoors, make sure the space is comfortable, protected, free of debris—and free of neighbors.

PREPARING YOURSELF

It's important to enter into your ceremony with an open heart so that you can clarify your intentions and feelings. What do you want to do? What do you want the outcome to be? Will your ceremony include a partner or is it for yourself alone? Will your ceremony include physical sex? If not, you can also ceremonially prepare yourself for sexual fantasy and erotic meditation.

Once you're clear on these questions, you (and your partner, if a partner is involved) need to clear yourselves. You can clear away the tensions of the day by bathing or showering. You can pamper your body with lotions or oils. You can brush your skin and hair with your hands, flowers, or feathers. You can purify your energy by "smudging" yourself with smoke from herbs, such as cedar and white sage. To do this, you burn a few dried herbs in a flameproof container, then with your hands or a feather you brush the smoke slowly over each of your chakras.

Smudging yourself may sound somewhat "woo-woo" if you've never experienced it. But this method of purification has been practiced for centuries in native ceremonies. It's a preamble to healing as well as to worship. Adrienne Borden, a physician at the East West College of Natural Medicine in Sarasota, Florida, writes that she was taught to intuit the dark spots in a person's energy field and to brush the smoke into those spots to "close up" the holes and promote healing.

CREATING SACRED SPACE

Once you've set the stage and prepared yourself, you're ready to create the actual space in which your sexual ceremony will take place—whether it's in your bed, or living room, or a tent outdoors. Some women feel it's important to create a special altar. This can be as simple as lighting a candle by your bedside. Or it can be an elaborate arrangement of stones, feathers, shells, flowers, photos—whatever is meaningful and sacred to you. Some women imagine their bed as a kind of altar to Eros, or to the goddess of love.

If you sense any negativity in your sacred space, take charge immediately and command it to leave. You can do this quite simply by clapping your hands. If the negativity feels heavy, shout! Tell it to begone! Clap and shout until you feel the energy lighten up. I've counseled some couples to clear the way for lovemaking by becoming Energy Bouncers, literally throwing the memory of a disapproving or abusive parent out of the bedroom.

Once you've exorcised any heaviness, there are various ways to open the energy in your sacred sexual space. Smudging the space with sacred smoke is part of the opening ritual in spiritual traditions the world over, from ancient earth religions to the Roman Catholic Church. You can smudge your space in the same spirit you smudged yourself. Ringing bells is another technique used in many traditions—you can hear the vibrations literally clear the air. You can sing or chant words to bring lightness back to the space. I like to play a cedar flute because its voice opens both my throat and my heart at the same time. The important thing is to be inventive and true to yourself. Listen closely to what the situation calls for and then do what you're most moved to do.

OFFERING GIFTS

It's traditional to bring gifts to a ceremonial space as offerings to the divine forces you want to invoke. Flowers are a fine ISIS offering for both the romantic and spiritual aspects of your ritual. Ceremonial offerings can also include other gifts of the earth, such as cornmeal, tobacco, or wine—fruits of the vine. Andean *curanderas* (women healers) believe that the helping spirits are especially partial to sweet smells and tastes, so they load their altars with incense, carnations, and chocolate. Offer whatever feels right to you—you can include songs, prayers, poems, meditations, or dance. Repeat your focused intentions. You can use your breath to blow your intentions and your name into the center of the space—as an offering of yourself.



CALLING IN HELPFUL ENERGIES

You can call in the natural world: the earth, the sky, and the four cardinal directions—south, west, east, and north. You can invoke the elements of air, fire, earth, and water. You can call in the emotional energies you want present at your ceremony, such as love, passion, and compassion. You can name helpful deities—Isis,



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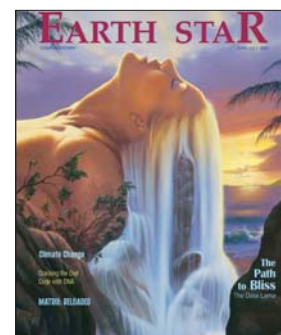
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Mary, Shekhinah, Quan Yin, and Pachamama are all powerful nurturing goddesses from very different cultures (Egyptian, Christian, Hebrew, Chinese, and Andean). Different spiritual traditions assign different meanings to these directions, elements, and deities, and you might add some special meanings of your own. If you belong to a Judeo-Christian religion, it may help you to know that all of our mainstream religions developed out of ancient earth-centered practices and that vestiges of these practices (such as invoking the deity) remain in our various liturgies today. An Internet search is an easy way to find an overview of various traditions, from Tibetan Buddhism to Wiccan communities.

You have a wide choice of ways you can call in all these helpful energies. Some women use ritual chants or hymns that they take from traditions they know. Some use percussion instruments—rattles and drums, gongs, and cymbals. Some use wind instruments—flutes, trumpets, conch shells, didgeridoos. Some use dance and gestures along with sound. Some simply use intention—the power of your heart and mind. Use whatever methods you feel can most powerfully call in what, and whom, you want to be present at your ISIS ceremony.

If you've never called in the spirits before, you may feel a bit shy about speaking out loud to the unseen world. I felt quite tongue-tied when I began, but soon learned that it works. If you call, they listen. It was a question of letting go of my ego and understanding that this wasn't a speaking engagement I was being judged on. This was a way of establishing a personal intimate relationship with the divine. In other words, prayer.

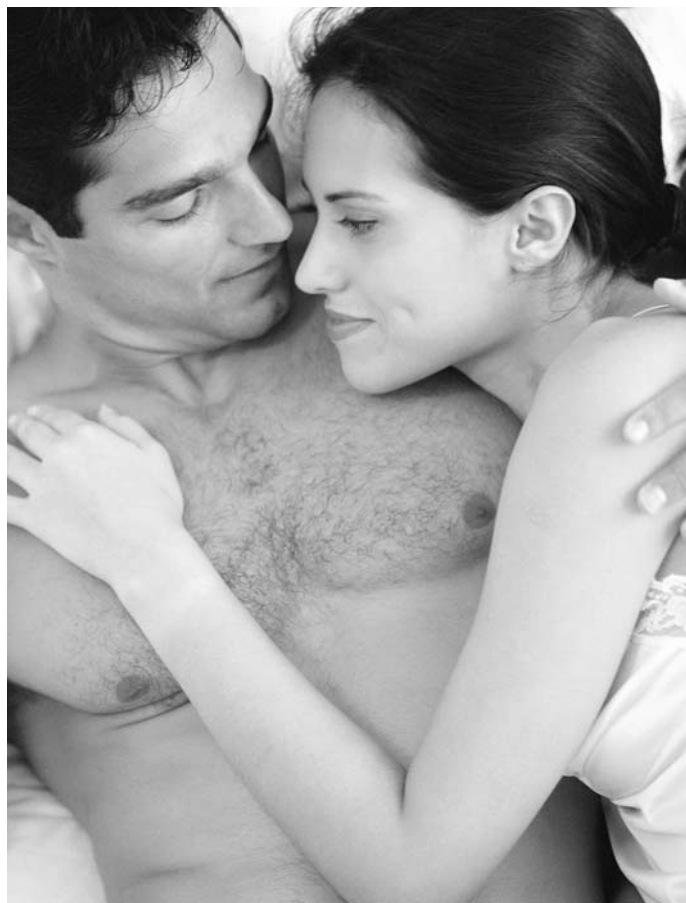
THE CORE OF YOUR CEREMONY

Once you've set the stage, you're ready to create the core of your ceremony. This can take any form you choose. You can step into the center of the ISIS Wheel with your partner. You can explore any aspect of your sexuality with or without a partner. You can practice Tantric gazing. Or you can just make something up as you go along. Your preparations may have increased your level of anticipation and desire. Allow the energy you've already created to begin to move in you—whether this becomes deep meditation or external body movement. Breathe deeply into any movement, sound, or images. Be aware of the motion in every chakra. Feel the exchange of energy between you and your environment. Feel the exchange of energy between you and your partner. Let yourself go into orgasmic release if that is what occurs naturally without becoming the ultimate goal.

Here, of course, resides the center of your ceremony. This may be short and sweet, or it may continue on all night, as it did for the musician quoted at the opening of this chapter. The ISIS stories throughout this book are testimony to the range and variety of experiences you might enjoy along the way.

CLOSING THE CIRCLE

When your ceremony is complete, it's supremely important that you close the space. Think of all the energies and beings



you called in to help you. You opened a portal for them—and for other energies too. It's kind of like giving an open house at holiday time. People come and bring their friends. It's wonderful to have everyone over, but at some point you're ready for them to go home and for you to reclaim your space. Imagine what might occur if you kept that invitation open forever. You don't know who might wander in. So keep things neat. Close up the space when you're ready to move on.

There are many ways to do this. I like to begin by offering gratitude, appreciation and praise. Thank your partner and any others who've been part of the ceremony. Thank yourself for your openness in engaging in this process. Thank the space. Thank the spirits and energies who have been present. Thank the directions and the elements. Release them, and invite them to come back when you call on them again.

You can embellish these thank-yous with words, movement, chants, and instruments. Or you can close the circle silently. It's really your intention that counts. My shamanic teacher; Oscar, has a method of closing his ceremonial circles that is both elegant and effective. I offer my adaptation of it here, and invite you to further adapt it to fit your own situation.

OSCAR'S CLOSING

When you're ready, face the center of your ceremonial space (or you can face each other if your partner has been part of the ceremony).

Take a full breath in and hold it. With your left hand,

scoop up all the good feelings that have been created. Place your left hand over your heart.

Hold your breath for a count of three, drinking in all the good feelings. Aim the palm of your right hand to the center of the space (or place it on your partner's heart).

Now blow all those good feelings back into the center of the space (or into your partner's heart chakra). This is the spirit of sacred reciprocity, giving back what you have received.

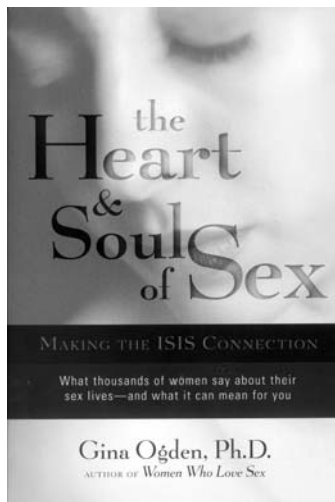
Take another deep breath and hold it. Place your right hand over your left—on your own heart. On a count of three blow the good feelings toward the heavens—to distribute them freely into the universe—again in a spirit of sacred reciprocity.

Finally, hold your arms in front of you at shoulder height, and on a count of three clap your hands together to seal the ceremony. It is done.

Extinguish any candles or incense, and return the space to resume its function in your daily life.

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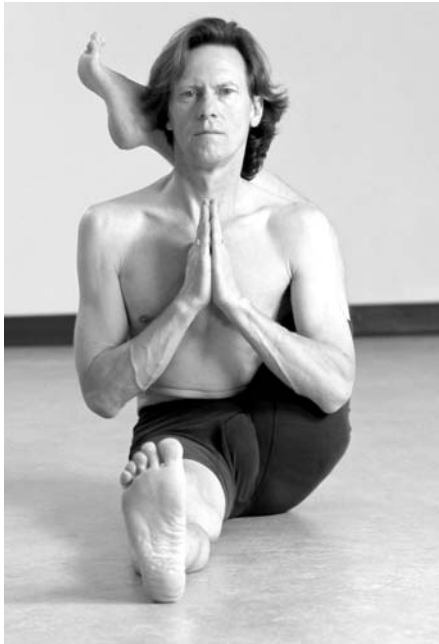
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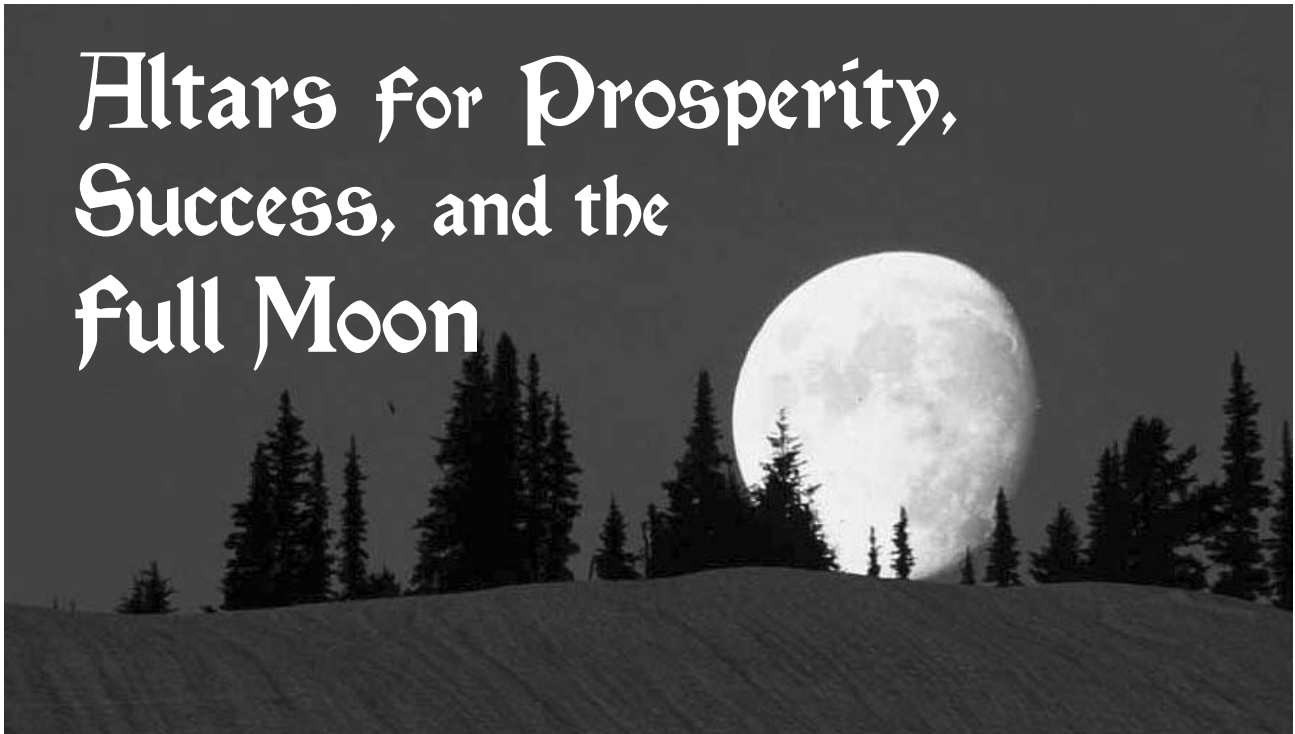
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Altars for Prosperity, Success, and the full Moon



By Robin Mastro & Michael Mastro

THE FULL MOON ABUNDANCE ALTAR

This altar and the ceremony that accompanies it have deep significance to Robin, one of the authors of *The Way of Vastu*. We offer her story here to show you how dramatically sincere gratitude can change your life when it is focused within an altar created with your personal inspiration and the principles of Vastu. Instructions follow for creating your own Full Moon altar to support the flow of prosperity in your life.

