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Wind Turbines Emit Brain-Disrupting ‘Ultrasound Pollution’

Advocates of so-called “green” energy sources would like for you to believe that alternative methods of producing power have few, if any, drawbacks. This assertion has proven to be untrue in most cases, and wind turbines are no exception.

Since wind farms were first introduced, it has become increasingly apparent that there are many problems associated with their use, and that they are nowhere near as green as we were led to believe.

Aside from not being as efficient in terms of cost to build vs. what they actually produce in the long run, they have been responsible for millions of bird deaths, and the chemicals used in their manufacture are far from green.

For years, people who live near wind turbines have experienced a number of negative physical and psychological effects, but until recently it was unclear what was causing them. Among the reported effects are sleep disturbances and “decline in performance.”

But now, it seems at least part of the mystery regarding wind turbines and their effects on humans has been solved.

It has been theorized that “infrasound” waves created by wind turbine rotors might be the cause of the negative effects on humans, but advocates of wind energy have claimed that these low-frequency sounds are below the range of what the human ear can detect, and so the infrasound theories were dismissed by those involved in the industry.

Recently, however, researchers have proven that humans are capable of detecting sound at frequencies as low as 8 Hz, and that low-frequency sounds of the type emitted by wind turbines indeed do have a measurable and observable effect on the human brain.

Dr. Christian Koch of the Max Planck Institute for Human Development in Berlin headed up the research, which indicated that sounds considered too low for human ears to detect are still registered by the primary auditory cortex of the brain. This part of the brain is responsible for translating “sounds into meaning,” to quote The Telegraph.

The researchers also found that another part of the brain—an area associated with emotions—became active when volunteers in the experiments were exposed to sounds in low-frequency ranges which, until now, have been considered “inaudible” to humans.

Dr. Koch said:

The observations showed a reaction in certain parts of the brain which play a role in emotions.

This means that a human being has a rather diffuse perception, saying that something is there and that this might involve danger.

All persons concerned explicitly stated that they had heard something.

True to form, wind industry spokespersons were quick to dismiss the results of the research. Gemma Grimes, Director of Onshore Renewables at RenewableUK, was quoted as saying:

The author himself stated that it would be scaremongering to make any a connection between wind farms and public health issues. There is an existing body of peer-reviewed scientific research, which clearly shows that living near a wind farm has no adverse effect on anyone’s health, and to suggest otherwise is inaccurate and irresponsible.

What Dr. Koch actually said was this:

Neither scaremongering nor refuting everything is of any help in this situation. Instead, we must try to find out more about how sounds in the limit range of hearing are perceived. Further research is urgently needed.

That statement is quite different than the interpretation it was given by Grimes. Indeed, Dr. Koch cautions against jumping to conclusions without further research being conducted, but he also pointed out that “refuting everything” leads nowhere, either.

It’s obvious that more research is warranted, and the wind industry’s blanket dismissal not only of all the reports from people living next to wind turbines but also of this recent study, shows just how self-serving these green energy advocates really are.

—Natural News

Americans Are Fleeing US Cities in Record Numbers

One of the most significant demographic trends in American history, was the growth of our cities during the 20th century. The industrial revolution lowered the labor costs associated with agriculture, while creating more jobs in our urban areas, thus fueling a mass migration into our cities that continues to this day. However, that trend may be reversing for the first time. According to a Bloomberg analysis of census data between 2013 and 2014, millions of Americans are fleeing our cities. But these cities aren’t shrinking, the locals are being replaced by foreigners. Americans are largely leaving due to soaring housing costs, and are being replaced by two different kinds of immigrants. Highly skilled immigrants working in the tech sector who can afford the rent, and low skilled workers who are willing to split the rent, and cram as many of their friends and relatives into tiny urban apartments. Instead of the “White Flight” from our urban areas that was widely documented in the latter half of the 20th century, we’re now experiencing “American Flight.”

—Rumor Mill News
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A study conducted for Britain’s Royal Horticultural Society (RHS) has found that encouraging children to learn gardening boosts their development by helping them become happier, more confident, and more resilient. In addition, gardening also helps teach children patience and the benefits of a healthy diet and lifestyle. The study was conducted by researchers at the National Foundation for Children, who surveyed 1,300 teachers and ten schools. Teachers who used gardening as part of their learning experience reported that it improved children’s readiness to learn. The teachers also reported that gardening encouraged pupils to become more active in solving problems, as well as boosted literacy and numeracy skills. Now the society is urging that gardening should be incorporated as a key teaching tool in schools’ regular curriculum instead of being an optional extracurricular activity.

The report said: “Fundamental to the success of school gardens in stimulating a love of learning was their ability to translate sometimes dry academic subjects into practical, real world experiences. Children were encouraged to get their hands dirty, in every sense. Teachers involved in the research said the result was a more active, inquisitive approach to learning. The changeable nature of gardening projects—where anything from the weather to plant disease can affect the outcome—forced children to become more flexible and better able to think on their feet and solve problems.” Dr Simon Thornton Wood, director of science and learning at the RHS, said: “Schools which integrate gardens into the curriculum are developing children who are much more responsive to the challenges of adult life.”

Sadly, gardening has become a lost natural endeavor in much of today’s urbanized societies. As a result, modern man is losing out on a wealth of natural physical and mental health benefits. Gardening provides aerobic, isotonic and isometric exercise, which benefits muscles and bones as well as respiratory and cardiovascular systems. Such benefits help prevent health problems such as heart disease, obesity, diabetes and osteoporosis. Strength, endurance and flexibility are also improved by gardening, which makes it one of the best all-round exercises.

Physical exercise such as one gets from gardening releases endorphins, which are natural compounds that alleviate stress and its many negative health consequences. Studies have shown that simply being in a garden lowers blood pressure. Gardening also fosters a good night’s sleep and exposes people to beneficial soil microorganisms which many believe help boost the immune system.

Gardeners are more likely to eat a wide range of fruit, vegetables, salad and herbs than non-gardeners, even if they don’t cultivate the produce themselves. Eating a wide variety of fruits and vegetables is essential to a healthy diet. In addition to the benefits of physical activity, gardening helps people reconnect with the natural world from whence they sprang. It provides a calm oasis where one is lost in the moment and can be a natural form of meditation that quiets the conscious mind. It can also be a form of self-expression; enabling one to develop creativity and build confidence while allowing a healthy outlet for emotions.

Furthermore, gardening helps develop a sense of achievement where we are able to step back and see the differences we have made and discover the small, important things in life. Gardeners tend to be hopeful and philosophical people who look forward to future seasons, enjoy the present and respect the past and be more accepting when things are not perfect. Clearly, teaching our children to garden, both at home and at school, gives them a head start at living and appreciating a more natural and healthy life. —The Best Years in Life
Vitamin B17, Known As Laetrile, Kills Cervical And Prostate Cancer

Vitamin B17, better known as Laetrile or amygdalin, is a powerful natural cancer treatment that has been proven to kill both prostate and cervical cancer cells. Laetrile is derived from amygdalin, a natural substance found in raw nuts and the kernels of fruits such as apricots and peaches. The healing properties were so effective that Big Pharma became alarmed to the point that they eventually stepped in and pressured the FDA to ban its use in the United States. However, it is still available online under the name vitamin B17. Laetrile contains an enzyme known as Emulsin that breaks down into cyanide when ingested. It is this chemical reaction that is responsible for Laetrile’s cancer-fighting properties. The most common form of laetrile, or vitamin B17, is derived from apricot seeds as these contain a large amount of the active ingredient that kills cancer.

Apricot seeds are available for purchase from health food stores and online; however, as they contain compounds that break down into cyanide it is important to only use them medicinally under the supervision of a trained health practitioner who is familiar with their effects.

Raw nuts such as bitter almonds and apricot seeds have been used as a natural medicine for thousands of years. Their use has been documented in Traditional Chinese Medicine, ancient Egyptian medicine and they were even used by Native American tribes. Amygdalin was first isolated in 1830 and was later used as a treatment for cancer in the US and many other countries. Due to the presence of cyanide, a safer, non-toxic version was created in 1952 by Dr. Ernst T. Krebs Jr. He discovered a new way to isolate amygdalin from fruit kernels and created a chemically-modified version of the active ingredient which came to be known as Laetrile.

Laetrile and the pure form amygdalin contain a substance that breaks down into cyanide when it comes into contact with cells in the human body. Normal, healthy cells have a natural defense against this process. Healthy cells contain an enzyme known as rhodanese, which promotes the combining of cyanide molecules with sulfur. This combination then becomes a cyanate, a harmless substance that is expelled from the body through urine. The level of cyanide produced from taking Laetrile is so low that the body can easily cope with it and render it harmless. Cancer cells do not have any defense against cyanide. They contain an enzyme called beta-glucosidase that causes Laetrile molecules to release both cyanide and benzaldehyde. This powerful combination completely destroys the cancer cell. Unlike conventional cancer treatments, Laetrile has the ability to destroy cancer cells without harming the body’s healthy cells. —JB Bardot

New Airline Seat Arrangement Looks to Increase Passenger Capacity

After years of financial struggles, the nation’s airlines are now collecting hefty profits thanks in part to industrywide efforts to squeeze more seats into the economy section of most planes.

But if you thought airlines were finished trying to shoehorn more seats into each plane, think again.

One of the world’s largest airline seat makers, Zodiac Seats France, has applied for a patent to reconfigure the seats on airplanes so that every other passenger in a row is facing toward the back of the plane. That means that in a row of three fliers, the seat by the window and the seat by the aisle face toward the front of the plane while the middle seat faces toward the back.

To make it easier to exit, the seats flip up when a passenger stands, like the seats in many movie theaters.

This seat design—called Economy Class Cabin Hexagon—can increase the number of passengers who can fit on a typical Boeing 767 by up to 80 fliers, depending on the existing layout.

The nation’s airlines may be running out of ways to align and configure seats, said Jason Rabinowitz, data research manager at Routehappy.com, a website that compares airline seats and amenities. Instead, he predicts that the industry will now focus on shrinking onboard bathrooms and galleys to fit more passengers.

As for the “hexagon” idea, he said: “It never hurts to have a design under your belt that you can use in the future.”

—Los Angeles Times
Stem-Cell Dental Implants Grow New Teeth Right In Your Mouth

The loss of a tooth is a minor deformity and a major pain. Although dental implants are available, the healing process can take months on end, and implants that fail to align with the ever-growing jawbone tend to fall out. If only adult teeth could be regenerated, right?

According to a study published in the latest *Journal of Dental Research*, a new tissue regeneration technique may allow people to simply regrow a new set of pearly whites.

