

Awareness®

Southern California's Guide to Conscious Living

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**AN INTERVIEW WITH
ALBERTO VILLOLDO
AUTHOR OF ONE SPIRIT MEDICINE**

**SHAKTI'S STORY
THE RELATIONSHIP HANDBOOK**

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Dr. Ibrahim is a licensed medical doctor who for the last 25 years, has pioneered advanced energetic and spiritual healing in the United States. He has spoken internationally on topics of spirituality, healing, and world peace to audiences such as the United Nations, Harvard Divinity School, and Harvard Medical School. He is the co-founder and past president of the University of Spiritual Healing & Sufism in Napa Valley, CA.

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Q & A with Dr. Alberto Villoldo

One Spirit Medicine: Ancient Ways to Ultimate Wellness

Dr. Alberto Villoldo, medical anthropologist and best-selling author of *Shaman Healer Sage*; *Power Up Your Brain*, and a dozen others, is poised to release his newest book: ***One Spirit Medicine: Ancient Ways to Ultimate Wellness***. Villoldo's book is a fascinating blend of state of the art nutrition and neuroscience, and ancient shamanic healing traditions and energy medicine. We asked him about the most intriguing aspects of this revolutionary subject.

Q: Why is *One Spirit Medicine* important to the average person?

A: Nature selects for the longevity of the species and not the individual, investing all of its resources in reproduction. After our reproductive years we are useless to the species — human growth hormone production and free radical scavenging systems shut down.

Our bodies' self-repair systems have been shut down by western diet and western belief systems. ***One Spirit Medicine*** details ancient methods for rebooting the biofield — detoxifying the brain and body, while clearing and repairing our Luminous Energy Field. We learn the keys to prevention and longevity practiced by the shamans of old: Super foods and customs that switch these systems back on again, repair mitochondria and unlock password-protected regions in DNA that activate the Sirt1 genes.

We are not slaves to our genetics. The neural networks in our brains will determine how we age, how we heal and how we may die. And we can change that. ***One Spirit Medi-***

cine teaches us how we can get our health span to equal our life span.

Q: What is wrong with the western diet?

A: With the discovery of agriculture 10,000 years ago the human life span was reduced in half. We stopped eating

lithic ancestors — fuel the higher brain of creativity and innovation.

Wheat contains Gluten, a protein that is not recognized by the bodies of 90% of the human population. Gluten cleaves the tight junctions of the GI tract, allowing food

and we look at the bounty of nature merely as resources for human consumption. We become commercially driven and forget about stewardship and sustainability — the price of which will always be too high. The damage we have wreaked on the ecosystem is irreversible, and has doomed the human race to early extinction.

Q: Why is fasting important?

A: Eating three meals a day is killing us — we used to feast and fast. At the heart of *One Spirit Medicine* is an age-old practice called the Vision Quest. Through fasting and meditation, a Vision Quest awakens the body's self-repair and regeneration systems and reconnects you to Spirit and your own deepest purpose.

We fast to turn on the body's repair mechanisms and clear brain fog. Even during a very short fast, amazing things happen to the body and brain. In just 24 hours, the production of human growth hormone increases by 1,500 percent, repairing cells that make up our tissues. Not eating sugars for as little as 18 hours wakes up the body's system for self-repair, detoxifies cells, and switches on the longevity genes.

Q: What is the problem with modern health care?

A: We do not have a health care system in America, we have a disease care system. Americans are being killed by the food we eat, the thoughts we think, and the medicine we take. Between the food industry and the medical profession, they get us from cradle to grave.



Photo courtesy of The Four Winds Society

proteins and fats and began to eat carbs, giving rise to a new social class of masters and slaves, religions ("give us this day our daily bread") and warfare. There is no archeological evidence of warfare prior to the invention of agriculture.

Grains are carbs that turn into sugars. Sugars feed our lower brain, which is predatory, violent, greedy, and needs 10 commandments so we do not kill or steal. Proteins and fats — the diet of our Paleo-

particles and micro flora to get into the bloodstream and create massive inflammation and autoimmune diseases. The incidence of allergies in non-agricultural peoples is 1 in 1,500. In agricultural societies it is 1 in 3.

What is worse is that by losing the ancient Paleolithic belief systems — oneness of spirit, oneness of life — we become disconnected, disenfranchised (in the earth, not of the earth). We ignore the voice of spirit and nature

The “health” statistics are alarming:

- Close to 70 percent of Americans are overweight, and one in three children born in America today will develop type 2 diabetes by the age of 15.

- Fifty percent of otherwise healthy 85 year olds are at risk for Alzheimer’s disease. Alzheimer’s is being called type 3 diabetes, linked to a gluten-rich, wheat-based diet and a stressed-out brain.

- One in 60 children is diagnosed autistic.

- Millions suffer from insomnia, stress, depression, autoimmune disorders, soul loss, disempowerment, destructive patterns and behaviors.

- In the few hunter-gatherer societies that still exist, autism, dementia, diabetes, and cancer are very rare or nonexistent. My research with Amazonian pre-agricultural societies shows that these people have none of the diseases of western civilization — no

cancer, no dementia, no heart disease, because of their diet and communion with the spirit of nature. What accounts for their health and well-being? A primarily plant-based diet and **One Spirit Medicine.**

Q: Why are so many people unable to find happiness?

A: Our brains cannot produce the bliss molecule (tryptamine) if they are busy producing stress molecules (adrenalin and cortisol.) These “fight or flight” molecules are a constant part of modern culture, but when we can’t fight and we can’t flee we are paralyzed. Stress hormones are also deadly to the region of the brain that is responsible for new learning, so we cannot recreate ourselves.

The religious experiences reported throughout history are the product of endogenous psychedelics manufactured by the brain for its own pleasure and joy. Meditation, babies, puppies, sex and joy increase the methylation of tryptam-

ines, which in turn become dimethyltryptamines generated by the pineal gland. This is the direct equivalent of the brain producing its own Ayahuasca.

Q: What else does One Spirit Medicine teach us?

A: We can grow a new body in one week with super nutrients and energy medicine – a body that heals, ages and dies differently. But that’s not all:

- Ninety percent of our DNA belongs to the microbes that live within us. If the colony is broken, disease happens — we can repair the colony with super-probiotics. Microbes are our best friends.

- Nine out of ten Americans have broken brains. It is possible to upgrade our brain to create psychosomatic health.

- Spirituality is the byproduct of a healed and upgraded brain, not meditation.

- Shamans were the first neuroscientists.

- You can’t dream your world into being until you

wake up from the nightmare.

- Self-help doesn’t help.

Q: Isn’t spirituality completely different from scientific fact?

A: Science is relatively new while spirituality is very ancient. I discovered that what the spiritual traditions did was put an archaic language to what we describe today as neuroscience. However, what they refer to as “enlightenment” is optimal brain function — the ability to create psychosomatic health. Many people however associate the term “enlightenment” with organized religion when in reality it is available to all people of any belief.

Q: What is a Luminous Body or Luminous Energy Field? Does everybody have one?

A: Yes, everyone has a Luminous Energy Field (LEF). The Luminous Energy Body/Field is an invisible matrix that informs the anatomy of the body.

(Continued on page 8)

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One Spirit Medicine...

(Continued from page 7)

It contains a template of how we live, how we age, and how we might die.

When there is no imprint for disease in the LEF, recovery from illness happens quickly. By the same token, imprints for diseases can depress the immune system, and prolong recovery time during an illness. The good news is: When we erase the negative imprint that caused the onset of illness, the immune system can rapidly eradicate the disease.

The Luminous Energy Field is a reservoir of vital force — a sea of living energy as indispensable to our health as the oxygen and nutrients carried by the bloodstream. When the vital reserves in the LEF are depleted through illness, environmental pollutants or

stress, we suffer disease. We can safeguard our health and vitality and extend our active, healthy years by replenishing this essential fuel.

Q: How can people who don't practice shamanic work get more in touch with their Luminous Body and what are some of the benefits of that?

A: Detoxifying the body of toxins, heavy metals and negative perspectives will help prepare the brain for the healing of the light body. Many of these toxins are held in our fat cells and the human brain is 75% fat. In the west we live with excessive levels of stress, which cause the body to produce high levels of cortisol and adrenaline both of which negatively impact us and keep the body in a permanent state of fight or flight. With the dietary recommendations provided in One Spirit Medicine, any one of us can prepare to make a shamanic journey.

Q: What about chakras?

How do they fit in?

A: The chakras are the organs of the Luminous Energy Field. They transmit information of past trauma and pain contained in imprints in the Luminous Energy Field, into the nervous system. The chakras inform our neurophysiology, affecting our moods and influencing our emotional and physical well-being. The chakras also connect to endocrine glands that regulate all human behavior.

In parts of South America the chakras are known as ojos de luz, or eyes of light. We receive impressions of the world through our chakras, perceiving love in our heart; sexuality, fear, and danger in our belly (second chakra); and insight in our brow chakra (sixth). In a disagreeable situation, our second chakra can go into spasm and we may feel a knot in our stomach. From the unmistakable experience of sensing feelings through the heart center, we come to as-

sociate love with the heart, or refer to sadness as heartache.

The shaman can sense the luminous threads, or huasgas, that extend beyond the body, connecting us to the trees, the rivers, and the forests. These luminous fibers also extend to the places where we are born and live, and to our personal history and our destiny.

Every living being has chakras, even crickets, deer, snakes and trees.

Q: How can a shaman tell if something is "off" in a client's LEF? Can anyone learn to see this?

A: Shamans learn to assess the quality of the LEF through a variety of techniques such as muscle testing, using a pendulum to check the chakras and tracking the client's light body.

Q: What is an Illumination? What are the potential benefits, and is it appropriate for everyone?

A: The Illumination process, the core foundational heal-



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- Steven Frank, Master Herbalist.

Steven Frank



ing practice of the Light Body School, is the technique used to clear imprints from a person's Luminous Energy Field. As the LEF informs the physical body, a shift in the LEF will manifest in the physical reality. As needed, different healing techniques are used with clients. Illuminations are a very standard technique which can be highly beneficial to individuals

Q: How would someone know if they need "energy healing"?

A: It is commonplace that when a person is in need and ready for healing of the light body, a shaman will appear in their lives. Signs of an energetic imbalance can range from physical to emotional distress or discomfort.

Q: What types of complaints or problems can a shaman help heal through this kind of work?

