JOHN E. FETZER
AND THE QUEST FOR THE NEW AGE
BY BRIAN C. WILSON, Ph.D.
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ON THE COVER: JOHN E. FETZER AT THE MICROPHONE AT WEMC (ca. 1927), Photo courtesy of the Fetzer Institute.
Shortly before he died, John E. Fetzer said, “If they ever write about me, the title will probably be the ‘Nine Lives of John E. Fetzer’.” No idle boast, Fetzer indeed lived many lives. And one of those is only now being revealed.

Born in Indiana in 1901 and headquartered for most of his life in Kalamazoo, Michigan, John Fetzer was a pioneer broadcaster who helped bring the first radio station to the region in the late 1920s. An astute businessman, he grew with the industry, making millions by expanding his holdings from radio into television, recording, and then cable. During this time, too, he acted on a national stage, called on by the federal government and the industry to assume positions of leadership to help manage the many aspects of an electronic media that were swiftly evolving into the dominant form of communications in the United States. In his day, though, Fetzer was best known not as a media mogul, but as the owner of the Detroit Tigers baseball team for almost 30 years beginning in 1956. By the time he died in 1991, Fetzer had been listed in Forbes magazine as one of the 400 wealthiest people in the United States.

Of his many lives, however, the one that is not well known is that of his life-long spiritual search, which led him from traditional forms of Christianity to an exploration of a variety of metaphysical religions culminating in the New Age. Fetzer attributed his business success in large part to his spiritual ideas and practices, but his quest for the New Age is made all the more significant because he used his wealth to institutionalize his spiritual vision in the Fetzer Foundation, later renamed the Fetzer Institute, a Kalamazoo-based organization with a 500-year mission to bring spiritual transformation to the world.

For Fetzer, spirituality was a recognition that all is spirit, which he conceptualized as an eternal, conscious energy that, if one were open to it, would inevitably lead one back to the “great central source,” which some choose to call God. The Institute was thus born of Fetzer’s desire to prove the reality of spiritual monism by funding research into the science of spirituality, which was its priority during the last years of Fetzer’s life.

Fetzer also hoped that the Institute would form a tangible and useful legacy of his spiritual search once he was gone. In this last, he was eminently successful, for long after his death in 1991, the Fetzer Institute continues to flourish.

But a close look at Fetzer’s life, beyond simply documenting the fascinating story of Fetzer’s spiritual journey, reveals the way in which Fetzer’s quest mirrored that of thousands of Americans who sought new ways of thinking and being in the evolving metaphysical movements of the 20th century.

One of the major attractions of metaphysical movements has always been the fact they provide a practical spirituality that draws from both science and religion. For John Fetzer, trained as a radio engineer but steeped as a young man in the Fundamentalist dogmas of Seventh-day Adventism, figuring out how to effect this reconciliation became a burning question that led him to embrace a metaphysical worldview as both deeply spiritual and scientifically defensible. In fact, the reconciliation of science and spirituality was one of the primary goals of Fetzer’s spiritual seeking and one of the primary motivations for his philanthropic legacy.

Another characteristic of metaphysical religion is its inherent eclectiveness, that is, the utter freedom with which its adherents pick and choose elements from discrete metaphysical traditions to craft worldviews of their own. Nowhere is this better illustrated than in John Fetzer’s spiritual search: from the 1930s until his death in 1991, Fetzer continuously evolved his worldview by combining and recombining elements from dozens of metaphysical traditions in a process he called “freedom of the spirit.”

Unlike the thousands of Americans who engaged in a similar process, Fetzer’s synthesis can be documented step by step, thus providing a remarkably rich and detailed roadmap from the Spiritualism and The-
osophy of the 1930s all the way to the New Age of the 1980s—and beyond. Recent polls show that the worldview of the fastest growing demographic in the United States today—those who identify themselves as “spiritual but not religious” (SBNR)—is shot through with an eclectic mixture of metaphysical ideas and themes; indeed, SBNR can best be described as a hyper-individualistic evolution of the metaphysical and New Age movements of which Fetzer was an early pioneer.

What’s more, by placing Fetzer’s spiritual development within the broader context of the history of metaphysical religions in America, one can see that his metaphysical interests were not atypical of the Midwest, which, despite conservative “heartland” myths to the contrary, was long a center of metaphysical activity, well before California attained that status. When John Fetzer started his spiritual search among the metaphysical movements in the 1930s, he did not have to go far to encounter traditions as diverse as Spiritualism, Theosophy, esoteric Freemasonry, and Hermeticism, either in the flesh at places like Indiana’s Camp Chesterfield or in the books, magazines, and pamphlets churned out by the thousands by Chicago’s many metaphysical presses. And this Midwestern metaphysical subculture only grew during Fetzer’s lifetime. Fetzer did frequently reach beyond the Midwest for spiritual resources, but what is remarkable is how much of what he needed he found very close to home in Indiana, Illinois, and Michigan.

This is not to say, of course, that the metaphysical Midwest was the same as the metaphysical West of California. That this was not the case is well attested by the specific details of Fetzer’s developing worldview. A product of a small-town Hoosier boyhood, Fetzer never shed his Midwestern sensibilities, and for this reason certain heartland themes carried over into his New Age worldview in ways they probably wouldn’t have in other regions. These included an enduring pietistic belief in the importance of Jesus; an abiding concern for the integrity of community and the responsible use of wealth; and an unabashed patriotism that saw the American experiment as the herald of a New Age that never quite lost its Christian millennialist tinge. Thus, an exploration of Fetzer’s spiritual search not only highlights the ubiquity of metaphysical currents in the United States, but it also begins the process of recovering the Midwest’s distinctive metaphysical culture.

John E. Fetzer’s story is thus both the chronicle of one man’s spiritual search and a window

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onto the rich and complex history of metaphysical religions in America. The historian of American religions, Catherine Albanese once wrote that her years of research had convinced her that metaphysical traditions are “a normal, recurring, and pervasive feature of the American spiritual landscape.” The correctness of this assessment can well be judged in the spiritual life of John E. Fetzer and its afterlife in the Fetzer Institute.

Brian C. Wilson, PhD, is the author of John E. Fetzer and the Quest for the New Age. He is a professor of American religious history in the Department of Comparative Religion at Western Michigan University. To download a FREE CHAPTER of his book and learn more about how John E. Fetzer explored the interconnectness between science and spirituality, visit www.infinitepotential.com

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Prosperity: The Treasure in the Heart

By Joan Diver

Author, When Spirit Calls: A Healing Odyssey for Awareness Magazine

We sometimes equate prosperity with wealth and position. But if we think prosperity is what we have, we will always want more. If we think it’s what we accomplish, we can never accomplish enough. Buddhism teaches that desire is the cause of all suffering. So what if prosperity means something different? What if it refers to the treasures of the heart?