Dr. Jeremy Mao, the Edward V. Zegarelli Professor of Dental Medicine at Columbia University Medical Center, has unveiled a growth factor-infused, three-dimensional scaffold with the potential to regenerate an anatomically correct tooth in just nine weeks from implantation. By using a procedure developed in the university’s Tissue Engineering and Regenerative Medicine Laboratory, Dr. Mao can direct the body’s own stem cells toward the scaffold, which is made of natural materials. Once the stem cells have colonized the scaffold, a tooth can grow in the socket and then merge with the surrounding tissue.

Dr. Mao’s technique not only eliminates the need to grow teeth in a Petri dish, but it is the first to achieve regeneration of anatomically correct teeth by using the body’s own resources. Factor in the faster recovery time and the comparatively natural process of regrowth (as opposed to implantation), and you have a massively appealing dental treatment.

Columbia University has already filed patent applications in regard to the technology and is seeking associates to aid in its commercialization. In the meantime, Dr. Mao is considering the best approach for applying his technique to cost-effective clinical therapies.

—Popular Science

Google’s Self-Driving Cars Will Monitor You and Target You With Ads, Audi Warns

You may have heard that one of Google’s most recent projects is developing driverless cars that are wired to the “Internet of Things,” so to speak. Well, consider a warning by Audi’s chief executive that Google’s self-driving cars will essentially spy on occupants.

Increasingly, motor vehicles are becoming more wired, far beyond simple GPS and GPS-enabled monitoring systems. At the same time, the quest for driverless vehicles is ramping up as well, and the software that will be required to operate such vehicles safely will be a key component.

But software-driven vehicles also produce a new range of questions and concerns about data transfer, collection and, importantly, use. This has driven car companies to take clear stances on the use of data and privacy.

“A car is one’s second living room today,” Audi Chief Executive Rupert Stadler said recently during a business event in Berlin attended by Google Chairman Eric Schmidt.

“That’s private. The only person who needs access to the data onboard is the customer,” he said.

Data about a car’s location (and, naturally, the car’s occupant) as well as its speed could prove to be attractive to advertisers, insurance companies and communications firms who might use the data for their own commercial objectives.

Already, German automakers are lobbying government regulators to make sure they take a strict line in establishing data privacy, an action that would, they hope, make it more difficult if not impossible for software and telecom firms to establish a data-driven business model in the automobile industry.

Critics of Google and its alleged pursuit of marketing technology to accompany driverless vehicles include Apple CEO Tim Cook. Recently, he launched a broadside against Google and other rivals, accusing them of “gobbling up everything they can learn about you and trying to monetize it.”

“I’m speaking to you from Silicon Valley, where some of the most prominent and successful companies have built their businesses by lulling their customers into complacency about their personal information,” he said.

“They’re gobbling up everything they can learn about you and trying to monetize it. We think that’s wrong. And it’s not the kind of company that Apple wants to be.”

—Natural News
Three Days to a Whole New Immune System, That’s Fast!

According to researchers at the University of Southern California, the act of fasting for as little as three days can regenerate the entire immune system, even in elderly people.

The researchers said that fasting helps the body’s stem cells to begin producing new white blood cells, which help to fight off infection.

They added that the discovery could be especially effective for people suffering from damaged immune systems, including chemotherapy patients, who were protected from the toxic impacts of the treatment during the fasting period.

As the researchers noted, the act of fasting for as little as three days can regenerate the entire immune system, even in elderly people.

“Fasting gives the ‘OK’ for stem cells to go ahead and begin proliferating and rebuild the entire system,” Prof. Valter Longo, Professor of Gerontology and the Biological Sciences at the University of Southern California, told the UK’s The Telegraph.

He added that the body actually removed parts that were damaged, old or inefficient during the fasting process, creating “literally, a new immune system.”

According to Dr. Longo a person’s system recycles unneeded immune cells, especially damaged ones, in order to create energy while they are fasting.

Over the course of his study’s trials, participants were asked to regularly fast between 2-4 days over a 6 month period.

The study was released in June and Dr. Longo said that clinical trials must still be completed, but added that the research looks “very promising”.

—JB Bardot

Chinese Company ‘Builds’ 3D-Printed Villa in Less Than 3 Hours

A pioneering 3D-printed house has popped up in Xian, China. Chinese company ZhuoDa recently “built” a two-story villa in less than three hours. Made up of six 3D-printed modules, the house was assembled like LEGO bricks before a live audience who were then invited to explore the interior. The modular fireproof home can withstand a magnitude-9 earthquake and is made from a special construction material the company is keeping secret. Read more: Chinese company ‘builds’ 3D-printed villa in less than 3 hours

The company completed approximately ninety percent of the construction in an off-site factory before shipping the modular pieces to the installation site. This efficient and timesaving process dramatically reduces construction costs to just 2,500-3,000 yuan ($400-$480) per square meter. According to An Yongliang, the developing engineer at Zhuoda, the 3D-printed villa only takes about 10 days to produce from initial construction to final assembly, while it typically takes half a year to build a traditional villa.

The house is capable of withstanding high-magnitude earthquakes because the modules, each weighing over 100 kilograms per square meter, bear weight independently. The steel-framed structure home can also be filled with heat-insulating materials. The Zhuoda Group has filed over 22 patents on their technology and is keeping their top-secret material under wraps. However, the company’s vice president Tan BuYong has revealed that the new material is sourced from industrial and agricultural waste, is fireproof and waterproof, and is free from harmful substances such as formaldehyde, ammonia, and radon. Related: Chinese Company Assembles ten 3D-Printed Concrete Houses in a Day for Less Than $5,000 Each After the structural framework was 3D-printed, the company applied decorative sheet textures to each module before final assembly. Homeowners will be able to choose from a variety of decorative textures, such as jade, marble, wood, and granite. Herbs can even be embedded into the walls of the house for ‘built-in aromatherapy.’ The buildings can withstand wear for at least 150 years.

—Stage2Omega.com
The Blind Are Seeing Again With This New Technology!

It may be hard to believe, but it is true! The blind are seeing again with this new technology for the legally blind! Watch their reaction below!

This wonderful company has spent years perfecting their life changing electronic glasses called, eSight Smart Spectacles. The technology consists of a prescription lens frame and headset (pictured above), which includes a camera that beams real time action onto a video screen. The person wearing the headset can enhance or enlarge the images until they are seen clearly.

Each headset costs $15,000 but the manufacturer helps veterans and others sponsor fund raisers to help them ‘see’ again. What a worthy cause! I’m envisioning future eSight glasses looking like Star Trek’s Geordie La Forge Visors but much less expensive due to mass production.

Mark Cornell is a US Air Force veteran and has been legally blind for twenty years. After a rare reaction to an unknown tick bite he began to lose his sight and was left with little more then extremely blurred vision.

Thanks to eSight, he is now able to see his family and friends for the first time in twenty years.

— RealGoodNews.com

TSA To Require Americans To Have A Real ID Card To Fly

The ability to travel in the United States is about to become more restrictive as the TSA announces it will soon be enforcing new identification standards in American airports.

Beginning in 2016, passengers attempting to pass through a federal TSA checkpoint will be subject to the requirements of the REAL ID Act. To that end, the TSA will put higher scrutiny on travelers’ identities, and will only accept a federal passport or a “REAL-ID” card, which is issued by the states to meet federal requirements. Passengers will not be allowed to fly through an American airport without submitting to the advanced federal specifications.

Both federal passports and REAL-ID cards require a number of unique personal identifiers to be stored together in government databases, including his or her full name, date of birth, Social Security Number, scanned signature, and other identifiers. Both cards require biometric data: a front-facing digital photograph of the passenger’s face, which is ultimately used with a facial recognition database.

“It is a choice,” flipantly explained David Fierro, the Public Information Officer for the Nevada Department of Motor Vehicles. “If you use a passport when you’re traveling you don’t have any problems. If you use your driver’s license as identification, you’ll need to either apply for the Real ID card or get a passport.” More at: http://www.policesta-teusa.com/2015/tsa-to-require-real-id/

— Investment Watch
Saturn, planet of discipline and karma, stations Direct on August 1st, at 27°08' Scorpio. How have you responded to the professional opportunities or challenges that have come your way during Saturn’s 4-1/2 months in review mode? Have you behaved responsibly and fairly with partners and the significant others in your life? As the ringed planet gradually gathers forward momentum, tangible progress towards coveted career goals may now become perceptible.

Unexpected news could arrive when Mercury trines Uranus on the 2nd, Your intuition could help you to solve a problem now. Engage in stimulating activities with friends or groups. If you have a natal horoscope, study it for timely insights.

Expansive Jupiter and restrictive Saturn square off on the 3rd, heightening one’s predisposition towards either optimism (Jupiter) or pessimism (Saturn). Expansion and contraction are conflicting influences at this time, when measured progress is the order of the day. Ambitions are powerfully aroused now. However, be careful not to take on more projects or responsibilities than your current resources can sustain. The wise will keep their expectations within realistic boundaries, and exercise greater self-discipline.

Venus conjuncts Jupiter on August 4th for the second of three such close encounters (the next is on Oct 25). However, the beneficence that typically accompanies this planetary alignment is somewhat constrained by a close square to Saturn, and because Venus is in retrograde. Nonetheless, positive, loving and lucky vibrations pervade the ethers now.

Mars trines Saturn on the 6th, when stamina, endurance and determination are increased. Opportunities for growth or advancement may arise, so be prepared to act on business or career options that may come your way.

When Mercury conjuncts Venus, later on the 6th, attune to the moods of others before expressing your views or opinions. Reconcile with friends, partners or loved ones with whom you may have had issues. Express yourself through art, music, or literature.

Be sure to broaden your mind on the 7th as Mercury and Jupiter align in conjunction, in 30° Leo, conjunct the royal star, Regulus. Enroll in higher education classes, or a course of study, to improve your prospects for the future. Forge alliances with like-minded individuals and groups. Communicate your thoughts and progressive ideas. Plan or take a trip.

Mercury moves into the familiar realm of Virgo later on the 7th (till Aug 27), when logic and reasoning power is enhanced. Put your mind to work for you now. Cultivate your organizational skills. Plan projects.

Mars enters the fiery, yet complementary sign of Leo on the 8th, till Sept 24. Passions mount and physical energies shift up a gear during this highly stimulating martian transit, so be sure to get plenty of exercise.