A: We treat clients with both physical and emotional issues. Some, for instance, may be constantly attracted to the same type of partner who is not good for them. Once the imprint which attracts unfavorable partners is cleared through the Illumination process, the individual will cease to attract those partners.

On the physical realm, I had a man who initially came to me with marital problems and I saw a dark spot in his energy field just above his chest. I asked him about his history with heart disease and family history, and to both he said no. Nevertheless I worked on his heart chakra. A few days later my patient called to inform me that his brother had just undergone an emergency quadruple bypass surgery. The Luminous Energy Field can reveal a condition years before it manifests in the physical body

Q: A more advanced healing practice is Soul Retrieval. Can a person actually lose his or her soul? How does that happen?

A: During a Soul Retrieval

the shaman helps a person access a soul part which became unavailable to them at a time of trauma in their life. It is a traumatic event which causes the soul to fracture. The shaman will help rewrite disempowering contracts with life and reclaim and embody their life's essence in their experience, helping them to step into a life of grace and abundance.

Q: What happens during a Soul Retrieval? Does the client personally experience anything?

A: The Laika, or Inka medicine men and women, divide the collective unconscious of humanity into three parts: the Lower, Middle and Upper worlds. These are archetypal and energetic domains, not physical places. The Middle world is the one where we live our day-to-day lives, the Upper World is the invisible domain of our destiny and our spirit, and the Lower world is where all of the record of human history is held, it is the realm of the soul.

A shaman journeys to the Lower world in order to retrieve what is necessary for the individual to reintegrate the lost soul part of their client. Journeying is a unique state of consciousness that the shaman experiences, which allows her/him to revisit the past and heal events that happened long ago and to find more desirable destinies for clients.

The shaman helps the client recognize and honor the traumatic event which caused the original fracturing and to renegotiate the sacred soul contracts that were written as a result. Many of these contracts were terrible obligations we entered into during fear and stress at the time of the original wounding, and we no longer need them.

The healed soul part can then be retrieved and reintegrated. A gift can also be part of the Soul Retrieval and can

(Continued on page 10)

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Mindful American: New Documentary Series

By Erica Hart

Los Angeles-based filmmaker Erica M. Hart premieres the 20-minute pilot for a new documentary series "Mindful American," highlighting intentional and sustainable living in the U.S. The pilot follows LA residents who are working to strengthen their community while reducing environmental impact.

Hart explores the Los Angeles Eco Village founded following the LA riots in 1992, an intentional community in Koreatown that is spreading awareness on how to live more sustainably in an urban area.

"We learned a long time ago that the fear of crime is much more debilitating than crime itself and that crime is symptomatic of the breakdown of community," said Lois Arkin, founder of LA Eco Village. "It was after the riots that we said, hey, what should our priorities be in innercity Los Angeles? And we decided we'll just

work on community building. And that does work!"

The Eco Village advocates for reducing reliance on car travel. As a way to promote cycling and build community, Jimmy Lizama, a local bicycle activist and longtime Eco Village member, founded the Bicycle Kitchen. Today the Bicycle Kitchen is a highly regarded non-profit bike co-op east of Hollywood.

"You can see it in their faces. Once they ride their bicycle, and they feel the power of themselves on that bicycle, you've created an activist," said Lizama.

After her car was totaled in a collision, she used to insurance check to self-fund the production of the first episode of "Mindful American," which highlights the growing bicycle culture in LA, a notorious car city.

"I knew I wanted to make a project documenting intentional and sustainable living, but I

had no idea how to pay for it. In a way, my recent car accident was a blessing in disguise," Har said. "It wasn't until I was carless that I finally slowed down enough to explore all the awesome stuff going on right here in LA! I can't imagine ever owning a car again."

In addition to being the creator/director/producer, Har serves as the on-camera host of Mindful American, guiding the viewer through her journey.

Erica also explores a learning garden for local LAUSD school children, a group of YouthBuild students making cargo bikes in Boyle Heights, and the car-free cycling event, CicLAvia.

"It's not just about the environment," Hart said. "It's about slowing everything down, taking the time to know your neighbors, to be conscious of your resources and maybe feel a bit more joy in your daily life."

Watch Mindful American pilot on <https://vimeo.com/125419810>

One Spirit Medicine...

(Continued from page 9)

individual reintegrate and enhance the experience of the Soul Retrieval helping the client achieve his/her best destiny.

A Soul Retrieval is a deeply personal experience and is a unique to each person.

Q: Why did you leave a more traditional medical background for a more spiritual path?

A: My training is as a medical anthropologist versus a medical doctor. As a medical anthropologist, I was curious about other healing systems around the world. Modern medicine, which is wonderful for healing trauma (such as injuries from an automobile accident) is terrible for healing chronic conditions. At a laboratory at San Francisco State University that I directed we were studying how we create psychosomatic disease and whether we could create psychosomatic health. I realized that to find the answer I had to go study with the experts who were in true primitive societies without technology — all they had was the mind's ability to heal the body.

Alberto Villoldo, Ph.D., is a medical anthropologist and psychologist who studied the shamanic healing practices of the Amazon and the Andes for more than 25 years. He is the founder of the Four Winds Society, which teaches the philosophy and practice of energy medicine. He also directs the Center for Energy Medicine at Los Lobos, Chile, where he investigates and practices the neuroscience of enlightenment. Dr. Villoldo is the author of numerous best-selling books, including Power up Your Brain, (with David Perlmutter, MD), and Shaman, Healer, Sage. His forthcoming book, One Spirit Medicine, published by Hay House, merges the ancient healing traditions of the Peruvian shamans with modern scientific breakthroughs. www.thefourwinds.com; www.one-spiritmedicine.com

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Shakti's Story

(An excerpt from *The Relationship Handbook*)

By *Shakti Gawain and Gina Vucci*

By the time I was in my mid-thirties, my books were selling well and I was getting to be very well known. I traveled all over the world speaking, teaching, and leading workshops. I loved it. I had great passion for my work and found working with my students and clients very rewarding. Unfortunately, my work also consumed my life. Too much of my awareness was centered on, connected to, or based in my work, and I started to sense a great imbalance in my life.

My personal life had taken a back seat to my professional life. I was having difficulties with my romantic relationships in particular; I found that difficult patterns were increasingly repeating themselves in those relationships. This became a painful process for me, and I was longing to find a true partner. I wasn't finding the intimate connection I was looking for or the partner for whom I thought I was ready.

Of course, I only *thought* I was ready. I had done a lot of work on myself, which included many emotional processes. I studied with different teachers, read books, participated in workshops, and went to therapy. But old patterns kept coming up, and in a certain way I felt stuck. The tools that had been working so wonderfully in the other areas of my life didn't seem to be working in the relationship arena. It seemed that a whole other level of my process was being revealed; a deeper level of consciousness was trying to emerge.

Finding myself in this challenging place, I began to visualize some new guidance and direction. I was eventually led

to Dr. Hal Stone and his wife, Dr. Sidra Stone, therapists and teachers. Through their work, they discovered we have many "selves," aspects within us that act as individual selves with their own ideas, opinions, likes, and dislikes. The Stones developed a technique to dialogue with these selves in a way that brings consciousness to this ongoing process inside us. Their body

and I discovered all these different parts of myself that I hadn't even known existed.

Concerning the partner issue, I discovered that I was only in touch with the parts of me that wanted a committed relationship, and so I couldn't understand why it wasn't happening. I was certain that I wanted a relationship and believed I was ready for one. I kept wondering why all the



of work is called "the Psychology of Selves and the Aware Ego," and they call the technique for "talking" with the selves Voice Dialogue. They quickly became my teachers and mentors and now are my dear friends.

When I began to do Voice Dialogue work, I became much more conscious of all the things that were going on inside me. I became more aware of what I was feeling,

men I was attracted to were unavailable or inappropriate — or lived thousands of miles away! I kept thinking something was wrong with them. But, as it turns out, there were some parts of me that knew I wasn't ready for a partner or didn't want one at all.

All of this seems so obvious now. I was traveling the world teaching that one's outside life reflects what is going on inside, and here I was long-

ing for the right relationship and it wasn't happening. Of course this had to do with a process within myself. When we truly want something and it isn't happening, a part of us is blocking it. In my case, some inner conflict was causing a great deal of ambivalence about relationship and commitment.

I knew I was struggling, but didn't understand what the struggle was. I developed much more consciousness about what was happening through working with my selves. I began to explore and understand the parts of me that did not want a relationship or were fearful of it. For example, I had always been a strong, independent woman. I was close to forty, and a part of me didn't want to give up my independence or have to compromise with someone else.

Another aspect of myself that I discovered was my Caretaker self. I feared, unconsciously, that if I were in a close committed relationship, I would just end up taking care of someone else, and I wouldn't know how to get my own needs met. I had been in a number of relationships where I had been in this role, so I had good reason to fear this would happen.

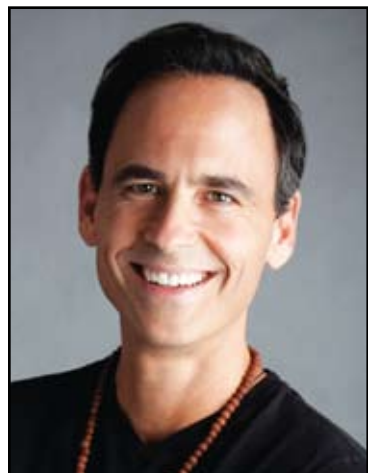
On a deeper level, there was a child in me who feared opening up and getting close to someone. This aspect, or self, was afraid of being hurt and abandoned — especially because of the pain I experienced as a child when my parents divorced. Other parts of myself were also involved, but these parts were the most dominant in my process.

(Continued on page 12)

Tongue Shui: Harness the Energy of Your Words to Transform Your Relationships (and World)

By Derek Rydall

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



"My husband and I can't say two words to each other without drawing blood," a woman cried to her therapist. "The second he walks through the door, we're at each other's throats. Deep down, I know the love's still there, but it seems hopelessly buried."

Listening intently, the therapist reached into his drawer, pulled out a bottle, and handed it to her. "This is holy water, blessed by a Swami from India," he said. "For the next week, whenever your husband is about to enter the room, take a drink, hold some on your tongue and look into his eyes. After a couple of seconds, swallow it. You should notice an improvement in your interactions right away."

The woman went home and waited eagerly for her other half to return. When he walked in, she took a swig of the blessed water and silently held his gaze. He gave her a suspicious look then grinned curiously. She swallowed the water and asked how his day went.

