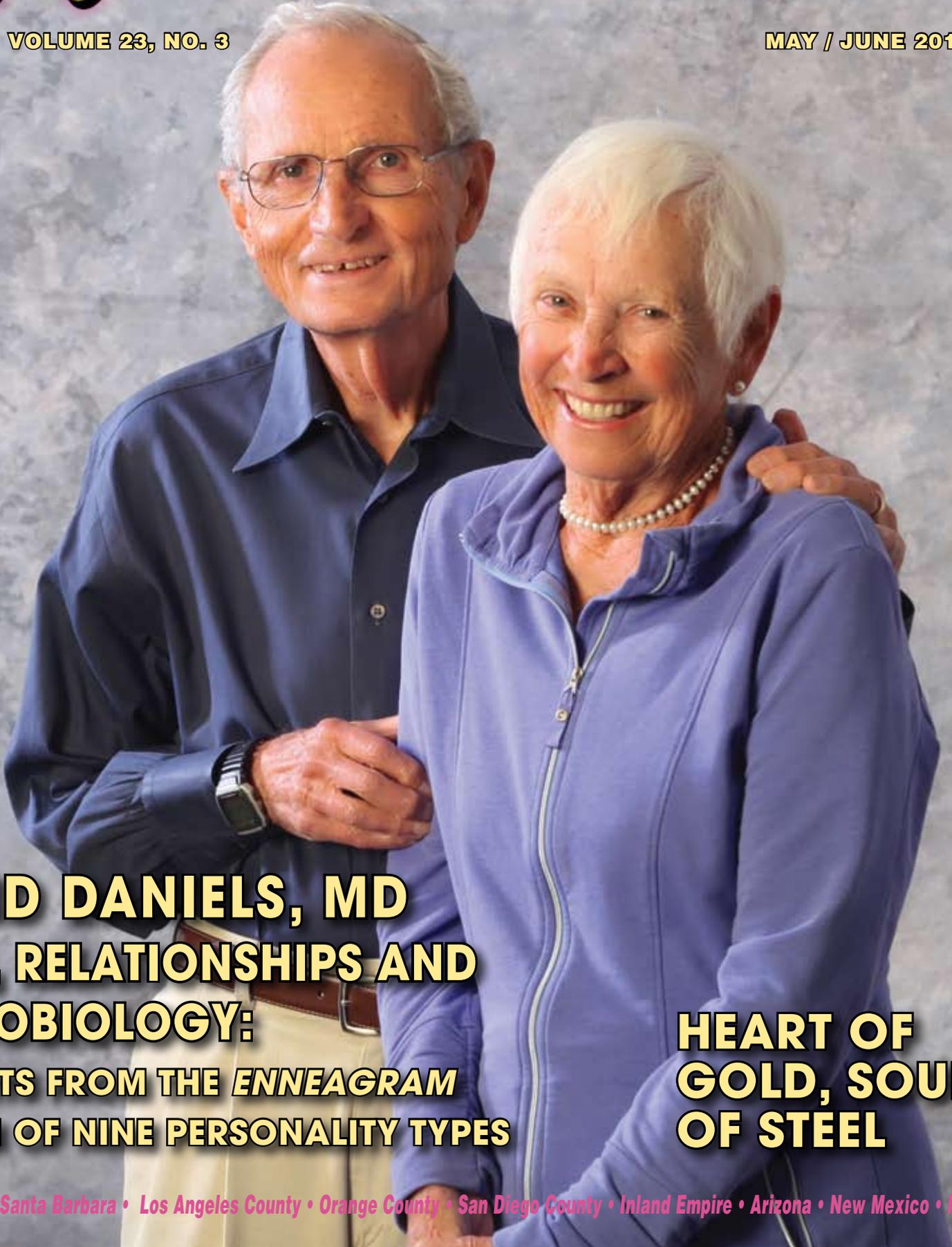


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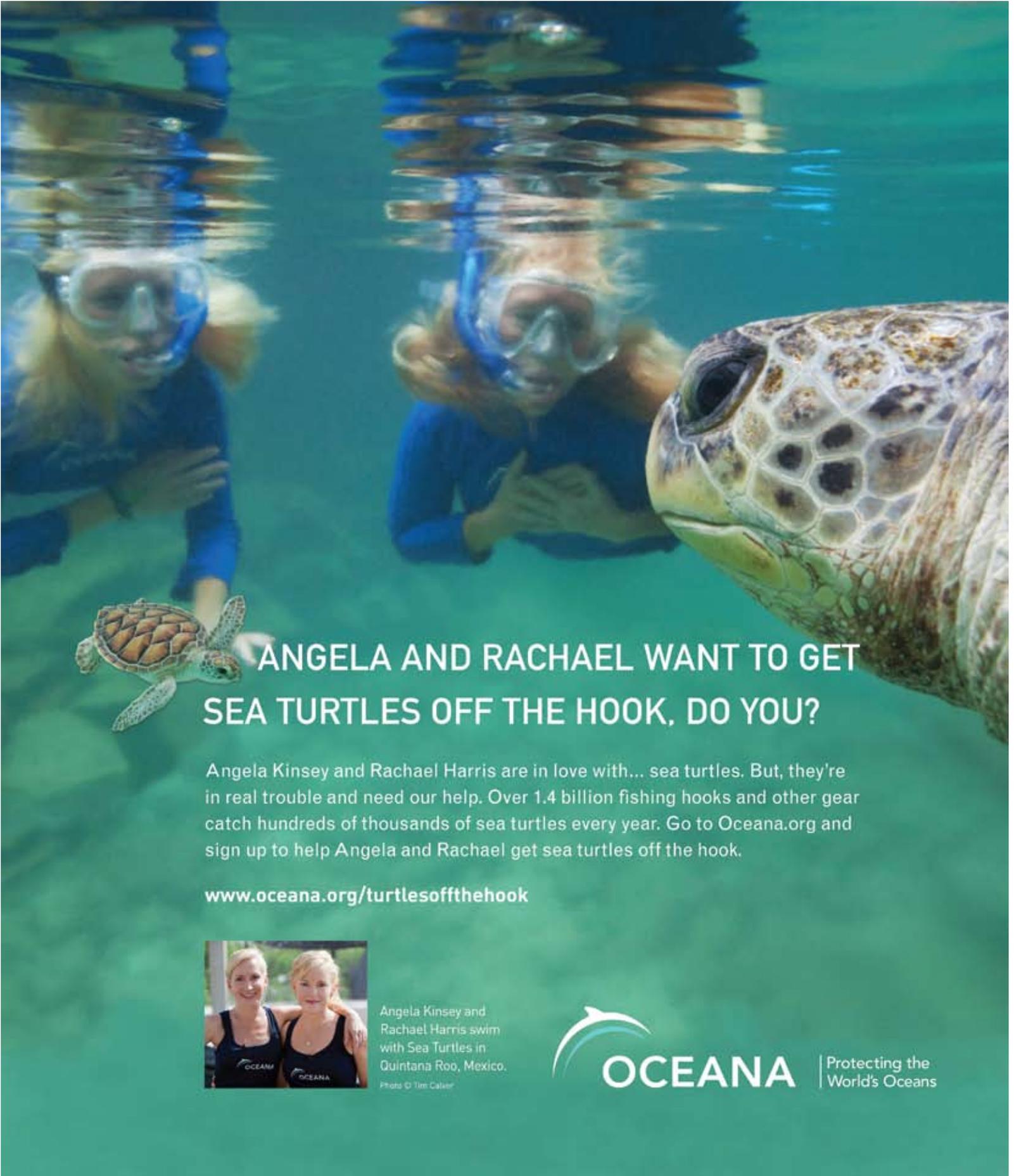
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**DAVID DANIELS, MD**  
**LOVE, RELATIONSHIPS AND**  
**NEUROBIOLOGY:**  
**INSIGHTS FROM THE ENNEAGRAM**  
**SYSTEM OF NINE PERSONALITY TYPES**

**HEART OF**  
**GOLD, SOUL**  
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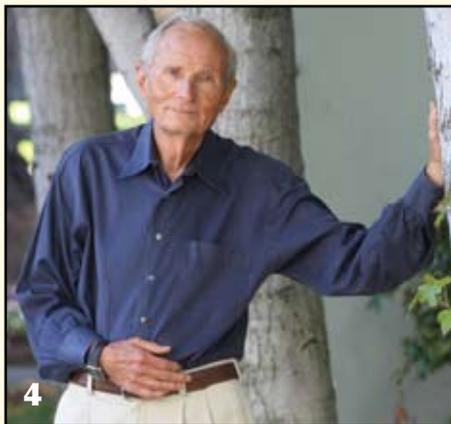
Angela Kinsey and Rachael Harris swim with Sea Turtles in Quintana Roo, Mexico.  
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**ON THE COVER:** David Daniels, MD and his wife Judy have deeply enriched their 61-year marriage through their understanding of the Enneagram. Photo by Jack Geschiedt

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**PUBLISHER/EDITOR**  
**GRAPHIC DESIGN**  
YOLANDA CHAPIN  
(714) 283-3385  
Yolanda@awarenessmag.com

### EDITORIAL STAFF

MICHAEL DIAMOND  
MUSIC REVIEWS

GARY A. MILLER  
BOOK REVIEWS

ROBERT ROSS  
RELEXIONS

CHRIS L. THOMPSON  
PROOFREADER

### CONTRIBUTING WRITERS

FRANK DALY  
DAVID DANIELS, MD  
FRANCESCA FISHER, CSSTS  
S.R. FRANK  
MARGARET ANN LEMBO  
JENNY T. LIU, M.A.  
ANN NELSON  
CHRISTOPHER NYERGES  
DEREK RYDALL  
ALBERTO VILLOLDO, Ph.D.  
TRAVIS WEEDON

**ADVERTISING SALES**  
(714) 283-3385

Yolanda@awarenessmag.com  
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**MAILING ADDRESS**  
PO Box 491111  
Los Angeles, CA 90049  
(714) 283-3385  
E-mail:  
Yolanda@awarenessmag.com  
www.awarenessmag.com

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**AWARENESS**



# Love, Relationships and Neurobiology: Insights from the Enneagram System of Nine Personality Types

By David Daniels, MD

*"The need is not really for more brains, The need is now for a gentler, a more tolerant people Than those who won for us Against the ice, the tiger, and the bear."*  
From *The Immense Journey* by Loren Eiseley

This is one of my favorite quotes. For me, it represents our crucial need to develop past our earlier levels of being on the planet and to gain a greater appreciation of the positive possibilities for our species.