“No man can tell whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He is rich according to what he is, not according to what he has.” –Anonymous

When I was head of a grant-giving foundation and preparing a speech for a TV station event, I had a vision where scenes of poverty and violence kept repeating century after century, all over the globe. Suddenly a voice emerged: “Conditions will change only if everything that we truly are—souls grounded in love and connected in a unified consciousness that is deeper than all our fears and divisions.

How do we create a pathway to the riches in the heart?

“Look inside yourself. Everything that you want you already have... Be silent and listen”—Rumi.

Creating silence: It is challenging to commit to a regular practice of quiet contemplation. But time in silence can bring both contentment with the abundance we have on the outside, and knowledge of what we “already have” on the inside. How hard is it for you to make and sustain a commitment?

Listening for Spirit’s call: When you become one with the Universe, you bring back from that experience an awareness of the whole that can guide you from then on. And as you touch that awareness again and again, it continues to guide you.” —Paula Underwood

Spirit may speak through the subtle winds of synchronicity or in the words of a friend, a light flutter in the heart, the space between the breaths, the silence of the night, even through pain. We often find it difficult to discern how we are called to be present in the world as well as to experience “an awareness of the whole.” But the more we practice and trust, the more confident we can become. How does Spirit call in your life? Are you willing to follow? What might stand in the way?

Facing fear—

“Fear is nothing more than a mask. Send it light and it becomes a pathway. On the other side there is a garden. Walk through the fear and know it is light. And where there’s light, there’s God...”—A healing room voice of wisdom

Fear begs us to return to the familiar instead of following a call into places aligned with the prosperity of our true selves. In my journey publishing a memoir, I have been led through layers of fears, been filled with grace and been shown my resistance through back pain or apparent illness. I have come to know that I must accept the discomfits, be in dialogue with them, and let emotions erupt to clear the way for the next step. I am still learning to walk through the fear and trust that it is a guiding light taking me ever closer to the treasure in the heart. What are your fears? Can you walk with them?

Gratitude—

“...it is only with gratitude that life becomes rich.” –Dietrich Bonhoeffer

Gratitude becomes fuel for love and for understanding the world’s giant web of interconnectedness. In a daily practice of naming our blessings, we find that the number can grow infinitely—even including the “bad” things that have happened. Once I was a passenger in a car accident where no one was hurt. But the driver was shook up, burdened by blame. I suggested that he make side-by-side lists: one where he named all the “bad” things about the accident; the other, what he was grateful for. What would your two lists look like?

Seeing the divine in each other—

“Our wealth is in loving each other.” —Karen Bryson

Howard Thurman, grandson of a slave, mystic and preacher, tells us to “keep open the door of the heart. It matters not how many doors are shut against you!” How can we practice looking beyond the outward façade of others to see the divine good within them? When we are in the checkout line, watching passengers get on a bus or an airplane, or eyeing a crowd, we can look at each stranger remembering that we are all part of the same circle of love. In meetings or family gatherings, we can practice with people we know. On the streets, we can bring this awareness to the homeless or individuals we consider “other.” How does the energy shift? What does this open in you?

If earthly riches separate us from our inner truth and one another, they rob us of the riches of the heart. But if we experience prosperity as the heart’s treasure, we can become bearers of spiritual transformation.

References:

Paula Underwood quote is from Briskin, A., Erickson, S., Lederman, J., Ott, J., Potter, (Continued on page 11)
Spiritual Prosperity

By Paul Hudon

There may come a time in our lives, when we desire more of a spiritual connection to our true selves. For me, I was seeking more prosperity, spiritually, this may sound odd, because I was unsure what this truly meant. What does this mean? Everyone will have a different answer to this question, and the response may change throughout a person's life. People may believe, living a prosperous life is financial success and abundance, but what about our lives spiritually. I thought this would be a powerful conversation to have with my Inner Voice.

The subject of spiritual prosperity, can you shed some light on this?

The human experience is intended to be much more than accumulating financial wealth and material objects. The intention is to connect with the other people on your planet through love, kindness and compassion. Through this powerful connection a person will discover who they truly are and the reason why they are on Earth at this point in time. Each person has a purpose to be alive right now, though many would disagree with this truth. Whatever a person is experiencing or has experienced in the past, will be lessons to learn for their own personal growth, as well as growth for all of humanity. Spiritual prosperity is the realization that every encounter a person has in their life is meant to happen for the good of all. From this emotional place, a person will see everything in their day as a positive lesson, an important lesson. This person will interpret negative lessons not through the eyes of anger, irritation or frustration, but through their ability to sift through the event and discover the positive aspects that will benefit them the most. Through this action they will have gained more knowledge and wisdom than if they were blind to the lessons.

Is Spiritual prosperity important in a person's life?

The importance with recognizing a person's spiritual prosperity, is from this place of awareness they will discover who they truly are. Also, Spiritual prosperity begins when a person accepts the truth that they are guided and loved by an energy that will never cause them harm or discomfort. As a person becomes more aware of who they truly are, they will also become connected with this loving energy. Spiritual prosperity is the joining of who they are in the physical body with who they are in the energetic body, or as some would say the non physical part of them. Once this joining has been accepted a person then begins to live and speak through the tremendous love that has created them, all they can see, and beyond.

Spiritual prosperity sounds like an abundance of spirituality. Am I right in thinking this?

When a person accepts the powerful fact that they were created through the tremendous love that has also created everything in their lives for their benefit, they will then experience abundance, physically, emotionally and of course Spiritually.

Some would argue that they are not experiencing abundance in their life, let alone spiritual prosperity. What can you say to them?

Every moment in a person's life is filled with decisions and choices. Yes, life can be a challenge for some people, but it must be realized that these challenges are meant for their growth. Also, the choices they make because of these events, shape the outcome of their reality. When a person begins to discover the powerful love that is within them, they will begin to make the choices that will direct them to their best life possible. Spiritual prosperity is knowing that when a person acts, thinks and speaks with love as their guide, they will experience prosperity in all aspects of their life.

Is it our responsibility to see our situation as a positive lesson, before we can experience the spiritual prosperity that is available to us?

When a person accepts their full responsibility for their life situation, they will no longer be blaming others for their life. Also, as their self love grows, from this new awareness, there will be no need for the self abuse that comes from their negative self talk. Self love becomes the way in which life will be lived, from here love will be radiated out to the world around them. Spiritual prosperity is discovering the endless love that is available to all people, then living their lives through this love.

Paul Hudon lives in a high mountain valley in Colorado where he and his wife farm flowers for their floral business. Paul is putting the final touches on two books he has written with his inner voice. Contact: paulhudon23@gmail.com Read more: paulhudon.blogspot.com
Become Prosperous in Love

By Jennie Lee

Any separation or loss we feel is really the soul grieving its separation from love. Granted, we may not always feel loving, but healing and reconnection begin when we imagine, “How would I act if I knew that I am love?”