Jupiter enters tropical Virgo on August 11th (till Sept. 9, 2016), greatly enhancing the work ethic theme during its thirteen-month sojourn in this, the most practical of zodiacal signs. A desire to be of service to others in useful ways is one hallmark of this transit, while Virgo’s renowned capability for criticism is magnified and would be best employed in constructive ways, such as editing creative writing, project planning, and any endeavor where attention to detail is essential.

A flash of pure genius may facilitate progress towards a goal or ambition when the sun trines Uranus on the 13th. Look for new ways of raising capital or of financing a project dear to your heart. Delve into astrological or metaphysical studies for timely insights.

August’s new moon occurs on the 14th, at 21°31' Leo, inaugurating a new four-week cycle of personal creativity. A greater level of self-reliance, self-sufficiency, and independence from traditional constraints may be necessary now in order to make progress towards coveted objectives.

The sun aligns in conjunction with retrograde Venus on the 15th, in 23° Leo, heightening the need for peace and harmony in all relationships. Show appreciation for those you love. Express yourself creatively. This is generally a “good times” transit, but financial extravagance and self-indulgence could easily drain precious resources.

Vitality conferred by the Sun is restricted by Saturn when they align in square on the 21st, indicating impatience, and the need to exercise self-discipline. This aspect can illuminate personality flaws, to show where work needs to be done. Duties and responsibilities may weigh heavily now; meditate on something cheerful to lift your spirits.

The sun enters Virgo on the 22nd, and for the next four weeks one’s ability to adapt to necessary changes in plans or schedules is enhanced, while being practical and methodical comes more easily. Do creative work requiring attention to detail.

The sun aligns in conjunction with Jupiter on the 26th, in 03°21' Virgo, when an element of restlessness pervades the ethers and the need to achieve is rampant! This can also be an
exceptionally lucky day for some. Broadening one’s horizons may be a popular notion now.

Mercury enters Libra on the 27th (till Nov 1), when the study of human behavior patterns—especially your own—can provide useful relationship insights. Consider both sides of a situation before making decisions.

August’s full moon culminates at 06°06’ of dreamy Pisces on the 29th, and we are spurred on towards achieving goals and ambitions. The focus now is on eliminating the unnecessary in pursuit of your objectives, especially while emotions and psychic perceptions are heightened. Your faith may be tested in some way around this juncture.

Passions rise and love may bloom when gender planets, Venus and Mars, align in conjunction in 15° Leo later on the 31st. Find a practical outlet for these creative energies. Spend wisely, resist the urge to splurge.

The sun trines Pluto on September 5th, when efforts geared toward self-improvement are favored. An opportunity may arise to express your unique creative abilities through business or career activities, so be enterprising. Carpe diem!

Venus, planet of love and money, stations Direct on September 5th, in 14° Capricorn, after a six-week retrograde period in which finances, and at least some of the ties that bind, may have come under much closer scrutiny. Progress can now be made in creative endeavors, affairs of the heart, partnerships, and money-matters.

The enigmatic red planet, Mars, trines Uranus on the 8th, a highly energetic juncture at which progressive career opportunities could appear out of the blue, so be on the lookout for new doors to open. Initiate new and innovative activities or ventures under this influence. A good physical workout now will help to any reduce stress.

Mercury squares Pluto on the 9th, when sexual tension and passions mount. Avoid attempts at mental or emotional manipulation now. Financial security and wealth production can assume greater importance.

September’s new moon arrives on the 12th, at 20°10’ Virgo. Nurture your special talents and skills during the next four weeks. Adjustments in the work sector may have to be made, in which case, use your intuition and imagination to help determine job, career or business moves. Health awareness and the healing arts are also in sharp focus now, when much potential exists for healing deep wounds from the past...physical, mental or emotional.

A reality-blurring opposition between Piscean co-rulers, Jupiter and Neptune culminates on the 16th, when expectations or apprehensions can distort our perceptions, and the reality or truth of a situation could be, at best, illusive, and even deliberately distorted.

On September 17th, Mercury stations Retrograde, at 15°55’ Libra (till Oct 9), therefore plans or arrangements of any importance should be implemented prior to this period. However, while Mercury is retrograde, you may safely make revisions or otherwise go over previously covered territory for inconsistencies or errors. You might even find something that you’d lost.

Later on the 17th, a more significant shift in the force occurs when Saturn reenters tropical Sagittarius, where it will remain till December 19, 2017. During the ringed planet’s transit here we will be presented with new challenges to overcome, principally in Sagittarius-rulled areas such as truth; freedom; spirituality; higher education; long-distance travel; and communication matters, including control of the press, free speech, and Internet neutrality. People will become more committed to their beliefs, and therefore more willing to fight for what they feel is right. Indeed, the truth can set you free.

Mother Earth reaches the natural midpoint of her annual cycle when the sun enters tropical Libra on September 23rd, heralding the autumnal equinox, that pivotal point when day and night are of equal duration. As always, while the sun is in Libra, we would do well to seek balance and harmony in our own lives, especially within key relationships.

Later on the 23rd, the sun and Saturn align in sextile, when constructive progress can be made towards professional or educational goals. Combining practicality and creativity achieves the best results now. Advice from an authority figure could prove helpful.

Tension and passions can mount on the 24th, when Mercury squares Pluto. Avoid attempts at emotional manipulation.

Pluto stations Direct later on the 24th, in 13° Capricorn. For several days around this juncture all Plutonic themes, such as ‘power’, sexuality, joint finances, and control issues are greatly emphasized. Strong seismic activity in susceptible areas is also a possibility.

A shift in the cosmic tide occurs later on the 24th when Mars enters Virgo for a six-week sojourn, in which actions will likely stem from purely practical considerations. Do work requiring precision. Reorganize your occupational environment for greater efficiency.

An energy-sapping square between Mars and Saturn perfects later on the 25th, when the customary vim and vigor conferred by Mars is inhibited by the constraining influence of Saturn. Don’t push too hard to get things done now. Be sure to get plenty of rest.

September’s full moon is also a lunar eclipse, culminating on the 27th, in 05° Aries, and may herald the ending, or transformation, of a professional partnership or alliance, while the potential for new, more productive associations is seeded. Relationship issues could vie for time you might rather devote to personal pursuits. Give others plenty of space!

When the sun conjuncts Mercury on the 30th at 07°07’ Libra, important announcements or decisions could be forthcoming. Thoughts turn towards ways and means of improving communications, and issues relating to one’s personal relationships. Let your instincts guide you in decision-making now. Be alert to educational opportunities, or highly valued information.

Following is a general overview of how the planetary trends for August/September, 2015 apply to each sun sign. If you know your rising sign (Ascendant), read that, too, for additional insights.
**Down To Earth Astrology**

**Aries** (March 20—April 19)

Your creative potential is soaring now; seek ways to apply your inspiration towards attaining a personal goal or career objective. Address any chronic health issues, particularly if they have had an impact on your ability to fulfill your work commitments. Educate yourself about the things you can do to maintain peak health and fitness levels. Indeed, this would be the ideal time to implement an improved health, nutritional and fitness regimen. Pay more attention to those closest to you that help to keep your world turning and support your efforts to get ahead.

**Taurus** (April 19—May 20)

Activities with family and around the home can take up more of your time and energy during August, which may prove to surprisingly enjoyable. Perhaps a little nest-feathering, or simply some summer fun. A creative project could inspire a new goal or objective, which might also have a bearing on your career potential. A patient, steady approach will serve you best. Seek ways to improve your work efficiency, so that you can be more productive.

**Gemini** (May 20—June 21)

You’re keen to put at least one of your bright ideas into practice, perhaps to help further a professional ambition. While a little patience wouldn’t go amiss, determination and application may be key to your eventual success. Self belief will also be a factor, which will need to come across in communications with individuals or groups from whom you hope to attract additional resources or support. In order to maintain your credibility and good standing, be sure you don’t promise more than you can comfortable deliver.

**Cancer** (June 21—July 22)

Your ability to add to your income is greatly improved during this forecast period, when financial gains are distinctly possible. However, you will also need to maintain a tight grip on your purse strings, as it may be all too easy to make unnecessary or unwise expenditures, even though it might seem like a good idea at the time. Be sure to keep your feet firmly on the ground and in touch with reality, as situations, circumstances, and even people, may not be all they appear to be. Likewise, avoid making commitments or promises that you’re not certain you can keep, as this could adversely affect your credibility in the long run. Operate only from within your comfort zone; leave risk-taking for another day.

**Leo** (July 22—August 23)

A new cycle of personal growth and creativity is underway, which, coupled with dynamic Mars in your sign for most of this forecast period, provides a major boost to your confidence level, inspiring bold new objectives, as any preexisting limitations seem to fall away. Your financial position looks set to improve, with lucky Jupiter now in your solar second house of personal income for the next year. However, be realistic and practical with your use of resources, and avoid unwise speculation. Keep any new bright ideas or brainstorm to yourself for the time being; instead, work on developing them more fully.

**Virgo** (August 23—September 23)

Give some time and thought to your hopes and aspirations during August, when, despite your best efforts, progress may be more dependant upon others, and perhaps timing, than your own industry. Nonetheless, you’re not short on ideas or inspiration, so be sure to note the best, to implement when circumstances, or the timing, is more auspicious. In the meantime, consider ways to reinvent yourself or your professional image. If you don’t already have one, set up a dedicated creative space within your home environment from which you can work on projects that might enhance your career prospects.

**Libra** (September 23—October 23)

Consider your goals and plans for the future, and what it would take to make them a reality. You’re certainly not short on inspiration, but perhaps you might benefit from some support from friends or groups who share your objectives and are willing to help. Significant others in your life can assume greater importance now.
Indeed, their contribution to your sense of self can have a significant impact on your future plans. Take your time over any important decisions you need to make, as your perception of reality is in the midst of profound change.

**Scorpio (October 23—November 22)**

You’re feeling much more confident about your hopes and plans for the future, and because of this, you are ready to embrace new professional challenges and responsibilities, in your quest to get ahead. When serious Saturn finally leaves your sign and moves on into Sagittarius in mid September, you will begin to feel like a heavy weight has been lifted from your shoulders. Consider linking up with groups or organizations that share your objectives, as you could benefit from their insights, guidance, and connections.

**Sagittarius (November 21—December 21)**

The impulse to broaden your horizons, perhaps through travel, during August, is tempered by work or professional obligations that must be met. There may also be family matters to contend with, that outweigh the desire to spread your wings. Nonetheless, you have a strong emotional yearning to get away for a while, if only for a change of scenery. Your career prospects, however, look particularly good, with lucky Jupiter riding high in your solar chart for the next year. When Saturn enters your sign in mid September, for the next two years, you might feel more inclined to embrace a new professional challenge.