Robin's Story

Many years ago, I went through a period in my life when I lost everything. . . three times! I couldn't seem to hold on to work, money, or love. Toward the end of this cycle I was left homeless. With a young baby and an injured husband, that short time felt like an eternity. My husband, a dear soul to whom

Out of deep gratitude for
having a roof over our heads,
I began a regular practice
of meditation and prayer

I'm no longer married, had a compelling need to regain his position in life, and he gambled away our savings, our home, and our possessions in his quest for success. We avoided going to a public shelter when a network of friends rallied around us, took us in, and cared for us with merciful kindness. Those were hard and humbling times for me!

This was not the picture of life I had imagined for myself. Here I was, a young woman from a good and decent family, having been given many of the privileges of the upper middle class, college educated and well traveled, but without a home and counting my pennies for food. Thankfully, my infant daughter never felt the pinch in my heart or the loss and disappointment I experienced. I surely did not want to replicate this experience, giving her a blueprint of defeat and lost dreams to live by.

We were homeless a mere three weeks, but during that time I learned a great deal. Homelessness does not always occur due to drug addiction or domestic violence; it can be the result of too many wrong decisions, such as gambling your rent in hopes that a dream will come true. It can come from believing in someone else's dream more than you believe in your own. I learned that all people, no matter what their background, creed, or color, need second chances, even those who appear infallible. Out of this humbling experience, I grew in compassion for others less fortunate. It was a necessary lesson in humility, not easily given to those whose cups are always full.

Sometimes during extraordinary loss some thing happens to open us up, to

allow new information to enter. That is what happened for me, when I regained my footing in the world and found home once again. Out of deep gratitude for having a roof over our heads, I began a regular practice of meditation and prayer. I had learned these practices as a young woman, and I now found a renewed joy in doing them daily.

It was during one of my meditations that a unique and prophetic vision unfolded for me. In this vision, I open a door and walk into another time and place. I find myself in a land that appears foreign in every way. I am standing in the dark of night under a full moon, observing a ceremony that is equally foreign to me. I see a crowd of people gathered in a clearing, creating what appears to be an altar for their continued abundance. All their valuables are placed lovingly into a large chalice of hammered metal that glows under the bright light of the full moon. Surrounding this offering bowl are burning candles and water poured into a handmade cup. Leaves and bark from trees, natural crystals from the earth, and tail feathers from birds of the forest nearby are laid out in an unfamiliar pattern. All the elements—earth, air, fire, water, and space—are represented, surrounding the glistening offering container in the center. The people are chanting words unknown to me, prayers to divine forces that hold their vision of fulfillment for the coming month.



When I came out of meditation I knew I had witnessed something very profound. Although I knew nothing about ancient cultures or rituals at that time, I instinctively felt drawn to what I had seen. It was clear that, for manifesting continued support from the universe, there was great power in a ceremony held on the full moon night. This was a concept unknown to me, so utterly out of the realm of my every day life experience that it could have been a dream, had I not felt it to be so real. At the next full moon I decided to see if I could somehow replicate the ceremony and experiment with creating my own abundance in this way.

As the moon came up I brought special items out onto my porch. Under the evening sky I created an altar using my possessions, both found and collected objects. For the chalice I used a bowl covered in foil. I felt there must have been something symbolic about putting treasured items into a container that could mirror the light of the moon. Since I didn't have a bowl of silver or gold, I decided that foil would have to symbolize my intention that it be a precious metal. In my

makeshift chalice I placed all the money available in the house, treasured items that represented abundance, my checkbook, and my charge cards. Surrounding the container I laid out the elements in the order that I remembered, and decorated accordingly. It was an uplifting experience, one that I repeat monthly, with few alterations, to this day. Since that time I have never again felt the loss and devastation of leaving my home or belongings. Never, since that time, have I needed to plan my next meal based on the pittance I could find in old coat pockets and purses.

THE PROCESS FOR CREATING A FULL MOON ALTAR

You, too, can create a Full Moon Altar to access the potent energies available at the time of the full moon, drawing to yourself whatever you want to acknowledge and honor. Doing this sends a powerful message to the beneficent forces in the universe, telling them you are open to receive their blessings for the month to come.

You create this altar on a full moon evening and remove it the following morning. If possible, create your altar outside under the sky. You'll find that doing this in the open, under the full moon, is powerful and enlivening. If this is not possible, you can create an altar anywhere—on a table or desk, a window ledge, or countertop—just be sure that the moon's light can touch your altar, charging the items with its positive lunar influences. Because the altar is temporary, it can be placed in any direction, on any surface.

ITEMS YOU CAN USE ON YOUR FULL MOON ALTAR, AND THEIR PLACEMENT

Represent each of the five elements on your altar (earth, air, water, fire, and space).

Place the earth element in the southwest. It can be anything of the earth, like a rock, a plant, a crystal, and so on.

The air element will go in the northwest and can be a fan, a feather, standing wind chimes, a bell, or even incense.

For the water element in the northeast, use a fountain or water in a clear bowl or vase.

Use a candle or incense in the southeast for the fire element.

The space element in the center can be a plate or tray of glass or metal, something that will reflect the light of the moon. This is where you will place your wish for continued abundance and support. Your wish or desire can be written on unlined paper or it can be symbolic: an Abundance Yantra, beautiful stones, jewelry, or money.

Continued on page 42



TAKING YOUR EYES TO BED

In my office I often hear, “When I was beginning to notice my vision deteriorate, I was having trouble sleeping.” Or, when a student’s vision has begun to improve, they mention, “I’m noticing that I don’t see as well when I don’t get enough sleep.”

Sleep is essential for the body and the mind. Many people have discussed various ways to help us prepare for sleep. We are told to begin slowing down thirty minutes to an hour before our head touches the pillow. We may stretch, drink a cup of relaxing tea, read something soothing and avoid the news and scary TV shows. All these are good and, if we include our eyes in this routine, our vision will be sure to get the rest it needs.



It’s a matter of considering how we use our eyes before we go to bed. Many people love to read in bed. This is fine providing we don’t read ourselves to sleep. Think about what is happening if we read until we can no longer keep our eyes open. We are tired all over, but asking our eye muscles to stay coordinated and keep moving, and our mind to continue to take in more information. If we manage to put the book away and turn off the light we may think we’re doing pretty well. However, if our eyes are so tired the lids are closing, it’s like walking ‘til our legs buckle. Even if they are not that exhausted, the eye muscles have been working all day and if we value our vision, we will want to help our eyes relax before we actually fall asleep.

As we’ve discussed before, when reading we want to look in the distance every ten minutes or so to allow the eye muscles to rest. So when you close the book, look in the distance for a minute before you turn out the light, and feel your eye muscles stretching. Once the lights are out, palm your eyes. To palm, cover your closed eyes with the palms of your hands, without touching your eyes and think restful thoughts. In this case it’s important to imagine scenes with distant views and sense your eye muscles stretching out to “look” at them. Whether you are looking across the room or pretending you are at the beach, continue until you can feel your eye muscles becoming comfortable.

When palming, supporting your elbows will allow your arms and shoulders to relax. If you are lying on your back with your head on a pillow, you can either remove the pillow so you are flat and your elbows will be self-supporting, or you can put a big pillow under your upper arms. If you are lying on your side, place a pillow between your elbows to support the arm that is not touching the bed.

Making sure your eyes are relaxed as you fall asleep will allow them to feel shiny and bright in the morning. Ending the day with beautiful thoughts will also quiet your mind and assist you in sleeping peacefully.

Holistic Vision Improvement, Cambridge, MA: (617) 354-8360; Eliot, ME: (207) 439-9821, www.visioneducators.com.



Green Gear — for U, 2!



Edu n — t h e clothing line founded in 2004 by U2's **Bono**, his wife **Ali Hewson**, and designer **Rogan Gregory**—has quickly become synonymous with green fashion. The new "socially responsible" brand uses chemical-free, largely organic natural materials, such as hemp, and non-toxic dyes. Find out more about U2's activities at www.u2exit.com.

Planet-Friendly Three-ring Binders

This Signature three-ring may be the most inspired binder in history, with an attractive book-linen spine, constructed with one hundred percent post consumer recycled paper, and a deluxe rubber band to keep it secure. \$20, Russell+Hazel. (888)-254-5837, www.russellandhazel.com.



Cultivating Community

The American Community Gardening Association (ACGA) is a nonprofit membership organization of professionals, volunteers and supporters of community greening in urban and rural communities. The Association recognizes that community gardening improves the quality of life for people by providing a catalyst for neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, therapy and education. For more information visit, www.communitygarden.org.

Cooling The Itch — Aloe Vera to the Rescue

To soothe the irritation of summer insect bites, be sure to keep a jar or tube of aloe vera gel close to hand. One small dab on a mosquito bite banishes the itch, while the soothing compounds in the aloe help to heal the skin.

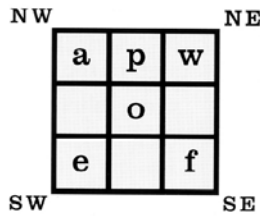


Airus Arrives G2Art



Airus designer ceiling fan — add poetry, serenity and comfort to your environment. Great for lighting with fully adjustable independent upright and downlight; brushed nickel or white finishes. Whisper quiet, beautifully made. Lifetime warranty. G Squared Art, www.g2art.com, (877)-858-5333. Call from 6am to 6pm, PST.

LAYOUT FOR FULL MOON ALTAR



As mentioned above, you can place everything and anything of value to you on the altar itself. People place their credit cards on the altar during full moon ceremonies, and many who do this have commented how their finances have improved in surprising ways, or that a windfall or promotion occurred, apparently out of nowhere, within the following month.

CEREMONY FOR ENLIVENING YOUR FULL MOON ALTAR

Consider this altar your clear channel to the forces of abundance and positive support for the next month. Light incense or candles that may be on the altar. If there are chimes or a bell, ring them. As you stand in front of your altar be grateful for the many opportunities that have brought you to this place, at this time. You have for some wonderful unknown reason found yourself here at this moment, honoring the forces of nature to bring balance, opportunity, and prosperity into your life through the power and unlimited grace of full moon energy.

By making your request out loud for what you desire during this next month, you will bring more energy into the ceremony. Therefore, take a deep breath in and say in a clear voice your intention for this next month. Begin by asking for peace in your life and good health, because with a relaxed mind, open heart, and vibrant body, you will be ready for the opportunities yet to be realized. Request what you want with humility. You are stepping into a realm of transformation, inviting benevolent forces to grant your wishes and make your dreams come true. Humility releases the ego attachment that might limit your passion and dampen your heart-felt desire to have your life flow according to the Way of Vastu.

If your Full Moon Altar ceremony involves others, allow each person the opportunity to speak his or her desires out loud to the group, going around the circle. Let participants understand ahead of time that your group is a sacred circle and whatever is shared within it stays within it; in this way, you establish safety and respect for each other. It's a wonderful blessing of the Full Moon Altar ceremony that, with our hearts open, our compassion for one another grows. You and your companions will have the opportunity to see each other from a new perspective that eliminates the thoughtless judgment and petty criticism our small minds tend to create.

Once everyone has shared their intention and desire for the next month, you can sing, chant mantras, or pray together. At some full moon circles we have held, people have brought poems or stories, or shared the symbolism or meaning of the

items they contributed to the altar. When you create such a ceremony to honor the power of the full moon, change, dreams, and desire take on more energy than at any other time during the month.

THE MOST IMPORTANT THING

Creating altars using the Way of Vastu is a wonderful way to balance the five elements within the environment and the body. You are bringing into physical form the manifestation of our heart's desires and purest intention. Altars bring beauty into your surroundings and touch your very soul, opening within you the doorway to limitless possibility and calling forth the change and support you have longed for. Altars give you direct access to the divine forces that can transform your life. It is here that the potential for true self-empowerment lies. Trust yourself. Be willing to surrender the agendas of your conscious mind and allow something new to unfold. The benevolent, universal force alive in all things—alive in you—waits to assist you. All you need is the willingness to ask and the openness to receive



More Suggestions for Your Full Moon Altar

Make sure the area is clean before preparing your altar.

The colors gold and green should be represented in some pieces on this altar.

The water element in the northeast can be fresh flowers in colors that correspond to the altar. You may use a clear or lightly colored vase.

Use a green or gold candle in the southeast, or an oil lamp. Use stones or crystals in the southwest in green or golden colors. You may use a statue of Lakshmi, the goddess of abundance, a plant, or anything from nature.

For the air element in the northwest, use a standing wind chime, incense, fan, or feather.

Add a gold colored metal or glass dish or small plate at the center of your altar to act as your Offering Tray.

You might add a Shree Lakshmi Yantra to your Offering Tray for an extra boost of positive energy; or a Ganapati (Ganesh) Yantra to remove all obstacles to your abundance.

On an unlined piece of paper that easily fits onto the Offering Tray, add a handwritten word, an Angel Card™, or some other symbolic representation of the abundant feeling you would like to receive from the Divine.

Include a Personal Symbol in the center, in back of the Offering Tray of your altar. It may be a statue, photograph, collage, or picture that inspires feelings of abundance.