The Enneagram, a map of nine personality types that illuminates our unconscious patterns of thinking, feeling and acting, can offer us a key not only to greater self-awareness and better relationships, but also to evolving into expanded, and more inclusive, levels of consciousness.

The Enneagram is all about understanding ourselves and others, appreciating differences, reclaiming a separate self from which we can truly join in union with others, opening our hearts, and reclaiming and integrating our higher qualities – all representing the work of relationships and transformation.

Extraordinarily precise, the Enneagram allows you to look deeply within yourself and to create healthier relationships with your partner, family members, friends, clients and co-workers. The insights gained through an understanding of the Enneagram quickly turn to compassion when you become receptive and can see through the eyes of another. Through an appreciation of each other's worldview, the Enneagram helps us to be more present and openheart-

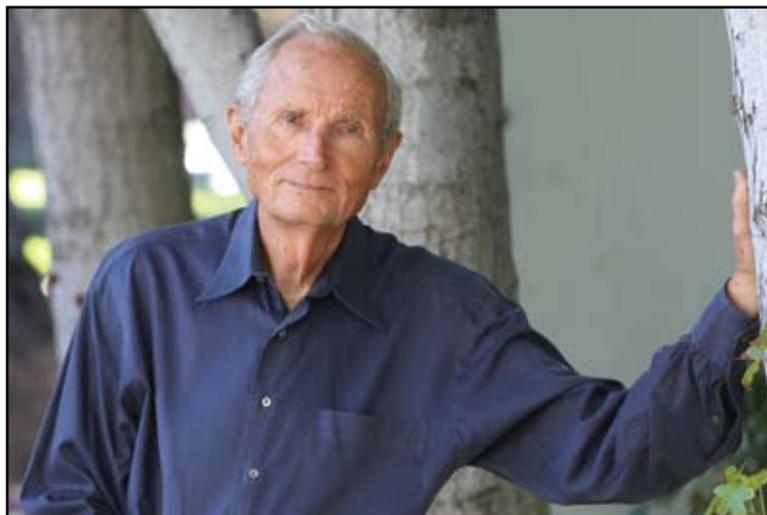


Photo courtesy of Jack Geschiedt

ed, and gives us tools to work together through conflicts.

## **It all starts with our neurobiology**

Some very compelling research has taken place over the years, and it's worth talking about. To begin with, science recognizes that we humans, together with all mammals, share in common three Centers of Intelligence:

- **The Head Center** (also known as the Intellectual Center)

- **The Heart Center** (also known as the Emotional Center)

- **The Body Center** (also known as the Instinctual Center)

This knowledge, as demonstrated in the Enneagram system, was readily available to us long before microscopes, full body scans, or any of the other profound technological advances of recent years. While we each rely on all three centers – Head, Heart and Body – each of the nine Enneagram types drives more heavily from

one particular center (see sidebar). The ability to recognize and value your own predominate center and Enneagram type is a wonderful first step toward self-awareness. And secondly, the capacity to integrate all three centers as "equally competent drivers" becomes crucial for attaining a fulfilling life and cultivating relationships that flourish.

The Enneagram is further validated by what these three centers actually demonstrate across all mammalian behavior. Modern neuroscience shows us that all mammals have three basic needs and display three aversive reactions when these needs aren't met. As we all know by experience, when our buttons get pushed, and the unconscious defense patterns of our type show up in relationship, things get messy. Bringing more consciousness to our patterns, and learning tools for managing our reactivity, can help restore calm and create space for healthier, more productive conversations with our loved ones.

- **Fear/Anxiety** – Driven by the Head Center, which innately scans the environment to assure that our lives are secure, this reaction occurs when we experience a threat, challenge or danger to our very security.

- **Distress/Panic** – Driven by the Heart Center, which innately pursues the need for bonding and love, distress and panic occur when we experience the loss of connection and bonding.

- **Anger/Rage** – Driven by the Body Center, which senses what is wrong and how we need to correct it, this reaction occurs when we experience that we aren't being treated right, are being violated, or are not getting what we want or need.

These three fundamental "high-alert" reactions are intrinsic to the very core of our being. And while each is critical to how we survive and grow, we don't do too well in life if these are constantly at full throttle. A process of adapting, adjusting and managing these reactions becomes part of our development path. Although aversive in nature, these reactions are initially in place for good reason and are fundamentally well intended. They are compellingly present when the three basic needs for security/certainty, love/connection, and worth/wants are not being met or are threatened.

A greater understanding of these unconscious patterns can help us understand why we tend to "overact" in certain instances, while others in our lives may be triggered by different stimuli.

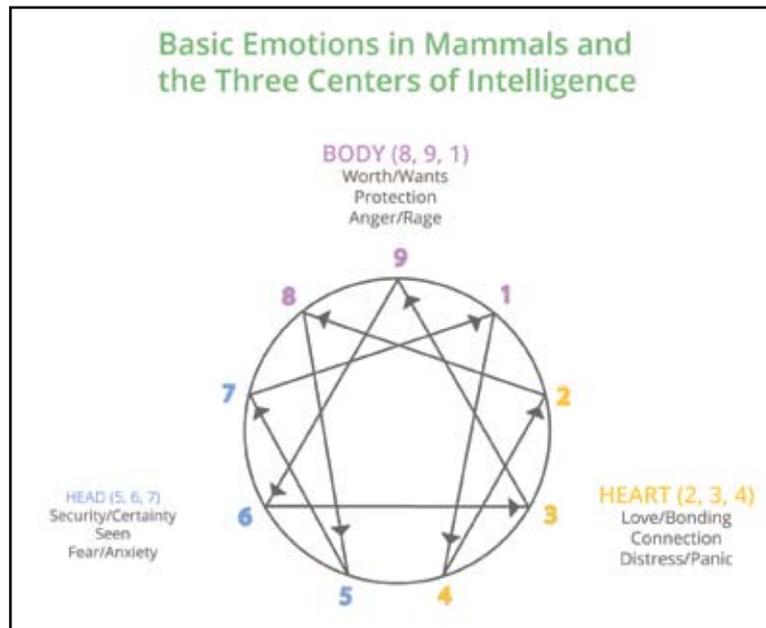
**Leading with the Head Center: Types 5, 6 and 7**

If I lead with the Head Cen-

ter, I tend to filter the world through the mental faculties. The goals of this strategy are to minimize fear, to manage potentially painful situations ahead of time, and to gain a sense of certainty by employing mental processes of analyzing, envisioning, imagining, preparing and planning. From this perspective, I believe that if I can figure out the world and understand and anticipate its requirements, I can gain security, follow the rules and assess risks. This requires anticipating the future, both positive and potentially threatening manifestations, and developing pre-thought-out strategies to live by.

**Leading with the Heart Center: Types 2, 3 and 4**

If I lead with the Heart Center, I tend to perceive the world through the filter of emotional intelligence. I am attuned to the mood and feeling state of others, and do so in order to meet my own need for acceptance, contact, affection, bond-



ing and approval. I depend on, more than the other Enneagram types, the recognition and admiration of others to establish my self-esteem and create an identity I perceive as loveable. This, I believe, will assure me I can fulfill my need for love and bonding. While all three

of the centers are essential to relationships, the Heart Center tells us about our bonds. It's our connection to "other" that is most central to our experience of relationships.

**Leading with the Body Center: Enneagram Types 8, 9 and 1**

If I lead with the Body Center, I tend to filter the world through an intelligence of my kinesthetic sense of movement and position in space, from physical (somatic) sensations and sensate knowing. I will use personal position and power to make life conform to the way it should be and to get what I want, and to remove what gets in the way. I will tend to devise strategies that assure my place in the world and minimize discomfort.

**The Biology of Love and Relationships: The Anatomy of Love**

Understanding the neurobiology of care and bonding validates the vital importance of our connections and of love. To begin with, networks of nerve cells around the heart and throughout the body communicate directly with the social parts of our brain and with our middle prefrontal neo-cortex. Here is where empathy, emo-

*(Continued on page 6)*

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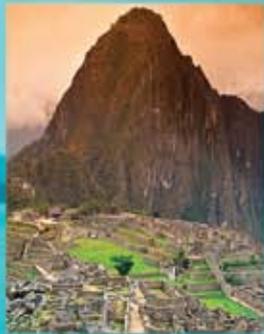
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(Continued from page 5)

tional regulation and other integrative functions reside.

The *right side* of our brain's cerebral cortex is more connected to the subcortical limbic (feeling) system, or mammalian brain (as well as the hindbrain or reptilian brain), and is in turn, more connected to emotions and instinctual reactions. It provides an analogical, descriptive perspective. The *left side* of our brain's cerebral cortex provides a more digital, linear perspective, lending itself more to our "thinking" life. Furthermore, the *area that lies* between the thinking cortex and the feeling (limbic) cortex is called the anterior cingulate cortex, and is vital to the transmission of physical energy levels, physiological functions and the sensate experience of feelings. These subcortical areas enable us to know how we feel, what our needs are, and what is meaningful to us.

Our basic drives and emotions reside in the *limbic region* of the brain (and also in the brainstem), which regulates the basic bodily functions and the fight-flight-freeze response. The *neo-cortex* (front of the brain) regulates the functions that we think of as primarily human: the generation of ideas, thoughts, concepts, memories, values and "the conceptual awareness" of feelings, desires and the five senses.

The limbic system connects through the brainstem to our bodies. This connection of neural pathways is core to giving life meaning. The network helps us move toward pleasure and away from pain. Powerful, often fear-based, memories that evoke emotion reside here in the amygdala. The underlying hippocampus serves to link and integrate all areas of the brain and store vital memories. And through the hypothalamus, the limbic system contributes to regulating the hormone functions of the adrenal and thyroid glands as well as the genital organs, all of which play a sig-

nificant role in our experience of connecting and bonding.

And then there are mirror neurons. Little did we know we are not as isolated within ourselves as we once might have thought. Recent studies have shown that we are in fact "social" animals with "social" brains that to some extent "read" each other and try to mirror each other's experience.

Our mirror neurons, located in the frontal and parietal (side) areas of our brain's neo-cortex, take in information about intentions and emotions in others, allowing us to relate to and even experience these intentions and emotions. Of course, we're passing this received data, and interpreting it, through our own lenses of perception, which can make things really interesting, if not complicated! In this "exchange of data" process, mirror neurons create an emotional resonance with others and link up with other cortex areas (and the limbic system) through a central or midline area of circuits called the insula.