**Aquarius (January 19—February 18)**

Activities with family, partners, and significant others in your life will keep you on the go throughout this forecast period; some of which can be stimulating and enjoyable, while other things you may feel you’ve outgrown and now have little tolerance for. Nonetheless, like the good sport you are, you rise to each occasion with equal enthusiasm, keeping your thoughts and opinions to yourself. You are, however, keen to eliminate unnecessary elements from your life, and ready to embrace new notions or philosophies more in line with your changing outlook.

**Pisces (February 18—March 20)**

Your self image can fluctuate with the feedback you receive from others, which in turn triggers emotional response patterns, some of which you might now have outgrown, and may be ready to eliminate. Your work or vocational activities can be both enjoyable and financially rewarding, encouraging you to consider new plans or goals for the future. A new outlook on life is beginning to dawn, one which is more in line with your ideals and belief system. You may enter into a new partnership arrangement, or become aligned with an important group, organization, or cause.

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Tim Gunns is an astrological consultant, conference coordinator and producer, and formerly program director of the Los Angeles Conscious Life Expo, and the national Whole Life Expos. Tim prepares personalized no-nonsense interpretations of Natal Horoscopes ($40), Future Forecast Transit Reports ($75 for 1 full year), and Relationship Compatibility Reports ($45). Shipping is free. Send: Name (as you’d like it to appear on the chart), Date of Birth, Time (as close as possible), Place of Birth (city/country, etc.) for each person, and your return address, phone# and check to: Tim Gunns, c/o 110 Hilltop Drive, Waynesville NC 28786. 828-452-7885. Consultations by phone may also be scheduled. Payment can be made via Paypal to tgearthstar@aol.com  http://www.earthstarmag.com
By Angela McGerr

Angel Healing & Alchemy is not about turning lead into gold! It is about transmutation of self (Mind, Body and Spirit) into something finer, more balanced and more harmonised than before, and this means in terms of all three aspects of self. What is the use of being physically fit if your mind or spirit is always in turmoil, or vice versa? This is a huge subject which begins simply and then, if you choose to know more, gradually becomes complex.

But before we start, I would ask you three questions:

• Do you want to experience some Angel Alchemy? Does your heart urge you to change yourself for the better and by so doing, attain more inner peace?

• Are you prepared to work at this a bit? There are no quick fixes here! If you want more harmony and balance in life, first you need to know what you do and don’t know about this. Because the spiritual side (and you do know this) is equally important to the physical side, yet with the spiritual self you need to be viewing it with the Eye of the Heart. How do you do this? The angels will assist and support you, but cannot do it for you!

• If you commit to putting in some effort, you cannot work at everything in life at once, so choose your priority. Then you can select which angel specifically assists with this, and we begin with your Guardian Angels.

Of course you have heard of Guardian Angels, and know they exist to support mankind with self-healing—a key aspect of our personal, spiritual alchemy—but did you know that in fact more than one is assigned to us at birth, with a “brief” to encourage us towards Angel Healing and Alchemy? Or that others come along to guide us at certain times in our lives? There are thou-
sands of angels listed in the old wisdom, with a remit from the Creator to support mankind (in fact All Life on Earth) with spiritual growth.

To begin, you can learn about Melchisadec and the Sacred Seven, focusing first on the latter, because they are the Rulers of the Weekdays (and planets of those days). So the simplest way to begin working with angels is to focus on the angel of the Sacred Seven who rules the day that you were born upon—this is one of your key Guardian Angels. This Angel may have been waiting for your call for many lifetimes!

Here is a channelling by Melchisadec (“spiritual father to his Sacred Seven) explaining what angels bring to mankind:

I welcome you to the world of Angels and dazzling Angelic Light (the highest vibration in your Reality). If you call on us, we offer to illuminate your Mind, Body and Spirit as we connect to you to fast-track your healing and spiritual expansion. How to start your Angel Healing & Alchemy? I rule Seven and am father to the Sacred Seven Planetary Angels. I counsel you to practice invoking me and my angels and focus on your self healing and spiritual expansion. As you work with me, resolve to learn also about my Seven to heal your life daily with the daily support of their unconditional love, focusing on these particular issues:

**Monday:** Gabriel - Hopes, dreams, aspirations, intuition, feminine balance

**Tuesday:** Camael - Courage, confidence, empowerment, forgiveness

**Wednesday:** Michael - Strength, protection, personal/absolute Truth

**Thursday:** Zadkiel - Abundance, wisdom, kindness, integrity

**Friday:** Haniel - Love, including of self, beauty, compassion, joy

**Saturday:** Cassiel - Overcoming challenge, peace, harmony, serenity

**Sunday:** Raphael - Energy healing, knowledge, decisions, masculine balance

Though they can appear in any form, I believe that angels are “Spiritus Dei”, the breath of the Creator, Essence of Light given form by Love. When we pronounce an angel’s name out loud this is a sacred sound, a pure vibration like a mini-prayer. The first connection you can make is to invoke the sacred name three times, from the heart with loving intent, as this “calls in” the angelic ray. We can learn to feel this energy on hands, within heart or crown, or simply just enfolding us and when we’ve learnt this we can move on to more sophisticated ways of connecting.

Why three times? Following the Sacred Law of Three of the angel Hermes Trismegistus maximises the energy of our invocations. There are many examples of the power of three: Religious trinities of Father, Son and Holy Spirit; Isis, Osiris, Horus; the three Magi of the Bible. The composition of the world: animal, vegetable and mineral; of man: carbon, oxygen, hydrogen; the measurement of time: past, present, and future. More importantly, perhaps, as previously mentioned, man’s mind, body and spirit; from Hermes Trismegistus/Thoth’s Emerald Tablets we learn, amongst other things, in this connection that three are the Paths of the Soul: Man, Liberty, Light.

When you wish to invoke your Guardian Angel, always make the Invocation from your heart: Hold out your hands, palms up and relax them. Call on your chosen Angel by name three times, and then make your request, e.g. ‘Raphael, Raphael, Raphael, please be with me, in Love and Light, Love and Light, Love and Light’ (this shows positive and honest intent). Always remember to thank the Angel. Even if you don’t feel anything (and at the beginning, I didn’t), your angel will have come into your presence—with practice you will feel the energy, and it gets stronger if you commit to bringing Angel Healing & Alchemy into your life.

Love Everyone
The Transcendent Wisdom of Neem Karoli Baba Told Through the Stories of the Westerners Whose Lives He Transformed
By Parvati Markus
A celebration of Neem Karoli Baba, one of the most influential spiritual leaders of our time, the divine guru who inspired and led a generation of seekers—including Ram Dass, Daniel Goleman, and Larry Brilliant—on life-changing journeys that have ultimately transformed our world. The contributors share their recollections of Maharajji and how his wisdom shaped their lives. All have attempted to follow Maharajji’s basic teaching, his seemingly simple directives: Love everyone, feed everyone, and remember God. All have found their own way to be of service in the world and, in so doing, have collectively touched the hearts and souls of countless others.


Shamanic Reiki
Expanded Ways of Working with Universal Life Force Energy
By Lyn Roberts and Robert Levy
Shamanic Reiki introduces techniques that healers and Reiki practitioners can draw on to tap ancient healing wisdom. Shamanism and Reiki are, by themselves, powerful ways to heal. Together, their power multiplies, and healing methods become available that aren’t accessible if used separately. The purpose of Shamanic Reiki is to introduce you to concepts in both and provide you with detailed proven methods to enhance your own healing practices.


Nursing by Heart
Transformational Self-Care For Nurses
By Julie Skinner
Nursing by Heart explores the author’s personal and professional journey discovering truly effective self-care and the profound impact this has had on her. Each chapter explores a key component with examples from the author’s life, giving activities and tools for readers to experience core self-care techniques that are simple, effective and transformational. The book draws on ancient wisdom to create new possibilities for all nurses currently practising and struggling with carer fatigue, and encourages empowerment by teaching energy management, allowing them to take responsibility for their health, as physical, emotional, thinking and spiritual beings.


The Energy of Abundance
Practical Advice and Spiritual Wisdom to Achieve Anything You Want in Life
By Phyllis King
The Energy of Abundance is a fresh, insightful, and often humorous view of life, spirituality, and the creative process. It explains in accessible language the “energy game,” and how each of us can play it to invite more happiness, love, and abundance into our lives. Succinct and practical, this book reveals each person’s unique and personal dance between spiritual truths and human desires. If you have ever wondered why the law of attraction hasn’t worked for you, The Energy of Abundance will help you figure it out. It addresses all major aspects of life—from birth to death, marriage to money—and clearly explains how to shift outcomes, using captivating stories, laugh-out-loud humor, and poignant insights.


Tai Chi Reflections
A Set of 48 Self-Empowerment Cards Based on the Body Language of the Tai Chi Form
Written and Illustrated by Richard Crookes
Tai Chi Reflections is both authored and illustrated by Richard Crookes. In this beautifully illustrated set of 48 cards, the reader will gain access to the inner calm and personal empowerment that is inherent in the ancient wisdom of Tai Chi practice through engaging with the body language of each posture. This deck is not intended to be an instructional system for learning the Tai Chi exercise; rather it is an inspirational tool for reflection and empowerment. It will encourage the seeking out of further Tai Chi instruction for inner and outer health. This deck of cards a unique and simple key to the gateway of the ancient knowledge of this beautiful and mysterious martial art.


Wisdom of the Watchers
Teachings of the Rebel Angels on Earth’s Forgotten Past
By Timothy Wyllie
Writing together with Timothy Wyllie, the angel Georgia details the events of Earth’s ancient history from 39,000 BC to 16,500 BC. The book chronicles the destruction of Lemuria, the Pleiadian evacuation of Earth, and the Lemurian diaspora that spread to India, Tibet, China, and South America. Georgia explains angelic esoteric science, such as the link between spiritual centers on higher planes and ancient monuments on Earth, including the Giza pyramids. Interwoven throughout with observations about Timothy Wyllie’s current and previous lives, such as his long involvement with the Process Church and his interactions with rebel angel incarnates like Timothy Leary.

Live in the Moment, Including Zen and the Art of Healing  
By Ross Cribb

With clarity of thought and realism, Rev. Ross Cribb sets out to provide an alternative vocabulary with which to describe significant events, human nature and spirituality, with the goal to empower individuals to have happier and more meaningful lives. His highly readable combination of Zen, philosophy, psychology and science makes a compelling case for his view of spirituality. Explaining that we often refer to different parts of ourselves as independent, he takes this a step further by invoking the New Age concept of Energy Bodies (specifically the Physical, Emotional, Mental and Spiritual Bodies). With these he explains Enlightenment, Being in the Moment and Energy Healing—an effective method for releasing blockages that take us out of the moment.