Activation Ceremony

*Creating Abundance and Prosperity
Using the Moon Yantra and Mantra*



In the Vedic teachings, the time of the full moon holds great significance and is revered for its divine powers of manifestation. Weddings, business transactions, and even births and deaths occurring on a full moon are considered particularly auspicious. This *Moon Yantra* has been created by us specifically for use in the Full Moon Altar ceremony.

THE ACTIVATION CEREMONY WITH YANTRA

Stand or kneel in front of your altar.

Light the candle or incense if you have them on your altar.

If you included bells or chimes on your altar, ring them to purify the energy in the environment. Their sound resonates with high, subtle vibrations, bringing focused awareness to the present moment.

Holding the Moon Yantra in your right hand, take ten to twelve long, slow, deep breaths in and out through the nose.

Experience the feeling of having what you desire. Do not focus on specifics, just feelings like happiness, peace, fulfillment, love, and so on.

Place the yantra on the Offering Tray.

Using your right hand, extend the small (pinky) finger and your index finger, folding in the other two fingers against your palm, placing your thumb over the top of these two fingers to hold them in place. This is a *mudra*, in Sanskrit, a hand position that moves energy in a specific pattern.

With your hand in this mudra, facing the altar, move your arm forward and back nine times.

Each time you extend your arm toward your altar, say the Moon mantra with passion and intensity.

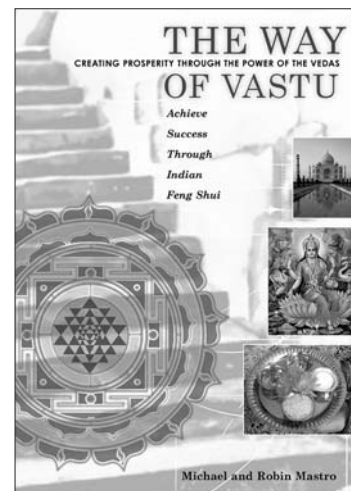
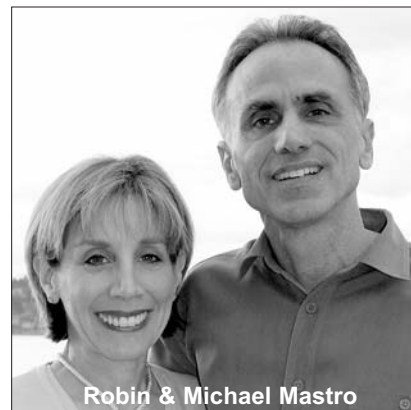
Mantra: *Om Chandraye Namaha*

Phonetic Pronunciation: Om Chon-dra-yay Na-ma-ha

Once you have completed this process, your altar is ignited.

Take time each day to acknowledge your altar, even in small ways. This stimulates it and keeps it activated.

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New Findings on Fiber



Research Confirms Benefits of Fiber for Weight Loss, Lower Cholesterol, and Reduced Blood Glucose.

By Stephen Laifer

Controlling Weight, Preventing Disease

Recent interest in the importance of including fiber in the diet belies the fact that nutritional specialists have advocated its benefits for more than half a century. Even before the fifth century BC, the Greek physician Hippocrates, often regarded as the father of Western medicine, recommended consuming fiber-rich natural foods. In 1953, nutritionist E. H. Hipsley introduced the term “dietary fiber” to represent intake of the indigestible components of plant cell walls.

A more precise definition of fiber was established in 1969, as prevailing nutritional habits were linked with the prevalence of various diseases. In their study of traditional foods consumed by different cultures, Drs. Hugh Trowell and Dennis Burkitt noted that cultures with diets rich in plant foods rarely suffered from illnesses like diabetes, cancer, and cardiovascular disease. By con-

trast, these diseases had become widespread in developed Western societies in the late 1800s with the advent of a milling technique that produced a new, fiber-depleted dietary staple: white flour. Fiber, they therefore reasoned, might offer protection against many of the diseases prevalent in modern Western societies.

These early nutrition research findings have been borne out by countless subsequent studies. One recent study found that every additional 10 grams of fiber consumed on a daily basis cuts the risk of coronary heart disease death by twenty-seven percent. Modern medicine recognizes fiber—the edible parts of plants that are resistant to digestion and absorption in the human small intestine—to be an essential component in maintaining a healthy body. Today, a growing body of research is examining one of fiber’s least-publicized benefits: its ability to help reduce caloric intake and thus maintain a healthy weight.

One of the most alarming health concerns of the last decade is explosive growth in the number of people—especially younger people—who are overweight or obese. Processed foods and increasingly sedentary lifestyles exacerbated the problem throughout the twentieth century. By the turn of the millennium, obesity had already become epidemic in the US and other industrialized nations. Using standardized heights and weights, the 1999-2000 National Health and Nutrition Examination Survey (NHANES) estimated that sixty-five percent of American adults were overweight or obese. Being overweight or obese is associated with the increased risk or onset of afflictions such as atherosclerosis, coronary heart disease, and diabetes.

Modern science confirms that fiber

can help maintain normal body weight by reducing food intake at each meal. The body processes a fiber-rich meal more slowly, which promotes feelings of fullness or satiety sooner. Fiber-rich food is also typically lower in calories, fat, and added sugars, and is thus less “energy dense” than other dietary choices. All these factors help create a dietary pattern that can be beneficial in preventing or correcting undesirable weight gain.

A study by the Dutch Animal Sciences Group found that dietary fiber stabilized glucose and insulin levels in sows on restricted diets several hours after feeding. The animals’ behavior indicated that increased fiber intake promoted a prolonged feeling of satiety. Dietary energy density was the focus of another series of long-term studies designed to prove that diets low in energy-dense foods promote weight loss. In studies lasting longer than six months, weight loss was more than three times as great in people eating low-fat, high-fiber diets than in those eating diets low in fat only.

A 1997 study investigated the effects of one week of supplementation with guar gum (a water-soluble fiber) on hunger and satiety, as well as calorie intake, in obese test subjects. Adding fiber to the diet decreased food intake, and subjects on a reduced-calorie diet reported diminished hunger after supplementing with fiber. Thus, fiber may assist in weight-management programs by promoting a feeling of fullness, decreasing hunger, and promoting adherence to a reduced-calorie diet.

Another study confirmed these effects. When overweight individuals added 14 grams of fiber daily to their otherwise unrestricted diet, they consumed ten percent fewer calories. This

led to an average of four-point-two pounds of weight loss in just under four months.

Research also indicates that energy density and macronutrient composition may be more important than caloric intake in diets that contribute to obesity. Usually, foods that are rich in dietary fiber are relatively low in fat and contain components that are primarily indigestible. A diet that provides energy from proteins, vitamins, minerals, and fibers can help lower fat intake and assist in maintaining or improving body weight. These factors are especially important in treating obesity in children, according to the Department of Pediatrics at Harvard Medical School, which notes that modern nutritional research indicates an important role for fiber in regulating body weight.



Calcium Complements Fiber’s Effects

While weight loss is associated with myriad benefits for health and longevity, one potentially negative effect of losing weight is that it often reduces bone mass and increases the risk of fracture. In fact, researchers have hypothesized that during periods of weight loss, the body’s calcium requirement increases. Diets rich in protein and calcium may protect against bone loss during weight reduc-

tion.

Calcium not only helps protect bone health during weight loss, but also assists in weight loss. Calcium can actually increase the rate of weight and fat loss during caloric restriction. In a twenty-four-week study of obese adults on a calorie-restricted diet, those on a diet high in calcium or dairy foods lost more weight and body fat than those on a standard diet. In addition, more abdominal fat was lost in the calcium and dairy groups.

A recent study shed some light on how calcium may promote weight loss. Calcium may help reduce body weight by binding to fat in the intestine and increasing its excretion from the body. Danish researchers demonstrated a two-point-five-fold increase in the amount of fat measured in fecal matter after calcium supplementation.

Some studies show a stronger weight-loss effect from dairy calcium than from supplemental calcium. This may be due to other components of dairy products that promote optimal body composition, such as branched-chain amino acids and whey protein. Epidemiological and clinical trials indicate that diets that include three or more daily servings of dairy products result in significant reductions in fat tissue

mass in obese adults, even in the absence of caloric restriction. When included in a calorie-restricted diet, dairy foods markedly accelerate weight and body fat loss.

Calcium’s other health-promoting benefits may include improving cardiovascular health by lowering blood pressure and raising levels of beneficial HDL (high-density lipoprotein). Additionally, calcium has been shown to help prevent colon polyps and to reduce the recurrence of kidney stones.

Continued on page 62

CALENDAR



events workshops
festivals classes

Top Photo

The **Tim Band** are appearing at the Rhythm & Roots Festival, Ninigret Park, Charlestown, RI, Sept. 1 - 3, 2006. For Tickets and info call: (888)-855-6940.

AUGUST



8/11: Prince Albert II of Monaco, son of the late Grace Kelly, will be attending the JVC Jazz Festival in Newport, R.I. For tickets and information call (401)-847-3700.

8/13: Therapeutics (6CEU's). To register contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA, (617)-868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.

8/14: Introduction to Shiatsu. To register please contact the Charles River Institute, 585 Massachusetts Ave., Cambridge, MA, at (617)-868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.

8/19-8/20: Reiki I Certification with **John Harvey Gray** and **Lourdes Gray, Ph.D.**, Rindge, NH. Awaken your healing skills studying with the longest-practicing Reiki Master in the West. Two days of learning, hands-on practice and no cut corners certifies you immediately to work on yourself, others and pets. 16.0 CEUs Visa/MC. Call (603)-899-3288 www.reiki.mv.com.

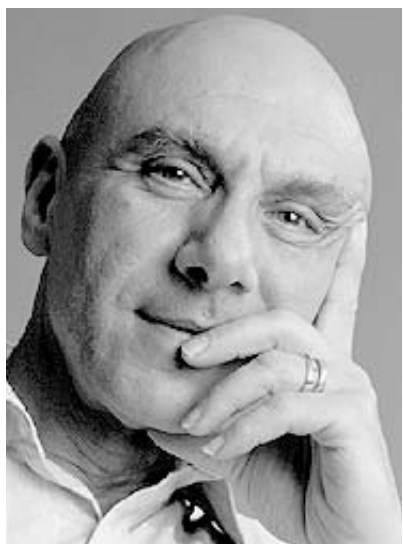
unique, experiential workshop you'll learn how to identify your guardian angels and spirit guides by name and receive their guidance and healing; discover your soul's life purpose; experience two of your past lives; give psychic readings to others in class and more. Saturday, 10:00am-5:00pm, Newton, MA. To register for the workshop or to schedule a psychic or past-life reading in person or over the phone with Ross Miller. Call (617)-527-3583 or visit www.TheMysticWay.com.

9/15-9/17: Your Big Mind and Great Heart Revealed. Two workshops with Zen Master **Dennis Genpo Merzel** at Kripalu Center, Lenox MA, Sept. 15-17 and 9/17-22. Info and reservations: (800)-741-7353. www.BigMind.org.

9/16: The National Institute of Whole Health is opening to the public its Whole Health curriculum Guest Lecturer Series. Notables like Bernie Siegel, MD, and Walter Willett, MD, DrPH, will be presenting. Conducted at the Newton Wellesley

SEPTEMBER

9/9: Psychic Development, Past Lives, & Angel Workshop with **Ross Miller**, psychic medium, regression therapist, healer. In this



Bernie Siegel, M.D. will be one of the featured presenters at The National Institute of Whole Health's Whole Health curriculum Guest Lecturer Series which begins September 16th. For reservations and information visit www.niwh.org or call (888)-354-HEAL (4325).

Hospital, Newton Mass. Lecturers are from 2:00pm-5:00pm. Dates of lecturers for the Fall are: 9/16, 9/30, 10/14, 10/28, 11/18, 12/2, and 12/16. Reservations required. For more information about the series and NIWH Nutrition Educator Certification and Whole Health Educator Certification programs, visit www.niwh.org or call (888)-354-HEAL (4325).

9/23: Barefoot Shiatsu with **Patrick McCarty**. To register please contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA, (617)-868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.

9/23-9/24: EOL Emotional Release Acupressure System, Level I, Mod. 3: The EOL Acupressure System transcends the parameters of current systems, ensuring participants a positive, life-changing experience. Based directly on frequencies of the physical and psycho-physical tension patterns that develop into dis-ease. 9:00am-6:00pm both days; 36 contact hours \$350; Presented by EOL Founders Sue and Aaron Singleton. Discount for EarlyPay before September 8th. Details at www.TheWayToBalance.com; or call (978)-834-0341.

9/23-9/24: Reiki I Certification with **John Harvey Gray** and **Lourdes Gray, Ph.D.**, Cambridge, MA. Awaken your healing skills studying with the longest-practicing Reiki

Master in the West. Two days of learning, hands-on practice and no cut corners certifies you immediately to work on yourself, others and pets. 16.0 CEUs Visa/MC. (603)-899-3288; www.reiki.mv.com.

9/30: Rings of Oden: New Technology for Quantum Healing: New, revolutionary technology, "Net-Neutral Ionic Energy". Unleash the power of this versatile, multi-dimensional new energy source! 9:00am-4:00pm.; \$75. Details at www.TheWayToBalance.com; or call (978)-834-0341.

UPCOMING

Nationally Registered Power Yoga Teacher Training. 200 & 500 Hour Programs Beginning in October, Day & Evening. Training held in Weymouth and New Boston Location, Call Richard on (781)-335-3090 for more Information. www.OpenDoors7.com.

Exploring The After Life with **Dee-Jay Condon**. As we continue to remember we live more than one life, we also discover we are more than our physical bodies. This 5-week adventure is designed to lead us to our personal recollections of our experiences "between physical incarnations". Open Doors, Braintree, Thu, Oct 5, 12, 19, Nov 2 & 9 7:00pm-9:30pm, \$145. (781) 843-8224; www.OpenDoors7.com.

10/3: Shiatsu for Massage Therapists with **Diego Sanchez**. To register please contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA, (617)-868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.