Amazingly, they didn't argue.

In fact, they had one of their most intimate talks in recent memory.

The next night before he came to bed, she snuck another jolt of the powerful liquid, performing the same ritual. Suddenly, as if a veil was lifted, she saw him in a whole new light, saw him for as the man she fell in love with.

And of course, the predictable fight never came.

The following week, with her water supply depleted and her love life nearly replenished, the woman returned to the therapist, proclaiming that the treatment had healed her marriage, and she needed to get a hold of more holy water... fast.

The therapist smiled and revealed that the potent elixir was nothing but store-bought Mountain Spring.

So what happened here?

Was it the woman's expectation and/or intention that created the outcome? Certainly these are important. But maybe it simply resulted from breaking a habit. In choosing silence over her conditioned response, she, in effect, pressed the pause button on her inner-movie projector that had been replaying old conflicts.

There's a set of Zen tenets that serve as a good model for addressing your partner, or anyone else:

Speak only when:

- (a) It's the truth
- (b) It's spoken in love
- (c) It adds to the silence

And what does "adds to the silence" mean?

When you refuse to react to the story going on in your head, and instead just witness it quietly, you create the still, silent space out of which all creation comes, and make room for something new, more authentic and more loving to emerge.

You also create the space for your partner to do the same.

Although you may not always achieve such lofty heights of communication, the sincere attempt to be more conscious of your conversations (inner and outer) can go a long way in creating more harmonious interactions.

So the next time you find yourself about to open your mouth and stick both feet in, grab the nearest bottle of "holy water" and stick that in instead.

If one isn't handy, just listen quietly until you have nothing left to say... then start talking.

Derek Rydall is the author of the #1 Amazon/Barnes & Noble best-seller, *EMERGENCE: Seven Steps for Radical Life Change*. He 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! Get your free Law of Emergence book and training: www.lawofemergence.com/freereport.

Shakti's Story...

(Continued from page 11)

Now that I had discovered some of the different voices in me, I could clearly feel the ambivalence of these conflicting selves. One of the wonderful things about the Psychology of Selves is that it allows us to be with our ambivalence, acknowledge it, and really hold it. Most of the time, we are trying to choose one side or another. We think one part of us is right or that there is a right way to be. We decide we want to be one way or another — "I want to be like this, and I don't want to be like that." Or, "I want this part of me, and I

don't want that part of me." This black-or-white way of thinking doesn't work because all parts of us exist, and we can't just wish them away. You can bury and repress them, but sooner or later they come forth, often during a relationship upset or a health crisis. We need all of these parts in order to experience true balance in our lives. We need all these selves, although we may not know it.

Voice Dialogue work is about developing consciousness and creating awareness of all the different selves within us. It's about bringing them all forth and getting in touch with them. When we are aware of the different forces operating within us, we can work with them in different ways. I worked on acknowledging and experiencing — we often call it "holding" — my own ambivalence about relationship, reaching into each part of myself and feeling the parts of me that really wanted partnership and feeling the parts of me that really didn't. I didn't need to fix this ambivalence or change it; I just needed to be deeply present with it.

Shakti Gawain is the author of *The Relationship Handbook*. A best-selling author and pioneer in the field of personal growth and consciousness, she co-founded New World Library with Marc Allen in 1977. Visit her online at <http://www.shaktigawain.com>. Published with permission of New World Library <http://www.newworldlibrary.com>

"Everyone who wills, can hear the inner voice."

It is within everyone."

— Mohandas
(Mahatma) Gandhi

The Key to Empowerment

By Jennifer Powdermaker

"The most profound relationship we will ever have is the one with ourselves."

—Shirley MacLaine

Relationships are a crucial factor in our experience of life but many of us struggle to maintain a healthy sense of self within our relationships. When my clients want to work on their relationships they are most often speaking about romantic partnerships; however the basis of all our relationships both personal and professional resides principally in the relationship we have with ourselves.

The degree to which we are able to engage in satisfying, healthy relationships is equal to the degree of self-love we are able to express. It is impossible to give away what we withhold from ourselves. In over twenty years of work I have found that the most significant factor contributing to addiction is a profound lack of self-love. I was a firsthand witness to this growing up in a dysfunctional household, rife with depression and abuse.

I am a recovered addict; specifically a food addict. I do not make this statement lightly. My intention is to share some hard won wisdom and offer some practical strategies so others who are suffering may take hope and might benefit from my experience. I grew up an obese child. I was 200 pounds by the age of ten; everything hurt, I couldn't breathe well, clothing was a nightmare and my peers were beyond cruel. By the age of twelve I'd heard "if you're obese as a child you're going to be an obese adult" so many times it seemed like an institutional mantra.

Today I am happy to report that I reached my goal weight 25 years ago. I've maintained a healthy weight through the ups and downs of life and haven't suffered bouts of binge eating

in 30 years. I enjoy my food. I don't adhere to a super strict diet or live off prepackaged pseudo-food. I even eat chocolate on occasion because... you know chocolate.

I often hear my clients who are dealing with all types of issues say "I want to feel empowered." They come to me because something isn't working in their life and they really, really want to overcome the compulsive behaviors of addiction. Here's the thing about empowerment; in order to be empowered we have to take ownership of the condition of our life... which means quitting the blame game forever.

Empowerment means taking personal responsibility for one's life; understanding that whatever mitigating circumstances which may have led us toward addiction, we are the one who walked down the garden path. This may seem like a bitter pill to swallow at first but I promise you it's the key to freedom. If someone else; anyone else, is responsible for our condition or the condition of our life, then we are powerless to alter the situation. If on the other hand I am responsible for my condition, then I have all the power and therefore the means to change whatever isn't working.

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For those of us raised in dysfunctional abusive environments it may seem hard to realize that the key to self-empowerment resides within you. I invite you to take a short journey of self-discovery; consider for a few moments all of the things you do every day, all of the mundane tasks that get accomplished simply by you showing up to do them; perhaps you are the one who makes the coffee, unlocks the storefront or answers the phones. What would happen if you suddenly weren't there to perform these tasks? By not taking ownership of our personal power we become accustomed to anonymously serving others, remaining unaware of our contribution to those around us.

Someone once said that half the battle is won simply by showing up. How are you showing up in life? Do you show up for yourself; ever? What would your life look like if you did? I invite you to consider these questions over the next few days; you may be surprised at what shows up.

Jennifer Powdermaker is the founder of Indigo Vision Coaching Solutions™, a master teacher, coach & author. Over the course of her career Jennifer has coached and addressed thousands of people in the U.S., Canada and Europe. She is a certified practitioner of many healing modalities and coaching methods providing a safe space for her clients to experience a dynamic expansion of consciousness. Contact: indigo.vision@yahoo.com www.high.vibestudio.wix.com/heal

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How Do We Fix Our Broken World?

By Lynne Girdlestone

Would anyone disagree that our world is in serious disarray? Polarization has infected almost every aspect of our society, making it difficult — if not impossible — for people to reach consensus on even the most basic human issues. Technology and the profit motive have delivered 'globalization' to our doorstep, yet we still don't know how to get along with our next door neighbors.

Amidst all these problems there is actually a major transformation taking place, and many — largely unreported — solutions are being carried out by ordinary people. This is the subject of a June exposition being conducted in North American cities by Share International volunteers.

Many look around the world and see a lack of leadership, but what if there are incorruptible, compassionate leaders always working behind the scenes to inspire the good and the true? And what if they are

now ready to work openly with us to solve the problems of the world? This is, in fact, Share International's main message.

These individuals, known as the Masters of Wisdom (masters of themselves, not us), have stood behind humanity for millennia, inspiring all our great achievements in every field of endeavor. They guide and teach, but it is humanity itself, responding of its own free will to their stimulus, which creates each new civilization. Today we are seeing the beginning of the next leap forward in human evolution, and this time the Masters, along with the head of their group, Maitreya, the World Teacher, will be physically among us to lead the way. Their task is not simple, but they know the way and know we are ready.

At the heart of our problems today is the fact that we do not yet know that we are ONE human family and that ALL life is interconnected. We

are actually each a part of one enormous Creator — however you understand this great Being. So everything we think, say, or do affects everything/everyone else. This has huge implications that we will soon come to understand.

Foremost among them is the absolute imperative to share the resources of the world. Think of your own family. When you eat together, you make sure each person has enough food. You work to provide a nice home. You send the kids to the best schools you can. If someone is sick, you get them to the doctor quickly. But this expression of sharing that we keenly understand at a personal level does not extend to billions of the human family. They do not have the basics of life, not because either we or they are bad people, but because we do not see them as part of OUR family, as ourselves. And if we did, how would we remedy the situation?

Under the guidance of the Masters and Maitreya, all this will change — first by their showing us the reality of 'one human family,' and then by teaching us how

the resources of the world can be shared so that everyone has what they need for a safe, fulfilling life. Without sharing, there can be no justice; without justice, there can be no peace; without peace, there can be no future.

These are only highlights of a huge event ready to unfold. What is the source of this information? What are some of the 'signs' it is true? How can you be a part of the solution? These are some of the questions that will be answered on June 20th at the Share International Expo, Veterans Memorial Building in Culver City, and on three dates in Balboa Park, San Diego.

Lynne Girdlestone is a long-time volunteer with Share International USA. Please see Share International's ad on page 2.

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Feng Shui is a Chinese philosophy that creates living spaces that are conducive to helping us realize our own potentials.

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

Please see her article in this issue.

Unbiased Compassion

By Ven. Lama Tenzin Dhonden

Personal Emissary for Peace to His Holiness the 14th Dalai Lama



this life is based on interdependence. We all rely on each other, no one is alone.

Compassion can be communicated from the point of view of ethnic, social and economic perspectives — which means our own individual understanding of the ‘compassion’ might differ from another’s. We can say that compassion is a sense of improving ourselves while simultaneously cultivating a sense of responsibility and caring for others; it is our sense of responsibility in relation to a reality that is based on inter-connection. These are

the preliminary practices that come before one cultivates genuine compassion for all sentient beings.

And what is “genuine compassion?” It is the pure aspiration to alleviate others’ suffering without expecting anything in return. As an example, you love your close family — your practice is to have the same feeling of caring for other sentient beings. This is called unbiased compassion, and it is very important. True compassion lives underneath the surface of kind words, and it includes the self and all beings. Once we are closer to that state of mind as a society, it will have a huge positive impact in the world.