O-Books. Paperback, $27.95.

Revelations of the Ruby Crystal  
By Barbara Hand Clow

In her debut as a novelist, bestselling author and acclaimed spiritual teacher Barbara Hand Clow weaves a story of romance, deep earth forces, psychic powers, aristocracy, and Vatican world control centered on an ancient ruby that inspires mystical visions. Set in Rome in 2012, the story follows Sarah Adamson, a beautiful young Catholic graduate student from Boston studying at the Vatican Library for her thesis on the first Christian heretic, Marcion of Pontus. She is being courted by two utterly different men. After a terrible encounter with the dark side at a castle in Tuscany, Sarah is given a ring set with a ruby crystal, a powerful stone that was once the third eye of an ancient Buddha statue in Nepal. Revealing the very nature of how evil gets into the world, this novel of romance, mystery, heresy, and spirituality uncovers the esoteric foundations for the emergence of a golden new age.


A Kitchen Witch's World of Magical Food  
By Rachel Patterson

Food is magical, not just because of the amazing tastes, flavors and aromas but also for the magical properties it holds. The magic starts with the choice of food to use, be added in whilst you are preparing and cooking then the magic unfolds as people enjoy your food. Dishes can be created for specific intents, moon phases, and rituals, to celebrate sabbats or just to bring the magic into your family meal. Many food ingredients can also be used very successfully in magical workings in the form of offerings, medicine pouches, witches bottles and poppets.


The Haunted House Diaries  
By William J. Hall

Nestled deep in Litchfield Hills, Connecticut, a 1790 farmhouse sits near the epicenter of a paranormal commotion. The family that resides there regularly encounters its own ancestors and strangers who seemingly occupy the same physical space in our world while remaining in their own, parallel worlds. When famous ghost hunters Ed and Lorraine Warren investigated, they dubbed it "Ghost Central." Here's your chance to unlock and experience the private diary of farmhouse resident Donna Fillie. This amazing record spans five decades and recounts a parade of uncanny occurrences. After reading The Haunted House Diaries, you will undoubtedly wonder: Are our assumptions about the paranormal all wrong?

New Releases

Bloodline of the Gods
Unravel the Mystery of the Human Blood Type to Reveal the Aliens Among Us
By Nick Redfern
Are significant numbers of humanity the product of an ancient and advanced alien civilization? Has our genetic make-up been manipulated by otherworldly beings that view human civilization as one big lab experiment? The vast majority of humankind—85 to 90 percent—is Rh positive, which means a person’s red blood cells contain an antigen directly connected to the Rhesus monkey. This antigen is known as the Rh factor. Each and every primate on the planet has this antigen, except for one: the remaining 10 to 15 percent of humans. If the theory of evolution is valid, shouldn’t we all be Rh positive? Yes, we should. But we’re not. The Negatives are unlike the rest of us. They are different. They are the unique individuals whose bloodline may have nothing less than extraterrestrial origins.


Ancient Egyptian Celestial Healing
The Source Codes for High Frequency
By Tracey Ash
Are you interested in how you may redefine the possibilities of your life? Would you like to change the world around you? Are you interested in how you can anchor the new, super-energy consciousness that awakens your positive self and the world? This book is for conscious individuals passionate about the essential ‘how to’ of new transformation and human potential frontiers for a magnificent self and world change. Ancient Egyptian Celestial Healing shares Tracey’s research on new scientific and historical evidence on ancient knowledge technologies to accelerate miracles in your life and the world. It documents Tracey’s story of discovering The Source Codes during journeys to Ancient Egyptian sites at the time of the Arab Spring and shares a new frontier of transformation, awakening and contribution at critical times of urgent world change. Here is your introduction to The Source Codes—the high-frequency miracle-resource for powering your intelligence and excellence.


Shapeshifting into Higher Consciousness
Heal and Transform Yourself and Our World With Ancient Shamanic and Modern Methods
By Llyn Roberts
Combining shamanism, spirituality, ecology and activism, Llyn Roberts shares her years of experience with indigenous healers who come from cultures that know how to shapeshift realities. She translates ancient techniques into easy to understand modern practices that you can use every day to transform yourself and make a positive difference in the world.

O-Books. Paperback, $22.95

Integration
The Power of Being Co-Active in Work and Life
By Ann Betz and Karen Kimsey-House
We live in a world of both profound separation and deep longing for connection. Betz and Kimsey-House explore not only the historical and spiritual history of our disconnection and its cost to individual and societal well-being, but also provide a compelling, neuroscience-based argument for how to make the next “great turning” of human development: becoming more integrated human beings. They invite you to accompany them through a road map to integration by exploring the Co-Active model, originally used by coaches, but with practical application to business, parents, teachers, and anyone with a desire to be more effective, connected, and whole. Richly illustrated with true stories of integration in action, as well as current research in neuroscience, this book provides a guide to reaching our full potential within ourselves, with each other, in groups and organizations and with society at large.


Belly Dance for Health, Happiness and Empowerment
By Tina Hobin
The intention of this book is to inspire men & women to enhance their self-awareness, to overcome common health problems and improve their health and general wellbeing through the ancient art of the belly dance. It helps readers to understand how the body works, the root causes of illness and how by taking up belly dancing it will help to stimulate the body’s healing process, restore and enhance their appearance, revitalize, rejuvenate and help to promote a longer life expectancy and independence in old age.

AYNI Books. Paperback, $27.95.

Remapping Your Mind
The Neuroscience of Self-Transformation through Story
By Lewis Mehl-Madrona, M.D., Ph.D.
With Barbara Mainguy, M.A.
Applying the latest neuroscience research on memory, brain mapping, and brain plasticity to the field of narrative therapy, Lewis Mehl-Madrona and Barbara Mainguy explain how the brain is specialized in the art of story-making and story-telling. They detail mind-mapping and narrative therapy techniques that use story to change behavior patterns in ourselves, our relationships, and our communities. They explore studies that reveal how memory works through story, how the brain recalls things in narrative rather than lists, and how our stories modify our physiology and facilitate health or disease. The authors also explore how narrative therapy can help replace dysfunctional cultural stories with those that offer templates for healthier relationships with each other and the planet.

Not I, Not other than I
The Life and Teachings of Russel Williams
Edited by Steve Taylor

Russel Williams is one of the most remarkable enlightened spiritual teachers of our time. After an early life of extreme hardship—leaving school at the age of 11, and becoming an orphan shortly afterwards—he underwent a spiritual awakening at the age of 29. Since the late 1950s, he has been a spiritual teacher, and is still actively teaching now, at the age of 94. Previously, Russel has avoided publicity and never published any writings or transcripts of his talks, preferring to work quietly with small groups. This is the first time any details of his teachings or of his life have appeared in print. This book is partly a record of his teachings, and partly also the story of his extraordinary life. Working with well-known spiritual author Steve Taylor, Russel has created a profound text which will surely become known as a classic of spiritual literature.


Angel Healing & Alchemy
How To Begin
By Angela McGerr

In Angel Healing & Alchemy the reader will learn the true significance of mighty Melchizedec, Prince of Peace, as well as of Sacred Seven and the Seventh Ray of Violet. This practical handbook teaches firstly how to work with angels and to develop “clair” skills, to feel and sense the presence of the angels. And then how to work with each of the eight mighty angels in turn, using this knowledge to gradually heal self and life. The objective is to connect with each angel in order to draw angelic rays of healing, using these to release blocks, gain a higher vibration and to thus attain new levels of physical/spiritual harmony.


Lord Have Murphy
Waking Up in the Spiritual Marketplace
By Fran Shaw

We hear a lot these days about mindfulness. “Weapons of mass instruction are proliferating.” To trust what’s in us, and that we’re finding our way to it. With unrelenting humor, Murphy gives it a try, only to discover in himself an extraordinary truth: that contact with the finer energy animating us awakens us to a completely different level of being alive. With over 40 wonderful drawings by Bruce M. Sherman, and Murphy’s satirical comments that make us laugh out loud, the book appeals to both of our natures, the everyday and the higher. For Murphy the daily ups and downs become necessary reminders, a call, and “we don’t have to be a certain way to wake up.” We may not be able to think or behave our way into an awakened state, yet all we need is in us, just hidden.


Adventures For Your Soul
21 Ways To Transform Your Habits And Reach Your Full Potential
By Shannon Kaiser

Have you ever felt like there’s something holding you back? Maybe that something is you. Sometimes the one thing you need to make a change is to see things from a fresh perspective. Discover twenty-one innovative emotional explorations to boldly confront the habits that are holding you back in this breakthrough guide that provides the tools you need to fearlessly embrace your innermost desires. Drawing from her own transformational experiences, Shannon Kaiser’s program utilizes an empowering process that encourages you to go on adventures for your soul. By focusing on how your life feels instead of how it looks on the outside, you can passionately experience your own life adventures. By changing the way you see yourself, you can ultimately live life to the fullest.


How the Trees Got Their Voices
By Susan Andra Lion

Susan Andra Lion, award winning author and illustrator of How the Trees Got Their Voices, is helping young readers become aware of the deep connection between all living things in the connected world of a forest ecosystem. Through her visually compelling and highly imaginative story of how Mother Earth gave the trees their voices, children learn that all the Earth’s inhabitants live in relation to each other, and the value of respect for all forms of life. This unique book helps its readers regard their world as a complex tapestry of life and living things. How the Trees Got Their Voices helps children grow a deep appreciation for the world’s ecology.

Satima, LLC. Hardcover, $16.95.

Demons and Spirits of the Land
Ancestral Lore and Practices
By Claude Lecouteux

Our pagan ancestors knew that every forest has brownies and fairies, every spring its lady, and every river malevolent beings in its depths. They told tales of giants in the hills, dragons in the lakes, marshes swarming with will-o’-the-wisps, and demons and wild folk in the mountains who enjoyed causing landslides, avalanches, and floods. Exploring medieval stories, folk traditions, spiritual place names, and pagan rituals of home building and site selection, Claude Lecouteux reveals the multitude of spirits and entities that once inhabited the land before modern civilization repressed them. Lecouteux reveals how belief in these spirits carried through to modern times and was a primary influence on architecture, an influence still visible in today’s buildings.

Inner Traditions. Paperback, $18.95.
Dropping dead from a heart attack, being crippled by a catastrophic stroke, having limbs amputated as a result of peripheral vascular disease—these are among the frightening consequences of vascular disease, the number-one killer of Americans.