Thanks to all of this amazing limbic-system circuitry, we can form an internal representation or map of others. Metaphorically and technically speaking, we get linked together. Importantly, we can thank our limbic area for much of our experience of attachment and connection to others. Scientific studies reveal the undeniable importance of attachment, of love, to development. Surprisingly enough, limbic nurturance can take precedence even over other basic survival functions and needs. We simply do not survive without caring, physical contact, bonding and connection.

I encourage you to give yourself time to reflect on this material. Keep in mind our neurobiology and the incredible tool we have at our disposal thanks to the wisdom of the Enneagram. With what we now know about our need to connect, bond and resonate with one another — a key component of the magic designed into

our beings — it's an exciting prospect to take our relationships and the power of their possibility, seriously. The effect on our lives may be incomprehensibly life-changing, beautiful and magnificent. Wouldn't you love to find out?

*Note: I want to thank my colleague in this neurobiology study, Dr. Jack Killen, a physician, clinical researcher and Certified Enneagram Teacher in the Narrative Tradition. Jack is the former deputy director of the National Center for Complimentary and Alternative Medicine at the National Institutes of Health. And thank you, Evangeline Welch, marketing director for Enneagram Studies in the Narrative Tradition, for your editorial contributions.*

**DAVID DANIELS, MD** is clinical professor emeritus of psychiatry at Stanford Medical School, a leading developer of the Enneagram system, Core Faculty member of Enneagram Studies in the Narrative Tradition (ESNT), and co-author of the best seller, *The Essential Enneagram* (Harper Collins) updated and revised in 2009. In private practice for nearly 40 years, David also has taught the Enneagram system at Stanford, in the community, and internationally for 28 years. He co-founded the Enneagram Professional Training Program with Helen Palmer and was a founder of the International Enneagram Association (IEA). He brings his knowledge of the Enneagram to individuals, couples and groups, and to a wide range of applications in clinical practice and the workplace. Visit David's website, [www.drdaividaniels.com](http://www.drdaividaniels.com), or ESNT's website, [www.enneagramworldwide.com](http://www.enneagramworldwide.com), for a wealth of information and a schedule of upcoming Enneagram programs in the Narrative Tradition.



**Helen Palmer and David Daniels, MD**, who began the Enneagram Professional Training Program in 1988, were honored in 2014 for their work as co-founders of the Enneagram in the Narrative Tradition.

### The Nine Enneagram Types

The Enneagram describes three centers of intelligence and perception: head, heart and body. Everyone experiences all three, but each personality type has a particular strength or "home base" in one of them. This primary center influences our way of being in the world, and is an important key to overcoming blind spots and developing our potential.

**The Head Center** (also known as the Intellectual Center)

- Type 5, The Observer
  - Observers believe they must protect themselves from a world that demands too much and gives too little. Consequently, Observers seek self-sufficiency and are non-demanding, analytic, thoughtful and unobtrusive; they also can be withholding, detached and overly private.

- Type 6, The Loyal Skeptic
  - Loyal Skeptics believe you must gain certainty and security in a hazardous world that you just can't trust. Consequently, Loyal Skeptics are intuitive, inquisitive, trustworthy, good friends and problem-solvers, but also can be doubtful, accusatory and fearful.

- Type 7, The Epicure
  - Epicures believe you must stay upbeat and keep your possibilities open to assure a good life. Consequently, Epicures seek pleasurable options, and are optimistic and adventurous; they also avoid pain, and can be uncommitted and self-serving.

**The Heart Center** (also known as the Emotional Center)

- Type 2, The Giver
  - Givers believe you must give fully to others to be loved. Consequently, Givers are caring, helpful, supportive and relationship-oriented; they also can be prideful, intrusive and demanding.

- Type 3, The Performer
  - Performers believe you must accomplish and succeed to be loved. Consequently,

*(Continued on page 9)*



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# Hello Sacred, Goodbye Scared

By Alberto Villoldo, Ph.D.

*When we have a mission, when we have a positive choice to make, we are empowered to move beyond fear.*

Life can be scary ... from international terrorism, to mutating microorganisms, to our own karmic traumas.

But we have a choice. We can sink into negativity, anxiety, depression and fear ... or we can rise above it all to a place where nothing will ever have the power to frighten us again.

If I could show you the way, would you be open to it?

It is as simple as discarding the tired old maps that define you and your place in the world. Stop taking the same roundabout road to the same traumatic destination. There may be a sense of security and familiarity along that path, but it will never lead you out of turmoil.



**Four Winds Society Founder Dr. Alberto Villoldo and Peruvian Shaman**

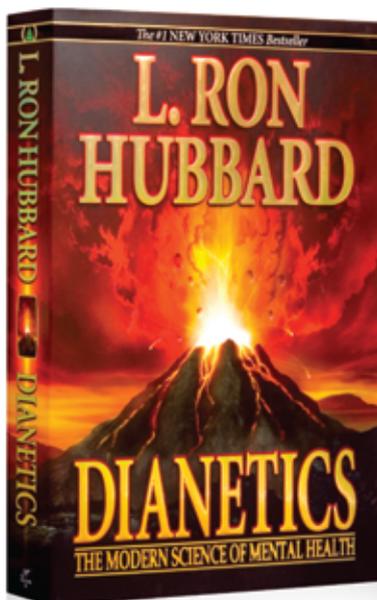
If we want to change our world, we don't need to pass new laws or come up with new theories. Instead, we can choose to change the way we perceive a problem. By changing our perception, we transform a challenge into an opportunity.

The shamans experience events in such a way that they no longer take life personally, and they do so at the perceptual level of *serpent*. Here, things no longer happen to you; they simply happen. The pigeon doesn't poop on your car to make you upset; it sim-

ply poops, and your windshield gets smeared. It doesn't rain on you to make you wet; it simply rains. When you change your perception of the events you experience, you also alter the way these situations live within you. You are no longer the cause or the effect of anything, and you sense a tremendous relief because the world is exactly as it should be – and it doesn't need you to fix it.

In the West, we tend to associate our perception with the dozens of states of awareness we're familiar with. For example, we're in one mode of awareness when we're just waking up or drifting off to sleep, another when we're in reverie, another when we're enraged, and so on. In each one, a different part of the

*(Continued on next page)*



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## Sacred...

(Continued from previous page)

brain is active – so we refer to them as “states of consciousness,” which are products of the mind.



Photo by Matt Morrissey

Perceptual levels, on the other hand, exist independently of the mind. (In fact, the second level of jaguar, which we'll cover in a bit, contains the mind and all of its states of consciousness.) There are four perceptual levels through which a shaman engages the world. These levels correspond to the four domains of manifestation of vibration and light: The physical world (our body), the realm of thoughts and ideas (mind), the realm of myth (soul), and the world of spirit (energy). These perceptual levels are associated with the four energetic bodies that make up the human energy field. They're stacked inside each other like Russian nesting dolls, with the physical body innermost, the mental body enveloping and informing the physical shell, the soul enveloping the mental and physical, and the spiritual body outermost, informing and organizing them all like a blueprint.

When we shift from one level of perception up to the next, we retain our ability to function at the lower realm, but we have a much wider view of what we're experiencing. I'm reminded here of an old story about a traveler who

comes across two stonecutters. He asks the first, “What are you doing?” and receives the reply, “Squaring the stone.” He then walks over to the second stonecutter and asks, “What are you doing?” and receives the reply, “I am building a cathedral.” In other words, both men are performing the same task, but one of them is aware that he has the choice to be part of a greater dream.

Albert Einstein once said that the problems we face in life cannot be solved at the same level of thinking with which we created them. To that end, being able to shift to a higher realm of perception can help us find solutions to our problems, resolve conflicts, heal disease, and experience oneness with all of creation, whereas before we were only experiencing distress and separation.

In Peru this summer Shamans will come together to read the prophecies of this time and to dream new outcomes. We are still in a time of great unraveling and unrest, but the descendants of the Inka believe that the time is here for those who wish to come together in common goal to uplift our perceptions and write new maps.

In the environment we find ourselves today we can choose to sit in negativity or we can create new maps by shifting our perception to the level of spirit. There we can courageously dream a world of peace, health and harmony.

*Alberto Villoldo, Ph.D. is the founder and CEO of the Four Winds Society. Every summer he leads expeditions in the high Andes of Peru where the traveler joins the shaman for ceremony and healing. To learn more, please visit [www.thefourwinds.com](http://www.thefourwinds.com)*

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## Enneagram...

(Continued from page 7)

Performers are industrious, fast-paced, efficient and goal-oriented; they also can be inattentive to feelings, impatient and image-driven.

- Type 4, The Romantic
  - Romantics believe you can regain the lost ideal love or perfect state by finding the love or situation that is unique, special and fulfilling. Consequently, Romantics are idealistic, deeply feeling, empathetic and authentic; they also can be dramatic, moody and sometimes self-absorbed.

**The Body Center** (also known as the Instinctual Center)

- Type 1, The Perfectionist
  - Perfectionists believe they must be good and right to be worthy. Consequently, Perfectionists are conscientious, responsible, improvement-oriented and self-controlled, but also can be critical, resentful and self-judging.

- Type 8, The Protector
  - Protectors believe you must be strong and powerful to assure protection and regard in a tough world. Consequently, Protectors seek justice and are direct, strong and action-oriented; they also can be overly impactful, ex-

cessive and impulsive.

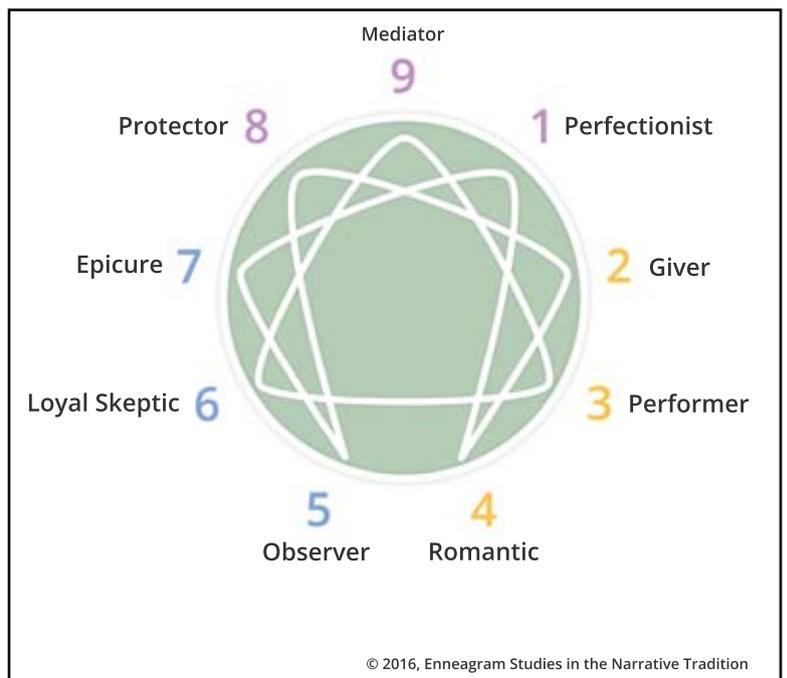
- Type 9, The Mediator
  - Mediators believe that to be loved and valued, you must blend in and go with the flow. Consequently, Mediators seek harmony and are inclusive, amiable, easygoing, comfortable and steady; they also can be self-forgetting, conflict-avoidant and stubborn.