10/6-10/15: Equador Master Andean Yachak Shaman **Don Jorge Tamayo** at Open Doors, Braintree. Check out website for more information. (781)-843-8224, www.OpenDoors7.com. "In collaboration with Earth Summit LLC".

10/21: The Inner Art of Breathing with **Samvedam Randles**. To register please contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA. Call (617)-868-4585 or you can E-mail us at: info@CharlesRiverShiatsu.com.

10/27: Tuina - Digestive Disorders with **Bill Helm**. To register please contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA, (617)-868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.

10/28: Experience your Past Lives with **John Harvey Gray** and **Lourdes Gray, Ph.D.**, Rindge, NH. The same popular seminar John gave for years at the Maine Healing Arts Festival and Interface. Two regressions are provided. Your subconscious selects the dates and places and protects you from bringing back any uncomfortable emotions. \$75. Visa/MC. Please call (603)-899-3288 or visit, www.reiki.mv.com.

10/29: Learn to See Auras with **Lourdes Gray, Ph.D., CCHT**, Rindge, NH. Auras contain information about physical, mental and emotional states. We will show you what to look for, and how to develop your inner vision to see auras around people, animals and plants anytime you wish. The process is surprisingly easy! \$125 tuition includes practice tape, manual and your Kirlian photograph. Visa/MC. (603) 899-3288 www.reiki.mv.com.

11/4-11/5: Reiki I Certification with **John Harvey Gray** and **Lourdes Gray, Ph.D.**, Rindge, NH. Awaken your healing skills studying with the longest-practicing Reiki Master in the West. Two days of learning, hands-on practice and no cut corners certifies you immediately to work on yourself, others and pets. 16.0 CEUs Visa/MC. (603)-899-3288, www.reiki.mv.com.

11/18: Thai Massage Series begins. To register please contact: Charles River Institute, 585 Mass. Ave., Cambridge, MA. Please call (617)-868-4585 or E-mail us at: info@CharlesRiverShiatsu.com.



9/9: Launch party for Sex therapist **Dr. Gina Ogden's** new book, *The Heart & Soul of Sex*, on Saturday, September 9th, 7:00pm-9:00pm, at The First Church in Cambridge. For tickets & info call (617)-666-2900 or email: multistage productions@verizon.net

ONGOING

Shamanic Drumming Circle, founded 1993. Usually Second and Fourth Fridays of every month, 7:00pm. Quaker meeting-house, Cambridge. Open to all, but please call first for full details and directions. Terrence (978)-952-2704 or Emily (781)-641-3980.

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

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

FireWalks with Richard Lanza. Step Beyond Fear - Step Beyond Belief. Call Richard at (781)-843-8224 for more information, www.opebdoors7.com.

Support group for Caregivers and Family Members who have loved ones dealing with a Mental Illness. First Thursday of the month 7:00pm-8:30pm. Center for Spiritual Development, Haverhill, MA. See our website, www.uuhaverhill.org/happenings.

Drumming Circle with Kristine Malpica (of Imagine Studios) on third Friday of each month. 7:00pm-8:30pm. Center for Spiritual Development, 15 Kenoza Ave, Haverhill, MA. (978)-372-5173.

The Hellinger Approach to Family Constellations - monthly daylong workshops (10:00am-5:30pm) facilitated by **Jamy and Peter Faust** at Healing Arts of Belmont, Belmont, MA. Cost: \$100/day. CEUs available. Call 617-484-HEAL (4325). Facilitator training program begins in October 2006. Visit www.hellinger-boston.com for info and to register.

Interested in Whole Health continuing education or Career Training? Attend a free introductory Whole Health education class at the New England School of Whole Health Education. NESWHE offers CEUs and on-going continuing education certificate programs for medical professionals as well as our unique Whole Health focused Career Trainings in Medical Assisting, and Life-Work Coaching. Classes are conducted on Saturdays, in Boston, at the New England Medical Center, Stearns Auditorium. For audit availability and further information about Whole Health career trainings, visit us at www.wholehealtheducation.org, or call toll free 1-888-354-HEAL (4325).

Ongoing Classes in Shamballa Multidimensional Healing and Healing Art offered at the Natick Community Organic Farm, by Joyce Cerutti. SMH may be



Madeleine Peyroux performs at The Dunkin' Donuts Newport Folk Festival, August 4th - 6th, at Fort Adams State Park, in Newport, R.I. For more info call: (401)-847-3700.

thought of as an expansion of the energies we know as Reiki. No prior attunements necessary. Healing Art classes offered for both individuals and families, combining energy healing and art healing for greater benefit. Call for dates, times, and further information. Intuitive healing paintings also available. (508)-380-8273.



8/11-8/13: John Pizzarelli, Dr. John, and George Benson will be appearing at the **JVC Jazz Festival** in Newport, R.I., at Fort Adams State Park, Friday, August 11 through Sunday, August 13, 11:30am -7:00pm. For tickets and information call (401) 847-3700.

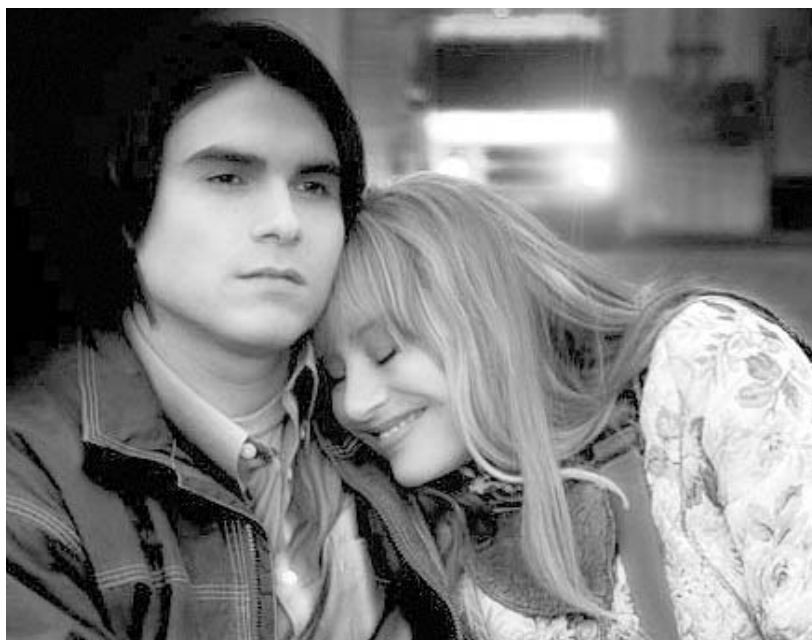


Comedy is perhaps the hardest kind of film to make. (As the great comic W.C Fields was about to make his transition, he is rumored to have said “Dying is easy...comedy is hard.”)

Satiric comedy raises that degree of difficulty to Olympian heights.

Add in a sweet romantic story line as well.

Blend with finesse, love, and a genuine love of humanity and voila: *Expiration Date* magically appears!!



The film, produced and directed with style, elegance, compassion, wit, and grace by Seattle filmmaker Rick Stevenson, is an absolute delight from start to finish.

Expiration Date tells the wonderfully wacky story of Charlie Silvercloud III, whose father and grandfather unexpectedly and tragically “expired” on their 25th birthdays, both times at the hands (tires)? of runaway milk trucks! Charlie

is fast approaching his own 25th and, convinced that his family is cursed, believes that nothing will protect him from a similar fate. Accordingly, he runs from even a glimpse of someone carrying a milk carton and shops very diligently for an appropriate vessel for his body and for just the right burial plot. As the fates would have it, however, he keeps running into the same young woman who seems equally determined to outbid him for everything he sets his sights on. He can't even seem to get his life together for his death. Don't you hate it when that happens?

What's a poor, cursed fellow supposed to do?

Just lay down in front of a dairy farm and wait for the inevitable?

Rob a bank so you can at least retain the dignity of being able to plan for your own demise? After all, by the time the law gets you, the Silvercloud curse will have eliminated you anyway.

Or...

Maybe...

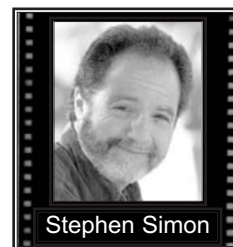


In planning for your death, you find someone who teaches you how wonderful life can really be.

To say more about the film itself would deprive you of the sheer fun and warm discovery that the film reveals as Charlie careens toward that 25th milestone.

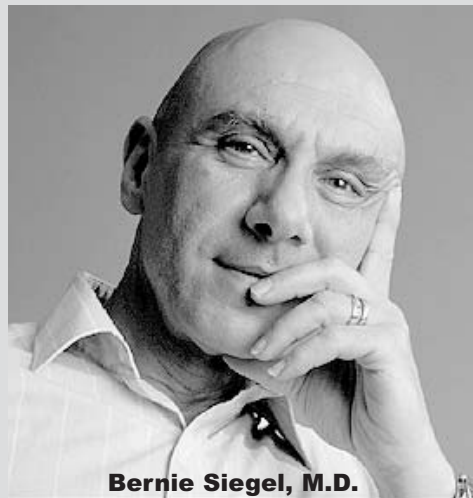
As mentioned earlier, mixing comedy, satire, and romance is an amazingly courageous journey for a filmmaker to embark upon. Rick Stevenson has an obvious love and respect for his characters and his compassion infuses every scene in the film. It's just not possible to encounter these off-the-wall characters and not be totally enchanted by both them and the increasingly wild and outrageous situations in which they find themselves.

Expiration Date is opening in cities around the country and I strongly recommend that you see it when it opens near you. You can get more details at www.expirationdatethemovie.com. It's films like these that remind us how wonderful movies can be when they show us who are as a humanity when we function at our very best. I loved this film and I believe that you will, too.



Stephen Simon produced such films as *Somewhere in Time* and *What Dreams May Come* and has just produced and directed *Conversations with God* www.cwgtthemovie.com. He also co-founded The Spiritual Cinema Circle, www.spiritualcinemacircle.com.

The National Institute of Whole Health Guest Lecture Series NOW OPEN TO THE PUBLIC!



Bernie Siegel, M.D.

The National Institute of Whole Health, established in 1977, the nation's oldest and most credentialed holistic certification program, announced this month it is opening to the public its Whole Health curriculum Guest Lecturer Series.

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Notables like **Bernie Siegel, MD**, one of the world's foremost physicians, authors, motivational speakers and advocates, **Walter Willett, MD, DrPH**, nationally renowned Professor of Epidemiology and Nutrition at the Harvard School of Public Health, **Rebecca Sharif**, celebrity coach, author of *The Zen of Listening*, former Chief Speech Pathologist at the renowned Lahey Clinic - and other notable speakers will be presenting at the NIWH/NESWHE program, conducted at the Newton Wellesley Hospital, Newton Mass.

Donations Requested to benefit Newton Wellesley Hospital's Oncology Patient Education efforts. Book signing, photo opportunities and book purchase also available.

Lectures are from 2:00pm-5:00pm. The Guest Lecture series is conducted during Fall and Spring semesters.

Reservations are required. Dates of lecturers for the Fall are: September 16, September 30, October 14, October 28, November 18, December 2, December 16.

For more information about the series and NIWH Nutrition Educator Certification and Whole Health Educator Certification programs, visit www.niwh.org or call 888-354-HEAL (4325).

SHIFTING TO THE BIG MIND

In 1999 American Zen Master Dennis Genpo Merzel discovered that he could help people shift to an expansive, ego-less state of consciousness in a few minutes using a simple technique borrowed from a psychological process called Voice Dialog. Genpo Roshi had been teaching Zen for more than twenty-five years. He was amazed that novice students could access this state as easily as experienced meditators. Ever since then, he's been helping people to make that shift in the Big Mind workshops that he presents across America and Europe.

According to Genpo Roshi, none of us is ever more than one shift away from freedom, peace, wisdom, and creativity, in spite of all the habitual patterns and mental ruts that usually determine our behavior. Every emotion, every perspective, every mental state is available to us at all times, and when we know how to freely shift perspectives we can liberate ourselves from self imposed barriers and other conditioning. Genpo Roshi likens the Big Mind process to driving a car that freely shifts among its gears, including the neutral Big Mind space that frees up all the other gears.

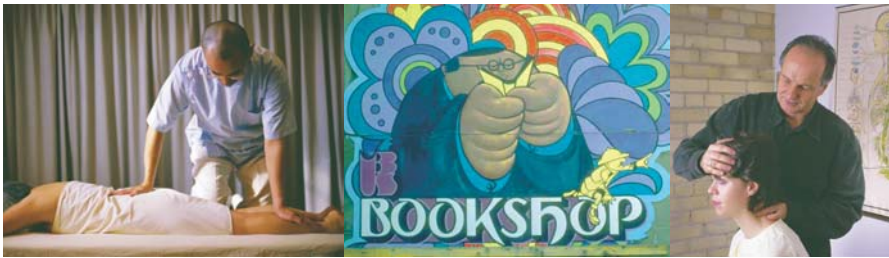
The Big Mind workshops are not just for Zen practitioners. They are experiential, not doctrinaire and groups as diverse as medical and mental health professionals, lawyers, leaders of other religious traditions, educators, business leaders, and military personnel have participated. In September Genpo Roshi will be at the Kripalu Center in Lenox, Massachusetts for two multi-day workshops on September 15th to 17th and September 17th to 22nd. For registration call Kripalu (800)-741-7353. For further information about Big Mind look up the website, www.bigmind.org.