Acting as if we are love, opens the door of our heart by generating compassion, kindness, patience, humility, acceptance, and non-judgment. This is not accomplished through fake smiles or niceties but by reaching beyond the emotional lack we may feel in a particular moment and acting from a more conscious place within.

We always have the choice to act lovingly, to be compassionately present to the one in front of us. When we do, we immediately feel the love we were seeking.

We can commune with the divine Source of love, by seeing it all around us, in all that is here and now. If we appreciate the beautiful flowers in our garden, we can recognize that love is manifesting in those flowers and shining back at us through their radiant faces. The joy we feel with our pets is love expressing itself to us in those unique forms. Our friends and family are all reflections of Source love offering us reminders that we are not alone or separate. This is a beautiful way to meditate on the abundance of love and open new personal experiences of divine connection.

Relax into Receiving

Because true wellbeing depends on our ability to give and receive love completely, it is time to release any and all beliefs that limit love. Receiving is an acquired skill, just as giving is, and we need to become unconditionally receptive to love in all its forms.

Sometimes we block it as it comes to us from another because the way they choose to express it is not necessarily the way in which we most wish to receive it. For instance, someone may be capable of expressing love through a kind gesture but not through clear communication. If we can release judgment and allow ourselves to receive love as it is imparted, then we will feel an expansion. If we limit love to the ways in which it feels most comfortable or familiar to us, then we may miss many opportunities to receive it.

Part of allowing ourselves to be loved is opening to receive in ways that we may not have experienced before, and also be willing to offer love to another in a way that may feel unnatural to us, but meaningful to them. Every time we expand our ability to receive love, we simultaneously expand our ability to give love, and vice versa.

If our intention is to know ourselves as love, then any relationship in which we act lovingly will be fulfilling, because intention creates meaning. If not, then it does not matter how much attractiveness or compatibility might be present at first, over time, love will fade. The happiest relationships are those we relate to from our highest Self and that foster our spiritual growth in this life.

Love is always within us and around us, ours from our first breath. As we enlarge and clarify our consciousness, love emerges in new ways and shines through the barriers erected by our personal histories.

Anytime we are not aligned with love, we will notice tension, in the mind, in the body, or in the heart. Muscular relaxation and mental surrender go hand in hand, and love is the greatest catalyst. As we still the restless mind through relaxation techniques and meditation, we create a receptive field within our beings to fully receive love. This improves our health, energy, mental clarity, and relationships. It diminishes pain, reactivity, fatigue, and fear.

To speak of love intellectually is not enough. We have to drop into the quiet space of meditation, cultivate a relaxed stillness within our hearts, and allow ourselves to feel that loving and being loved are actually one in the same.

Meditation on Receiving

Try this meditation on receiving love. Take a deep breath and release it fully. Allow your shoulders to relax and let tension drain from your face, your belly, and your neck. Simply witness yourself in this moment with kindness and compassion. Now, drop your awareness back a bit so the senses fade into the background and your view rests within. Imagine that you are a large container receiving love. See this container expanding more and more to take in more love. Visualize love expanding within you and around you until there are no boundaries left, just love.

(Continued on page 13)
Using Recapitulation to Clear Energy Cords

By John Nelson

Creating Cords
So as energetic beings, every thought, emotion, and physical action make an imprint on ourselves and others. This is carried through by energetic cords of energy that accompany these thoughts, emotions, and actions and get lodged in other people’s energy fields as we interact with them, as theirs get lodged in our fields. Let’s say you have an angry conversation with someone. During this exchange, energy cords from you get lodged in their energy field and from those from him in yours. The next day you may have forgotten about this minor dispute, but your energy field has not, and those cords will stay in both of you forever, or some say seven years. They stay there until you consciously recapitulate the event and unplug these cords.

As a result, an infinitesimal part of the energy you use to maintain various aspects of your life is lost or tied up until you recapitulate that first “event” and the related exchanges that have come up subsequently. Yes, it does seem rather innocuous. But let’s say that you’re a very angry person and have these kinds of disputes a half-dozen times a day for your entire adult life. Eventually your energy or prana will get so tied up by these cords and so depleted that you will open yourself to disease and accidents.

The Practice of Recapitulation
Both Castaneda in the Eagle’s Gift and Victor Sanchez in his book on recapitulation, The Toltec Path of Recapitulation, come at this practice, or art, with the idea of listing and then clearing every energetic “event” of significance in one’s entire life. Both of them would have you start with the stalking exercise of The List. You break down your life from the present moment back to your birth into categories: for instance, (1) all your friends, and then into subcategories; (a) all your artistic friends, your business friends, etc.; (b) the good times, the bad times. Then (2) all the houses you’ve lived in; (3) all your jobs; (4) all the schools you attended, etc.

What all of these have in common are the people that populate each category, and so if that approach doesn’t appeal to you; then, as I’ve done, I would start with the people in your current life, make a list, pick one name, and then recapitulate every emotional exchange with that person back to the first time you met them. And after you’ve exhausted all the people on this list, then go back every six months or a year, and list all the new people you’ve met and have had significant “events” with, and recapitulate them. Keep making periodic lists of people and clearing them and then going on to the next person on the list until it’s exhausted and there are no more people and events to clear.

The Breath
Since I first learned the “sweeping” breathing technique from Big Florinda’s description in The Eagle’s Gift, this is what I’ve used ever since and what I share with those whom I’ve taught the technique. First, you sit still in a chair or on a sofa with your spine erect and your head facing forward, and then turn your head toward your right shoulder and while you inhale, sweep your head to your left shoulder, and then exhaling sweep you head back to your right shoulder. Do this sweeping breath several times. This clears and preps your energetic body for the practice. Then you bring your head to the middle and focus on the person and the situation you plan to recapitulate. Do the sweeping breath from right to left, and left to right again several times while you energetically feel out the person and the situation.

While this technique is rather simple, its proper application is actually more complex. What you are retrieving or removing from your energetic or luminous body are filaments or cords of feelings, and so you must not only relive what you are feeling, including everything this brings up, but the feelings directed at you by the other person, their anger or resentment. The first six chapters of my book are devoted to this practice with all its ramifications, and then once cleared I present practices to raise one’s consciousness.