In honor of His Holiness the 14th Dalai Lama’s 80th birthday, the Friends of the Dalai Lama is presenting the Global Compassion Summit in partnership with UC Irvine and Center for Living Peace. This event celebrates His Holiness’ lifetime of devotion to

the work of spreading the values of peace, kindness and universal compassion throughout the world. The program will provide a platform for dialogue with a diverse global audience of world leaders, Nobel Laureates, artists, celebrities and friends with His Holiness on topics to which he has devoted his life — and encourage self-exploration for living with compassion. We hope you will join us.

His Holiness the 14th Dalai Lama will lead public talks and join the global community in celebrating his 80th birthday during the three-day Global Compassion Summit. With the intention of inspiring com-

passionate action, the Global Compassion Summit will spark dialogues on the role of compassion in the environment, the arts and youth leadership. For information and tickets please visit www.HHDL80.org

**Dates: Sunday, July 5 - Honda Center, Anaheim, CA
Monday and Tuesday, July 6-7 - Bren Events Center, UC Irvine, Irvine CA**

Venerable Lama Tenzin Dhonden is the Personal Emissary for Peace to His Holiness the 14th Dalai Lama. He is the founder of Friends of the Dalai Lama, a 501(c)(3) non-profit organization dedicated to assisting His Holiness in sharing his vision and message of universal compassion and peace with the world. For more information visit: www.friendsofdalailama.org or www.HHDL80.org

The true spirit of compassion is loving kindness in action. It is one’s genuine aspiration to help relieve the suffering of others, and is the very antidote to anger. It is based on rational inquiry, self observation, understanding and social connection. This year, His Holiness the 14th Dalai Lama will celebrate his 80th birthday as a gathering of, for and with compassion. We hope you will join us, and offer these words in honor of cultivating compassion in oneself, towards our global community.

There are many aspects of compassion. Before one sincerely feels compassion towards others, one has to live with it and must build a strong foundation for it. One has to acquire self-confidence and to truly trust in oneself — it is from that understanding of the self that one can gradually begin to see the value in reaching out and helping others. It is important to understand that

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The 7 Most Dangerous Products Made or Used by Monsanto

By Anthony Gucciardi



You know Monsanto for its creation of GMO seeds. Simply meaning genetically-modified organism (GMO), staple crops from corn to soy have been all be taken over by Monsanto's GMO tycoon system. But beyond their GMOs, Monsanto has many other 'dirty' health tricks up their sleeve. Many of which you never knew about.

Here are the 7 most dangerous products that are either made or used by Monsanto.

1. Roundup (Glyphosate)

Perhaps topping the list of Monsanto's most well-known creations is the company's best-selling herbicide Roundup, with a chemical known as glyphosate at the heart of the herbicide formulation.

Discovered as an herbicide by Monsanto chemist John E. Franz, glyphosate was brought into the market in the 1970's under the trade name Roundup. Monsanto's patent on glyphosate ran out in 2000.

Since glyphosate and Roundup's widespread intro-

duction to the modern world, numerous studies have been conducted to determine the herbicide's safety. While Monsanto's commissioned studies continue to claim that glyphosate is safe and of no worry, other independent research pieces tell a different story.

In addition to fueling superweeds and even antibiotic-resistant superbugs, Monsanto's Roundup has been shown to cause a host of ill health effects, from cancer to genetic damage. Most recently, the World Health Organization classified the herbicide chemical glyphosate as a 'probable carcinogen.' Just days after the report was released publicly, GMO giant Monsanto called on the entire agency to issue a 'retraction.'

Standing beside past research coming to similar conclusions, this most recent cancer link gives much needed urgency to reconsider the use of GMO crops which have been made specifically to tolerate copious amounts of carcinogenic herbicide.

2. Dioxin

Formed by burning chlorine-based chemical compounds with hydrocarbons, dioxins most often pollute the environment (and our bodies) through waste-burning incinerators. Dioxin is a general term for hundreds of chemicals that are produced in industrial processes that use chlorine and burning. Disturbingly, it has a half-life of 100+ years when it is leached into soil or embedded in water systems.

Dioxin was also generated

as a byproduct of herbicide 2,4,5-T made by Monsanto and Dow, the top 2 producers of Agent Orange — an herbicide used by the U.S. military as part of herbicidal warfare. EPA reports have found that dioxin causes cancer, birth defects, liver damage and other major health problems.

Monsanto & Dow's 2,4,5-T dioxin laden-herbicide was used in the U.S. for agricultural purposes in the 1940's before it was used for chemical warfare in Viet Nam from the early 1960's through 1971. It was phased out in the late 1970's, but continues to cause harm today.

3. Agent Orange

During the Vietnam War, Monsanto was one of the two primary manufacturers (along with Dow Chemical) of the deadly Agent Orange. Agent Orange was used as a part of the United States' 'herbicidal warfare program.'

Having killed an estimated 400,000 individuals, deforming 500,000, and sickening 2 million initially, even 30 years after the war people are still suffering from the health effects induced by the chemical. Agent Orange has been shown to cause cancer, birth defects, liver damage, and other major health problems.

But even with this damage, U.S. courts have protected both Monsanto and Dow Chemical from liability and criminal prosecution. The U.S. government has shielded Monsanto and Dow from the massive cost of medical treatment for victims and environmental re-

mediation cleanup costs that would spell out bankruptcy for the corporations.

Interestingly, some chemicals found in Agent Orange can still be found in certain herbicides being used today.

4. DDT

First synthesized in 1874, DDT is a chemical that was commonly used as an insecticide in the United States starting in 1939. In 1944, Monsanto became one of the first manufacturers of the insecticide DDT to combat malaria-transmitting mosquitoes.

In addition to being used to control malaria and other health ailments, DDT was applied to a variety of crops in the U.S. and worldwide, including beans, cotton, soybeans, sweet potatoes, peanuts, cabbage, tomatoes, cauliflower, brussel sprouts, corn, and other crops.

In 1963, application of DDT reached its peak, with approximately 188 million pounds applied. Years after Monsanto and others had polluted the environment with DDT (decades after its use), the Environmental Protection Agency had finally decided to put a halt to the chemical, instituting a ban in 1972.

DDT was canceled because of "concern over carcinogenicity, bioaccumulation, and health effects on wildlife."

5. PCB's

Domestically manufactured starting in 1929, PCBs are a group of chemicals that were used in numerous products, including electrical

equipment, surface coatings, inks, adhesives, flame-retardants, and paints. Due to health concerns, PCBs were eventually banned in 1979. They were first used by Monsanto in the 1920's to produce coolant fluids.

Helping lead to the ban, research has linked PCB's to cancer, reproductive issues, and damage to the nervous and endocrine systems.

Despite the ban decades ago, PCB's are still present today, as shown by a 2011 study finding the chemicals in 'virtually all U.S. pregnant women.

6. Genetically-Modified Crops

Along with the development of Roundup, Monsanto is most well known for creating genetically-modified food. GMOs (or genetically modified organisms) are living organisms whose genetic material has been manipulated through genetic engineering.

In order to achieve the specific desired results of certain GMO crops, whether it be pesticide-resistance or an anti-browning mechanism, biotech companies create unstable combinations of plant, animal, bacteria and viral genes that do not occur in nature or through traditional crossbreeding methods.

An example of this can be seen with Monsanto's GMO corn, known as Bt corn. This corn is genetically equipped with a gene from the soil bacteria *Bacillus thuringiensis* (Bt). The bacteria produces what's known as Bt toxin, a pesticide that literally causes certain insects' stomachs to explode, leading to death. This is just one of many concerns with GMO crops, and why individuals are hesitant to consume them.

Another huge issue is that virtually all commercial crops that have been genetically modified are engineered to withstand copious amounts of pesticides — think Roundup, the herbicide mentioned earlier

in this piece. The mass application of these health-destructive pesticides on crops leaves the crops undesirable, which has helped pave way for the organic food movement.

What's more, there is no way to stop genetically-modified crops from spreading across the land, contaminating non-GMO, organic crops. This issue has led to numerous farmers tending to organic crops which have been infiltrated by GMOs.

As Purdue so simply puts it: *"GMO 'contamination' of non-GMO grain can occur in corn by virtue of either cross-pollination between adjacent fields of GMO and non-GMO hybrids or by commingling (a fancy term for 'mixing') of seed. The latter can occur at planting time as farmers switch from planting one hybrid to another via seed carryover in the planter. Commingling can also occur during or after harvest time via grain mixing in the combine, trucks and wagons, drying facility or the storage facility."*

Unfortunately, food makers are not required at this time to label foods made with genetically-engineered ingredients. But with 90 plus percent of citizens asking for GMO labeling, there is a chance that this will be achieved in the near future.

7. Aspartame

Aspartame is an artificial sweetener used in numerous food products today, including diet soda, gum, cereals, and more. In 1985, Monsanto ac-

quired the primary company responsible for manufacturing aspartame, so Monsanto has been responsible for the artificial sweetener's place in the market for quite some time. As early as 1999, aspartame was exposed as a toxic sweetener that was made through a process that involves genetically-modified bacteria. An article by The Independent entitled "World's top sweetener is made with GM bacteria" revealed that two of the largest health threats — artificial sweeteners and genetically-modified organisms — were joining forces.

Though aspartame is still considered safe by the Food and Drug Administration, this safety claim is backed mostly by animal studies (almost all animal studies). Unfortunately, animals studies don't bode well for aspartame specifically; here's why.

Aspartame forms methanol in the body which may cause a host of ill effects, from headaches to reproductive issues. Unlike fruits which have pectin to bind methanol, paving way for it to pass through the digestive tract, methanol created by aspartame binds to nothing, and thus is not so easily eliminated from your body.

What's more, humans don't possess a protective biological mechanism that other mammals harness which breaks

methanol down into harmless formic acid. This point makes animal testing with aspartame less than useful.

This alone points to aspartame's toxicity, and when pared with the numerous studies showcasing other ill effects of foods containing aspartame, proves why it's dangerous.

Additional Sources:

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Anthony is the Founding Director of NaturalSociety.com. A platform by which Anthony was inspired to share his experiences on the subject of natural health and an organic lifestyle. Suffering from Lyme Disease at an early age, Anthony was shocked to find the true effectiveness of natural and inexpensive life-saving techniques that his classically-trained medical doctors told him 'would never work.' It was then that Anthony's quest began to share these techniques with the world, many of which have now been accepted by public and mainstream science. He has made appearances on many programs including Drudge Report, Daily Mail, RT, The Blaze, Infowars, Michael Savage's Savage Nation, Coast to Coast AM.