Learn more:

For an online tour of the nine Enneagram types, visit: <https://www.enneagramworldwide.com/tour-the-nine-types/>.

This is a great place to start if you are new to the Enneagram or want to watch video clips in the Narrative Tradition of each Enneagram type telling us about themselves.

Ultimately, the Enneagram is an “inside job” of determining your type and coming to know and understand your own focus of attention, core beliefs, coping strategies and path of development. The primary value of the Enneagram does not come from identifying your type based on external behaviors, but from a deeper understanding of how behavioral patterns relate to your focus of attention, motivation and personal experience.



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# Relationships Are Your Mirror

By Frank Daly

*As we gather to explore this endeavor we call life  
Raising a glass to cheer the road that lies unknown  
With a whisper from a wiser, hold no expectation  
So our true self will be revealed for then we can  
Dance in harmony to our most important relationship:  
Self*

When we look at our experience in this physical world we examine it based on our relationship to it. We often think of relationships as something that signify the experience between people; be it our lovers, our friends, or our families. We tend to judge our relationships with others based on their behavior. For example, if they act in a certain manner we will allow ourselves to continue our relationship with them, but if they do not meet a certain preconceived notion or meet an expectation we have

set for them, we may choose not to be connected.

When we take a closer look at the true essence of any bond in our life, we come to discover the only true relationship we have is with ourselves.

Step back for a moment, become an observer and examine how the universe operates. There is truly only one verse being played out from infinite perspectives. These perspectives become actions and we manifest different stories in order for our physical experience to be composed of contrast. Every single act presents contrast, held within one extreme is an equal opposite. For example, the simple act of taking a breath requires breathing in and breathing out, opposites, but both are needed to create the whole action. Of course there are infinite internal workings to allow breathing to occur but despite these intricacies, it

is still only one complete act of breathing.

When we relate to one another in an aware and conscious state we realize that all the parts seem to move in harmony by some unseen force. When unconscious we come up against interference and the act begins to break down.

We all have encountered this in our life experience when relating to others. Each person is a self-contained entity. When it comes to the act of relating we create a concept of how others should be treated and how they should treat us. We all have a running dialogue in our head which serves as a reference point. We refer to this dialogue to protect ourselves at all times and be prepared with a response to any event we encounter. It is kind of like a preemptive strike with our finger always on the button.

We must ask ourselves where

the concepts that compose our inner dialogue have come from. Did someone, perhaps our parents, tell us what is expected of us and how to behave as well as how others should treat us? Perhaps we were also told that if we are not treated in a certain manner we shouldn't put up with it, we should defend ourselves because we do not want to be a victim of someone's bad behavior.

With this way of thinking we have no control over our relationship with others because we are unconsciously reactive. If we observe good behavior in others we then feel good but when we observe what we consider to be poor behavior we feel bad. Expectations derived from our inner dialogue automatically formulate a response and we are not in the moment. However, if we become visionary we then respond consciously and with awareness,

*(Continued on next page)*

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# Heart of Gold, Soul of Steel

By Derek Rydall

Spiritual Visionary, Author, Speaker, Transformational Coach and #1 Expert on the Law of Emergence

As a spiritual warrior, you're designed to shine your light and pay your light bill ...as well as having really great lampshades! The Spiritual Warrior is anchored in their heart and rooted in their soul – but isn't soft in the face of challenges. She isn't a doormat; she's a welcome mat. She values and respects others, but never at the expense of herself.

Her motto is 'Love your neighbor, but don't take their stuff.'

To master this level of being, we must embrace the seemingly-dark parts of ourselves, those wounded places we've been trying to heal, hide, or get rid of – because they hold some of our greatest gifts of power and potential.

This requires building up our 'soul stamina,' the ability to be so tapped into our deepest truth that we can hold our place in a more expanded space regardless of conditions. We can be loving and strong; we can have a wishbone and a backbone. And no matter what comes our way, our soul remains unshakable, unbreakable, unsinkable and unstoppable.

For many of us on a spiritual path, this sounds like a rough road – or worse, it feels unspiritual or downright blasphemous! The reason is that we have shadows around power. Often, our spiritual journey was initiated by being wounded at the hands of someone who was in their shadow.

Rather than coming from their authentic power, they lashed out at us, attacking, blaming, shaming, or controlling. This caused our experience of power to become distorted, a source of pain and shame, and as a result we decided to shut those parts of us off and repress our own strength.

As we grow, this leads to developing an aversion to these

qualities of success, power, and strength. They become shadows, often with highly charged labels like 'selfish, aggressive, mean, etc.' And to compensate we create the opposite masks: we strive to become kind, loving, caring and generous.

In themselves, these are beautiful qualities to develop, and are the 'gift of our shadow.' But when they come from a reaction to our shadows, they carry with them a self-destructive energy. We begin to say 'yes' when we really mean 'no.' We deny our needs, our dream, our truth, in fear that to really go for it would make us look too selfish or aggressive – those shadows we've been fighting against.

The result: we give away too much of ourselves, grow bitter, angry, resentful, and ultimately burn out.

The problem is we've only been growing one side of us. We're lopsided. And it's time to embrace this whole other half, the shadow side. As we integrate the angry, controlling, dominating, selfish parts of us, rather than becoming the destructive version of those, these qualities are transmuted into power, healthy boundaries, and strong structures to build the life we truly want and deserve – and all in a way that still honors and respects those around us (although they may not like it at first!)

This is what shadow work allows you to do. It's a powerful and necessary tool of the Spiritual Warrior. It allows you love all of yourself. And then, through that compassionate heart, to embrace and love all of humanity. It allows you to stand in the face of all appearances of lack, limitation, fear, and danger, and see through it to the heart of truth, to the true being.

In this way, your very pres-

ence becomes a liberating force in the lives of those you touch. You become the light that dissolves the darkness, because you have first embraced it.

To begin this shadow walk, practice these simple steps:

1. Notice the parts of you that you have made wrong – especially the shadows mentioned above – and start inviting them, one at a time, into your heart.

2. Begin with the one that has the strongest charge, and ask it what it needs from you to feel loved, honored, and respected, so that it can take its rightful place in your life again.

3. Ask what you and your life will look like once you have allowed this shadow to be fully integrated again.

4. As you receive guidance, honor it. And watch your power and influence grow!



Author of the #1 Amazon/Barnes & Noble best-seller, *EMERGENCE: Seven Steps for Radical Life Change*, Derek Rydall has trained top executives at Fortune 500 companies, coached Oscar and Emmy winners, and touched hundreds of thousands with his message on finding your path, living your purpose and making an impact!

For more training on developing your Soul Stamina, check out episode #54 of my Emergence podcast: "Heart of Gold, Soul of Steel".

## Relationships...

(Continued from previous page)

and with awareness we are in control, we are fully present, not playing out preconceived automatic responses.

When we become visionaries, we are able to generate the feeling we prefer and then the universe responds to the energy we project and presents a synchronistic and harmonious path for us to follow. Just like a beautiful orchestration, we notice all the instruments playing to create one complete composition.

When we are awake to this understanding we realize that we can always envision that which we prefer. When we focus our attention on preferential experiences we raise our energy level and can then simply sit back and allow the universe to present situations for us to act on as best as we can

in that moment. With this shift we will see how it all comes together perfectly and in return it will perpetuate the good feelings we desire.

The only relationship we ever have is with ourselves and we will project the essence of this relationship onto others. Our concepts of others are intimately connected to our concept of self. Our relationships with others allow us to recognize if we are in sync or not by the reflection they offer.

When we take care of the relationship with self every reflective relationship thrives as well. Remember, what we put out is what we get back, it is a law governed by the universe. When we are loving to ourselves we will live a loving life.

Frank Daly is a wellness coach and author who has transformed lives for over 15 years with his ability to enable his clients to see beyond the immediate drama of life and connect to the greater whole.

# How a Screen Curfew Could Save Your Intimacy

By Travis Weedon

As the sun goes down and the moon goes up, our circadian rhythms slow, and our nervous systems prepare for rest. But only if the screen goes down as well.

The artificial glow from our laptops, phones, and pads barrage the eyes with photons, signaling to the brain that the light is still going and it's time to keep active. Meanwhile, as we stare at the screen and work it this way and that way with our fingers, our breath enters into a state of screen apnea, in which our exhales quicken with anticipation, and our inhales become shallow. It's a state of agitation induced by the frenetic energy of nanopulsing pixels and the tantalizing perpetual motion of swipes and hyperlinks.

This apneatic breathing readies us for stimulation and movement. Not only are we

postponing our preparation for sleep, but we are injuring our presence to those around us. We require full, sustained inhales and exhales to ease the nervous system into a restful state and to subdue the fight or flight mechanism, allowing us to be responsive and present in the moment, rather than reactive and scattered.

The energetics of the screen enable us for few activities other than engaging solely with it. We may be able to connect to millions of people and navigate a field of information of unfeasible magnitude, but, as we do so, we can do little else besides.

Our extension into cyberspace creates an energetic feedback loop that confines us to a sphere not exceeding the length of our arms. It's difficult to reach out to another beyond the boundaries of this energetic ex-

change with sincerity and presence or to open the space for someone else to enter into it.

This barrier became increasingly obvious between my partner and me. Both of us have work that requires the help of a screen and a Wi-Fi connection, and we both have that curiosity of mind happy to explore the ether of a Google search for hours. So, after an evening spent toggling back and forth between work and distraction, we would put down our respective screens and head to bed. But being present to each other once we got there was a whole other matter.

The hangover from our screens kept us surfing the corridors of our minds, still buzzing and energized, but now isolated and in the dark. We had spent the evening nurturing the inanimate companionship of our screens, and, now, opening ourselves to another person seemed a difficult distance to cross.