“IT IS SPIRITUAL POVERTY, NOT MATERIAL LACK, THAT LIES AT THE CORE OF ALL HUMAN SUFFERING.”
~ Paramahansa Yogananda

In my recently release book A Guide to Energetic Healing, published by Rainbow Ridge Books (May 2018), I present the Toltec practice of recapitulation to clear energy cords from trauma, especially physical and sexual abuse, either as a victim or a perpetrator, and from the insults of daily living. These hidden cords remain attached to us from our emotional exchanges with others, siphoning off our life-energy, until they have been “energetically” cleared. While other versions can be found in metaphysical/occult practices down through the ages, it was Carlos Castaneda in The Eagle’s Gift that first brought this particular technique to modern readers.
Prosperity: The Treasure in the Heart...
(Continued from page 7)


Thurman quote is from Howard Thurman, For the Inward Journey, Friends United Press: Richmond, IN, 1984

Bryson quote is the title of her book by the same name.

A healing room voice of wisdom is from a client’s healing session and appears in my book, When Spirit Calls: A Healing Odyssey!

All other quotes are courtesy of the Internet!

Since leaving her position as Executive Director of the Hyams Foundation in Boston, Joan Diver has offered healing to seekers, led contemplative and healing church ministries, partnered with her husband, Colin, in his roles as Dean of Penn Law School and President of Reed College, and been an adviser to an upcoming film on the life and wisdom of Howard Thurman. She and Colin now live in Boston where they are still considered celebrities for their story in the Pulitzer Prize winning book, Common Ground, which was made into a TV Mini Series. Joan, a Wheaton College, MA graduate, has also been featured in People Magazine, The New York Times, Boston Globe, Boston Magazine, Christian Science Monitor, The Philadelphia Inquirer, and on CBS TV. When Spirit Calls is her first book.

As a successful socialite Lucinda had everything but true happiness. Confessions of a Bone Woman details how she reclaimed her authentically wild nature and redefined what it means to be a modern woman.

“White’s story is palpable as she answers call after call to wild adventures outside of her mainstream lifestyle.”
- Amy Zerner and Monte Farber, authors of The Enchanted Tarot

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Finding and Connecting
With the Cosmic Hum and Living It is one of the most valuable things I have done.

In my fifty-five years of working and communicating with psychiatrists, teachers, world gurus, seekers, finders and the wise, I have never found it described, though I'm sure someone must have somewhere. (What are all those Buddhist monks doing when they chant?)

Maharishi Mahesh Yogi, Founder of Transcendental Meditation and Guru to the Beatles and millions more, with whom I worked closely for five years, spoke of the Cosmic Hum but never about finding and uniting with it.

Nisargadatta came the closest with this beautiful quote:

*There is in the body a current of energy, affection and intelligence, which guides, maintains and energizes the body. Discover that current and stay with it.*

But though I loved the quote, I never found what he was talking of or a way it could help me. What he didn’t say or seem to experience is that this current of energy is not just a bodily one, it is the Universe Vibration, the Current of Creation that sustains, supports and nourishes All Things.

It's our Umbilical Chord to Creation that was severed at birth or our Primal Separation that we must refund and reattach. I didn’t really hear it, I Found It, Felt It, Plugged In to it in Deep Meditation. And then, more and more, have been Living It.

Might you, as well?

On July 31st, 2018, I was sitting deep in my morning meditation, giving myself the unaccustomed freedom to play with the mantras I considered closest to the Cosmic Hum, Ing, Im and Um.

The previous day I was Skyping with a teacher who wanted to give a meditation experience to his sixteen-year-old students and didn’t want to give them L&F. So I suggested one of the three closest to the sound of the Cosmic Hum, excluding Om and Huum, which are too freighted with ancient, traditional baggage.

Thinking along these lines had newly been occurring to me.

On the 27th, there was news of NASA and the ESA coming out with a sound recording of the atmospheric waves within the sun that they had sonified, made into sound, and it hummed, like the Cosmic Hum. Everything is Vibration and You, the Sun and the Universe have your/their Own.

And the longest lunar eclipse of the twenty-first century also occurring that day helped mightily. Eclipses are very intense times of the three-step process of pain, release and awakening. As a result of it, I went through a very intense few days of extreme pain on all levels—a dark night of the body, heart and soul— with the concomitant release and following awakening recounted here.

So on the 31st, with most of the pain dissipated, already having achieved a deep state with my own I Love You and Forgive You and the three aforementioned, upon switching from Ing to Im, It Hit Me—the Universe Essence. There It Was, clearly perceived by me for the first time, and It and I Became One and everything changed.

I was no longer disjointed, alone, out of synch with All That Is!

And It continues.

And now that it is conscious, I don’t think it will discontinue or, if it does, I don’t think it will be hard to regain, to ‘stay with,’ as N suggested. On the contrary, it keeps growing.

I have lived and lost these feelings many times—long and short periods of connectedness, love and bliss and then long and short periods bereft of it—but never consciously associated or linked with the Creation Vibration.

I don’t yet know what effect it will have on my outer exis-

(Continued on next page)
Animal Ally Spider and Vibrational Matching Stone: Picasso Stone

By Margaret Ann Lembo

Spider totem is an ally for writers. It has been said that the first letters of the alphabet or the written word were inspired by the various designs found in the webs of spiders. Writing is one of the tools for creating reality.

Spider made itself known to me. Unfortunately, I first recognized Spider showing up because I was bitten by Spider at almost every Sacred Circle Gathering—a medicine wheel event—that I facilitated for over a decade. After that, Spider would show up in more amicable ways. Most of the time, Spider is quite large and obvious when it has a message for me.

When connecting with Spider, it is good to know about Spider Woman, a deity in the Navajo religion and Hopi cosmological teachings. Spider Woman is considered the creator of humans and a great benefactor.

There is an old Hopi story about the people who had many differences and had forgotten their connection with the creator. They had lost their conscience to act with integrity. Those who remembered how to walk in balance on the earth and harmoniously with each other were guided by Spider Woman to survive earth challenges.

Spider’s vibrational matching gemstone is Picasso Stone. Picasso stone helps you get up and get moving. If you perceive blocks, real or imagined, use Picasso stone as a tool for transforming your emotions and achieve life-enhancing self-transformation. When mental confusion arises, contemplate the lines mapped within this stone. Use it as a tool for focus. Just as Spider must build and rebuild her web, you, too, must hold a clear vision of what you want in your web and what you want it to look like. If a piece of your world becomes tangled, both Picasso stone and Spider medicine can help you untangle the confusion so that you can rebuild.

Margaret Ann Lembo is the author of Chakra Awakening: The Essential Guide to Crystals, Minerals and Stones Crystal; Animal Totems and the Gemstone Kingdom, and Angel Gemstone Oracle Cards. She is an aromatherapist and the owner of The Crystal Garden—the Conscious Living store and center of the Palm Beaches. Visit her online at www.MargaretAnnLembo.com

“Some people are so poor all they have is money.” ~ Bob Marley

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The Creation...