Metabolic syndrome and its associated condition of insulin resistance pose a major threat to cardiovascular health that most health care practitioners do not even discuss with their patients. Remarkably, the public knows very little about this silent but deadly condition, and many affected individuals are not even aware that metabolic syndrome is inflicting severe damage to their arteries and brain cells.

The news media and health care providers pay almost no attention to the epidemic of insulin resistance, the fundamental cause of metabolic syndrome.

To avoid the potentially disastrous cardiovascular consequences of metabolic syndrome, you need to understand:

- What metabolic syndrome is and how to determine whether you meet its diagnostic criteria (a tape measure, a blood pressure cuff, and some simple blood tests are all you need).
- How to identify the risk of insulin resistance through simple blood tests.
- Why body weight is not very important for metabolic health, but body composition is critical.
- How a simple but very effective program—and not the latest fad diet—can dramatically reduce your risk for insulin resistance and metabolic syndrome.
- Which nutritional supplements can help reduce your risk of insulin resistance and metabolic syndrome. (These include two promising supplements derived from water-soluble extracts of cinnamon and coffee—one of which targets the same hormone that multibillion-dollar pharmaceutical companies tout as key to the next breakthrough therapy for metabolic disease.)
Gauging Your Risk for Insulin Resistance

Metabolic syndrome is characterized by insulin resistance. Before explaining insulin resistance, we need to understand what insulin is and how it acts in the body.

A hormone produced in the pancreas, insulin’s major function is to regulate blood sugar, or glucose, levels. Insulin helps to shuttle glucose molecules from the blood into the cells of the body. When blood sugar levels increase, insulin output increases.

Insulin resistance means that insulin does not work optimally at its target tissue—such as muscle, fat, or liver tissue—to drive glucose into cells. This has numerous adverse consequences, including glucose and insulin levels that are much higher than normal. As the body attempts to overcompensate for poor insulin action by pumping out more insulin from the pancreas, insulin levels rise. Eventually, over time, the pancreas can “burn out” and no longer produce enough insulin to control blood sugar. When insulin levels are not sufficient to bring blood sugar levels down to the normal range, type II diabetes mellitus can result.

The gold standard for measuring insulin resistance is a very complex procedure called a “hyperinsulinemic euglycemic clamp” that is offered at specialized academic medical research centers. In this two-hour procedure, insulin is infused intravenously at a constant rate according to body weight. At the same time, glucose is infused intravenously at a variable rate to balance out the insulin infusion. The rate of glucose infusion into blood during the last 30 minutes of the test determines insulin sensitivity.

Fortunately, to help determine your risk of insulin resistance, you do not have to travel to an academic medical center to have the “hyperinsulinemic euglycemic clamp” performed; instead, you need only undergo some simple blood tests.

Certain blood tests such as fasting insulin can serve as surrogate markers for insulin resistance. Excess insulin (fasting hyperinsulinemia) is defined when levels equal to or greater than 15 µU/mL are found. These higher fasting insulin levels are associated with insulin resistance. Other blood tests that are very useful in evaluating the risk of insulin resistance include serum triglycerides and high-density lipoprotein (HDL). Triglycerides equal to or greater than 130 mg/dL and a triglyceride:HDL ratio equal to or above 3.0 suggest a high risk of insulin resistance. In fact, the Life Extension Foundation has consistently advocated even lower levels of triglycerides (less than 100 mg/dL) as being optimal.

Do You Have Metabolic Syndrome?

Afflicting one of every five Americans (with even higher rates in certain ethnic populations), metabolic syndrome has ominous implications for cardiovascular disease risk.

More than twenty years ago, scientists identified the constellation of conditions that characterizes metabolic syndrome in a group of patients with a drastically elevated risk of heart disease and stroke. Initially called “Syndrome X” by scientists, it is now known as metabolic syndrome. This dangerous condition is characterized by insulin resistance, which leads to abnormally high serum lipids and cholesterol, high blood pressure, abnormally high blood sugar, and increased blood-clotting tendencies.

Metabolic syndrome dramatically increases cardiovascular disease risk. Recent trial results in more than 1,200 men followed for eleven years found that those with metabolic syndrome were up to 360% more likely to die from coronary heart disease.

The diagnostic criteria for metabolic syndrome can differ slightly depending on the medical experts consulted. A standard, accepted definition was established by the Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). According to its definition, you have metabolic syndrome if you have three or more of the following criteria:

- Central obesity as measured by waist circumference: Men: > 40 inches. Women: > 35 inches.
• Fasting blood triglycerides: > 150 mg/dL.
• Blood HDL: Men: < 40 mg/dL.
  Women: < 50 mg/dL.
• Blood pressure: >= 130/85 mmHg.
• Fasting glucose: >= 100 mg/dL
  (recently changed from >= 110 mg/dL to reflect the revised American Diabetes Association criterion for impaired fasting glucose.)

A Program for Averting Metabolic Syndrome

The following step-by-step program can help you avert the potentially deadly consequences of metabolic syndrome. Taking these simple steps can help you lead a long, healthy life and avoid succumbing to a multitude of life-threatening diseases.

Step 1: Assess Your Body Composition.

The first step involves knowing and understanding your body composition and its importance in helping to prevent metabolic syndrome. Surprisingly, stepping on a scale and seeing what you weigh does not tell very much about your risk of developing metabolic disease.

Body mass index (BMI) is a standard measure of overweight and obesity. BMI is obtained by dividing your body weight in kilograms by your height in meters squared (kg/m²). However, BMI fails to account for body composition. Your body composition is a measure of how much lean body mass (muscle) and adipose tissue (body fat) you have.

Compare two 40-year-old men, both of whom stand six feet tall and weigh 200 pounds. One man is very muscular (about 7% body fat) and has a waist circumference of 32 inches. By contrast, the other man is out of shape (about 30% body fat) and has a waist circumference of 40 inches. The key point is, both men have the same BMI.

Does this mean that both men have the same risk of developing insulin resistance and metabolic syndrome? No!

The man who has poor body composition (low level of lean body mass, high level of fat mass) and carries his body fat around his waist (central obesity) is at risk of developing insulin resistance and metabolic syndrome. The physically fit man with a low amount of body fat and a slim waist is at very, very low risk of insulin resist-

Step 2: Maintain Good Body Composition.

How do you obtain and maintain good body composition? Maintaining lean body mass and decreasing body fat is easier than you think.

First, do not fall for the latest fad diet. Maintaining a stable body weight is not magic. Ignore any diet “guru” who promises “magical” weight loss, vilifies “forbidden foods,” and promotes excluding certain food “types” based on the latest round of misunderstood and misinterpreted science. Do not buy into it!

Instead, simply eat more whole foods and fewer processed foods. Prioritize eating high-quality foods like salmon, vegetables, wild rice, berries, and citrus fruits. De-emphasize eating foods that are highly processed or of low nutritional value, such as cakes, cookies, bagels, fried chicken, and American cheese. In fact, studies show that diets that emphasize whole foods, such as the Mediterranean diet, help maintain lean body mass while also improving metabolic markers like insulin, cholesterol, fibrinogen, and uric acid. Other studies of people eating Mediterranean-type diets show a strong reduction in cholesterol levels, increased psychological and physical well-being, and a trend towards weight loss even without trying to diet.

A great-tasting, healthy diet is abundant in whole foods, much like the traditional diets of Africa, Asia, and the Mediterranean. This style of eating is rich in whole grains, whole fruits, and green vegetables, incorporates low to modest amounts of protein, and is high in “good fats” from sources such as sesame seeds, walnuts, almonds, and olives. Moderate amounts of high-fiber carbohydrates and “good fats” predominate in traditional diets of the Mediterranean, Asia, and Africa.

Randomized clinical trials have shown that this type of diet may be best for people at risk for metabolic disease. For example, a trial in patients with type II diabetes mellitus showed better blood sugar control and cholesterol levels in people consuming a diet comprising...
40% carbohydrates, 45% fat, and 15% protein compared to those who consumed a diet consisting of 55% carbohydrates, 30% fat, and 15% protein.

In other studies, a diet moderate in carbohydrates and relatively high in monounsaturated fat from olive oil and polyunsaturated fat from fish—such as the Mediterranean diet—actually decreased insulin resistance and inflammation. Furthermore, this diet is better than the step I National Cholesterol Education Program (NCEP) diet in preventing heart disease and stroke.

Second, if you are not physically active, start moving your body! Simply walking at a brisk pace three to five days each week for at least 20 minutes will help. If and when you get more ambitious, you can engage in more demanding physical activities at a higher level of exertion. In addition, consider weight training to build more muscle mass and to stimulate your metabolism.

**Step 3: Improve Metabolic Function with Nutritional Supplements.**

Smart supplementation can have a significant impact on metabolic health. A number of nutritional supplements hold great promise for normalizing blood sugar and metabolic control.

**Chromium.** Chromium is a critically essential cofactor for glucose control. Chromium helps insulin shuttle blood sugar (glucose) into cells. In fact, without chromium, insulin cannot work properly.

Unfortunately, most Americans are deficient in this critical nutrient. Some experts believe that Americans ingest less than half the recom-mended daily amount of chromium. This may be partly due to the nation’s over-reliance on processed foods, which are generally rich in calories but poor in nutrients.

Another factor contributing to widespread chromium deficiency is food grown in soil containing a low content of minerals such as chromium. In fact, the 1992 Earth Summit report showed that North American soils have been depleted of 85% of their mineral content in the past 100 years—the highest rate of mineral depletion in the world. Thus, it should come as no surprise that the foods we consume are deficient in trace minerals such as chromium. Some scientists have postulated that rising rates of metabolic syndrome and diabetes in the US may result in part from declining levels of chromium in American soil and diets.

Many clinical studies of patients with and without metabolic disease have shown metabolic benefits—including improved blood sugar control, cholesterol, and insulin—with supplemental chromium doses from 200 to 1000 mcg daily.

Recently, a bioavailable and biologically safe form of chromium called chromium 454™ has attracted the attention of nutritional scientists seeking ways to promote metabolic health. Derived from plant and biological extracts, this distinct form of chromium is water soluble, allowing for outstanding absorption. Insulin-deficient diabetic rats that received chromium 454™ for three weeks demonstrated an impressive 38% reduction in blood glucose levels. These findings led scientists to suggest that chromium may provide metabolic support for individuals seeking to optimize their blood glucose levels.