We would embrace, but our minds would be running their separate courses. Our hearts would still be closed, contracted from our apneatic breathing, still holding their brace against the electromagnetic field of our laptops.

This difficulty in our energetic exchange obviously led to a difficulty in our sexual exchange. With our minds shimmering in the afterglow of our screens, our touch seemed disembodied. We were two separate entities lying next to each other, barely even present to ourselves, let alone each other. And, by the time we would be able to recalibrate to each other's presence, we would be too exhausted and sleepy to initiate real connection.

The problem was obvious. And the solution was just as obvious. We instated an 8:30 PM screen curfew. No screens past

then. Laptops get closed; phones get ignored. It's amazing how easy it is, and how relieving. In our culture of instant communication, the concerns of our extended relations, whether they be friends, families, or work-related, can seem ever-present and demanding. But, my partner and I have learned that, not only can all that business wait until 8:30 the next morning, but when you make communication impossible, the pressure and concerns surrounding that communication simply melt away. It's like going on a camping trip every night.

At 8:30PM the rest of the world dissolves, and my partner and I are left just the two of us. This time before bed allows us to be in direct communication with our words, with our eyes, with our hands, with our hearts—so that when we get into the sheets, it isn't the first time that evening we have truly gazed into each other's eyes or have felt each other's caress. The energy has already been flowing, and we're ready to give ourselves to each other.

We're still a normal couple, and we still have our occasional trying evenings just like any other couple. But when we're not feeling sexual, or not even feeling pleased with the other person, we at least have to be present to that feeling. We can't psychically run away to a thousand other virtual distractions. We can't avoid each other or the things coming up between us. We have to be present with how the two of us are feeling in the moment and make our bed in the container of those feelings.

It's called intimacy. And, if we don't make a conscious decision to cultivate it, we risk losing it somewhere behind the glow of our MacBooks.

*Travis Weedon is a writer and educator living in Ojai, CA. He is the founder of Liberal Arts Tutoring in Ventura County.*

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# Reviewing One's Life

By Christopher Nyerges

Since 1977, I have done something called a Birthday Run, taught to me by my mentor as a better and more uplifting way to commemorate one's birthday. Originally, I would go to a local track and run one lap per year as I recalled the highlights of that year. Some years I have run alone, and some years I have run with friends who chose to come and support the run. I have run in the dark, in the rain, in the fog, and on sunny days. One or two years I did not run at all because I was sick, and it wasn't the same when I ran a week later. And over the years, my "laps" have grown shorter, otherwise I would be running those slow laps for several hours and would have trouble walking for days after.

This year I ran alone – other than an occasional hawk and one coyote -- and I found my lap in the bottomlands of the Arroyo Seco. It was quiet and eerily peaceful as I continued the cycles through my life, replaying the mental movie of each year after each year, going to school, moving around, and my interactions with various people.

My mind began to look at the financial side of my life, and perhaps, more specifically, the non-financial side to my life. Perhaps this was because of the current PowerBall game where so many were talking about nothing else but what they'd do if they suddenly had all that money. I realized that I too could do so much more, so much more quickly, if I had a few spare million in the bank, maybe.

As I ran through my years, I realized that I operated mostly in financial ignorance, and in a financial fairy-land. Yes, money was always an element, and yes, money was often the limiting factor in so many endeavors. Money was like oxygen – you just had to have it. But I think, like most people, my school and family discussions were wholly insufficient as any sort of real finan-

cial training for dealing with the real world. I moved from activity to activity based on my areas of interest, and when money was needed, I got it – somehow – or I curtailed the activity.

But because of my financial ignorance, I found other ways to pursue my goals, ways that seemed more difficult at the time, but which were actually more wholistic ways to pursue my life's interests. Without a car, I often bicycled, and formed friendships so that several of us could travel together. If I wanted to attend workshops or field trips, I learned that I could convince my friends that they'd want to attend also, and invariably, someone had a car.

And I discovered and lived my life utilizing so many of the low-cost and free benefits of our modern society: buses, public libraries, public recreation centers, free hiking in the local mountains, free lectures, clubs and organizations where people just got together and did things. Eventually, somewhat fortuitously and almost by accident, I was a squatter for a year and a half on an acre property on the edge of Los Angeles. It was quite an adventure. I learned how to live well cheaply, and I learned how to solicit individual investors in my book and other projects.

I am sure I would have done a lot of this very differently had I been born into wealth, but as I looked back, I realized that I learned some very important lessons by simply finding solutions to life's problems without being able to just "throw money at it."

That was one theme that went through my mind this year. Another was relationships.

By my age, one has had many relationships, and many types of relationships. In my mind, a mental movie played of the various people in my life and how I treated them: mother, father, friends, teachers, girl friends, wives, busi-

ness associates. When I do this annual run, I am looking for what I did right, but mostly what I did wrong so that I can do it better next time around. I felt great pain at the many things I did wrong as an arrogant child talking back to my parents and not obeying. It doesn't matter that others were worse – I was evaluating myself only. And no, my parents were not perfect either. But I felt great joy that I was able to take precious time in my mother's, and my father's, final days and become their friend and speak to them as equals. It was very challenging, but very fulfilling.

I also spent a lot of time reviewing my 22 married years with Dolores – the trips, our animals, our self-sufficient home, our accomplishments, our fights, our disagreements, our agreements. We had our ups and downs, and though I was not perfect, I realized I could not have been perfect. I was living life, trying to make ends meet, and trying to be a good husband with all the challenges of life that conspire against us. In the end, when Dolores was dying, I was able to experience a rare time of caring for her when she could do so little. We became inseparable, and best friends, and it was as if all our conflicts dissolved. And then she died and I felt plunged into darkness. And then there were other challenges, and tasks, and relationships.

I thought about a few very

special people who I never see anymore, and still felt so blessed that we had the time together that we did, and I wished each one the greatest happiness.

Remember, I tried to recall what was going on in my life, year by year as I ran a large lap in the sand in the dimming light of the late afternoon. I am sure I mixed up some years, but in the end, it is the learning that matters.

My two lessons were that while money is important, and you must earn it, it is a good goal to pursue whatever one feels compelled to pursue in life without focusing upon money. Yes, it seems unrealistic, but it actually can change the quality and character of what we do.

And secondly, I realized that relationships are the most important aspect of life, and you have a good life when you maintain good relationships, however you do that. This does not mean you are always laughing and happy. It means that you deal with others honestly and with the integrity that the close ones in your life deserve.

I know I have not been perfect, and I feel blessed to have been guided to begin this birthday tradition nearly 40 years ago. In just a few hours, I review my life and tried to figure out if what I have done was worth doing. By honestly assessing my self in that way, it helps me to determine what is worth doing – and not doing – this

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# From the Mountains to the Sea

By Ann Nelson

If you're looking for a sanctuary of inspiration and renewal, look no further than the mountains or the ocean. Big Bear Lake, a quaint mountain town and Newport Beach, a true coastal treasure, are ideal getaways, not far from Los Angeles.

The early morning light danced across the tree tops as my friend DJ and I drove up the winding mountain road into the town of Big Bear Lake, situated 7,000 feet above sea level in the San Bernardino Mountains, less than 100 miles east of LA. This is the perfect destination for experiencing serenity and outdoor adventure. There are twenty-three miles of shoreline, access to hundreds of miles of biking, hiking and off-road trails. The lake boasts eight marinas, three swim beaches and is an ideal place to launch a canoe, kayak, paddle board or rowboat. The area is home to three popular ski resorts, with slopes encompassing terrains spanning four mountain peaks. Lifts are generally open well into April.

Big Bear is the perfect place to visit during any season. I dropped off DJ at Bear Moun-

tain for a day of downhill skiing before heading over to Snow Play. While my friend, a former member of the Aspen ski patrol, was racing down black diamond slopes with absolutely no fear, I was hugging an inner tube, sliding down a snow covered hill. Truthfully, it was a thrill for me to fly down the slope with the kids, laughing and screaming all the way! If you're afraid of downhill skiing like I am, you might want to try cross country skiing at Rim Nordic in nearby Running Springs. Cross country ski rentals, lessons and groomed trails are available. If you're looking for year-round excitement, Action Tours offers Zipline and Segway tours. We rented snowshoes at Goldsmith's and spent hours cross country skiing in the newly fallen snow. Dinner was at the Peppercorn Grille, a local institution with a stellar reputation.

Our home base, the Fawnskin Bed & Breakfast is nestled among the pines in the unruffled seclusion of the quiet North Shore. The inn turned out to be the perfect place to stay! The owners, Nancy and Bill, fill this elegant log cabin with love, fresh flowers and a



*The Inn at Fawnskin Bed & Breakfast. Photo by Greg Zook.*

scrumptious gourmet breakfast! During our stay we were surrounded with birds, nature, the sound of crackling log fires and views of the lake. In warmer months, a Teepee is set up outside for meditation and massage. The staff from Mountain Mobile Massage are frequent visitors and I'd heard rave reviews about Dan and his incredible intuitive energy. Simply put, it would be worth the trip to Big Bear just to have a massage treatment with Dan, it was that good!

Newport Beach, just south of Los Angeles, is an ideal place for ocean and boat enthusiasts to explore. The harbor is one of the largest recreational boat harbors in the nation and home to approximately 9,000 boats. We wasted no time in checking out various ways to navigate the canals and pristine coastline. Balboa Fun Tours offers segway tours, rents electric boats, canoes, kayaks and bicycles. If you're looking for open space, The Upper Newport Bay Nature Preserve is considered to be one of the finest bird-watching sites in North America. Walking paths and bike trails provide a perfect view of the 150-acre preserve consisting of marshlands, small sandbars, salt flats and sheer cliffs.

We stayed at the Fairmont Newport Beach. Our luxurious suite featured a huge balcony and spacious living area. During our stay, we worked out at the top-notch fitness center and played tennis. We whiled away blissful hours at Spa Sante and Salon. Lisa, the spa director,

truly believes in infusing products provided by nature into the spa treatments. We learned that lemon juice is known to increase circulation and reduce swelling. The Citrus Mani/Pedi combines lemon essential oil, olive oil and shea butter. The deep tissue massage incorporates eucalyptus oil with a variety of other aromatherapy oils. I've visited many spas and this one is exceptional.

Stepping out of our everyday routine may be more important now than ever before. Life is short and it's easy to get caught up in scrambling around, multi-tasking and putting our energy into activities that don't really matter. Sometimes, spending just a day away, gives us the capacity to renew our soul and see our life in a new light.