(Continued from previous page)
tence or how long it will last.
Time will tell.
But in my living experience it is quite wonderful and has changed the tone and quality of my meditations and daily existence.

There is depth, connection, lack of aloneness, a richness, gratitude and appreciation far more solid than before. I have come home to find a constant friend in That Current of Energy, Affection and Intelligence that Flows Through All Things.

It is me and around and beyond me, another and one simultaneously, the best of bosom buddies, the cosmic marriage, the only real, tangible, personal Deity I have found that works for me on every level in both meanings of the phrase but in a far more global way than the phrase conveys—the Pivot Axis bridging Physics and Spirit, the Pillar of Siva, the Axis Mundi or, better yet, the Axis Creatus, the Kundalini Tree, a sublime, subtle river flowing through and uniting me with Creation, God and Heaven.

May You Seek and Find It!

Mark Landau, Founder of The Love and Forgiveness Meditation, has written seven books on meditation, healing, evolution, politics, sex, fantasy and saving our world and many songs. He does healing and meditation instruction and lives in Santa Fe. mark-landau.com

Become Prosperous...

(Continued from page 9)

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Jennie Lee is the author of BREATHING LOVE: Meditation in Action and the award winning TRUE YOGA: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment. A certified Yoga Therapist and spiritual life coach for over 20 years, she is available by Skype internationally. www.JennieLeeYogaTherapy.com

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ESSAYS BY COLUMNIST & WRITER ROBERT ROSS

From The Isle of Serendip
Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more undiagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

CAUSE OF THE CONDITION

Before we evaluate the “solutions”, let’s consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called “reduction of muscle tonus”. This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means cessation of breathing). The muscles of the soft palate in your mouth do also become weaker. This allows the soft palate to sag. Keep in mind though, that this is the same soft palate that you have during the day and it doesn’t cause you problems while you are awake.

Upon entering stage two sleep, the muscle tonus holding the soft palate out of the airway is reduced. This allows the soft palate to sag into the airway. While this is happening, the same inhibition of muscle tonus is attenuating (reducing) the signals to the diaphragm. The result is that our breathing becomes shallower due to insufficient signal strength to the diaphragmatic muscles. In sleep apnea sufferers, breathing will come to a stop.

As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud “SNORT” partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn’t aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning

(Continued on next page)
selves into a gleeful mood of total gratitude, then and only then should we speak our desire out to the Universe and say, “I have my wife. I have my clothing store, I am sitting in my wonderful college class.”

We do not allow doubt or a dampening of our mood to slow down the momentum. Our energy must be high and clear. Then, when we have achieved that goal, we want something more. That is part of our evolution as constantly-progressing beings. During this process, we make contacts, gain knowledge, and improve our skills. We gain higher and higher confidence and faith in the process. We refine our character and our ethics.

We seem to go blindly through life, but if we trust that each step catapults us forward and closer to our goals, we shall succeed.

Marcille Brandler is an English professor who wants to share how she has created an amazing life using the Law of Attraction. She works to help others in her community with the homeless and in other issues.

Free Video Attract Wealth: https://www.youtube.com/watch?v=6qZ_m4B5aU0&t=7s

The Herbal…

(Continued from previous page)

to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

THE SOLUTION

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort, disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time. In fact some foods like wheat products and cheese should not be eaten near to bed time.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time.

Lobelia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can actually increase the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchange CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.

Note: Increased respiration during stage two will be experienced from the first night of use. However, it may take a week for normal sleep patterns to re-establish in people who have been battling sleep apnea for a while.

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.
Imagine it is April 10, 1912 and you are one of the lucky few to be a passenger of the Titanic. Your life is perfect. Your business is doing well and you have grand plans for the future and are engaged to this upper class woman from Boston. You have a charmed life and maybe time for one more quick romance on the high seas. Now, imagine that 20 hours before departure you were told it’s very likely that this mega ship, build by the finest ship builders with technology was way ahead of the times, was to meet with catastrophe. Instead of crossing the Atlantic, it is destined to find itself at the bottom of the ocean and taking with it thousands of people to their unexpected demise...would you believe it? I venture to say that you would not. Maybe for a split second you reflect and in the next instant you are far too busy to live your life in the splendid future awaiting you. The poor souls on the Titanic did not have a choice! Now you do! People, you are one of the lucky few to be a passenger of the Titanic. Your life is perfect. Your life in the splendid future awaiting you. The poor souls you are very cleverly being led like a dog on a leash into a life with all freedom eradicated from your lives. Because it’s been a gradual process, you do not see it. Mobile phones and technology out of control is very efficiently making all of us slaves to becoming completely under the spell of a computer driven world. Am I painting a very dark picture? Good because we are all doomed to become half human and half robots; willingly and happily allowing ourselves to be dismantled from our own heritage. We need to become divine powerful beings. Stop playing small and understand no religion or politician will save you. They are all part of it for the most part. Ladies and Gentlemen, we are very much on the Titanic. This time though we will all perish by our own laziness; not willing to get off the couch and look ourselves in the mirror and see our stupidity looking back at us.

Many years ago on Maui, this couple shared with me that abundance split in three is (a bun dance). Abundance is never really about money and financial matters, even though it is a part of it. True abundance is to eliminate money as the Holy Grail for unhappiness and happiness. Instead, it is a shift of awareness; a state of mind that allows and empowers everyone to fully recognize that money is energy and that it has to benefit all. It is absurd to believe it is ok for the few to have enormous wealth and the masses struggle to stay afloat. The argument that undoubtedly will arise is, “I worked hard to be where I am and if someone does not want to do that, it’s not my problem.” Of course that is true but at the same time, one can be an example. Whatever I do, I make sure it benefits the larger picture. I can assist and educate others on some level and share in way that empowers others to work hard as well and fulfill their dream. If it’s only about accumulation, manipulation, and control; then it is not about abundance. It becomes about greed, power, and manipulation and that is the highest expression of poverty.

I am still an optimist and believe as everything is a hologram we can change the situation in an instant. For that to happen though we must first completely understand that we must take responsibility for all of our actions and thoughts and start to change ourselves from within. All of this can only exist because of our wrong and lazy understanding. Unfortunately this world and universe is a perfect mirror and we see only what we have allowed ourselves to recognize. We must recognize our divinity and let that reflect back to us as the world..... Do you believe what I am sharing with you? If you do you are great, if not, ask yourself why do I not believe in this? That single thought could change your life and maybe save it from oblivion..... What is the solution? All anyone of us can do is to be fully aware of the problem facing us all. We can start to live out of that understanding and do our best under all circumstances, share this information, educate yourself, and be willing to change all of your limited and outdated beliefs. You are vital for this solution to gain momentum. It’s about being very real with yourself and understanding that no matter what and how grand the next gadget may be, you and I are the destruction as well as the solution..... Choose wisely! It’s your life and your children’s lives hanging in the balance. Love and Respect...
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What is Prosperity?