**DHEA.** In both middle-aged and older men and women, suboptimal hormone profiles are not unusual. Dehydroepiandrosterone (DHEA) is a critical hormone that is involved in many metabolic processes, both directly and indirectly (through its conversion to testosterone and estrogen).

Low levels of DHEA are associated with an increased risk of developing metabolic syndrome. For example, a cross-sectional study of 400 men, aged 40-80, showed that the lower the DHEA level, the greater the risk of insulin resistance and metabolic syndrome.

DHEA dosing should be individualized based on blood testing. A simple blood test known as DHEA-sulfate (DHEA-S) will provide important information about your DHEA levels. However, even relatively low doses can provide benefit. A study of elderly men and women showed that a daily dose of as little as 50 mg of DHEA for six months was associated with significant fat loss and improvements in insulin sensitivity.

**DHA/EPA.** The long-chain omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) have a multitude of health benefits, including increased fat burning and improved glucose metabolism. In addition, EPA and DHA decrease the expression of genes involved in fat storage, down-regulate genes involved in inflammation, and lower levels of C-reactive protein, a marker of inflammation.
Be careful, however, if you consume large amounts of fish, as you may be unwittingly ingesting large amounts of mercury, a kidney toxin that is found in high amounts in fish such as swordfish, shark, and even tuna. Supplementing with a high-quality omega-3 fatty acid product that has been tested and found to be free of contaminants and pollutants is a smart alternative to eating mercury-contaminated fish.

**Bioflavonoids.** Inflammation is an important factor in the development of insulin resistance and metabolic syndrome. Bioflavonoids like quercetin, resveratrol, and olive polyphenols have natural anti-inflammatory properties and may offer protection against metabolic syndrome.

Quercetin, a potent bioflavonoid found in vegetables, inhibits pro-inflammatory cytokines (proteins involved in immunity and inflammation). Resveratrol, found in the skin of red fruits like grapes, has been shown to inhibit the expression of genes involved in inflammation better than the potent prescription corticosteroid dexamethasone.

In addition to having potent anti-inflammatory effects, olive polyphenols have beneficial effects on the cardiovascular system. Studies show that olive polyphenols dramatically increase the resistance of cholesterol to oxidation. This is very important, as oxidized cholesterol serves as a trigger for atherosclerosis (hardening of the arteries). Olive polyphenols also benefit the vascular endothelium, the lining of blood vessel walls. Hydroxytyrosol, a principal polyphenol in olives, reduces the “stickiness” of cells in the vascular endothelium. Cell “stickiness” may increase the tendency to form blood clots in the arteries.

**Carotenoids and retinoids.** Carotenoids (found in foods like carrots, squash, and tomatoes) and retinoids, which are beneficial to eye health, also play an important role in preventing metabolic disease.

Interestingly, experiments in early growth and development show that low vitamin A intake decreases insulin-producing cells, pointing to the importance of adequate vitamin A intake for development of the insulin-producing cells of the pancreas.

The National Health and Nutrition Examination Survey found that even after adjusting for confounding factors like age, sex, ethnicity, education, smoking status, and physical activity, people with metabolic syndrome had significantly lower concentrations of carotenoids and retinyl esters (a type of vitamin A).

Evidence suggests that there may be a threshold for vitamin A consumption in terms of metabolic benefit. In one study, daily vitamin A intake of more than 10,000 IU significantly lowered blood sugar and insulin levels in healthy human volunteers, while daily intake of less than 8000 IU was associated with higher blood sugar levels.

**Water-soluble cinnamon extracts.** Exciting data show that a special extract from cinnamon holds tremendous promise for normalizing blood sugar levels naturally.

A 2003 study of patients with type II diabetes examined the effects of cinnamon on blood sugar. Participants received one, three, or six grams per day of cinnamon or placebo. After forty days, the three groups receiving cinnamon demonstrated significant reductions in blood sugar of up to 29%, in triglycerides of up to 30%, and in cholesterol of up to 26%.

So, all you need to do to prevent metabolic disease is consume large amounts of cinnamon, right? Wrong! Whole cinnamon contains volatile oils, which are well-known irritants that may trigger allergic reactions. Even more worrisome is that toxicology studies in mice show that consuming raw cinnamon rich in these oils can cause tumors, including squamous cell papillomas. Therefore, the best strategy is to avoid the danger of cinnamon’s volatile oils while still obtaining the remarkable benefits of cinnamon.

Fortunately, these oils are not responsible for cinnamon’s impressive effects in stabilizing blood sugar. Instead, cinnamon’s water-soluble polyphenol polymers are the key components responsible for its beneficial metabolic effects.

The polyphenol type-A polymers from cinnamon up-regulate genes involved in blood sugar control. Other cinnamon polyphenol polymers such as methylhydroxychalcone have additional beneficial effects on blood sugar control. Recent studies consistently show the anti-diabetic effects of cinnamon extracts in validated animal models of metabolic disease.

Cinnamon extract not only supports healthy blood sugar levels, but also has excellent antioxidant properties. The natural water-soluble cinnamon extract inhibits oxidation even better than the powerful synthetic antioxidant butylated hydroxytoluene, or BHT.
Coffee polyphenols. Who would have ever thought that a watersoluble extract of coffee acts to boost the key target hormone that multi-billion-dollar pharmaceutical companies are targeting as the next breakthrough treatment for metabolic disease?

A very large study (14,629 men and women) published in the Journal of the American Medical Association in 2004 showed that the greater your coffee consumption, the lower your risk of metabolic disease, including type II diabetes mellitus. Another very large study that followed 41,934 men showed a similarly powerful association between increased coffee intake and decreased risk of type II diabetes, even after adjusting for age, body mass index, and other risk factors.

Before you decide to drink a pot of coffee a day or open your own Starbucks, be advised that drinking large amounts of coffee is not the best strategy for preventing metabolic disease.

Coffee can cause insomnia and may induce high blood pressure in some people, largely due to its caffeine content. Moreover, results of the 2004 ATICA study showed that coffee consumption dramatically increases markers of inflammation like C-reactive protein, interleukin-6, and tumor necrosis factor-alpha.

A smart strategy is to identify and isolate the components of coffee that are responsible for its beneficial effects on metabolism, including blood sugar control. Scientists have found that water extracts of roasted coffee residues, including the primary coffee polyphenols caffeic acid and chlorogenic acid, are key components responsible for coffee’s beneficial metabolic effects.

Preclinical studies show that chlorogenic acid improves blood sugar control and decreases cholesterol and triglycerides.

In human studies, chlorogenic acid, a major polyphenol in water extracts of coffee, has improved the release of hormones critical to blood sugar control. For example, in healthy human volunteers, consuming coffee polyphenols like chlorogenic acid dramatically increased glucagon-like peptide 1 (GLP-1) secretion. This finding is remarkable because several GLP-1-related pharmaceutical agents are targeting this hormone as a treatment for metabolic disease, including the recently FDA-approved GLP-1 analog BYETTA™ (exenatide). Chlorogenic acid acts to increase GLP-1.

Coffee extracts offer other benefits as well. Water-soluble coffee polyphenols like chlorogenic acid scavenge free radicals and provide powerful protection against lipid peroxidation and oxidative damage by proteins.

Conclusion

With so much focus on cholesterol, little attention has been paid to the critical role of insulin resistance in the development of cardiovascular disease. Insulin resistance is the root cause of metabolic syndrome, a serious risk factor for heart disease and stroke that has received little attention until recently.

Identifying your risk for metabolic syndrome involves only a series of very simple tests. If you are found to be at risk, decreasing your body fat—particularly around your waist—is critically important. Avoid fad diets, eat a whole-food diet like those consumed by Mediterranean cultures, and get some physical exercise—your body will thank you for it!

Nutritional supplements can help improve blood sugar control and metabolic health naturally, without danger or stress to your body. Particularly compelling are polyphenol-rich, water-soluble extracts of cinnamon and coffee, along with green tea extract, chromium, and banaba leaf-derived corosolic acid. Documented evidence demonstrates the ability of these agents to help normalize blood sugar levels.

Avoiding the perils of metabolic syndrome is simple. First, get tested to see whether you are at risk. If laboratory testing and a physical examination reveal that you are at risk, immediately take the necessary steps—including exercise, a healthy diet, and targeted nutritional strategies—to prevent the dire cardiovascular consequences of insulin resistance and metabolic syndrome.

On my second day in the Caribbean, as I stood in front of more than a hundred visibly on-edge medical students, I suddenly realized that not everyone viewed the island as a laid-back refuge. For these nervous students, Montserrat was not a peaceful escape but a last-ditch chance to realize their dreams of becoming doctors.

My class was geographically homogeneous, mostly American students from the East Coast, but there were all races and ages, including a sixty-seven-year-old retiree who was anxious to do more with his life. Their backgrounds were equally varied—former elementary school teachers, accountants, musicians, a nun, and even a drug smuggler.

Despite all the differences, the students shared two characteristics: One, they had failed to succeed in the highly competitive selection process that filled the limited number of positions in American medical schools. Two, they were “strivers” intent on becoming doctors—they were not about to be denied the opportunity to prove their qualifications. Most had spent their life savings or indentured themselves to cover the tuition and extra costs of living out of the country. Many found themselves completely alone for the first time in their lives, having left their families, friends, and loved ones behind. They put up with the most intolerable living conditions on that campus. Yet with all the drawbacks and the odds stacked against them, they were never deterred from their quest for a medical degree.

Well, at least that was true up to the time of our first class together. Prior to my arrival, the students had had three different histology/cell biology professors. The first lecturer left the students in the lurch when he responded to some personal issue by bolting from the island three weeks into the semester. In short order, the school found a suitable replacement who tried to pick up the pieces; unfortunately he bailed three weeks later because he got sick. For the preceding two weeks, a faculty member, responsible for another field of study, had been reading chapters out of a textbook to the class. This obviously bored the students to death, but the school was fulfilling a directive to provide a specified number of lecture hours for the course. Academic prerequisites

The following is an excerpt from *The Biology of Belief, 10th Anniversary Edition*, by Bruce Lipton, Ph.D. It is published by Hay House (October 2015) and is available in bookstores and online at http://www.hayhouse.com

**The Biology of Belief**

By Bruce Lipton, Ph.D.
set by American medical examiners have to be met in order for the school’s graduates to practice in the States.

For the fourth time that semester, the weary students listened to a new professor. I briefed them on my background and my expectations for the course. I made it clear that even though we were in a foreign country, I was not going to expect any less from them than what was expected from my Wisconsin students. Nor should they want me to because to be certified all doctors have to pass the same Medical Boards, no matter where they go to medical school. Then I pulled a sheaf of exams out of my briefcase and told the students that I was giving them a self-assessment quiz. The middle of the semester had just passed, and I expected them to be familiar with half of the required course material. The test I handed out on that first day of the course consisted of twenty questions taken directly from the University of Wisconsin histology midterm exam.