**CONTACT INFORMATION:**  
**The Inn at Fawnskin Bed & Breakfast:** (909) 866-3200 or [www.fawnskininn.com](http://www.fawnskininn.com)

**Big Bear Visitors Bureau:** (800) 424-4232 or contact: [Big Bear.com](http://BigBear.com)

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*Ann Nelson is a freelance writer residing in San Diego.*

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year, and into the future.

*Nyerges is the author of several books, including "Extreme Simplicity," "How to Survive Anywhere," and others. He can be reached at Box 41834, Eagle Rock, CA 90041, or [www.SchoolofSelf-Reliance.com](http://www.SchoolofSelf-Reliance.com), where you can also view his blogs.*

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# Digestive Rehabilitation

By S.R. Frank



The preservatives in food are designed to reduce spoilage by killing bacteria and fungus in the bread, cereal, canned and dried foods. Unfortunately, the preservatives do the same in your gut as they kill the bacteria that help you to digest food and absorb nutrients. Diets that are high in sugars and carbohydrates feed intestinal fungus like Candida. These fungus take over the gut and provide NO digestive help; only irritation of the tissues.

But how do we fix the debilitated state in which we find ourselves at this point in our lives?

If you have tried probiotics then you know that they can have a positive effect. But if your front yard was a huge crab-grass/weed patch, would you sprinkle thousands of dollars of high-quality seed on it expecting a beautiful lawn to emerge? Of course not. You would first get rid of the weeds. A well balanced program focuses on a three pronged approach to the rehabilitation process. The first step is to get rid of the weeds. Kill off as many of the bad bacteria and irritating fungus as possible. The second step is to re-seed the gut with good bacteria which will aid in digestion and keep out the fungus. Thirdly, we need to repair the damage that has been done to the epi-

thelial lining of the intestines. This can be done holistically and naturally.

In order to accomplish the first step, we need a broad-spectrum antimicrobial that is bio-compatible yet kills bacteria and fungus significantly. Use an enhanced aqueous colloid of silver that is optimized to clear the microbes out of your gut. It is best taken on an empty stomach and in bolus dosing of 2 ounces every 2 hours. This can be continued for two or three days with one bottle per day being consumed.

Next, you need to re-seed with the probiotics of your choice. This will re-establish the fauna of bacteria necessary to support proper digestion and nutrient extraction from your food. The pro-biotic ingestion should be continued for at least a month. Exotic or expensive probiotics are not as important as providing them a welcoming environment. And you just did that by clearing out all the bad bacteria and fungus.

The third step is to repair the damage that these pathogens have caused to the epithelial lining. This can be done in parallel with the re-seeding. Take a mixture of herbs that are designed to heal the tissues, increase mucus to protect the region and reduce histamine sensitivity allowing the intestines to re-build a healthy effective lining. We would suggest the following: Plantain, Licorice, Aloe Vera, Peppermint, Marshmallow root and Slippery Elm bark.

Of course building new tissue requires some very basic building blocks. Take 2000mg of Vitamin C, 10,000 IUs of Vitamin D and a good B-complex daily.

The GI tract is critical not only to absorption of nutrients

# Peridot: Transform and Be Happy

By Margaret Ann Lembo

Peridot is beneficial when you are going through a rite of passage or ritual. This stone helps you transcend any challenge presented through inner strength, connection to higher realms of consciousness, and Divine will. It also assists you in thinking outside the box by opening your mind to unlimited possibilities.



Photo courtesy of Andy Frame  
Photography

Peridot is helpful for transforming negative emotions like self-sabotage, jealousy, agitation, and impatience into lighter emotions such as love, compassion, acceptance, and gratitude. It is also beneficial to assist you in digesting life—accepting your world as it is and then transforming it with clear intention to create the reality you wish to have.

This vibrant olive green or chartreuse gem connects your heart-centered thoughts and

emotions with your self-confidence. It is a perfect gemstone and color to utilize to remind you of your own true magnificence. Use peridot to remind yourself not to worry or think about what others are doing or even what they think of you. It helps you remain focused on your own life purpose.

Stay focused on the goodness in your life. Remove your attention from other's good fortune and focus on the blessings in your own life. Step away from people who are resentful of your destiny.

Peridot is a tool to increase the benefits of Reiki sessions. Use peridot is ideal to gain the assistance of Archangels Sabrael and Zadkiel.

Affirmation: I am authentically happy for the good fortune of others. My friends, family, and colleagues are happy for my good fortune. I send out positive vibes and look forward to meeting up with them in the future.

Some of this was excerpted from *The Essential Guide to Crystals, Minerals and Stones*.

*Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals; Chakra Balancing Crystal Alignment CD; and three new upcoming titles in March 2016 - The Essential Guide to Aromatherapy and Vibrational Healing; The Archangels & Gemstone Guardians Cards; Cord Cutting; Releasing the Energetic Ties of the Past.*

through digestion, but also to the proper operation of your immune system. A non-functional or poorly functioning digestive system can cause a myriad of health problems as it produces nutritional deficiencies and a compromised immune system.

*Steven Frank is an innovative herbalist for Nature's Rite. His concoctions and decoctions have helped thousands achieve more comfortable healthier lives. He has spent more than a decade doing medical research and has numerous patents in the healthcare arena. His products and formulations can be seen at: [www.MyNaturesRite.com](http://www.MyNaturesRite.com) © 2016 Nature's Rite*

# Exercises for Falls Prevention

By Francesca Fisher, CSSTS

Many older adults are under the impression that just walking and doing upper body exercises are enough to keep them strong and healthy well into their golden years. However, it's the muscles in our lower body that need strength training the most. What walking won't accomplish and strength training will is the further strengthening of the hip and gluteal areas which lead to better stature and improved health.

Proprioceptive training is known by elite athletes worldwide, but now these same exercises and training methods are being incorporated into falls prevention and health promotion programs for older adults. These are exercises that are designed to enhance the mind and nerve syncope while also simultaneously strengthening the bones and muscles through strength training exercises. Proprioception exercises can reduce the risk of falls by teaching the body to react quickly as it fine-tunes motor skills and coordination.

An example of how proprioception exercises can benefit older adults is to think of being able to react quickly to a situation such as stepping on the brake if a small animal crosses your path while you're driving, or moving your foot out of the way if you lose grip of the shampoo bottle. It's this Plan B approach that helps the brain be alert and ready to react!

Lunges are an excellent exercise that work the entire body but especially help to strengthen the muscles, bones, tendons, ligaments, and joints of the lower body. This exercise will also require some brain power and muscle concentration as you will be calling upon the gluteals to push back up from the lowered position. The brain must also tell both legs to bend at the same time and straighten back up to the starting position without any wobble or wavering.

For first timers, do this exercise with two chairs so that you're holding onto something with both arms. Position yourself between two back-to-back chairs.

If you are able to position your stride so that the ball of the back foot is planted firmly on the ground and the heel is pointed up nicely, you'll further engage the muscles on the top of the feet which will allow them to become stronger which, in turn, will help with gait and balance, too.

When doing this exercise for the first time, bend ever so lightly just to make sure you are comfortable with the movement. If at any time you feel any knee pain, stop the exercise and reassess your form and stride. Make sure there is enough distance between the heel of the front foot and the knee of the back leg. Imagine your legs being able to form two perfect 90 degree angles.

from the heel of the front foot (spacing will differ based on the height of the person and/or the length of their legs. For taller people, they may have to space their feet 30" away from each other. For shorter people, they may have to space their feet 18" away from each other.) The heel of the back leg should be straight up and the weight of the body should be equally distributed on both legs.

4. Now bend both legs simultaneously downward into a 1/4 rep lunge position (25% of the way down.)

5. Stand back up straightening both legs simultaneously so that you are in the same position as when you started (first photo).

6. Repeat to the desired number of repetitions (6-10 reps to start for beginners working to 10-15 reps for advanced).

## TIPS:

Avoid lunging forward. The bending down movement should be straight down and up like a horse on a carousel.

Avoid cocking the back foot to the inside; the heel should be straight up towards the ceiling.

The back leg should be almost directly behind the front

leg and not off to the side. When the legs are bent, the distance between the front heel and the knee of the back foot should be 8-10". Vary the stance so that that lunge position is not too close or too far.

Remember, think safety at all times: always hold onto the chair for support. As your balance increases, reduce chair support to holding on with just a few fingers, but always have the chair nearby and handy just in case you start to teeter.

Try adding this Lunge exercise once-a-week for at least two sets of 10 repetitions each leg and try to work up to doing three sets of 10-12 repetitions each leg. The workout should take about 12-15 minutes to complete and please make sure you stretch first!

*Francesca Fisher is the owner of the Geri-Fit Company. In addition to being a Certified Senior Strength Training Specialist and a Certified Personal Fitness Trainer, she is a published author and has been featured in 13 exercise videos. Her career in the fitness industry spans over 30 years during which time she has won numerous awards, including the 2013 ASAP Award for Best Emerging Business in So. California, and the Top 10 Award by the NAWBOA - Ohio chapter. 1-888-GERI-FIT or gerifit.com.*

## Assisted Beginner Quarter-Rep Stationary Lunge

1. Position the chair so that the back of the chair is toward you.

2. Use the chair legs as your guide. The foot that's closest to the chair will be considered the front leg. Position this foot in the middle of both chair legs (as pictured.)

3. Extend the other leg almost directly behind about 24"



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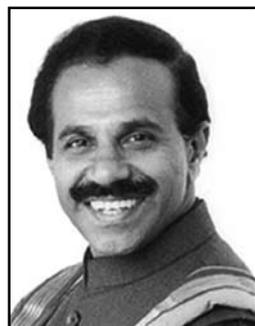
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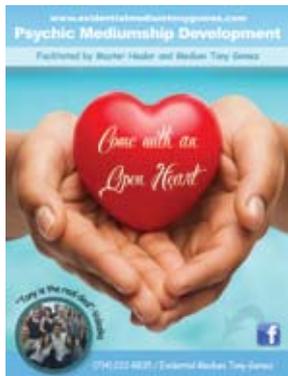
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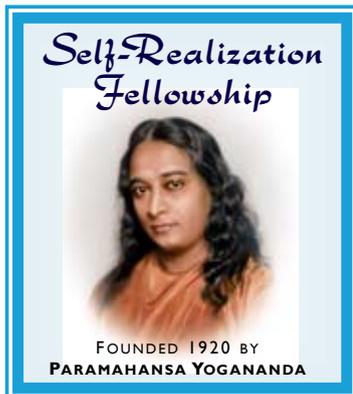
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# Feng Shui Concepts

By Jenny T. Liu, M.A.