By T Stokes

We have many kinds of prosperity, emotional prosperity, spiritual prosperity and financial prosperity amongst others.

Many people just see the trappings of physical wealth as a big house, a new car and expensive clothing, as prosperity. But its true to say often the wealthiest people are often the poorest emotionally and particularly spiritually.

Middle English had the word “Prosperite” but this usually referred to a wealthy person, there was no word for the other kinds of prosperity, but the word was probably Greek in origin.

Jesus words that “it would be easier for a camel to pass through the eye of a needle, than a rich man to enter heaven” Matthew 19-24 infers that for one man to possess so much, this cannot have been done with honesty, its also true to say no man can possess such wealth, without the wealth eventually possessing him, people become owned by what they have.

In Hinduism, the rich helping the poor is essential and one of the 5 laws of Islam is to feed the hungry and give alms to the poor.

The handprint shown, is one of the wealthiest men I have met, this is a prosperous hand he is monetarily very poor, but is very prosperous in other ways.

He started his working life as a Maxio-facial surgeon, working on car crash victims, and domestic violence cases, his work load was colossal, he was working all hours in a hospital and earning zillions, but as the years rolled on the work began to play more and more on his mind, he could not sleep properly he began having dreams of rows and rows of people with broken faces, and he knew he had to make some big changes for his sanity.

(1) The change in his destiny line at age 41 is radical and far reaching, although we see a total break it is covered by the most positive sign in palmistry, the protective square, and in this position it is known in India as “the sign of the flag” and tells of a special destiny.

He gave up his posh car and Hospital Consultancy job, he did odd jobs for people and drifted.

(2) Then at age 50 bought an old gypsy wagon calle “Lady Jane” and began traveling the country doing fairs and festivals.

Pete The Wagon as he is known, tells people you can only wear one suit at a time, drive one car, live in one home, his message of a simple life is very contagious, the wide base to the bottom of his hand tells us of his love of the outdoors.

(3) The long heart line to Jupiter tells of his love of people and this marking ends in a Square on Jupiter’s mount, (4) which always means some kind of a teacher or demonstrator.

(5) The forked end to the headline, was called in ancient palmistry the sign of the Fish, as it was forked like a fishes tail, the Fish is a sacred sign in several religions especially Christianity, all this coupled to a growing line of intuition, (6) this intuition blends into the 4 small lines on Mercury’s mount under the small finger, these lines are the mark of the healer, (7) and this Mercury Finger long and straight is the sign of the communicator, this means Pete talks to people, and with this kind of headline in Chinese palmistry is called the mark of the Dragon, and shows a restless nature, and Pete is always on the move.

Curious visitors to his wagon always get a delicious cup of herbal tea made from the hedgerows, leaves and roots that he has found. He also makes a great nettle and dandelion soup, adding onion, garlic, a bit of potato and cream, with salt and pepper. Accompanied with home-made bread baked on the little stove in the wagon.

He has his health and so many friends from all walks of life, the words of Ralph Waldo Emerson are very apt “the first wealth is health”.

The low set flexible thumb like this shows a lover of music, and Pete’s violin is never far away.

Healers come in many guises, but a mixture here of Pete’s palmar markings show the ability to diagnose, Pete never charges a fee but does accept gifts of fruit or similar, the cross on the mount of Apollo, (8) means he will never be financially rich, but to the thousands who know him, he is a very, very prosperous man.

Pete can be contacted at ladyjane@talktalk.net

Happy Palmistry.

T stokes - the UK first lecturer in parapsychological studies has been reading the hands of people from all over the world for over 50 years. He can read whole lives from emailed hand photos. tstokes55@hotmail.co.uk
Money, Our Life-energy, Our Creativity, and the Notion of Exchange

By Rosemary McCarthy

Modern society with its focus on money, prosperity, and success has hijacked our connection to our creativity and life-energy. We are often overworked, stay at jobs we do not enjoy, with our day-to-day work detached from anything tangible. This all causes our life-energy to become depleted.

Tapping into universal flow energizes us. It guides us to life-affirming activities and endeavors. If our mood or life-energy is low we can ask our self: Do my attitudes, actions, and general approach to life uplift me? Does my handling of drama, situations, or life issues drain me? Is my day-to-day life affecting my life-energy?

Tuning into universal flow we connect to the highest part of our self. We discover our innate gifts. Our passions. Our life-purpose. Our relationships become more harmonious. And we are guided how to best use our life-energy so we feel energized.

How we use our life-energy and express our creativity has shifted throughout the ages. In Sacred Economics Charles Eisenstein reminds us that in the past our creativity and life-energy were directly connected to the land. We grew food and crafted products. This created a sense of satisfaction that uplifted us because we had a direct relationship with what our life-energy brought forth. We exchanged with others what we had grown, crafted, or looked after, building a sense of sharing and community. This process held a sacredness. (1)

After the exchanging of goods for goods was replaced with monetary exchange, the sense of sharing and community was retained for a while, but overtime it became about the money – instead of about the sharing of our creations and the connections between people.

Eisenstein suggests that returning to this notion of exchange and how it connects everyone and everything could begin to shift our attitudes about money from its current inanimate, cold, and evil construct to seeing it as a blessed means that helps us embrace our interconnectedness and sanctify our exchanges with each other. He says that this could even pave the way for us to recapture the sacredness of life and living.

To create a world where everyone has what they need to survive – and thrive, we have to start to look at money and prosperity as serving our, and the worlds, highest good. That embracing true abundance is not about what we want, or even who we want to be; it is about our attitudes. Of being grateful for what we have. Understanding there is enough to go around.

(Continued on page 22)
A New Kind of Prosperity

What is the new definition of manifestation and prosperity for 2019, when our world and the people in it are so weary?
Throughout this last year, our eyes have witnessed so much loss and pain, and our politics have bombarded our senses with division and hate and fear and depression. Who isn’t suffering from the disease of the current times? Now it is amazing to just be alright, to just be okay, and fine - and to say, “I made it through another day.” We are all going through so much.
Alchemy to a new world must feel like that. People and things must be exposed and then broken down and brought into view for healing. The world must shake up to awaken. Ugliness and greed and hate must come out for a chance at transformation. The karma has meaning.
And the spiritual challenge for all of us is to become super heroes and heroines who never leave the light and magnificence of divinity - no matter what happens in the outside world. We are stay neutral to the chaos of the times and to never let our power be diminished by trickery and fear. We know that we are in an age of great intensity, and despair - strengthens us. Everything is for spiritual upgrade, and we must ride the storms until the rainbows come, and they will come!
Let us join together to make true the prophesy of the golden age of a new world -
In the light of the most thigh, in the name of our masters and guides, I claim that I am in the frequency of divinity. I know what time it is. There is a battle now to win back the planet and to enlighten everyone to a new earth. I understand that all must be exposed, broken down and resurrected as alchemy of the golden age. I decree and declare I am up for the mission of this great work, and I welcome 2019, a new timeline, where light, love, and unity for all prevails. And nothing shall stop this quest. And so, it is. Amen.