Dennis Genpo Merzel

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category

Astrological Consulting	52
Bookstores & Awareness Centers ...	52
Centers	53
Classes	54
Healing & Bodywork	54
Herbs	57
Holistic Health	58
Human Potential	58
Medical Health Care Services	58
Metaphysics	58
Professional Services	59
Natural Health Resorts	59
Psychics	59
Psychology & Transformation	59
Readings	60
Schools & Institutes	60
Yoga	61



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finances, family, health, and spiritual growth. Eric has been an astrological counselor to individuals, couples and businesses for over twenty-five years. His specialties include relationship dynamics, timing career moves and enhancing personal creativity. He has appeared on WCVB TV’s Chronicle and been quoted in the Boston Globe and Newton Tab. Consultations are available in

person, by telephone, or on audio cassette. **Eric also offers classes, lectures and readings** at social gatherings and special events. For more information or to schedule an appointment, please call:

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Libby has taught medical and nursing students at Harvard, Brown, Tufts, and Yale as well as staff at Massachusetts General, Beth Israel, Mt Auburn, Emerson, Dartmouth-Hitchcock,

Southern New Hampshire, New York Foundling, and New York Columbia Presbyterian. Libby was featured in a Reiki segment for the PBS nationally televised series, *Body and Soul*. For the past seven years, Libby has conducted Reiki classes at the University of Maryland School of Social Work and at Kripalu Center for Yoga and Health. One of Libby's current passions is teaching hospice staff and volunteers. Fueled by Reiki energy, their healing touch is enhanced, affording greater effectiveness in calming agitation, soothing pain and providing comfort.

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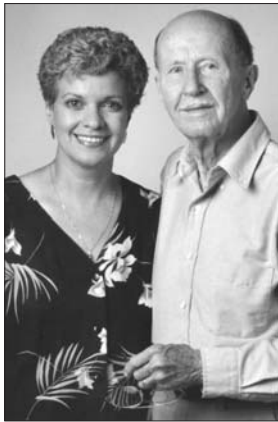
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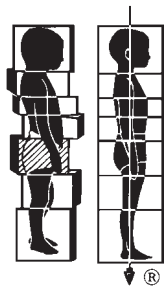
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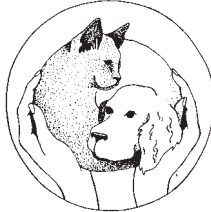
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Lowering Cholesterol and Triglycerides

Heart disease is one of the leading causes of mortality in the Western world. Because heart disease is linked to obesity, cardioprevention through dietary means has until recently focused almost exclusively on reducing intake of cholesterol and fat. More recent research, however, shows an important link between enhanced cardiovascular health and greater intake of fruits, vegetables, and whole grains. The protective effect of plant-based foods has been ascribed in large part to their fiber and phytochemical content.

Indeed, fiber's ability to reduce the risk of developing and dying from coronary heart disease was among the earliest findings of dietary fiber research. A subsequent twelve-year study of 859 southern California men and women upheld this finding, showing that a 6-gram increment in daily fiber intake was associated with a twenty-five percent reduction in ischemic heart disease mortality.

Since that landmark long-term study, researchers have delved further into the effects of greater dietary fiber consumption on coronary heart disease risk. A 1999 study in Finland, for example, concluded that high intake of fiber and cereal products was associated with lower levels of serum cholesterol in coronary patients who were not using lipid-lowering medication. Two types of fiber in particular—beta glucan (in oats) and psyllium husk—have been so thoroughly studied that the FDA has authorized a health claim that foods containing 0.75 or 1.7 grams of soluble fiber per serving, respectively, can reduce the risk of heart disease.

High levels of cholesterol and LDL are accepted as risk factors for heart disease. Dietary fiber helps to reduce cholesterol by binding to cholesterol-laden bile excreted from the liver into the small intestine. This reduces the reabsorption of bile into the bloodstream and thus helps to lower total cholesterol, LDL, and serum triglyceride levels simultaneously.

Triglycerides are the compounds in which fat moves through the blood-

stream. People who have high levels of potentially harmful LDL and low levels of beneficial HDL often have high triglycerides. Elevated triglyceride levels are increasingly associated with increased risk for heart disease.

Fiber affects another heart disease risk factor known as C-reactive protein (CRP). Elevated CRP levels are associated with an increased risk of heart disease. A 2004 study by the federal Centers for Disease Control and Prevention examined the link between dietary fiber and CRP serum concentration. Using data from 3,920 participants aged twenty and older, the researchers found that increased fiber intake was associated with lower levels of CRP. In fact, the risk of increased CRP concentration was almost halved for those with the highest fiber intake. Thus, fiber favorably influences numerous risk factors for cardiovascular disease, and may help to minimize or eliminate the need for potentially dangerous prescription drugs for cardiovascular health.

Natural Cancer Weapon

Medical researchers estimate that thirty to forty percent of all cancers are preventable by lifestyle and dietary measures alone. Fiber-depleted processed foods are viewed as significant contributors to excess cancer risk.

Recent studies have examined the role of a high-fiber diet—typically supplying more than 34 grams of fiber a day—in preventing cancer. Most of these studies have focused on colorectal cancer. A high-fiber diet reduced the risk for rectal cancer by a remarkable fifty-six percent in one study, while eating more than three servings a day of whole-grain products was associated with a thirty-one percent reduced risk. By contrast, consumption of refined grain products in excess of four-point-five servings a day was associated with a forty-two percent *greater* risk of rectal cancer. A similar study by a consortium of health groups, including the National Cancer Institute, showed that high intake of vegetables, fruits, and whole-grain foods—all high in dietary fiber—reduces the risk of distal colon adenomas (precancerous growths of the colon). Patients who consumed the most fiber had a twenty-seven

percent lower risk of adenomas than those who consumed the least fiber.

The 2003 European Prospective Investigation into Cancer and Nutrition (EPIC) was the largest study ever to investigate the association between diet and cancer risk. Spanning ten countries, the EPIC study followed 519,978 participants, aged twenty-four to seventy-five, for nearly five years. The study results indicate that abundant intake of dietary fiber is highly protective against colorectal cancer. Participants who consumed the most dietary fiber had a forty percent lower risk of developing colon cancer than those who ate the least fiber. The study authors proposed that if populations with a low average dietary intake of fiber doubled their fiber consumption, they could slash their risk of colorectal cancer by forty percent.

The Prostate, Lung, Colorectal, and Ovarian (PLCO) Cancer Screening Trial compared the fiber intake of 33,971 patients who tested negative for polyps to 3,591 patients who had at least one verified adenoma in the distal large bowel. The study found that patients consuming the most fiber had a twenty-seven percent lower risk of adenomas than those who consumed the least fiber. Interestingly, the researchers further noted that fiber “might serve as a marker for unmeasured substances that have anti-carcinogenic effects.”

Diabetes and Insulin Control

The obesity epidemic in America has dramatically increased the incidence of type II diabetes by exacerbating insulin resistance. For those who have tried unsuccessfully to lower cholesterol with a high-carbohydrate, low-fat diet, refined carbohydrates that are low in fiber may be to blame.

Refined, fiber-depleted carbohydrates tend to have a high glycemic index, and thus cause a rapid increase in blood sugar. Following their consumption, a “glucose spike” prompts the pancreas to release insulin, which in turn signals the liver to pump more triglycerides into the bloodstream. Dietary fiber slows the absorption of food so that blood sugar does not rise as rapidly, while also reducing insulin secretion.



This was demonstrated in a study published in 2004 in which a high fiber intake led to improved glycemic control, along with reduction of blood pressure and serum cholesterol and triglyceride levels.

Fiber's positive effects on blood glucose and insulin concentrations are most evident in people diagnosed with diabetes mellitus. In a randomized study, researchers compared the effects of a diet high in fiber (50 grams/day) to those of a moderate-fiber diet (24 grams/day) recommended by the American Diabetes Association. They found that a high intake of dietary fiber, particularly soluble fiber, significantly improves glycemic control, decreases hyperinsulinemia (a disorder associated with aberrant blood sugar control), and lowers plasma lipid concentrations in diabetic patients.

In one study, guar gum improved metabolic control and decreased serum lipids of nine patients with type II diabetes. In another promising research trial, three weeks of supplementation with guar gum lowered both fasting and after-meal blood glucose levels. In addition, the attenuation of insulin levels suggests that guar gum slowed the rate of carbohydrate absorption. Cholesterol levels dropped fourteen percent on average in the diabetic subjects. Thus, supplementation with soluble fibers like guar gum appears to improve glycemic control and lipid profiles in people with type II diabetes.

Selecting the Best Fibers

Dietary fibers, which are resistant to digestion by enzymes in the gastrointestinal tract, can be classified as either water soluble or insoluble. Soluble fiber in particular helps lower cholesterol levels by binding to cholesterol in the intestinal tract and increasing its elimination from the body. Good sources of soluble fiber include beans, peas, rice bran, oats, barley, citrus fruits, and strawberries. Adding two to three servings of high-fiber fruit or cereal could provide powerful added protection for your heart.

Oat bran and oatmeal, both of which contain the fiber beta-glucan, have been the subject of growing attention. In 1997, the FDA approved the health claim that "a diet high in soluble fiber from whole oats and low in saturated fat and cholesterol may reduce the risk of heart disease." Researchers have debated beta-glucan's mechanism of action in the body. While some speculate that beta-glucan may act as a physical barrier in the intestinal tract by blocking the absorption of bile acids and cholesterol, others have theorized that soluble fibers are bacterially fermented in the colon, leading to the production of short-chain fatty acids that may lower cholesterol synthesis.

According to a German study published in 2004, different sources of dietary fiber confer various benefits. Food sources of dietary fiber like whole-

grain bread, vegetables, and fruit are particularly useful in preventing and treating colon conditions and cancers.

Purified dietary fibers such as cellulose, guar gum, psyllium, and beta-glucan help promote healthy blood sugar levels. All water-soluble fibers help maintain normal blood lipid levels, according to the study authors, but oat bran is especially effective.

The Importance of Fiber Supplements

The average American currently consumes only 12-17 grams of fiber a day from dietary sources, far below the 20-35 grams recommended by the American Dietetic Association and the 30 grams or more suggested by both the American Heart Association and the National Cancer Institute.

Since many people do not want to change or cannot change their diets, supplements and natural fiber products can help them benefit from fiber's many beneficial effects. Supplemental fiber products can provide optimal combinations and amounts of fiber, as well as complementary nutrients such as calcium. Incorporating increased fiber intake into a daily plan for healthy living can help you lower your risk of heart attack and cancer, as well as prevent or manage such common conditions as hypertension and diabetes mellitus. Moreover, fiber is a valuable tool in achieving optimal weight.

With increased fiber intake, some people may experience gastrointestinal discomfort or changes such as increased or loose bowel movements. This is simply the body's period of adjustment to the introduction of greater amounts of dietary fiber. Medical professionals recommend adding fiber to the diet gradually until the body adjusts. Moreover because soluble fibers form a gel with water, it is important to drink plenty of water with fiber supplements. Abundant water intake will help to optimize fiber's actions in the body and prevent ill effects such as dehydration or constipation.

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GOBEAN - Arizona and New Mexico
MALTON - Illinois, Missouri and Indiana
WAHANEE - Georgia, North Carolina and South Carolina
SHALAHAH - Montana, Idaho, Oregon, and Washington
KLEHMA - Colorado, Wyoming, Nebraska, and Kansas

Each Golden City Vortex area plays a unique and special role during and after the changes.

Golden Cities are formed through the intersection of eight ley-lines.

They move in a circular movement. Clockwise takes in energy; counter clockwise movement purifies energy.

They are approximately 270 miles across and 248 miles high.

Their energetic shape forms as a series of pyramids which represents the third dimension; the presence of the fourth dimension; and the birth of the fifth dimension to our awareness

There are currently fifty-one Golden City Vortices throughout the entire globe.

At the apex of each Golden City Vortex a crystal city resides in the fifth dimension. These cities are separated from the physical Earth by a thin, mica-type material. These cities are in existence now, but after the great changes they become more apparent.

The apex of the Gobeau Vortex is between Mesa, Arizona and Albuquerque, New Mexico. [This apex was later identified as Mount Baldy, in the White Mountains.]

The Economy

Before the Earth Changes escalate, there will be severe economic crisis and hardship throughout the world.

During the changes major earth movements will open great veins of gold in mountain areas. This will be very common. However, the gold will not have the same value as it does today; in the future gold will have a different meaning for the people and their culture.

After the changes a new United States coin will be minted. On one side is an American Eagle. On the other side is a candle, with the words underneath it reading, "The Light of God Never Fails."

Until the new US monetary system

is established, economies will function on a regional basis. Bartering will be common. Gold and silver will be used, but in its older forms—nothing new will be minted.

Our new monetary system will be based on transportation. The ability to travel to the Golden City Vortices will be highly valued.

The I AM America Material contains many more prophecies for the World and the New Times. For more information go to: www.iamamerica.com.

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Lori Toye

Lori Toye is not a prophet of doom and gloom. The fact that she became a prophet at all is highly unlikely. Reared in a small Idaho farming community as a member of the conservative Missouri Synod Lutheran church, Lori had never heard of meditation, spiritual development, reincarnation, channeling or clairvoyant sight.

Her unusual spiritual journey began in Washington State, when, as advertising manager of a weekly newspaper, she answered a request to pick up an ad for a local health food store. Upon entering, a woman at the counter pointed a finger at her and said, "You have work to do for Master Saint Germain!"

The next several years were filled with spiritual enlightenment that introduced Lori, then only twenty-two years

old, to the most exceptional and inspirational information she had ever encountered. Lori became a student of Ascended Master teachings.

Awakened one night by the luminous figure of Saint Germain at the foot of her bed, her work had begun. Later in the same year, an image of a map appeared in her dream. Four teachers clad in white robes were present, pointing out earth changes that would shape the future United States.

Five years later, faced with the stress of a painful divorce and rebuilding her life as a single mother, Lori attended spiritual meditation classes. While there she shared her experience, and encouraged by friends she began to explore the dream through daily meditation. The four Beings appeared again, and expressed a willingness to share the information. Over a six-month period, they gave over eighty sessions of material, including detailed information that would later become the I AM America Map.

Clearly she had to produce the map. The only means to finance it was to sell her house. She put her home up for sale, and in a depressed market, it sold the first day at full asking price.

She produced the map in 1989, rolled them on her kitchen table, and sold them through word-of-mouth. She then launched a lecture tour of the Northwest and California. Hers was the first Earth Changes Map published, and many others have followed, but the rest is history.