## A Year Later

Over a year ago, I did a consultation for a woman named Carla. Carla was born in the year of the rabbit and her birth element was gen, or earth. This made her a Western Direction Pattern person, meaning her strongest energies were the northwest, west, southwest, and northeast.

At the time we met, Carla worked in a bank and felt her life was not really going anywhere and she wanted to progress. "Master Liu," she said, "I'm 35 years old and I have been working the same 9-5 job for 8 years now with no improvement or change. All of my friends are married, have children, and own homes. We all started from the same place and I work just as hard as they do, but I feel left behind. I decided I needed a change, so here I am in this new apart-

ment. I want to make sure I do it right this time so I am consulting you."

I told Carla that it is a good idea to get a set of guidelines before renting or buying a home. That way, one can be sure that at least the basic layout and orientations are correct and supportive. If the room locations and orientations do not match the resident(s), it is hard to change or improve the feng shui of these fundamental factors. Nonetheless, there are over 130 factors to consider in a feng shui analysis and many things can be adjusted.

As I began the analysis, Carla crossed her fingers, hoping she had made a good apartment choice. I first determined that Carla's apartment complex sat east and faced west. She was located in the northeast unit, which was a positive direction for her.

When I entered the apartment, to the left hand side was an open area containing the northwest living room

and west bedroom. Because her strongest direction was west – especially for finding a mate - I recommended she put her bed in the west part of the room. I also suggested that she use earth tone colors for her bedding to promote these energies further.

The southwest corner contains the annual energies that enhance relationships and promotion. I recommended for Carla to place her desk in this corner with an image of a bright yellow sunrise behind her. The sun is a yang, (masculine) energy that is complementary to the yin (feminine) southwest energies. The sunrise is also a positive visual that represents power and stimulates new beginnings.

The bathroom toilet and kitchen stove were both located in Carla's negative directions of the north and southeast, respectively, which was ideal.

The negative factors of the apartment were minor and adjustable. A wall on the right side of the front door blocks energies of generating income. Ideally, there is open space on both sides of the main door. I recommended that Carla place a mirror on the wall to the right to reflect the open energies of the left side to create balance.

Another negative factor was Carla's south facing door. I explained that the south door frequencies did not match her.

This can bring possible conflicts or injury. I recommended placing guardian lions on the left and right of the door for protection. She had a back door facing west which I suggested she use as her main entrance.

Before I left, I taught Carla some meditation techniques to improve her personal energy to attract prosperity and romantic relationships.

A year later, Carla called me from New Mexico, "Master Liu, I did everything you told me to do in my last apartment. During the year I lived there, I got two promotions with raises. I also met a wonderful man and we just got married. He is a doctor and his work brought me out to New Mexico. Everything in my life is going so smoothly, I want to make sure this continues for me. I believe the good feng shui of my apartment was a big part of it because prior to that, my life simply did not go anywhere. I am sending you my floor plan so you can 'feng shui' my new house!"

This case shows that when the existing feng shui of a home matches the person living in it and they know how to adjust the energies to promote their well-being, the results are usually very satisfying. Please remember that recommendations are unique for each person and place.

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# BOOK Reviews

By Gary A. Miller



## THE UNION OF ISIS AND THOTH: MAGIC AND INITIATION PRACTICES OF ANCIENT EGYPT

by Normandi Ellis and Nick Scully

The Union of Isis and Thoth, the author explains the idea that within all of us we have a sacred inner temple that were built from ancient sacred materials and made divine through magic. Our physical and spiritual planes can be built through shamanic visioning, rituals, initiations, magic, death and renewal, all to create a vessel to promote healing, soul retrieval and achieve our highest potential and a sacred purpose in our lives. This is a beautiful book that uses, explains and teaches the ancient mysteries, and opens up the wisdom of the gods and goddesses of ancient Egypt. This is also an excellent Egyptian history and source for the understanding of who the gods of Egypt were, and what they represented and what their powers were.

Published by Bear & Company, [www.BearandCompanyBooks.com](http://www.BearandCompanyBooks.com), or available at local bookstores ([amazon.com](http://amazon.com)).

## MALA OF LOVE: 108 LUMINOUS POEMS

by Ravi Nathwani & Kate Vogt

Mala of Love: 108 Luminous Poems is a collection of wonderful poems about love, with inspirations on not only romantic love, but love of life, love in nature, and love of our inner selves. This collection features a wide selection of poets, from many we all know, from Shakespeare, Maya Angelou, Emily Dickinson, Langston Hughes, Percy Bysshe Shelley, and others. What I enjoyed were an inclusion of many Middle East-

ern poets, like Attar, Hafiz, Hakim Omar Khayyam, Rumi, and others. Also included are the works of religious sources from Christianity to Buddhism. This beautiful collection of poems filled me with joy, comfort, and inspiration.

Published by New World Library, [www.newworldlibrary.com](http://www.newworldlibrary.com), or available at local bookstores ([amazon.com](http://amazon.com)).

## THE ULTIMATE GUIDE TO A MULTI-ORGASMIC LIFE

by Antonia Hall

The Ultimate Guide to Multi-Orgasmic Life is a book filled with techniques to create joyful, fulfilling sexual energy, not just for your love life, but for a way to revitalize and enrich your everyday life with a way to a fuller, more creative growth. These techniques will give you a more energetic, revitalized self that will create an energy that will enhance all aspects of your life and lifestyle. This is a wonderful guide for both men and women, with many prac-

tices including teachings from the Tantric texts that will lead to a more vibrant, vital, creative, pleasurable sex life.

Published by New Ventures Press, [www.NewVenturesPress.com](http://www.NewVenturesPress.com), or available at local bookstores ([amazon.com](http://amazon.com)).

## CHANGE YOUR AURA, CHANGE YOUR LIFE

by Barbara Y. Martin & Dimitri Moraitis

Change Your Aura, Change Your Life is a step-by-step guide to unfolding your spiritual power. The manual shows how to work with your inner light, or aura to improve your quality of life. It explains what auras are, their meaning, and that all thoughts, emotions, words and actions radiate a spiritual energy of shapes, colors and hues. There are simple meditation techniques that will guide you to find and access the sources of auric power to help you improve your life to a path of feeling and looking better, deepen personal relationships, advance your career, transform destructive emotions, finding more love, joy, healing, prosperity and fulfillment, and become more spiritual and closer to God.

Published by A TarcherPerigree Book, [www.tarcherperigree.com](http://www.tarcherperigree.com), or available at local bookstores ([amazon.com](http://amazon.com)).

## THE AWAKENING FAMILY: A REVOLUTION IN PARENTING

by Stephali Tsabary, Ph.D.

The Awakening Family: A Revolution in Parenting is a terrific book on all aspects of how best to parent our children. Our ego makes us react blindly, and often causes anxieties, fear, anger, rejection, disappointment and disillusionment, creating controlling, demanding, angry reactions and irrational emotions. Teenagers may no longer wish to "hang out" with us and want privacy and need to be given space to assert their authentic voice. We tend to force on them our expectations, pushing them to succeed with our ego-driven ways of what we liked or were good at, instead of letting them choose. Some parents also push their children to be overachievers, winners at all cost so they can have a "trophy child" to show off. There are so many wonderful guidelines in this book to raising happy, healthy children; what children really need; trust, abundance and empowerment; understanding the limits of our control; setting boundaries, punishment and discipline;

(Continued on page 25)

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# MUSIC & MEDIA Reviews

By Michael Diamond



## HEATHER HOUSTON

*Prayers for the Water*

[www.heatherhoustonmusic.com](http://www.heatherhoustonmusic.com)

Heather Houston is an acclaimed singer, recording artist, voice teacher, and workshop leader who, on this album, is devoted to raising awareness, not only about our physical relationship with water, but the spiritual aspect as well. In addition to Heather's own vocals which are often multi-tracked in layers, she is accompanied by award-winning guitarist, multi-instrumentalist, and producer Todd Boston, who is well-known in the new age genre for his own music as well as his producing. Also featured are Jami Sieber on cello, Tammy Hall on piano, and Heather's incredible global music choir, Yala Lati. Together, they incorporate songs and chants from Afro-Brazilian to Tibetan, Native American, and more. The music is not only "about" water, but flows with an aqueous quality that is soothing and inviting. Heather's deeply rooted connection to the earth and her desire to preserve it and honor it is omnipresent in every note

of this lush musical experience.

## TODD MOSBY

*On Eagle Mountain*

[www.toddmosbysmusic.com](http://www.toddmosbysmusic.com)

Todd Mosby is considered one of the most highly regarded jazz guitarists and composers in the St. Louis area where he lives, and headlining every major jazz festival and playing every major venue in town, sharing the stage with some of the biggest names in jazz. He also has years of intensive study in Indian music with Usted Imrat Kahn. On Todd's latest album he creates a unique blend these various elements, some of which is played on an innovative guitar/sitar instrument that he helped design. *On Eagle Mountain* was recorded at Will Ackerman's famed Imaginary Road Studios and features a number of world-class accompanists. The album is a potpourri of exotic ingredients that alternately sizzle and simmer. Todd Mosby is a guitarist's guitarist whose exceptional compositional sensibilities and impeccable playing technique create one of the most com-

PELLING albums I've heard in a while. Check Todd's website for his upcoming West coast tour.

## SHERRY FINZER, DARIN MAHONEY, WILL CLIPMAN

*Dialogue*

[www.heartdancerecords.com](http://www.heartdancerecords.com)

The appropriately named *Dialogue* is a musical conversation between three superb musicians who collectively have numerous international awards, GRAMMY nominations, and more among their impressive list of accolades. The alchemy of Sherry Finzer's flutes, Darin Mahoney's guitar, and the percussion of Will Clipman is magical, covering diverse musical terrain that ranges from light and breezy to exotic and atmospheric. The rich mélange of influences that make up their sound include new age, jazz, Americana, bluegrass, contemporary acoustic, and World music. One might wonder how such an unlikely combination of musical ingredients can go together, but this talented trio blends them perfectly, exhibiting a level of originality not as often heard in today's music. *Dialogue* is truly a harmonic convergence of world-class talent that will appeal to a wide audience of music lovers. I've been impressed with everything I've heard from the Phoenix-based label, Heart Dance Records, and this latest release is no exception.

tive to this exercise in pure creativity. The fact that the music was improvised in the moment is not something that is heard that often in a recording project, and especially among classically trained musicians. But it does make for an intriguing listening experience in not knowing what will happen next, as well as knowing that it will never happen again in exactly the same way. *Convergence* is quite a unique and adventurous album that will appeal to those who like to go with the flow and explore uncharted musical territory.