Money, Our...
(Continued from page 21)
Embracing a sense of community. Of sharing. Envisioning and working towards a world where everyone has what they need to survive – and thrive.


This article is based on concepts in chapter 9, “The Planet and Abundance” from my book Your Journey to Peace, Bridging the Gap between Religion, Spirituality, Psychology, and Science (available in print and e-book). After over 20 years of interest in spirituality and self-help and much study, reflection, and partaking in many spiritual practices I felt inspired to write about my findings. Please visit: www.yourjourneytopeace.com

Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: askaudreynow.com audreyhope.com and www.youtube.com/audreynopenow Her CD, The High Voltage Hope System, is available online.
JOHN E. FETZER AND THE QUEST FOR THE NEW AGE
By Brian C. Wilson, Ph.D.

This is a well researched biography of media pioneer and former owner of the Detroit Tigers, John E. Fetzer. Brian C. Wilson, Ph.D., with access to meticulous records kept by Fetzer, created a concise history of the spiritual journey of one of the wealthiest businessmen in the mid-western United States.

John E. Fetzer built and ran his first radio station while an undergraduate student, would go on to start Michigan’s first commercial radio station. An entrepreneur and profoundly spiritual man; his life mirrors the changes in religion and spirituality in the 20th century American Midwest. It is a record of the birth of the New Age movement in America.

Raised as Methodist, he would convert to Seventh-Day Adventism and then to Spiritualism. His life mirrors the changes in religion and spirituality in the 20th century American Midwest. It is a record of the birth of the New Age movement in American.

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(Continued on page 25)
Hobbits & Wild Horses

When George Bernard Shaw visited New Zealand, a reporter asked him his impression of the place. And, after a pause, Shaw replied, “Altogether too many sheep.”

During our two-week visit, we see more sheep than one might witness in a lifetime. But, also come away knowing New Zealand is like no other country. And, full of surprises.

We land in Auckland, the unofficial capital since most international flights use it as a major hub. The following morning, after an unsuccessful attempt at sleep, due to jet lag, my wife Ingrid, asks, “How do you feel? Ready to start driving?”

“I feel like I drank two bottles of cheap tequila! I’m groggy and can’t focus. The twelve-and-a-half-hour flight, not to mention the jet lag, did me in.”

“Let’s have breakfast and check out the traffic before we consider renting a car.”

On the streets of downtown Auckland, I squint through sleep-deprived eyes, seeing masses of pedestrians moving about, while signal’s flash colors commanding go, stop, and maybe go or stop. Cars turn left or right into what would normally be oncoming traffic if we were back home. And, the steering wheels? They’re on the passenger side of the vehicle.

“There’s no way in hell I’m driving in this!”

Plan B is public transportation coupled with professionally led tours. So, we explore Auckland with a local guide, who describes the city as “picturesque but merely the jumping off point for the real New Zealand.”

Excited to see the “real” New Zealand, we hook up with a tour company and head south for a day trip to the Rotorua volcano, North Island’s most popular tourist destination.

The drive to Rotorua takes a couple of hours and passes through pastoral farmland lulling us into a dream-like state. Over time though the view begins to change from grazing land to hills, framed by lush green forests.

We arrive in Rotorua. Exiting the van, a pungent odor startles us out of our dream-like state.

“What’s that smell?”

“Welcome to Rotorua, New Zealand’s thermal wonderland,” our guide says. “Rotorua has been a spa town since the late 1800s, with 17 lakes, mud baths, thermal springs and the world famous Pohutu Geyser. All those steaming pools and lakes we passed entering the area are volcanic caldrons, producing the smell of sulfur, or rotten eggs.”

Thirty yards away is a lake with a layer of steam rising from it, giving the water a greyish hue. Crusty red mineral deposits, which looks like molten lava, ring the shoreline.

Our guide, in his forties, stocky build, informs us that in a few minutes the Maoris will perform a Haka or war dance. On the way over to the outdoor stage, he tells us the Maoris migrated from Polynesia in the 1300’s, and make up about 13 percent of New Zealand’s population. The countries overall population is approximately five million people.

The Maoris are dressed in traditional garb. The men, bare-chested and tattooed, with golden brown skin, wear kilts-like garments, called pupu-pies, mid-thigh in length. The women’s dresses, are off-the-shoulders, knee length, grass skirt-looking, with Polynesian looking patterns. The more traditional Maori women have a tattoo extending from their lower lip to the bottom of their chin. During the dance, the men chant in their native language, stamp their feet, and slap their bodies in rhythm to the drums. At the end of the Haka, they stick their tongues out, part of their ancient warrior custom. This tongue display is also demonstrated by Maori athletes at sporting events in New Zealand and throughout the world.

We hike some of the trails in the park, visit the Rotorua museum, and watch the Pohutu Geyser let off some steam. Realizing one afternoon in Rotorua is not nearly enough time to explore the park, we vow to spend two or three days here the next time we visit New Zealand.

Back in Auckland, we sign up for a three-day tour to the northernmost part of North Island, the Bay of Islands, and Cape Reinga, which includes the “Ninety Mile Beach.” With lush green ocean inlets, pristine uninhabited beaches, and rolling hills as a backdrop, the drive introduces us to another side of New Zealand, the one defining beauty.

On day two of our journey, we turn off the paved road, and onto the ninety-mile beach. Driving along the water’s edge in a small bus, no other vehicles or people appear, just us and the surf lapping gently on the shoreline. Thirty minutes into our drive, the bus slows and comes to a stop. We look to the left and see a herd of wild horses grazing in a shrub area off the beach. Gently stepping from the vehicle, I’m mesmerized by the sight of a half-dozen horses munching away unaffected by our presence. I can’t believe what I see, untouched open spaces, beautiful beaches stretching on forever, and wild horses. I whisper to Ingrid, “I think this is what heaven looks like.”

The following day back in Auckland, we board the Overlander train which takes us down the middle of North Island to Wellington, the capital of New Zealand. In Wellington, we check into our hotel and then walk to the waterfront and board a cable car. Operating since 1902, “The Little Red Car” takes us up Hobart’s mountain for a panoramic view of the bay and leaves us at Wellington’s Botanical Gardens. The hours drift by as we stroll through exotic forests, see native bush, and inhale the aromas of colorful floral displays. These exquisite gardens, originally created in the late 1800’s, cover over 60 acres.