"If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. These are the gifts you can give."

~ Gary Zukav,
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Natural Digestive Rehabilitation

By S.R. Frank

Considering the pervasive use of preservatives and increase in modified foods in our diet, is it any wonder why we have more digestive problems than any other generation on Earth? Our high sugar and carbohydrate intake feeds the fungus and molds (like Candida) that we don't want in our gut. The preservatives in food that are designed to kill bacteria in the bread, cereal, canned and dried foods are killing the good bacteria that we do want in our gut. We all know that antibiotic use disturbs the bacterial balance in a terrible way.

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.

Consider this three-pronged approach to the gut 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 epithelial lining of the intestines by the fungus and bad bacteria. 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. An enhanced aqueous silver colloid of better than 40 ppm will accomplish this nicely. 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.

It should be remembered that mixing a colloid of silver with anything containing salt will ruin it and food tends to make it less effective. Taking the colloid on an empty stomach and not eating for an hour afterwards maximizes the effect. After two or three days of this protocol, you will have attenuated the bacteria and fungus in your gut significant-

ly. Another side benefit of this is that the level of H. pylori in your stomach will also be dramatically reduced.

Now, it's time to re-seed with the probiotic 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. It is not that important to have the most expensive probiotics available. The most important task is to make sure that they have a good environment in which to multiply and thrive. You will give them an environment where they're not fighting to survive by clearing out all the bad bacteria and fungus.

The third step is to repair the epithelial lining. The years of antibiotics, preservatives and sugar have allowed a fauna of pathogens that have been eating-away at your intestinal lining, 24/7 for years. This tissue needs to be healed. 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. These can be encapsulated or made into a tea. Again, taking the capsules or drinking the tea on an



empty stomach is best.

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 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. Diseases such as arthritis, auto-immune disorders, and many skin conditions have been traced back to problems of the gut. Obviously, conditions such as irritable bowel syndrome, SIBO and Chrones are problems of the gut. Without a digestive system you would die. So why then is it hard for us to appreciate that with a poorly working digestive system we will be in poor health?

Kill, re-seed, restore. Put your gut back on track and your health improve.

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 © 2015 Nature's Rite

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Enlightened Santa Monica

By Ann Nelson

Santa Monica is refreshingly engaged and at the forefront of creating eco-friendly city living. The local attitude is not only inspiring, but a perfect example of how a relatively small number of people can make a difference.

The city, with its beachfront setting, laid-back lifestyle and a population of around 85,000 residents, is home to award-winning local farmer's markets and possibly more farm-to-table restaurants than any city in the country. Yoga studios are everywhere and 120 museums and galleries are located within the city limits. A 22-mile bike trail runs along the beach from Torrance to Pacific Palisades.

My friend DJ and I stayed at Hotel Casa del Mar, a historic beach front hotel, within easy walking distance to everywhere we wanted to go. When the elegant hotel opened in 1926, it was the "hottest address" on the Southern California coast and frequented by many of L.A.'s elite. During World War II, this historic landmark was converted into a military hotel. Many changes have taken place since the war and today this award-winning destination oozes with old world sophistication and opulence. The Palm Terrace, with its sparkling pool and Mediterranean garden deck, offers sweeping views of the coastline from Palos Verdes to Malibu.

First-class hospitality is offered throughout the hotel. The eco-friendly Sea Wellness Spa is designed as an intimate retreat in a quiet and elegant setting. Catch Restaurant and Wine Bar takes guests on an epicurean journey by combining creations from top-notch

chefs using the freshest ingredients. The expansive wine list at Catch is honored with Wine Spectator's Award of Excellence. The Veranda is the perfect place to enjoy casual dining and a drink, as you take in the spectacular ocean view through the impressive 20-foot windows!

During our stay, we walked to Palisades Park and savored the breathtaking, cliff-top views of the Pacific Ocean. We rented bikes at Perry's and strolled around the historic Santa Monica Pier. We stopped to watch the children ride on hand-carved wooden carousel horses that were built in 1916. We went hiking in the nearby trails of the Santa Monica Mountains and window shopped a few blocks away at Third Street Promenade.

While visiting, it was a priority to spend an afternoon at the Aquarium at Santa Monica Pier and learn about the Heal the Bay marine education program. This marine environmental facility offers programs, activities and special events dedicated to marine conservation, biodiversity, pollution prevention and environmental education. I'd like to share a few fascinating facts I learned from the program.

- Some of the highest concentrations of plastic pollution in the environment are found floating in an area of the Pacific Ocean, which is commonly referred to as the "Pacific Garbage Patch." This plastic soup area is estimated to be twice the size of Texas and it contains an estimated six times more plastic than plankton by mass.
- The plastic trash poses a significant threat to marine life.

Animals eat plastics, mistaking them for food, and can starve to death because their stomachs are so full of trash. Plastics can also trap and entangle animals, wounding or killing them.

- One of the most dangerous types of plastic pollution is plastic bags. Plastic bags (which resemble jelly fish in the water) can easily be mistaken for food or prey by seabirds, marine mammals, fish, and sea turtles.

The Heal the Bay program offer these specific suggestions about how we can make a difference and put an end to plastic pollution:

- Make wise purchases. Buy things in glass or metal containers. If it has to come in plastic, try to make sure it's recyclable. Never buy anything packaged in Styrofoam.
- If you see a piece of trash on the street, pick it up.
- Use a reusable bag when you go to the market.
- Cut plastic six-pack rings or other plastic rings (like packing straps) into little pieces before discarding them to prevent marine animals from becoming entangled in them.
- Tell your friends to ditch their plastic bottles and bags and go reusable instead.

The "Watch Your Water" game is a good example of a fascinating interactive exhibit offered at the aquarium. Viewers test their knowledge about where water comes from by choosing from one of five categories: Storm Water; Urban Water Cycle; Conservation; Drinking Water; or Water at Home. Correct answers are rewarded with a round of applause, wrong answers are met with an image — and the sound of — a flushing toilet.

A couple of examples of questions:

- How much water per minute is used to take a shower? A) one gallon B) 2.5 gallons C) 10 gallons
- What percentage of plastic water bottles end up in a landfill (vs. being recycled)? A) 10% B) 50% C) 85%

• Where does storm water end up? A) in the ocean B) absorbed in the ground C) in lakes

• What's the best way to clean driveways or sidewalks? A) Sweep into the gutter B) Wash debris away with a hose C) Sweep and place debris in a trash can

Answers, in order from top to bottom: B, C, A, C

It's important to note that Santa Monica has been a leader in creating several important initiatives, including a clean air initiative, through a no-smoking ordinance and a no-Styrofoam policy for restaurants serving to-go items. Public transportation (The Big Blue Bus) is equipped with newer state-of-the-art technology and cleaner burning fuel. Forty-three percent of the fleet of 210 buses are fueled by Liquefied Natural Gas (LNG). This type of gas is 77% cleaner burning than diesel-fueled buses.

Santa Monica thrives and comes alive through practicing holistic living and supporting and incorporating environmental causes. This city, with its progressive and positive vibe, is truly inspirational!

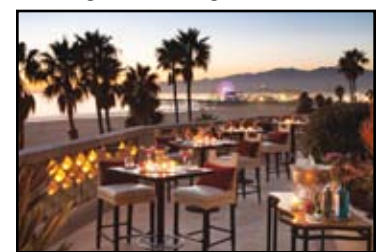
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Ann Nelson is a freelance writer residing in San Diego.



View of Santa Monica Pier from Casa del Mar Hotel. Courtesy of Casa del Mar.

Quantum University

A Scientific Collective Consensus!

By Dr. Paul Drouin



WCQM 2014 Graduates. — Dr. Paul Drouin is seated in the front row, fourth from left.

One of the major sources of resistance I met on my medical journey, when integrating diverse modalities of healing into my practice, was the notion that these modalities were not based on science and were not taught in Western medical universities.

When I started to look more closely at these arguments, I realized, like many others, that what we define as science is relative. I also became aware that our choices of scientific perspective as a society have most often been associated with socio-political interests.

The pretense of being objective and scientific has nothing to do with actually being objective and scientific. In fact, how scientists, philosophers, and theologians have experienced and described reality has evolved over time and will be forever changing. But we have to recognize that throughout the centuries, our universities have been seen as the sacred places where new scientific paradigms are consecrated and eventually accepted by society.

If we wish to integrate

new approaches of healing and address the core of modern medicine, we must first address the problem by looking at how our societies and our universities define the consensus of what should be the standard model of science.

The problem is that the actual medical model of science is outdated. Our basic understanding of the human being is still caught in a dichotomistic perception of mind and body, related to a deterministic concept of biology where there is no option for spontaneous evolution, since the concept of survival of the fittest slaves your health's destiny to your genes. Quantum physics reanimates the old materialistic point of view with a new breath that deepens the perspective of human reality.

Conventional medicine, to date, has been definitively based on the linear and materialistic point of view of the upward causation model. This has resulted in a model of healing where the only legitimate therapies are pharmaceuticals, surgery, and other physical therapies. Therefore,

anything that could be related to as subtle energy (prana, ch'i, vital force) could not be scientifically justified as a valid approach to healing within this model. This is as simple as it gets. Even today, no matter how many studies are published on the benefits of complementary medical approaches, they will continue to be disregarded because their fundamental basis is not a materialistic one.

In the domain of medicine, we are facing a crossroads. We are using an outdated model of science that can only support conventional Western modalities of healing, the costs of which are exorbitant and unsustainable.

"No one knows the price we are paying for an incomplete medical education." — Creative Integrative Medicine

Conventional medicine continues to face challenges concerning the understanding and effective treatment of chronic disease. We can't deny the progress of a symptomatic approach, but studies have shown that chronic diseases consume the majority of the healthcare budget. Sev-

enty-six percent of Medicare spending is on patients with one of five or more chronic diseases (Swartz 2010).

Based on an outdated model of medical and natural education, the problematic high cost of health care will stay out of reach for even the richest nations, unless we shift our perspective from a disease-oriented model to one that is based on achieving optimum health and full potentiality.

A linear, materialistic, scientific model cannot grasp these concepts. This is not about just adding extra vitamins to the consumer's shopping basket, but radically transforming our views on healing.

Einstein said, "We cannot solve our problems with the same thinking we used when we created them." Coming from a background of experience with both social and privatized healthcare systems, I am convinced that simply adjusting socio-political methods for delivery is not enough to solve the current healthcare crisis.