From the tabloids to the New York Times, The Washington Post, television interviews in the U.S., London, and Europe, Lori's mission was to honor the material she had received. The material is not hers, she stresses. It belongs to the Masters, and their loving, healing approach is disseminated through the I AM America Publishing Company operated by her husband and spiritual partner, Lenard Toye. Working together they organized free classes of the teachings and their instructional pursuits led them to form the School of the Four Pillars which included holistic and energy healing techniques. In 1995 and 1996 they sponsored the first Prophecy Conferences in Philadelphia and Phoenix, Arizona.

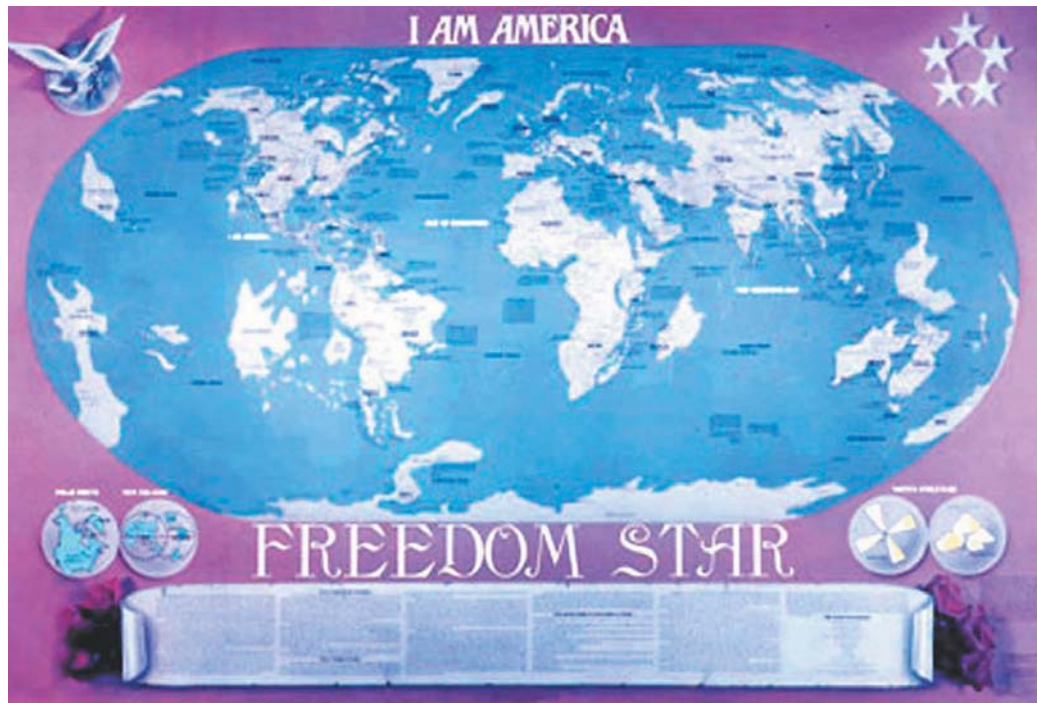
Other publications include three additional prophecy maps, four books, a video, and more than sixty audio tapes based on sessions with Master Teacher Saint Germain and other Ascended Masters.

Spiritual in nature, I AM America is not a church, religion, sect, or cult. There is no interest or intent in amassing followers or engaging in any activity other than what Lori and Lenard can do on their own to publicize the materials they have been entrusted with.

They have also been directed to build the first Golden City community.

A very positive aspect of the vision is that all the maps include areas called, "Golden Cities." These places hold a high spiritual energy, and are where sustainable communities are to be built using solar energy alongside Classical Feng Shui engineering and infrastructure. The first community, **Wenima Village**, is currently being planned for development.

Concerned that some might misinterpret the Maps' messages as doom and gloom and miss the metaphor for personal



change, or not consider the spiritual teachings attached to the maps, Lori emphasizes the Masters stressed that this was a prophecy of choice. Prophecy allows for choice in making informed decisions and promotes the opportunity for cooperation and harmony. Lenard and Lori's vision for I AM America is to share the Ascended Masters' prophecies as spiritual warnings to heal and renew our lives.

A Constructively Changed World

In 2001 Lori and her husband, Lenard Toye, a seasoned contractor and homebuilder, began their design process for a Master Planned Community, whose vision is inspired by the I AM America message and material. The 320 acre parcel includes plans for homes featuring disaster resistant construction alongside Classical Feng Shui residential and infrastructure designs. Plans for the Community also include active and passive solar applications alongside ozone water treatment systems. Walking trails, organic gardens, orchards and edible landscape will be integrated throughout the neighborhoods. Commercial sites for a boutique hotel, a spa and healing clinics are also available. For more information go to: www.wenima.com, and www.fengshuiconstruction.net.



The Little Colorado River flows throughout the Wenima Valley and Wildlife District. In 1540, the Spanish explorer Francisco de Coronado crossed the Little Colorado River near St. John's—about 15 miles north of Wenima Valley.



Wenima Shaman—Dozens of fascinating petroglyphs pepper the rocks throughout the Wenima Valley in the Wenima Valley Wildlife Area. This Hopi petroglyph depicts a "Shaman," and several animals.



The Wenima Valley near Springerville, Arizona. The 320 acre planned sustainable community—Wenima Village—is surrounded by the remnants of an ancient Hopi rock wall that natives packed with clay to channel water to their crops.

SUGILITE

Keywords: Dreams, spiritual protection and purification, becoming a 'Beacon of Light'

Element: Wind

Chakras: Third Eye (6th), Crown (7th), Transpersonal and Etheric (8th through 14th)

Sugilite is a rare potassium sodium lithium iron manganese aluminum silicate mineral with a hardness of 6 to 6.5. Its form is usually massive, although rarely it forms in tiny prismatic crystals. The mineral was named after Japanese geologist Kenichi Sugi, who discovered the first specimens in 1944. The color ranges from pale lilac to deep purple. A magenta-purple shade is considered most precious, especially in the translucent form known as 'gel.' Although Sugilite has been found in Japan and Canada, almost all Sugilite on the market comes from very deep manganese mines in South Africa.



Sugilite is one of the premier stones for this age, because of its numerous beneficial properties. Among them are protection from negative influences in ones environment, the enhancement of one's ability to ground spiritual energies, the awakening of the crown chakra, the emanation of the pure Violet Ray of purification and a strong influence for healing.

The protective aspects of Sugilite are exceptional. Carrying or wearing a piece of Sugilite sets up a sort of 'shield of light' around the wearer, making one impervious to the disharmony of others. This sort of protection is especially important for gentle souls who tend to

take on whatever energies are around them.

Sugilite is perhaps the most powerful stone for calling in the Violet Flame of purification. This energy can be of immeasurable benefit for those on the

spiritual path, for it tends to burn away the 'gray spots' in the auric field, removing negative attachments and karmic influences. Sugilite's Violet Flame energy makes it impossible for parasitic entities from the astral plane to remain in one's auric field. When one begins to wear or carry Sugilite, an energetic cleansing process is initiated. Toxic influences from ones inner and outer environment are dislodged and dispelled. This process can also greatly speed up one's inner development and help one to be a spiritual beacon in the world.

In regard to being a spiritual beacon, it must be mentioned that Sugilite

works to stimulate and open the crown chakra at the top of the head. This opening is not for purposes of escape into the higher-vibrational realms. Rather, it is for grounding the Light on Earth through one's own being. Many have incarnated here as volunteers for helping the Earth and all its entities move to the next higher vibrational octave, within which a certain level of what is called 'enlightenment' will be attained by all. Sugilite helps one to remember and achieve this essential calling, and its effect upon the crown chakra manifests a key aspect of how the self must open and transform in order to be a conduit for spiritual Light to enter this plane.

Sugilite is also a stone of the realm of dreams. When one meditates or dreams with this stone, the depth of inner experience can increase greatly, and the imagery one receives can be laden with significance and symbolic meaning. The key to the soul's yearning is revealed in one's deep dreaming, and understanding the images which arise can put one on the path to communion with the soul and harmonious accord with one's soul purpose.

Sugilite works exceptionally well with the transformational energies of Moldavite. Phenacite, Natrolite, Herderite, Brookite and Scolecite all assist in intensifying the visionary component of Sugilite's energies. Hematite can be of use in emphasizing the grounding of Light in the physical world. Amethyst increases the effect of Sugilite's 'aura of protection.'

Additional information on stones and their metaphysical properties can also be found at: www.heavenandearthjewelry.com, www.thebookofstones.com, or by calling 1-800-942-9423.

A HEALING RESIDENCE

AWAITING ITS NEW OWNER



Tucked away in Newbury, Mass., a seaport town bordering Newburyport and just a few miles from Plum Island, is a healing sanctuary where thousands of people from around the world have traveled to be healed. Not unlike those who travel to the ends of the globe to see healers like John of God, people were attracted to see and be transformed by the healing hands and sacred words of Rhonda Lenair.

Her European-style residence, replete with a special healing room that overlooks a statue-laden cobblestone patio, still exudes the powerful energy that has allowed so many people to leave her presence, having their issues resolved. The residence retains the power and energy that Rhonda has lovingly poured into reviving the home and property and making it a healing center of renown; the Sanctuary, as it is lovingly called, is now for sale.

In 2004, Rhonda established another Healing Center in Vermont, where she now resides and continues to heal those that follow the over 30,000 clients who have been transformed by Lenair's sacred healing experience. It is here and through Ms. Lenair's healings that they meet their own consciousness and are renewed in the purity of self(s). (*self(s) is the joining of all self (all creation) through one self.*)

Many articles have been written about Lenair's miraculous work; none of those articles fails to mention the beauty, peacefulness, tranquility, and sacred space that complements and catalyzes one's transformation. The property now awaits its next incarnation through its special new

owner(s). The Sanctuary has had national exposure on The Discovery Network and was mentioned in many outstanding publications as an integral part of Lenair's work and healing practice; it's grace frames the healings that took place there.

One is invited to the front entrance of the home and greeted by massive old granite steps; walk through the stone archway and old forged iron gates to the cobble-stoned walkway that leads to the granite-framed entrance. This



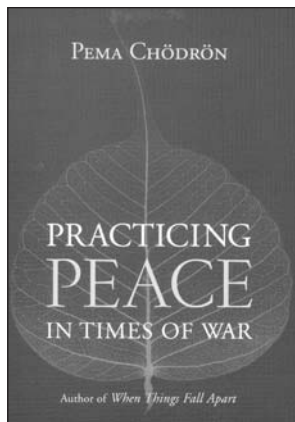
stone covered property brings fond travel memories to most who visit there. Depending on the part of the multi-faceted property one views, visions of England, Ireland, France, Portugal or Italy emerge. The soaring stone walls on the side of the hidden property are draped in spring and summer with wisteria and silver lace vines and framed by a red bud and flowering cherry trees. The various gardens in bloom are reminiscent of Monet's garden of Giverny. Lavender, Russian sage, thyme and heather infuse the gardens with pungent fragrances; unusual perennials of monkshood, larkspur and bluebells grace the surrounds.

Amidst the garden is the water fountain pool, with Hebe - the Goddess of Healing, Youth and Beauty; one can wander over the Corinthian granite patio with 12 foot stone fireplace wait-

Continued on Page 74



Summer Reading



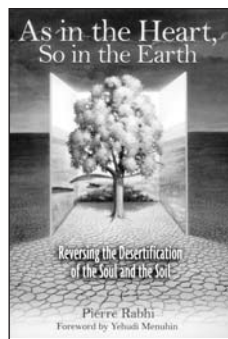
Practicing Peace in Times of War

By Pema Chödrön

"War and peace begin in the hearts of individuals." From this starting point, Pema Chödrön, an American Buddhist nun in the lineage of Chögyam Trungpa, goes on to offer practical techniques to work for peace in our own lives, at the level of our thoughts and actions. It's never too late, she tells us, to discover a new way of living and to transform not only our personal lives but the whole world. In a time when violent

conflicts are flaring all over the globe, Pema Chödrön gently but firmly explains how the path to peace lies deep within us. She shows how finding tranquility in our own lives can lead to broader harmony in our relationships, our communities, and in the surrounding world.

Shambhala Publications. Hardcover, \$15.95.



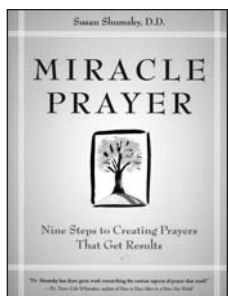
As in the Heart, So in the Earth Reversing the Desertification of the Soul and the Soil

By Pierre Rabhi

As in the Heart, So in the Earth is a strong indictment of our modern civilization—one that, while seeking domination over the earth, mutilates and desecralizes it. For Pierre Rabhi, who was born in an oasis in southern Algeria and grew up in France, where he ran for President in 2002, ecology is inseparable from spirituality. He shows how the growing deser-

tification of North Africa is a reflection of the "desert" that is claiming the hearts and souls of the inhabitants of the Western world—how the dead soil is mirrored in our deadened souls—and how a reconciliation with Mother Earth must be accompanied by a relearning of our ancestors' reverence for the soil. Rabhi seeks to initiate the reader into a time when the people that dwelled on this planet did so harmoniously, and could converse easily with the land, and offers hope, if those in the modern world will stop to hear the words of their ancestors who worked the land—for our destiny, says Rabhi, is linked irrevocably to that of the earth.

Park Street Press. Paperback, \$14.95.



Miracle Prayer

Nine steps to Creating Prayers That Get Results

By Susan Shumsky, D.D.

In *Miracle Prayer*, Susan Shumsky synthesizes the world's faiths to propose a simple, nine-step technique for focusing one's intention and formulating prayers that guide one to concrete results. Based on the premise that your thoughts create your destiny, Shumsky prescribes an elegant prayer format that will heal and transform the mind, and

teach one how to accept with full faith that the desired goal can be achieved. The tools she offers allow readers to identify and overcome obstacles preventing them from achieving their desires.

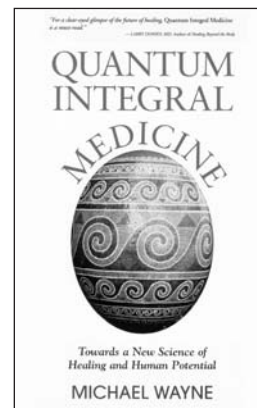
Celestial Arts. Paper, \$14.95.