The ferry from North to South Island takes about three hours and docks in the village of Picton, a charming little port town nestled in a cove with a mountainous backdrop. From there, we hop on the Tranz Coastal train for another breathtaking train ride down the eastern coast of New Zealand to the city of Christchurch. The train meanders through canyons, over waterways, and past sheep farms. I thumb through my Lonely Planet Guide to New Zealand and read up on New Zealand’s history.

New Zealand became an official colony of Britain in 1840, with the signing of the Treaty of Waitangi. This treaty, however, is still contested by the Maori. Following the signing, New Zealand grew, prospered and participated in many world events, including World Wars I and II. In 1947 they declared independence from Britain. Today, the economy thrives with the export of dairy and agriculture products.

We arrive in Christchurch on April 25. The country is acknowledging Anzac Day. The headlines read, “Prime Minister Helen Clark is in the Dardanelles laying a wreath at (Continued on next page)
ic plates and records 14,000 Learning from the guide, New the streets are wide, and the descendants of those settlers on pride themselves on being de- established Christchurch citizens arrived at nearby Lyttleton carrying Canterbury pilgrims the first of four chartered ships in 1848 by the Canterbury As second largest city.” He con-

The following day we’re on The TranzAlpine railway crossing the southern Alps to the western side of South Island – Greymouth – about a four-hour train ride. Blanketed by spectacular scenery, we cross rivers, wind through canyons and climb 3,000 feet to Ar- tor’s Pass, where some hikers are dropped off. We exit the train for a brief stretch. The cool, crisp mountain air is exhilarating as it envelops us.

From Greymouth, it’s down to the Franz Josef glacier. The area is one of the more spectacular sights in New Zealand, with a tropical looking coastline, pine trees, and lush green ferns bor- dered by towering white moun- tains. Add a glacier that has, from time to time, descended from the Southern Alps almost touching the sea, and you have an awe-inspiring sight.

Franz Josef is alive with outdoor activities; shops advertise helicopter skiing, heli-hiking, heli-everything. Our budget dictates that we’ll tour anything that our two feet can take us to, so we get a map from the tourist information office and explore the small community, passing shops that offer kayaking, eco-tours, and trips to see the adjoining Fox Glacier.

The next day we’re on the bus to Queenstown. Two hours into the journey, the bus driver pulls over for a stretch break. It’s open countryside, with lit- tle or no traffic. The sounds of a rushing river catch my attention. The driver says, “The wa- ter in the stream is safe, you can drink it.”

Safe? You’re kidding? No Giardia?

Showing complete confi- dence, he repeats, “Don’t wor- ry, it’s safe!”

We dash to the river, cup our hands and slurp the water, giggling like little kids. Kneel- ing at the water’s edge, I glance around, nudge Ingrid and say, “This is the way life should be.”

Arriving in Queenstown, the jumping off point for various activities, from hiking, boating, bungy jumping, skiing and river rafting, our routine is automatic. We check into an economy-type motel, then head into town looking for a tourist information site, or “i-site.” Each town or village of any size will have a kiosk or office where questions are answered, hotels booked and transportation arranged. The streets of Queenstown bustle with tourists and adventurers so we spend the day exploring the town.

We’ve heard from fellow travelers not to miss the fiords of Milford Sound. And, for day hikes, the Te Anau area is supposed to be magnificent. So, the next day we buy some food at the local market and bus to the village of Te Anau and the Fiordland National Park, for some “tramping,” the Kiwi word for hiking. From the park entrance, there’s a host of loop trails available to trampers. After an hour or so of hik- ing we come to a 20-foot-wide stream with a wooden foot-bridge crossing it. Ingrid an- nounces, “This is it, our lunch spot!” We find an area on the bank with a grassy back sup- port and sit, enjoying our pri- vate picnic area.

The following day we’re at the dock boarding the boat for the Milford Sound Fiord. Carved by glaciers thousands of years ago, the chiseled cliffs, covered in lush greenery, de- scend to the Tasman Sea creat- ing a photographer’s paradise. It’s our paradise too.

During dinner that evening, I unfold a small map, showing the road to our final destina- tion, Dunedin, which has the aircraft that’ll take us to Auck- land and home. We’re excited about going home to our bed and familiar surroundings but saddened this adventure is coming to an end.

Our last day in New Zealand we tour the Royal Albatross Cen- tre. The albatross is a magnificent bird with a ten-foot wingspan capable of traveling incredible distances in a single flight. How fitting, this bird with an adventur- ous spirit will bid us farewell.
THE MISCHEF OF THE WISE IS BETTER THAN THE PROSPERITY OF THE FOOL.
— Epicurus

CALENDAR OF EVENTS

OCTOBER

Saturday, September 15th, 2018 9 a.m. - 12 p.m. California Coastal Cleanup Day. Join over 60,000 Californians and clean up our state’s beaches and waterways. www.vcccoastcleanup.org/ This year’s paintings by artist Matt Beard were selected for promotion.

September 20 - 23, 2018. The Healing Power of Pyramids. 2nd International and Scientific Global Pyramid Conference. Chicago, IL. Our goal is to educate the public on the importance of all pyramids around the world. www.globalpyramidconference.com

September 29, 2018. The Port of Hueneme Banana Festival. 10 a.m. - 6 p.m. Enjoy great food, banana recipes, music and more at the Port of Hueneme. www.bananaportfest.com

OCTOBER

Tuesday, October 2, 12:10 - 1 p.m. ARTFUL DAYS: ITALY AFTER THE RENAISSANCE Free Admission. We will begin with a comparison of Michelangelo’s Sistine Chapel from its Renaissance style, to the new Manerist School of Art. (310) 618-2378 or www.TorranceCA.gov at the George Nakano Theatre 3330 Civic Center Drive Torrance, California 90503.

SEPTEMBER

King Tut Exhibition World Premiere at the California Science Center with Unprecedented Collection on View. Now through January 6, 2019. KING TUT: Treasures of the Golden Pharaoh, a new exhibition celebrating the 100-year anniversary of the discovery of his tomb. Proceeds from this exhibition will support the GEM and archeological sites in Egypt. Tickets: $19.50 to $29.95. Hours: 10 a.m. – 3:30 p.m. Discounts are available for members, students, seniors and groups www.californiasciencecenter.org

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— Epicurus

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SoulCollage® - Intuitive Collage for Self-Discovery Foundations Workshop - January 26, 2019 9am-4:30pm – Los Angeles, CA. Facilitator Training Feb. 14-17, 2019 – 24 CEU’s – Los Angeles, CA Info & Registration: https://www.meetup.com/SoulCollage-for-Greater-Los-Angeles/ or email Chantel@ArtandSoulLab.com (747) 248-7878

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