Einstein's challenging new perspective of reality has revolutionized our society in the last 50 years. It's time that we welcome the same applications in our approach to health care.

According to Wikipedia:

The original Latin word "universitas" refers in general to "a number of persons associated into one body, a society... etc." [2] At the time of the emergence of urban town life and medieval guilds, specialized "associations of students and teachers with collective legal rights usually guaranteed by char-

(Continued on page 26)

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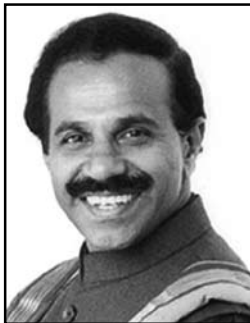
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Quantum...

(Continued from page 20)

ters issued by princes, prelates, or the towns in which they were located" came to be denominated by this general term."

It is interesting to see that the idea of "university" emerged from a collective consensus that defined the standards of science based upon the prevailing beliefs at the time. **Today, conventional universities are not keeping pace with the collective consciousness consensus that is emerging from advancements in quantum physics.**

Interestingly, Quantum University has created a favorable environment for renowned teachers and students to rally around these new paradigms. The Internet has allowed the gathering of

thousands of individuals in more than 50 countries, with respected world teachers in the domain of quantum physics and how it can be applied to medicine.

A new model of University is now emerging, one that can adapt to the constantly-evolving model of science: Quantum University.

Another important phenomenon on my journey of evolution from a linear medical model to a multidimensional model of healing was not just to broaden my toolbox with extra modalities of healing, but to radically transform my relationship with the client from one where I was caught in a fatalistic perspective (diagnostic), with no other outcome in addressing the symptoms, to one of a greater awareness. This evolution of consciousness made possible many results—from spontaneous remissions to personal growth—within

an environment that acknowledged the subjectivity as well as the objectivity of the experience.

By addressing the healthcare problem at its source, meaning broadening our understanding of human reality accordingly to the standards of a multidimensional scientific model, the cost of healing will become an affordable universal possibility for all nations.

Dr. Paul Drouin is a Canadian MD, Homeopath, Acupuncturist, Doctor of Natural Medicine, and Professor of Integrative Medicine with more than twenty years' experience as a family doctor. He has devoted more than thirty years to exploring traditional and alternative methods of curative, preventive, and Integrative Medicine. Dr. Drouin is the Founder and President of the International Quantum University for Integrative Medicine (IQUM) and host of the annual World Congress of Quantum Medicine. His book, *Creative Integrative Medicine: A Medical Doctor's Journey toward a New Vision for Health Care*, explores fundamental questions in medicine and shows how a new medical renaissance in edu-

cation can transform this approach into infinite possibilities of healing and solve the current healthcare crisis.



Are You Learning The Lessons of Life Listening To Your Heart and Moving through Challenges

Teachings by Sufi Master Dr. Ibrahim Jaffe, MD



Have you ever noticed how history seems to repeat itself? Perhaps you had a relationship that did not work out and so you moved on only to enter into another relationship with another person and the same old problems arise? Perhaps you were unhappy with your job because you could not find fulfillment so you went and found another job only to encounter the same set of feelings again?

Why does this happen?

Life is trying to teach you a lesson that you have not learned yet. Life is trying to teach you something that is valuable and necessary in order for you to move to a deeper level of connection in your life.

How can you stop the cycle of history repeating itself and learn the lesson that will bring more depth and love to your life?

Begin by embracing your circumstances and your feelings with gratitude. **Your feelings are the doorway into your heart.** The next time you encounter something challenging or something you simply do not like, instead of reacting to it (resisting it or mentally

coming up with some solution to determine your next action), allow it to become your teacher.

How do you do this? Find a time when you can be alone and sit with the problem. Start by taking your attention to your heart and ask how it feels. Is it angry, sad, lonely, etc? Really connect to how your heart is feeling. Next, bring a spiritual mantra into the feeling. This mantra can be something simple like repeating the name you use to call God or a higher power. Recite your mantra (prayer) continuously until the heart becomes calm and your feelings subside.

When the heart is calm, ask your heart, "what are you trying to teach me"?

Now, take time to listen to what it says. Sometimes you will get an answer through a voice, sometimes through a feeling, and sometimes through an image. Whatever comes up for you, take notice of it and perhaps write it down, for this may be your teaching!

Now, how can you trust what your heart gave you and how do you know what you have received is the truth? Simple, ask yourself how your heart feels about it. Does the answer calm your heart and give you certainty? If so you have found the truth. If not, continue to be in remembrance until an answer comes that brings this certainty and calm. **If you have not found calmness and a solid certainty you have not discovered the truth.**

Lastly, do not ignore your teaching! Once you have received your answer take the next step to live it. Do this practice daily and watch your life transform!

Dr. Jaffe will be conducting The Summit — a four-day intensive workshop in Los Angeles on May 14-17. For personal healings, Dr. Jaffe does one-on-one sessions in person and by remote. For more info visit: www.drjaffemd.com or call: (888) 237-5233.

Off the Merry-Go-Round: 4 Steps to Withdrawing Projections

By Marta Adelsman, Psy.D.

In the early years of my relationship with my husband, Steve, I heard much of what he said to me as criticism. Needless to say, I would approach many conversations in a defensive mode, and they went downhill pretty quickly!

My psychology coursework taught me about a defense mechanism called projection in which we deny and disown our unpleasant impulses and feelings. We then attribute those disowned traits to another person. It's like a movie. That person becomes a screen, and we project our unconscious material onto him.

How do you know when a projection occurs? You know by your emotional reaction. By observing that reaction, you learn about your own hidden agendas and shadow material. When you blame the other person for your angry, defensive, or anxious response, some version of what triggered you exists in you.

Since you can't change another person, the only way out of the drama is to make your own projected patterns conscious. I have devised a four-step process for you to do that. With these steps, you can handle your projection and move it from a defense mechanism to a self-awareness tool.

1) Observe it. Before you can handle a projection, you must acknowledge its presence. Remember, you recognize projection by the emotional upheaval in you. "I'm angry with so-and-so. Therefore I must be projecting my stuff onto her." Step away and notice the experience.

With Steve, when I felt the hot lava of angry defensiveness arise in me and knew it was about to spew, I held myself still and watched the reaction. I recognized a projection had occurred.

2) Name it. Determine the label you have placed onto the person who has pushed your buttons. Common labels include "controlling," "rude," "lazy," "slob," "bigoted" or "incompetent." In this step, I named my labels for Steve: critical and arrogant. Once you know the label(s), you're ready for the next step.

3) Mirror it. Ask yourself, "How do I manifest this trait?" Envision placing a mirror between you and the other person. Picture your projected label bouncing off the mirror and reflecting back to you. It may appear differently in you, yet you can be sure you have some version of it.

When I looked in the mirror and applied the label of "critical" to myself, I saw how I had been self-criticizing for years. I would put myself down several times an hour. Similarly, when I saw my own reflection of "arrogance," I realized how arrogant I had been to criticize Steve for his criticism of me.

4) Own it. This step involves letting the other person off the hook. Stop blaming. Focus instead on the reflection in the mirror. This takes an unequivocal commitment to self-inquiry and to embracing responsibility for your suffering. Every time I caught my self-criticism, I would stop the self-abusive thought and let it go. Owning it also led me to forgive my father for his verbal put-downs of me.

Every time you observe, name, mirror and own a projection, you undermine and weaken the ego. You open the dark, shadowy places in you where the ego-mind whispers, "Look at him! Your suffering is his fault!" Mirroring your projections says to the ego-mind, "I'm looking at you! It's you

(Continued on page 28)

Yoga Instructors Now Entering the Senior Fitness Market

By Francesca Fisher

With so many yoga instructors becoming certified to teach yoga classes to the silver tsunami of older adults, many are looking to diversify their teaching skills by becoming Certified Geri-Fit® instructors. The senior exercise program is the first of its kind that appeals to the niche market of seniors that are over the age of 75.

The program, short for "geriatric fitness," is designed to build back strength that has been lost through the aging process. It also helps improve the rigors of daily living for older adults so that they are able to enjoy life well into their golden years.

The evidence-based exercise program concentrates on building lower body strength in order to return the body to a more functioning state. In addition to the strength training component, Geri-Fit also focuses on flexibility training, range of motion movements, and balance and gait exercises. Any senior age and fitness level can participate, but those who are using canes and walkers will appreciate it the most.

Participants start out using a set of 2-pound dumbbells and then, as their strength increases, they can use heavier dumbbells in order to challenge themselves even more. A typical Geri-Fitter progresses to using up to 4-pound dumbbells within a year's time. There is

no choreography, dancing, or floorwork involved. Each strength training workout is 45-minutes long and classes are held twice-a-week.

Geri-Fit class sizes are kept under 25 which afford participants with plenty of one-on-one instruction when needed from a trained and certified Geri-Fit® instructor. No equipment is needed other than a set of dumbbells, a stretch band, and chairs.

Geri-Fit® instructor certification is held four times a year in Temecula, California. The summer/fall dates are June 27, August 15 and September 26. The one-day instructor certification is presented by the company's Director of Continuing Education, Krishna Suthar, MS, PT, and will be held at the Mary Phillips Senior Center in Temecula, California. Certification fees are \$315 and includes all study materials and two training DVDs. The training and certification program is open to non-certified exercise instructors as well as certified instructors. Those needing contact hours to maintain their current certification will receive .8 CECs from The American Council on Exercise (ACE) by attending the one-day 8-hour clinic.

For more information on the Geri-Fit Company's accredited training programs and Geri-Fit licensing, visit gerifit.com or call (888) GERI-FIT x4.

wardly, your outer world will change, too. After I owned my criticism and quit my mental self-flagellation, Steve stopped appearing critical. The hidden and disowned parts of me, formerly projected onto the screen named Steve, no longer needed to get my attention by appearing in my outer world.

I had come home to myself.

Dr. Marta Adelsman practices in Arizona's Verde Valley as a Mentor in

Physical Weight vs. Emotional Weight

By Dr. Juliet Tien (Dr. J), D. N. Sc.



Once upon a time I was called "little pig" because I was five-feet tall and 50 pounds overweight. After six years of trial and error, I finally figured out the best way to reduce physical weight is eliminating emotional weight.