Quantum-Integral Medicine: Towards A New Science of Healing and Human Potential

By Michael Wayne, Ph.D., L.Ac.

Is there an innate healing system within the body, capable of facilitating the healing process? And if so, how can it be activated? Many scientists, philosophers, healers, and spiritual leaders have asked these same questions and Michael Wayne's new book *Quantum-Integral Medicine* has begun to address the answers. Dr. Wayne shows how Quantum Thought, or moving from rule-bound to rule-breaking thinking, is the secret to self-healing. He also explains the role that innate healing and nature play in the healing process and how it can be activated and mobilized into action, and provides readers with an historical overview of Western and Eastern medical and scientific theory, from Aristotelian logic to medical determinism.

iThink Books. Hardcover, \$24.95.



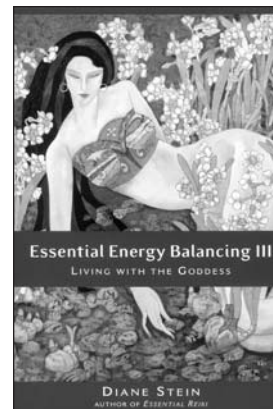
Essential Energy Balancing III

Living with the Goddess

By Diane Stein

In *Essential Energy Balancing III*, best-selling author and renowned healer Diane Stein illustrates the expansive multi-dimensional energy healing process explored in this, the final volume of her Energy Balancing trilogy. Stein draws upon the great mystical traditions of Kundalini Yoga, Wicca, and Taoism to manifest energy into the highest levels of spiritual growth and the deepest levels of karmic healing, and presents twenty-four new healing processes for readers to achieve their divine energy. *Essential Energy Balancing III* is the final testament in an empowering series for healing karma as well as helping readers achieve the most advanced levels of spiritual growth

Crossing Press. Paper, \$16.95.

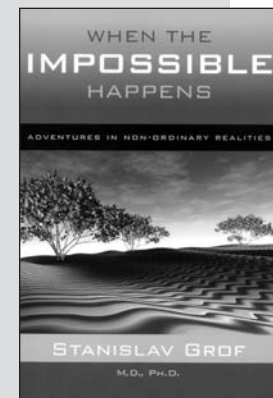


When the Impossible Happens

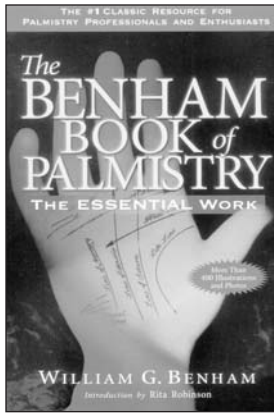
By Stanislav Grof, M.D., Ph.D.

When the Impossible Happens presents Dr. Grof's mesmerizing firsthand account of over fifty years of inquiry into waters uncharted by classical psychology, one that will leave readers questioning the very fabric of our existence. From his first LSD session that gave him a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork™, *When the Impossible Happens* will amaze readers with vivid explorations of topics such as experiments in astral projection, remembering birth and prenatal life, and the survival of consciousness after death. This book offers an incredible opportunity to journey beyond the ordinary, and provides a new vision of our human potential.

Sounds True. Paper, \$18.95.



Summer Reading



The Benham Book of Palmistry

By William G. Benham
Introduction by Rita Robinson

The Benham Book of Palmistry, by William G. Benham, has been the standard reference for reading the hand for more than a century. This revised Essential Work edition combines Benham's original text with new formatting and more than four hundred illustrations and photos. Originally published as *The Laws of*

Scientific Hand Reading, Benham's book was instrumental in moving palm reading into the realm of scientific study. Benham believed that hand reading had a scientific foundation and dedicated his life to proving it. Over one hundred years later, today's modern medical technology confirms Benham's findings.

New Page Books. Paper, \$17.99.



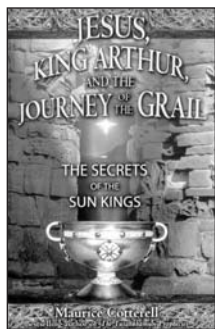
The Woman's Book of Spirit

By Sue Patton Thoele
Foreword by M.J. Ryan

When the Divine Feminine instructed Sue Patton Thoele to "pour water on my women," Thoele set about writing a book to provide women with spiritual sustenance for every area of their lives. *The Woman's Book of Spirit* is the result of that journey. A leader in the women's spirituality movement, Thoele offers her deepest wisdom in this collection, resulting in a powerful and profound

book that can be used in a number of ways. Thoele recommends using it as a sacred feminine oracle by opening it at random, holding it to your heart and "asking your inner wisdom to guide you to the perfect, right entry for you at this moment." It can also be used as a meditation guide, a daily friend, or to answer a specific question. This is a book to soothe every woman's soul and to strengthen the vital connection to spirit.

Conari Press. Paper, \$14.95.



Jesus, King Arthur, and the Journey of the Grail

The Secrets of the Sun Kings
By Maurice Cotterell

In *Jesus, King Arthur, and the Journey of the Grail*, Maurice Cotterell follows the migration of the Celts 4,000 years ago from Asia, across Europe, to Ireland. His account of this epic journey, together with his knowledge of the secret codes of the Celts, enable Cotterell to identify and locate the Holy Grail, the actual cup used by Christ and his disciples at the Last Supper. Cotterell's discoveries indicate that the Grail actually does radiate light, in accordance with the Arthurian legends, proving that the so-called legends are based on fact. The author shows how the holy cup was passed for safekeeping to the monks of Lindisfarne, who copied its secrets into the Lindisfarne Gospels and the *Book of Kells*. The monks, fleeing Viking raids, carried their treasures to Ireland, with the cup subsequently finding its way to the Dublin Museum—where, Cotterell claims, it rests today.

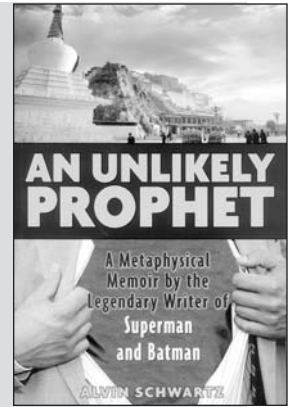
Bear & Company. Paper, \$16.00.

An Unlikely Prophet A Metaphysical Memoir by the Legendary Writer of Superman and Batman

By Alvin Schwartz

Alvin Schwartz's seventeen years of writing Superman and Batman comics in the 1940s and 50s hadn't prepared him for Thongden, the seven-foot Tibetan tulpa (a being created by thought that takes on a life of its own) who one day showed up at his door. Or had it? Schwartz's compelling story recounts his profound investigation into the shifting nature of identity and reality—an amazing personal journey where elements of synchrony, inspiration, accident, and magic all lead to the eternal now and the infinite possibilities of time, space, form, and identity which have their origins in every moment of our lives. *Unlikely Prophet* is more than a rip-roaring memoir the reader can't put down. Its metaphysics accomplish a profound redefinition of "ordinary reality."

Destiny Books. Paper, \$16.95.

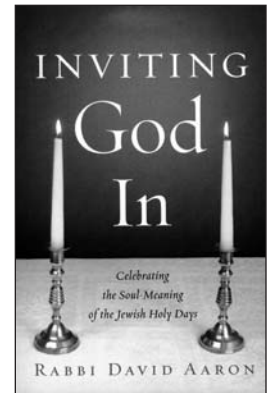


Inviting God In Celebrating the Soul-Meaning of the Jewish Holy Days

By Rabbi David Aaron

This warm, inspiring look at the Jewish holidays, by one of the most dynamic and accessible teachers of Jewish thought today, shows us how each holy day can empower us to recognize God's loving presence in our lives every day. Holidays are not the same as vacations, Aaron points out. Vacations allow us to escape our everyday lives, but Holidays are a time to connect, to remember that which we take for granted. Aaron suggests that each holiday can be thought of as a "date" with God: a time to strengthen our bond with the divine, and to reinforce our awareness of God's love for us.

Trumpeter Books. Hardcover, \$21.95.

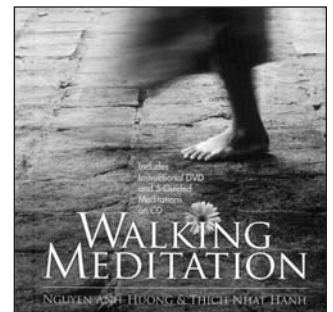


Walking Meditation

By Nguyen Anh-Huong
& Thich Nhat Hanh

What if every step you took deepened your connection with all of life and imprinted peace, joy, and serenity on the earth? With *Walking Meditation*, you can enjoy the first in-depth instructional program in this serene spiritual practice to help you walk with presence and peace of mind whether in nature or on a busy city street. Presented in a unique format that combines a book with a DVD and an audio CD, *Walking Meditation* features esteemed Buddhist master Thich Nhat Hanh along with one of his principle students, Nguyen Anh-Huong, as they together illuminate the central tenets of this powerful art.

Sounds True, Inc. Hardcover, \$24.95.



New Releases



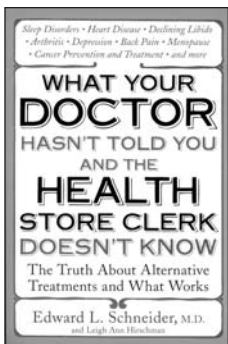
The Mystical Guide To Home Inspection

Thoughts from A Holistic Home Inspector
By Faith Ranoli

Many of us spend our hard earned money and valuable time with alternative health care in hopes of improving our health mentally physically emotionally and spiritually. Yet we often overlook the important role our home or office plays in supporting that health. If we are living in an unhealthy home than all of our good work is negated and the improvement in our health remains elusive, Ranoli stresses. Easy-to-read

and highly accessible, *The Mystical Guide To Home Inspection* offers a new way to look at home inspections and the home buying process. It answers questions regarding the realities of home inspection and home care, and has tips on how to sell your house faster. But most importantly, it shows how blending science with the sacred can help create a healthy and thriving environment.

Thornton Publishing, Inc. Paper, \$15.97.



What Your Doctor Hasn't Told You and the Health Store Clerk Doesn't Know

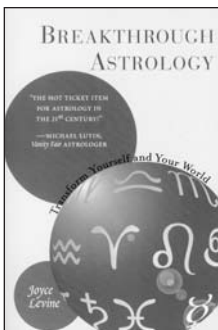
The Truth About Alternative Treatments and What Works

By Edward L. Schneider, M.D. & Leigh Ann Hirschman

In *What Your Doctor Hasn't Told You*, Dr. Edward Schneider, a leading researcher and clinician, provides an overview of the latest scientific research and clinical studies on a host of alternative treatments. From supplements, herbs, homeopathy,

cognitive behavior therapy, aromatherapy, acupuncture to biofeedback, meditation, yoga, and more, this must-have guide outlines the myriad non-traditional therapies now available. Dr. Schneider also offers proven formulas for a variety of ailments, drawing on the smartest combination of conventional and alternative treatments. Authoritative, yet friendly, this must-have guide dispels some of the confusion surrounding alternative treatments and their effectiveness with a doctor's inside, expert advice.

Avery/Penguin Group. Paper, \$19.95.



Breakthrough Astrology

Transform Yourself and Your World
By Joyce Levine

Breakthrough Astrology teaches readers to look at astrology from a psychological perspective, a process that offers tools for self-empowerment and self-improvement. In this useful introduction to psychological astrology, Joyce Levine teaches a process that is a bit like an esoteric version of the Myers-Briggs Personality Indicator, but one based on thousands of years of research, not mere decades. Levine offers a

comprehensive overview and then gets down to the nitty-gritty information individuals need to begin to determine their strengths and weaknesses and how to use these to an advantage. *Breakthrough Astrology* offers step-by-step guidance on how to get a chart and how to glean information useful to everyday living from each of the twelve houses.

Weiser Books. Paper, \$21.95.

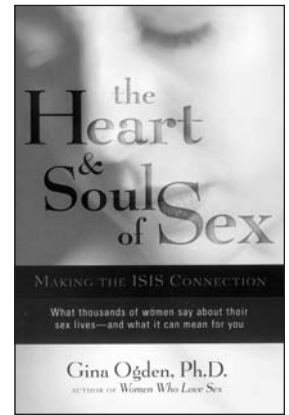
The Heart and Soul of Sex

Making the ISIS Connection

By Gina Ogden, Ph.D.

Clinical sex therapist Dr. Gina Ogden noted that, for many women, intercourse is not what they find most satisfying and meaningful about sex so she launched a landmark study to investigate how women define "great sex." Over four thousand people responded to the ISIS (Integrating Spirituality in Sexuality) Survey. Nearly all respondents said that emotional and spiritual elements in their sexual encounters were crucial for sexual satisfaction. Amazingly, less than one percent mentioned the physical act of intercourse. Dr. Ogden has published the results of her study in this, her new book, offering an in-depth explanation of women's sexual experience, and a revolutionary model of human sexuality that encompasses mind, heart, and soul, as well as body.

Trumpeter Books. Hardcover, \$22.95.



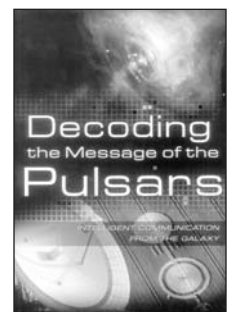
Decoding the Message of the Pulsars

Intelligent Communication from the Galaxy

Paul A. LaViolette, Ph.D.

In *Decoding the Message of the Pulsars*, Paul LaViolette shows that pulsars are distributed in the sky in a nonrandom fashion, often marking key galactic locations, and that their signals are of intelligent origin. Using extensive scientific data to corroborate his theory, he presents a new interpretation of nearly forty years of interstellar signals and the prophetic message they contain. LaViolette's extensive analysis of pulsar data, reveals evidence of unusual geometric alignments among pulsars and intriguing pulse-period relationships. Included is information that points to pulsars as being the source of a force-field-beaming technology responsible for the formation of crop circles. Equally compelling is the message LaViolette contends is being sent by these extraterrestrial beacons: a warning about a past galactic core explosion disaster that could recur in the near future.