## TOM EATON

*Abendromen*

[www.thomaseaton.com](http://www.thomaseaton.com)

I don't know how many albums I've written about in the past 5 years or so that have been engineered and/or co-produced by Tom Eaton – at least 30, I'd guess. In his role at the iconic Imaginary Road Studios in Vermont, working along side GRAMMY winning producer and Windham Hill Records Founder Will Ackerman, this dynamic duo has become the premier production team for artists in the new age music genre. So it's interesting to see Tom step out from behind the glass in the control room and working on other artist's music to producing his own music for a change. On the album Tom plays piano, electric guitars, bass, and keyboards. While the primary instrument is the piano, it is richly orchestrated with electronic soundscapes that are absolutely stunning. The album is a delight on every level and establishes Tom as a composer and recording artist of note in the new age genre.

## CONVERGENCE

*Karen Olson*

[www.karenolson.com](http://www.karenolson.com)

Julliard trained violist Karen Olson finds great freedom in letting her creative instincts and emotions inspire the music in the moment. "Convergence" is defined as "bringing separate things together into one." Karen has certainly done that in creating a meeting place for three exceptional musical talents that include world-renowned instrumentalists, cellist Michael Fitzpatrick, and keyboardist Adam Schiff. Each artist brings a distinct perspec-

*Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines and more recently worldwide on the internet. He currently has five CD's including two with new-age music pioneer Steven Halpern. For additional reviews of CD's, DVD's, and more, please visit: [www.michaeldiamondmusic.com](http://www.michaeldiamondmusic.com)*

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As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.

Please see her article in this issue.

# REFLEXIONS BELTREFIXIONZ

By Robert Ross, CHZT



## Aging, With a Dash of Chutzpah

Last year on the ski slopes this writer was goofing around, which resulted in a fall. O.K., it wasn't a fall; it was more like a flying leap, face forward, hitting the hard packed snow. A ski patroller, seeing the blood on my face, radioed a medic: "I have an elderly gentleman who's taken a fall." For a moment, time stopped . . . *Elderly gentleman? Who's he talking about?* I yelled "Middle aged! Middle aged," so the medic could hear me through the two way radio.

Being referred to as an 'elderly gentleman' was a first. It was angering, insulting; a knife in the heart. A quick glance at the dictionary revealed 'elderly' equals "advanced age; old." Though my driver's license may say I'm moving on in years, in my soul, I'm forty-something. Just forty, that's all.

In the months following the offensive comment, I created a file titled "Age Inspiration." Every time I read an article about a so-called 'elderly' person who was out there, playing hard, living a full life, I put it in my file, hoping to dispel the notion that aging is not an automatic mandate to sit down and rest. My file, an attempt to redefine the term 'elderly,' from 'old,' 'advanced age,' to active, engaged, is growing thicker by the day.

According to the National Center for Health Statistics in 2010 the average life span for both sexes, all races was 78 years old. In 1900 the average life span was about 47.

So, we've made considerable progress – in aging – in the last 100 years. We're living longer, and with the help of new knees, new hips, new heart valves, we can stay active. But can those of retirement age rid themselves of the labels like 'old' and 'elderly?'

### Chutzpah Warriors

The baby boomers are retiring in droves – some 10,000 a day. They can accept the ageist labels or redefine age. There are few role models out there, but not nearly enough. It's going to take tens of thousands of boomers, with moxie, with chutzpah, to say "Cool-it with this elderly stuff." Thousands who say: "Stop the stereotyping."

George Burns, who lived to be 100, once said, "Retirement at sixty-five is ridiculous. When I was sixty-five I still had pimples." Jane Fonda, age 78, said of her seventies, "I never had such a fulfilling sex life." Presidential candidate Bernie Sanders, 74, has a campaign schedule which would exhaust the average forty-year old. Tony Bennett is touring the country promoting his new album. Bennett turns 90 this year. And Mick Jagger, of *The Rolling Stones*, 74, dances around the stage for an hour and half concert like a nineteen year old.

These role models have aged well. One could make the argument they are exceptional people, not the average. True, they have money for face lifts,

perfect teeth, hair transplants, plastic surgery and stylish wardrobes. However, I suspect the boomers are going to rewrite the rules on aging and set the tone for generations to come. It's already happening.

### When I'm Sixty-four

"Will you still need me, will you still feed me when I'm sixty-four?" Paul McCartney from *Beatles* fame wrote the lyrics when he was 24 years old. He envisioned someone old and feeble at 64. He's now 73.

Other notables in their 60's who are showing no signs of slowing down are Mel Gibson, Susan Sarandon, Sting, Richard Gere, Samuel Jackson, and supermodel Christie Brinkley.

Moving up a notch to the 70's, we have celebrities like Patrick Stewart, Raquel Welch, Harrison Ford, and Barbara Streisand; all working hard, still contributing.

Perhaps the 80's should now be referred to as the new "middle age" with personalities like Clint Eastwood, Morgan Freeman, Robert Redford, Dodger announcer Vince Scully, Maggie Smith and Warren Buffett, all at the top of their game.

Continuing to make headlines in their nineties are Queen Elizabeth, Hal Holbrook, Jimmy Carter, Betty White, Henry Kissinger and Carl Reiner.

We're in an age transition period – a redefinition. This shift is being helped along by the latest medical procedures, exercise, diet, and most important, a desire to stay engaged with life.

The next time I take a fall on the ski slopes, I want to hear from the ski patrol: "We have a *skier* who's taken a fall." Cool-it with the elderly stuff!

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Robert Ross can be reached at: SanDiegoRoss@yahoo.com

## Book Reviews...

(Continued from page 23)

sibling wars; divorce drama, and much more.

Published by Penguin Random House, [www.penguinrandomhouse.com](http://www.penguinrandomhouse.com), or available at local bookstores ([amazon.com](http://amazon.com)).

Gary A. Miller is a horticulturalist, naturalist, and part Hunkpapa Lakota (mother was born and raised on the Standing Rock Reservation), and educated in the ways of nature, survival skills, and the material culture of many tribes.



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15, 3 p.m. First Church of Christ, Scientist, Pasadena. 80 S. Oakland Ave. (626) 793-5151 [www.christiansciencepasadena.com](http://www.christiansciencepasadena.com)

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## JUNE

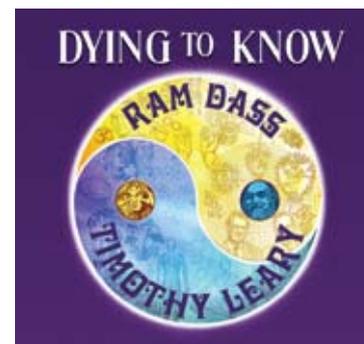
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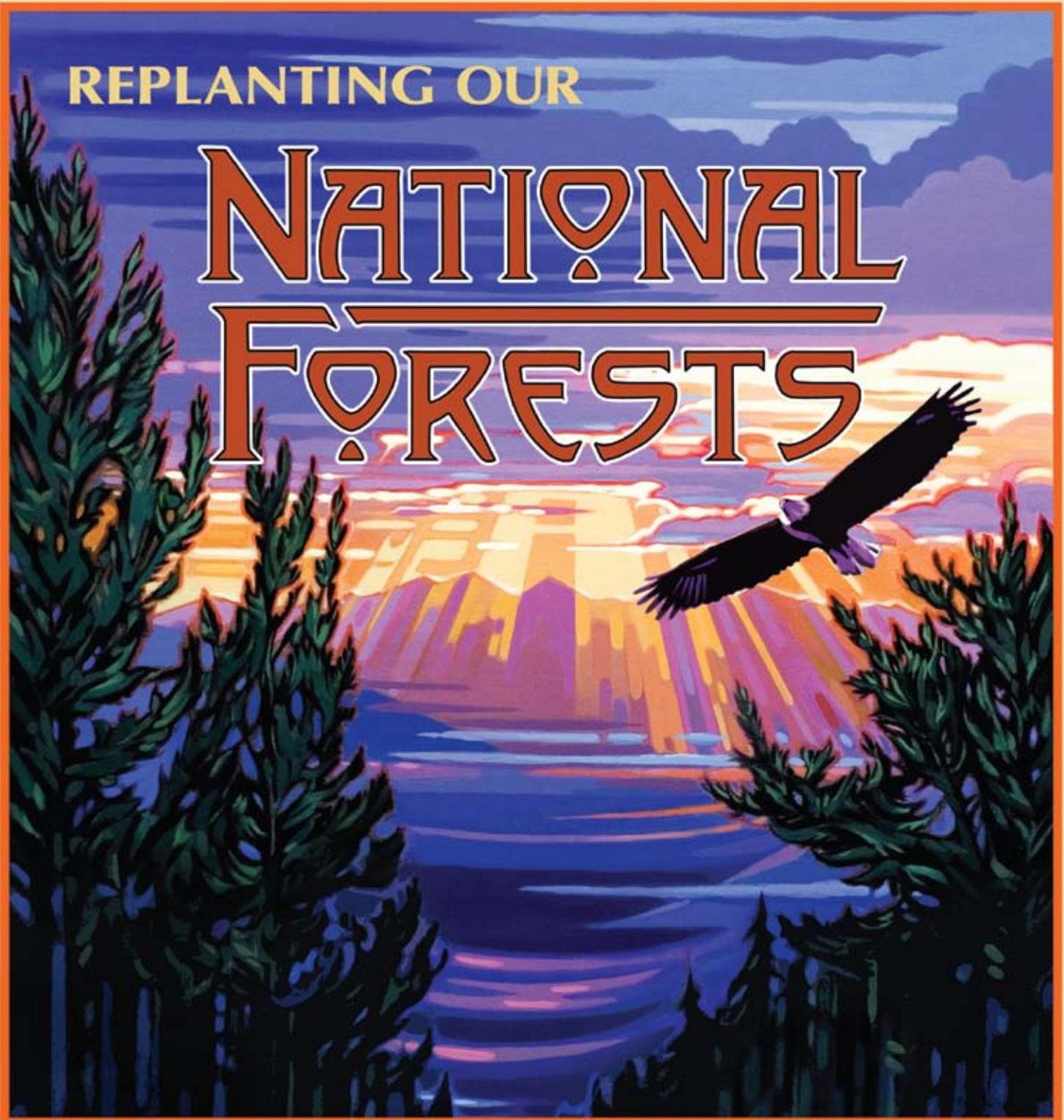
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REPLANTING OUR

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