The major reason why so many dieters go through weight yo-yos is because they focus on losing physical weight. Very rarely did they focus on releasing emotional weight. Based on my personal and professional experiences, I have found that emotional issues are the roots of any physical ailments, including weight conditions.

Spiritual psychotherapy is one of the most effective methods to uproot the real causes of an overweight condition. Basically it focuses on the process of four steps: understanding, accepting, forgiving, and releasing. For example, individuals who were physically and/or emotionally abused during

childhood, tend to use excess weight as a shield for protection during the adulthood.

Once they understand the reasons behind their wrongdoer's behavior, they can accept what happened to them; once they accept the wrongdoer's behavior, true forgiveness will take place; once they forgive the wrongdoers, they will be able to release the pent-up negative emotions such as anger, resentment, fear, regret, and guilt, etc.

Based on my several decades of clinical experience, I have found that the real causes of childhood obesity or adult overweight conditions are usually the above negative emotions and low self-esteem. A vigorous process to release emotional issues will stop emotional eating and thus will prevent the weight yo-yos.

A weight-loss meal plan that contains no sugar, no dairy, no wheat, no yeasts, no alcohol, no nicotine and no chemicals (an anti-yeast nutritional program) can quickly reduce bloating and Hashimoto Syndrome (hypothyroidism). Herbal therapy that aims at curbing the appetite, stopping sugar craving, blocking the fatty tissue formation, and burning the fat will reduce the physical weight. However, the results would be long lasting when the emotional weight is also eliminated.

Permanent weight control is possible when both physical and emotional weights are reduced. Watch the following free webinar to learn how to reach your ideal weight and keep it off in an easy, fast, and healthy way: http://drjshealthybmi_10.gr8.com.

Dr. Juliet Tien (Dr. J) is the leading expert in permanent weight control. For more information, call: (213) 489-1712, or visit website: www.HealthyBody-HealthyMind-HealthyIncome.com

Merry-Go-Round...

(Continued from page 27)

causing my suffering!" Light streams in through the hole you just blew in the ego's cover. You are now in a position of choice instead of automatic reaction.

Once you address projection at these levels and change it in-

Communication and Spiritual Consciousness. She earned a Doctorate from the Chicago School of Professional Psychology and has received certification to teach Listening and Communication Tools. She writes articles for local publications in Arizona. Her book, Why Wallow When You Can Soa? was published in 2014

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BOOK Reviews

By Gary A. Miller



IN THE COMPANY OF SAGES THE JOURNEY OF THE SPIRITUAL SEEKER

By Greg Bogart

Many of us are searching for an inner awakening and a transformation to self-realization. To accomplish these goals a teacher, or spirit guide is often sought. *In the Company of Sages*, the student-teacher relationship is explained, such as different methods used by spirit teachers to unlock your inner potential, gauging your inner response and feelings of trust, and readiness to receive initiation. Described are the nine stages of the spiritual seeker's journey. Explored are choosing a spiritual teacher, the processes of initiation, establishing a spiritual life practice, and even finding a teacher within yourself.

The author shares his own personal journey in encounters with spiritual mentors, and he also tells how to separate from a teacher and deal with the emotional conflicts that arise in this process. This is a practical guide not just for those seeking a spiritual teacher, but also for becoming a spirit sage yourself.

Published by Inner Traditions, this book is available at your local bookstore or at www.innertraditions.com

Handbook shows us how to properly communicate and improve all our relationships, and the key is our relationship with ourselves.

Our childhoods shape us into the adults we've become, and we need to explore how our personalities were formed, and how our experiences inform our behaviors. We develop and feel comfortable with certain aspects of ourselves (disown and deny parts with which we are not comfortable), and use these ways of being in our relationships, which are like mirrors of our inner selves, our ideas, opinions, likes and dislikes. The authors use visualization exercises, meditation and affirmations to bring about changes within our many selves, increasing our awareness and learning to communicate effectively, which will improve our relationships.

Published by New World Library, this book is available at your local bookstore or at www.newworldlibrary.com

CONSCIOUS EVOLUTION AWAKENING THE POWER OF OUR SOCIAL POTENTIAL

By Barbara Marx Hubbard

With our species evolving into an uncertain future, we are on a path of self-destruction. With so many stresses: over population, social, political, economic, educational, environment, religion, and other upheavals, answers can be found in a new book *Conscious Evolution*. We can free ourselves from hunger, poverty, violence and war, social injustice, environmental degradation and failing educational systems. We can change our short-term, consumption and profit-centered, and self-centered capitalism mentality.

The internet, mobile phones, and social media are connecting us as individuals and groups, as we discover our callings or life purpose, and our chosen vocations. We can learn to maximize our potential, and activate our spiritual, social, and scientific/technological capacities in our body-minds. We can, with other like-minded individuals, become social pioneers to help improve and create a new society.

Published by New World Library, this book is available at your local bookstore or at www.newworldlibrary.com

THE RELATIONSHIP HANDBOOK A PATH TO CONSCIOUSNESS, HEALING AND GROWTH

By Shakti Gawain
and Gina Vucci

There is a need in most of us to give and receive love and connect and share with our partners, families, co-workers and friends. *The Relationship*

THE END OF SELF-HELP DISCOVERING PEACE AND HAPPINESS RIGHT AT THE HEART OF YOUR MESSY, SCARY, BRILLIANT LIFE

By Dr. Gail Brenner

We all can discover peace and happiness without the need of self-help and improvement projects that often leave us unfulfilled and unhappy. *The End of Self-Help* questions everything from conditioned mental and emotional habits (many learned from childhood), negative thoughts and feelings, personal struggles, addictions, worries about the future, and thinking about traumatic past experiences. The author shows how to let go of the feelings of inadequacy, tendencies to judge others, fear of letting go of control, or losing independence.

When you have struggles and confusion in your life, investigate them, stop looking outside yourself for solutions, and learn to become aware and completely open in your mind, heart and body, and it will bring you happiness and fulfillment.

Published by Ananda Press, this book is available at your local bookstore or at www.gailbrenner.com

(Continued on page 30)

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MUSIC&MEDIA Reviews

By Michael Diamond



DAVID ARKENSTONE AND CHARLEE BROOKS

Inamorata
www.davidarkenstone.com

The eagerly-awaited release of "Inamorata" is a bit of a departure from the previous work of David Arkenstone and Charlee Brooks and leans more towards pop/crossover genres than anything they have done before. The album includes eight original songs as well as renditions from the themes from "Downton Abbey" and "Game of Thrones." Vocalist Charlee Brooks seems to be able to shine in a variety of contexts with equal brilliance. I was also impressed with her balance of well-trained vocal technique and pure emotional expression. David Arkenstone is truly one of the finest symphonic arrangers in this genre that I have had the pleasure to listen to and write about, not to mention his skills on piano, guitar, and more. "Inamorata" is a romantic masterpiece that bears repeated listening to absorb the intricate orchestral details and heartfelt threads of emotion woven into the fabric of its lush sonic tapestries.

DEUTER

Reiki Hands of Love
www.newearthrecords.com/artists/deuter

Way back at the dawning of the new age music genre in the late 1960's and early 1970's, a few seminal musicians planted the seeds of a new kind of music that was in tune with the awakening consciousness and emerging spirituality of the time. One of them was German-born Deuter (pronounced Doy-ter) who released his first album in 1971. Since

that time, Deuter has recorded over 60 albums, with much of it focused on spiritual practices and the healing arts. His recent release, which features piano, synthesizers, flute, guitar, cello, and more, is based on Reiki (pronounced ray-key), a hands-on energy balancing technique developed in Japan. While the serene music on this album certainly makes a perfect background for Reiki or any kind of healing work and meditation, it is also a high-quality listening experience in itself for anyone who enjoys relaxing instrumental new age music

FIONA JOY

Signature – Solo
<http://www.fionajoy.com/>

While Fiona often performs as a solo pianist, her previous recordings have featured many well-known studio musicians. However, as the title indicates, the new Fiona Joy album is a solo piano recording, which is available on CD and mp3 as well as audiophile formats. The album features her composition "Grace," of which a version is also found on the GRAMMY-winning "Winds Of Samsara" CD by Ricky Kej and Wouter Kellerman. What impressed me the most was the emotional range and diversity that emanates from her heart and soul into her fingers as they dance on the keyboard. Fiona's composing and piano artistry and are like a rainbow reflecting the colors of the spectrum. Each tonal shade draws the listener in to what she is feeling and expressing. But no matter what the mood, anything that Fiona plays is marked by an elegance and aesthetic that is evocative and inspiring.

JEFF OSTER

next
<http://music.jeffoster.com>

Jeff Oster, who plays flugelhorn and trumpet and is well known for his collaborations with Windham Hill Records founder Will Ackerman, is one of the few horn players that brings these instruments deep into ambient territory with haunting and ethereal sounds that float in the air like gently drifting clouds. His previous recordings have been some of my favorite of the genre, but his new release, simply entitled "next" takes it to another level. Here he has enlisted some of the finest studio musicians in the world, in particular Nile Rogers on guitar, drummer Bernard Purdie and bassist Chuck Rainey who have played on literally thousands of recordings for the biggest names in music. Jeff has pulled out all the stops to release one of the most highly-anticipated albums of the year. Mellow grooves and atmospheric textures combine to create a listening experience that is truly out of this world.

PETER KATER AND MICHAEL BRANT DEMARIA

Heart Of Silence
www.soundstrue.com/store/heart-of-silence.html

Heart Of Silence is the first collaboration for GRAMMY nominees Peter Kater and Michael Brant DeMaria. Both have won numerous awards, with Peter being recently named for the 2014 ZMR "Lifetime Achievement Award." Subtitled "Piano and Flute Meditations," the music blends Peter's elevating piano with the soothing sounds of Michael on a variety of Native American flutes. One of these wooden flutes is about five feet long and looks more like a bassoon, with a resonance that vibrates your whole body when you listen to it. Titles like "Radiant Dawn," "First Breath," "Tender Heart," and "Awakening," provide a clue as to the peaceful sounds to be heard within. In their words:

"These sound poems and tone prayers are offerings to you and the Universe. They are soulful improvisations created by virtue of deep listening and infused with love and blessings."

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

Book Reviews...

(Continued from page 29)

ONE SPIRIT MEDICINE ANCIENT WAYS TO ULTIMATE WELLNESS

By Albert Villoldo, Ph.D.