Bear & Company. Paper, \$16.00.



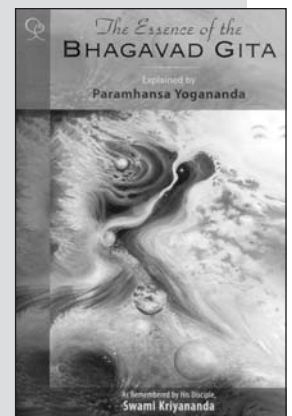
The Essence of the Bhagavad Gita

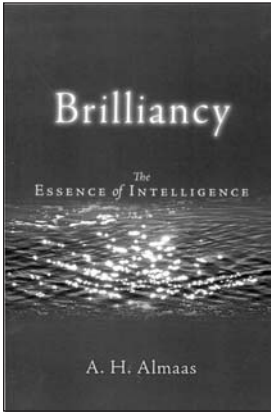
Explained by Paramhansa Yogananda

As Remembered by His Disciple, Swami Kriyananda

This commentary on the Bhagavad Gita, the daily scripture for over one billion people, is designed to unlock the Gita's depthless wisdom with striking clarity and focus for a modern audience. It serves as a complete primer for the spiritual path and will appeal to yoga practitioners, Buddhists, and anyone interested in universal, non-sectarian spiritual truths. *The Essence of the Bhagavad Gita*, Explained by Paramhansa Yogananda, shares the profound insights of Paramhansa Yogananda, author of *Autobiography of a Yogi*, as remembered by one of his few remaining direct disciples, Swami Kriyananda (J. Donald Walters).

Crystal Clarity Publishers. Hardcover, \$24.95.



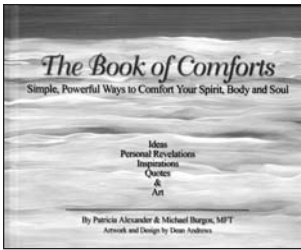


Brilliantcy
The Essence of Intelligence
 By A.H. Almaas.

In this original new book, A.H. Almaas, one of the leading spiritual teachers of our time, explores the idea that intelligence is not merely an attribute but a quality that one can sense. He calls this "brilliantcy"—essential wisdom grounded in the immediacy of experience. Using a method of Socratic inquiry, *Brilliantcy* shows how one can sharpen the experience of intelligence and remove barriers to the true nature of the mind. Almaas

points out that a fundamental obstacle stems from an unresolved relationship with one's father, and he demonstrates how this can be overcome. In clear dialogue adapted from conversations with his students, Almaas guides readers toward a newfound freedom of consciousness.

Shambhala Publications, Inc. Paper, \$22.95.

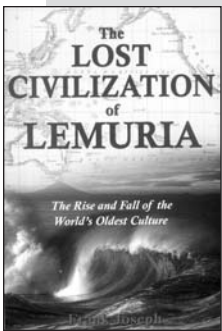


The Book of Comforts
Simple, Powerful Ways to Comfort Your Spirit, Body and Soul
 By Patricia Alexander & Michael Burgos
 Artwork and Design by Dean Andrews

The Book of Comforts reminds stressed-out people how accessible real comfort can be. In a highly visual format, the

book offers instantly useable tips, anecdotes from the authors, inspirational quotes and survey responses from people of all ages. In addition, the subtle, interwoven art and design by Dean Andrews makes this book a comfort to behold. *The Book of Comforts* is a welcome source of comforting insights and ideas. More than a collection of cheery aphorisms, this book offers sound comforting advice and tips based on the life experiences of a wide range of real people.

Blue Epiphany. Hardcover, \$19.95.



The Lost Civilization of Lemuria
The Rise and Fall of the World's Oldest Culture
 By Frank Joseph

Frank Joseph's *The Lost Civilization of Lemuria* is a compelling new portrait of this sophisticated civilization, which, according to legend, was the original motherland of humanity. Relying on ten years of research and extensive travel, Joseph compiles the most extensive and up-to-date research on Lemuria, which he suggests was the original Garden of Eden. Using recent deep-sea

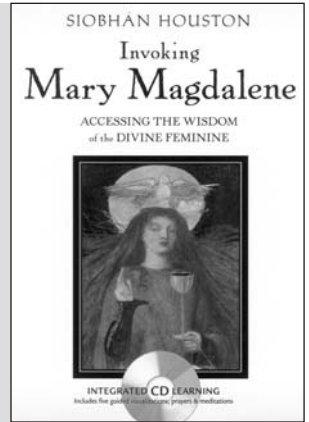
archaeological finds, enigmatic glyphs and symbols, and ancient records shared by cultures divided by great distances, Joseph documents the story of this sunken world. When disaster struck Lemuria, the survivors made their way to other parts of the world, incorporating their scientific and mystical skills into the existing cultures of Asia, Polynesia, and the Americas. Joseph's investigation shows that the totem poles of the Pacific Northwest, the architecture in Thailand, the colossal stone statues on Easter Island, and even the perennial philosophies all reveal their kinship to this now-vanished civilization.

Bear & Company. Paper, \$20.00.

Invoking Mary Magdalene
Accessing the Wisdom of the Divine Feminine
 By Siobhan Houston

In *Invoking Mary Magdalene* Siobhan Houston shares the compelling story of Jesus' preeminent female disciple to help us rediscover the long-eclipsed feminine heart of Christianity. Readers will learn a wide-ranging program of prayers and practices inspired by the Magdalene, including Gnostic, Kabbalistic, and Grail meditations for opening to divine wisdom; and accessing your personal power by connecting to Mary Magdalene in her Dark Goddess aspect. Houston also includes a guided visualization into the Cave of Saint Baume said to be Magdalene's final home in France. With this integrated book-and-CD tool, readers can join the growing number of people from diverse spiritual traditions who have come to share Mary Magdalene's wisdom.

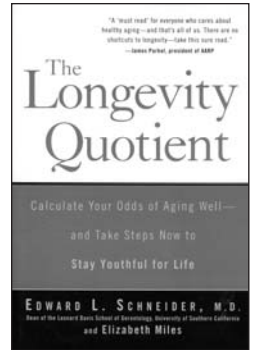
Sounds True. Hardcover with CD, \$19.95.



The Longevity Quotient
Calculate Your Odds of Aging Well—And Take Steps Now to Stay Youthful for Life
 By Edward L. Schneider, M.D. and Elizabeth Miles

The Longevity Quotient by Dr. Edward L. Schneider, Dean of the nation's only school of gerontology, offers readers the tools to minimize the toll of time and maximize the correspondence between your ageless self and the face that meets the world. *Longevity Quotient* provides a six-point daily lifestyle plan for increasing your healthspan. To help readers assess where they currently stand in terms of aging less, Dr. Schneider has developed a unique tool called the Longevity Quotient, or LQ. In each of the six areas of aging less, readers can measure their personal longevity quotient and change it.

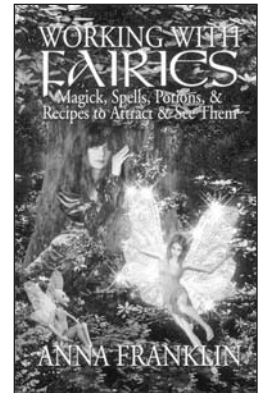
Rodale. Paper, \$15.95.



Working With Fairies
 By Anna Franklin

Fairies are mysterious and elusive creatures that inhabit an invisible realm—a realm that exists alongside the merely physical world we live in, a place the old Celts called the "Otherworld." Sadly, as we humans moved away from our close connection to the earth, we lost our link with these "wild folk." Anna Franklin's *Working With Fairies* forges a new link to this land with spells, potions and recipes that attract fairies and make them visible. Franklin describes in detail the diverse world of the fairy, from house spirits, nature spirits, elementals, and devas, to personal fairy guardians and sweethearts. She shows the reader how to harness "the sight" and shares the meditations, potions and spells used to contact the fairy realm. Where are the fairies? When is the best time to see them? These questions, and more, are all answered in *Working With Fairies*.

New Page Books. Paper, \$13.99.



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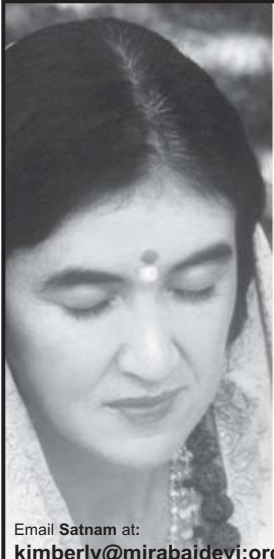
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ing to warm the hands during a cool winter night or lend up its flames for outdoor cooking. The 18-foot stone garden sanctuary, it's interior ceiling structure modeled after the Trinity Church in Boston, is the centerpiece of one of the piazza areas. It has its own special "auric presence" and reverberating sounds if one meditates and chants within its stone walls; Gothic framed openings expose niche views of the different parts of the property.

This area, just one of many among the almost 2 acres lush with mature plantings and majestic oak, chestnut, hemlock, pine and flowering cherry trees, is adjacent to the outdoor covered dining area just outside the large country kitchen. There are additional Corinthian granite patios in this area with a variety of seating – double sided stone benches, curved benches and a variety of wrought iron seating. In fact, the outdoor seating on this property comfortably accommodates over 50 guests. Clients often would be seen sitting in contemplation and peace around the property, waiting their turn to be seen by the renown healer and medical intuitive whose work has been compared to that of the "Sleeping Prophet" Edgar Cayce.

Other outdoor features of this breathtaking property – elements that were carefully selected for their quality and integration ability within the ambience of its perimeter – include a variety of iron and old wrought iron fencing and gates, variegated stone walls, walkways and hand-chiseled stone archways. Old goat urns, a spectacular 5-foot iron urn and unique planters are found at almost every turn. Set back from the road by 200 feet, the property is framed and made private and safe by tall and proud pine varieties. The home becomes invisible from passerby's, yet is most accessible to and from the major Route 95 highway.

Nearby Newburyport with its

active harbor, quaint Plum Island with its beautiful beaches and the Parker River National Wildlife Refuge, and the many boutiques, shops and excellent restaurants, make this property a desirable get-a-way from big city life. It's a place to relax, rejuvenate and contemplate and an environment that encourages this state of mind.

The envisioned person, practice, or organization that lovingly would acquire the residence next would ideally pay special homage to the property – the residence, the land and the spirit that resides within. As anyone would



practices such as psychotherapists. All would find the environment most adaptable and soothing for client and doctor or practitioner alike; writers, artists, musicians, and other creative expressive artists would also prosper and flourish here, or perhaps, just a loving soul.

The residence is approved for 5 bedrooms and its usage is versatile; it could be divided into a main house and a lower-level apartment (which would make a very comfortable and accessible in-law home), as it had been in past incarnations. There are four bathrooms and two kitchens. The lower level area includes a beveled glass 4-season conservatory, bathroom with shower, kitchen, bedroom, spare room, dining room, stone fireplace in the living room with olive wood walls and various stone and tile flooring. There are calming and serene views from every window on this level.



tell you who has spent anytime at the property, it is impossible not to be soothed and feel protected, be it in the residence or on the grounds.

The layout of the 3,900 square foot, three level residence adapts to many different scenarios. It was, and is now set up ideally for a small practice. Ideal for a healer of any background – massage therapist, acupuncturist, reflexologist, polarity practitioner or any bodyworker or group of holistic practitioners - would find the space most inviting, as would traditional

The rest of the home and property must be seen to be appreciated; for further information about this unique property, visit www.lenair.com/thesanctuary. There will be special showings in advance of a 'sealed bid auction' of the property; please call Bill Barrows at Coldwell Banker (800-516-0177) to arrange a showing, for further information and a brochure. Additionally, if you're looking for information about Rhonda's healing practice, visit www.lenair.com or call 888-412-8392 and ask for Barry.

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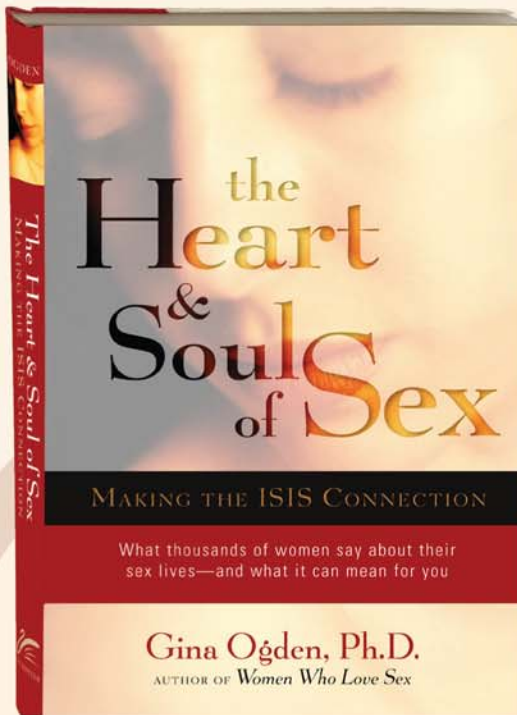
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Ruth Fishel—Affirmations for heart and soul, **Mark Bilakur**—Chair massage, **Janaki Clancy**—Reiki healing,
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For information about *The Heart and Soul of Sex* visit www.GinaOgden.com or www.shambhala.com



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Center of Light for Sale

Property includes an elegant 100-year-old stone house completely redone in the 90's, and a heated barn with a large meeting loft for workshops, yoga, meditation classes. The lower level of the barn offers a double garage and an additional office space currently being used as a music studio. This mini estate offers 4 bedrooms and 3 baths, or use the ground floor of the main house as a legal 1 bedroom apartment (yields \$12k annual income).



Sited on over an acre of land backing up to acres of protected woods; the land includes a tree-ringed sacred grove for ritual, a fire circle, and a sweat lodge.

For nearly 15 years spiritual energy has been cultivated by hundreds of people doing sound healing and spiritual practice here. We are offering this to those who wish to continue to amplify light and healing using this extraordinary resource.

Offered at **\$739,000**

To view this property or for additional information; call Shawna Carol at: **(781) 271-0130**
or email at song@goddesschant.com