Many of us find our relationships, minds, emotions and bodies off-line, keeping us from a healthier life. *One Spirit Medicine* is designed to ensure optimal wellness by addressing the root cause of physical, mental, and emotional suffering rather than treating the symptoms.

We are exposed to toxins from the air, water, food, and mental toxins of unhealthy thinking that throw our health and well-being out of balance. You will learn to detoxify your brain and body, and reduce stress hormones with superfoods and supplements. Free yourself from debilitating stresses of physical, mental, emotional, and spiritual suffering by life demands, and restore balance in your life. Spirit is the great balancing force of life itself and brings harmony and higher consciousness.

The key to our healing lies in our ability to embrace ourselves, become aware as living, conscious, and connected beings, and most of all changing your diet to organic, nutrient-

(Continued on page 31)

REFLEXIONS BELT EXIONZ

By Robert Ross, CHZT



on Brain Fitness for Boomers

"I've been wondering," Isabelle commented reflectively over dessert, "if it is foolish to make new memories when you know you are going to lose them."

— Erica Bauermeister, *The School of Essential Ingredients*

Memory loss begins to add up. First it's forgetting where the car is parked, or forgetting the names of known actors. Soon, it's forgetting names in general, or forgetting items one went to the store to purchase. Laugh it off, "oh, a senior moment." But the concern begins to mount. Where's this going? Is this the beginning of a noticeable decline in memory, or something more serious?

The Boomers are flocking to brain fitness programs like foxes to a hen house. Aging can bring on memory loss, so the choice is simple: fight back or surrender to the loss of one's mental competence. Surrender to the loss of one's sovereignty. In 2013, over a billion dollars was spent on brain fitness programs. Those numbers are sure to rise.

Turn on the TV and along with the incessant ads for pharmaceuticals, programs like Lumosity are making claims to solve the issues related to brain and memory decline. A Google search of brain fitness programs reveals a selection as long as a family's grocery list: MindSparke, BrainHQ, Dakim Brain Fitness, Jungle Memory, Elevate, Happify, Happy-Neuron, BrainGymmer, Fit Brains, Learning RX, Cogmed, BrainWare Safari, DaisyBrains, Anti-Aging Games, and CogniFit

Brain Fitness to mention some of the more prominent sites. The cost ranges from free to around a hundred dollars per year, depending on payment plans. Most programs offer a free trial period.

The sites appeal to a certain demographic. Dakim Brain Fitness is designed for people over 60 with serious brain disorders like Dementia or Alzheimer's. The Happify audience, according to their website, is "to train your brain and help you build skills for lasting happiness. . ." And, DaisyBrains is "on a mission to challenge brain fitness levels of women everywhere."

Some Boomers, like this writer, are acknowledging the ol' brain ain't what it used to be. We work out in the gym for various parts of the body — lungs, heart, legs, arms or abs. But brain fitness, cognition, reasoning, memory, where to start? And does it work?

Cognition and neuroplasticity are terms used in the brain fitness world. Cognition is, simply put, thinking! Neuroplasticity, or brain plasticity, is the brain's ability to reorganize itself by forming new neural connections throughout life. Neuroplasticity allows the nerve cells in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment. Rewire, reorganize, adjust, are key terms in the brain fitness revolution. Stroke survivors demonstrated this ability by learning to use different parts of their brain to regain function during rehabilitation.

In spite of the research and

findings on brain plasticity, the jury is still out concerning the overall effectiveness of brain training programs. Neuroscientist Dr. Adrian Owen concluded "regular players of brain games got better at the games themselves through familiarity rather than showing any marked improvement in fluid intelligence (the ability to solve novel problems and adapt to new situations as opposed to accumulating knowledge)." Emily Underwood, a staff writer at Science Magazine was more critical in a 2014 article titled *Brain Game Hype*. "Aging baby boomers and seniors would be better off going for a hike than sitting down in front of one of the many video games designed to aid the brain." Her claims were based on a group of nearly 70 researchers who critiqued some of the claims made by the brain-training industry.

However, an article on Sharpbrains.com gives brain training a thumbs-up providing it meets these five criteria: First, the program must have the ability to target specific brain functions. Second, the desired brain function must be targeted. Third, once this target area is identified, a minimum of fifteen hours over eight weeks is needed. Fourth, training must adapt to performance, require effort and attention, and an increase in difficulty. And last, continued practice is required for continued benefits.

Whether or not you're a believer in brain training, the debate continues. Brain training software will continue to develop, and research into the brain's plasticity will provide new benefits for all ages.

And, with an estimated 10,000 Boomers a day retiring, this current one-billion-a-year industry can expect to see an explosive growth in the coming years.

Dr. Michael Merzenich, world-renowned neuroscientist, thinks 'brain aerobics' will be a part of the not so distant future, like physical exercise is a part of every well-organized life today. With this in mind — 'brain aerobics' — this writer will take a three month, three-day-a-week brain fitness class. I hope to share the results and my new and improved brain with the Awareness reader. Stay tuned!

Robert Ross can be reached by e-mail at: SanDiegoRoss@Yahoo.com

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Book Reviews...

(Continued from page 30)

rich foods and nutritional supplements.

Published by Hay House, Inc., this book is available at your local bookstore or at www.hayhouse.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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Musings

By Mystic Trish®

Relationships

*Twinkle, twinkle, little star,
how I wonder what you are.
Up above the world so high,
like a diamond in the sky.*

We are all interconnected in a relationship with every other living and conscience thing on this planet. We are even in relationship with things not on or from this planet.

Like the Sun and the Moon, the planets and the stars that shine at night and cause us to look up and wonder why?

The sudden arching light with a tail of sparks trailing behind it that briefly illuminates the night sky. That shoot-

ing or falling star is produced by the entry of a small meteorite into the Earth's atmosphere. In a way that we may find incredible, we are in a relationship with this bright little visitor as well.

We see more and more of them reported in the news and online. Is this because there are more of them or just more cameras to record their entrance into our atmosphere? Startling us with their entrance onto our little planet, what do they carry with them? The shooting stars that crash into us are bringing new life with them!

The theory is that it might be some kind of really tough terrestrial algae or microorganisms that can survive space travel buried deep inside the protection of rock and ice.

There have been meteors found that we know are from Mars. Google it and see them for yourself. And on ancient Mars there was water and we now have proof of life of some kind. According to a recent report from NASA, in an article recently published on its website, they have found nitrogen. (NASA's Curiosity Rover Finds Biologically Useful Nitrogen

on Mars, March 24, 2015).

Nitrogen is essential for all known forms of life. It is used in the building blocks of larger molecules like DNA and RNA, which encode the genetic instructions for life, and in proteins, which are used to build structures like hair and nails and to speed up or regulate chemical reactions. (Nancy Neal-Jones / William Steigerwald.)

This is wildly exciting. Before now there have been many ideas and speculations about life on other planets and how it might impact Earth. One idea is something called Panspermia and how material got from one planet to another planet. Panspermia literally means to spread seeds everywhere all at once.

Panspermia is the school of thought and research about microscopic life from distant planets and outer space that can survive deep space and be deposited on this planet when one of those meteorites collides with Earth. This would happen if a planet is struck by a meteor that is big enough to jet-tison small pieces of its surface out into space, and those jet-tisoned pieces traveled to another planet and crashed into the second planet as a shooting star or meteor.

If they land in a place where they have the right conditions they can become active and start to evolve. This has happened between Earth and Mars. Is this how life came to be on Earth? Is it how life started on

this planet? Maybe some of us are really from Mars!

So these Martian rocks were blasted into space when a meteor hit Mars and they found their way to Earth. What does that say about our relationship with other planets and the universe?

How many Origin stories from ancient cultures talk about being descended from the stars? Maybe they didn't show up in a spaceship but in a flaming frozen rock. What does this say for our future as the dominant life form? This theory shows how interconnected we really are, not just as human beings or Earthlings, but also in a fundamentally basic life form.

We live in an interconnected web of relationships on this planet, in this Solar System, in this Galaxy and beyond. Our ever-spinning organic spaceship in the sky that moves between the Sun and the Moon is just our little neighborhood in a bigger Intergalactic City.

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From the smallest single cell ameba to the largest redwoods, from the depth of the Marianas Trench in the Pacific Ocean to the highest Himalayan Peaks, from the tiniest nanobot to the largest skyscraper, we are in relationship

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 40 years experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at Mystictrish@cox.net



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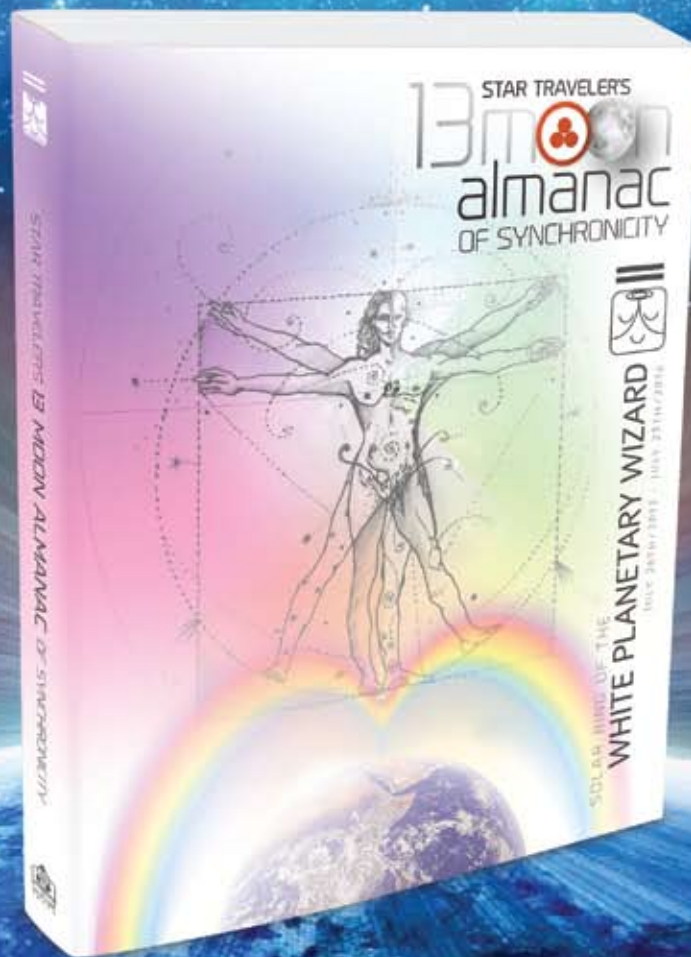
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