The classroom was deadly silent for the first ten minutes of the testing period. Then nervous fidgeting felled the students one by one, faster than the spread of the deadly Ebola virus. By the time the twenty minutes allotted for the quiz were over, wide-eyed panic had gripped the class. When I said, “Stop,” the pent-up nervous anxiety erupted into the din of a hundred excited conversations. I quieted the class down and began to read them the answers. The first five or six answers were met with subdued sighs. After I reached the tenth question, each subsequent answer was followed by agonizing groans. The highest score in the class was ten correct answers, followed by several students who answered seven correctly; with guesswork, most of the rest scored at least one or two correct answers.

When I looked up at the class, I was greeted with frozen, shell-shocked faces. The “strivers” found themselves behind the big eight ball. With more than half a semester behind them, they had to start the course all over again. A dark gloom overcame the students, most of whom were already treading water in their other, very demanding medical school courses. Within moments, their gloom had turned into quiet despair. In profound silence, I looked out over the students and they looked back at me. I experienced an internal ache—the class collectively resembled one of those Greenpeace pictures of wide-eyed baby seals just before heartless fur traders club them to death.

My heart welled. Perhaps the salt air and sweet scents had already made me more magnanimous. In any case, unexpectedly, I found myself announcing that I would make it my personal commitment to see that every student was fully prepared for the final exam, if they would commit to providing matching efforts. When they realized I was truly committed to their success, I could see the lights flash on in their previously panicked eyes.

Feeling like an embattled coach revving up the team for the Big Game, I told them I thought they were every bit as intelligent as the students I taught in the States. I told them I believed their State-side peers were simply more proficient at rote memorization, the quality that enabled them to score better in the medical college admissions tests. I also tried very hard to convince them that histology and cell biology are not intellectually difficult courses. I explained that in all of its elegance, nature employs very simple operating principles. Rather than just memorizing facts and figures, I promised they were going to gain an understanding of cells because I would present simple principles on top of simple principles. I offered to provide additional night lectures, which would tax their stamina after their already long lecture-and lab-packed days. The students were pumped up after my ten-minute pep talk. When the period ended, they bolted from that classroom snorting fire, determined they would not be beaten by the system.

After the students left, the enormity of the commitment I had made sank in. I started having doubts. I knew that a significant number of the students were truly unqualified to be attending medical school. Many others were capable students whose backgrounds had not prepared them for the challenge. I was afraid that my island
idyll would degenerate into a frenetic, time-consuming academic scrimmage that would end in failure for my students and for me as their teacher. I started thinking about my job at Wisconsin, and suddenly it was beginning to look easy. At Wisconsin, I gave only eight lectures out of the approximately fifty that made up the histology/cell biology course. There were five members of the anatomy department who shared the lecturing load. Of course I was responsible for the material in all of the lectures because I was involved in their accompanying laboratory sessions. I was supposed to be available to answer all course-related questions asked by the students. But knowing the material and presenting lectures on the material are not the same thing!

I had a three-day weekend to wrestle with the situation I had created for myself. Had I faced a crisis such as this back home, my type A personality would have had me swinging from the proverbial chandeliers. Interestingly, as I sat by the pool, watching the sun set into the Caribbean, the potential angst simply morphed into an exciting adventure. I began to get excited about the fact that for the first time in my teaching career, I was solely responsible for this major course and free from having to conform to the style and content restrictions of team-taught programs.

Researchers at Tel Aviv University and another Israeli research center called Technion have created a terrifying new hacking tool that can steal encryption keys out of the air. The device, which is assembled using about $300 worth of parts that are widely available, is about the size of a piece of pita bread. Not by coincidence, the team is calling it PITA (Portable Instrument for Trace Acquisition).

Here’s how it works: the PITA consists of a bunch of off-the-shelf parts and it runs on four AA batteries. Using an antenna that can read electromagnetic waves emitted by computer processors from up to 19 inches away, the device can swipe RSA and ElGamal data and decrypt it. Stolen data is then stored locally on the device’s microSD card, or the PITA can transmit data over Wi-Fi to the attacker’s computer.

Here’s a deeper dive from the team’s paper:

We demonstrate the extraction of secret decryption keys from laptop computers, by nonintrusively measuring electromagnetic emanations for a few seconds from a distance of 50 cm. The attack can be executed using cheap and readily-available equipment: a consumer-grade radio receiver or a Software Defined Radio USB dongle. The setup is compact and can operate untethered; it can be easily concealed, e.g., inside pita bread. Common laptops, and popular implementations of RSA and ElGamal encryptions, are vulnerable to this attack, including those that implement the decryption using modern exponentiation algorithms such as sliding-window, or even its side-channel resistant variant, fixed-window (m-ary) exponentiation.

We successfully extracted keys from laptops of various models running GnuPG (popular open source encryption software, implementing the OpenPGP standard), within a few seconds. The attack sends a few carefully-crafted ciphertexts, and when these are decrypted by the target computer, they trigger the occurrence of specially-structured values inside the decryption software. These special values cause observable fluctuations in the electromagnetic field surrounding the laptop, in a way that depends on the pattern of key bits (specifically, the key-bits window in the exponentiation routine). The secret key can be deduced from these fluctuations, through signal processing and cryptanalysis.

So now you’re obviously wondering, "how can I block this crazy attack?" Bad news: You can’t.

—Yahoo Tech
Your intestinal microflora—aka your microbiome—is an integral part of your immune system, and over the past several years, research has revealed that microbes of all kinds—bacteria, fungi, and even viruses—play instrumental roles in the functioning of your body.

For example, beneficial bacteria, also known as probiotics, have been shown to:

- Counteract inflammation and control the growth of disease-causing bacteria
- Produce vitamins, amino acids (protein precursors), absorb minerals, and eliminate toxins
- Control asthma and reduce risk of allergies
- Benefit your mood and mental health
- Impact your weight, for better or worse

The composition of the microbiome varies from person to person based on factors such as diet, health history, antibiotic exposures, geographic location, and even ancestry, and it’s readily influenced by diet, chemical exposures, hygiene, and other environmental factors.

In fact, it’s become increasingly clear that destroying your gut flora with antibiotics and pharmaceutical drugs, harsh environmental chemicals, and toxic foods is a primary factor in rising disease rates.

For all of these reasons, and more, I recommend a diet rich in whole organic, unprocessed foods along with traditionally cultured or fermented foods and plenty of fiber.

A high-quality probiotic supplement can also be a helpful ally to restore a healthy balance to your gut flora—especially when taking antibiotics, and/or when eating processed foods, as both of these tend to decimate the colonies of beneficial microbes in your gut.
Modern Lifestyle Depletes Beneficial Microbes

A study comparing the microbiome of the Yanomami—an indigenous tribe living in remote areas of the Amazon jungle—against those of Americans; a group of Venezuelan Amazonian indigenous people called the Guahibo; and people in Malawi in southern Africa, reveals that the modern lifestyle has dramatically altered people’s microbiome.

For all its conveniences, it takes a considerable toll on the microbes in your gut, which in turn can have far-reaching health consequences. For example, recent research suggests that repeated use of antibiotics may raise your risk for type 2 diabetes by altering the composition of your gut bacteria.

After analyzing health data from one million Britons, strong dose-dependent correlations were found between the use of certain antibiotics—penicillins, cephalosporins, quinolones, and/or macrolides specifically—and diabetes incidence. The correlation held even when other contributing factors were taken into account.

- Two to five courses of penicillin increased diabetes risk by eight percent
- More than five courses of penicillin increased the risk by 23 percent
- Two to five courses of quinolones increased the diabetes risk by 15 percent
- More than five courses of quinolones increased the risk by 37 percent

Interestingly, even the hunter-gatherer Yanomami tribe—which had never come in contact with outsiders prior to the researchers’ arrival, and have never been exposed to antibiotics—were found to harbor microbes with antibiotic-resistant genes.

According to The Star:

“This adds persuasive evidence that bacteria already have the ability to resist antibiotics, even prior to being attacked by pharmaceutical drugs—a finding that underscores the urgency of the antibiotic crisis, where pathogenic bacteria are developing strategies for defeating even the most powerful drugs on the market.”

Americans Have Lost a Wide Variety of Health Protective Gut Microbes

In all, the Yanomami had about 50 percent greater microbial diversity than American subjects, and 30-40 percent more diversity than the Guahibo and the Malawians, the latter two of which have adopted some Western lifestyle components, such as living indoors and using antibiotics.

According to one of the authors:

“As cultures around the world become more ‘Western,’ they lose bacteria species in their guts... At the same time, they start having higher incidences of chronic illnesses connected to the immune system, such as allergies, Crohn’s disease, autoimmune disorders, and multiple sclerosis.

So the big question is: Are these two facts related? It’s not clear if more diversity in the microbiome is healthier. But maybe we have lost species with important functions.”

Sophisticated Sanitation May Be More Detrimental to Your Microbiome Than Previously Thought

While antibiotics are indeed potent adversaries when it comes to maintaining a healthy diversity of microbes in your gut, other factors also play a significant role.

Pesticides, processed food, Caesarean sections, and an over-reliance on antimicrobial products have also contributed to the dramatic decline in the range of microbes occupying people’s guts.

In fact, another recent study suggests that sophisticated sanitation may be a greater factor than antibiotics when it comes to destroying microbial diversity.

Here, researchers looked at the microbiome of two indigenous populations in Papua New Guinea who, unlike the Yanomami tribe, regularly use antibiotics, yet still have significant microbial diversity in their guts. These two groups were found to have about 47 different species that Americans don’t have.

The data collected in this study suggests that lack of sanitation may be the reason for the Papua New Guineans’ microbial diversity. NPR reports:

“Sophisticated sanitation and hygiene in Western
society might be limiting the species that end up in our guts... Bacteria spread more easily from person to person in Papua New Guinea because the communities don’t have sewage systems and clean drinking water. ‘Clean drinking water is one of the most important achievements of Western culture,’ [lead author Jens] Walter says. ‘It prevents the spread of infections, but it also prevents the easy exchange of our microbiomes.’”

The Importance of Fiber for a Healthy Microbiome

One of the quickest and easiest ways to improve your gut health is via your diet. Beneficial microbes tend to feed on foods that are known to benefit health and vice versa. Sugar, for example, is a preferred food source for fungi that produce yeast infections and sinusitis, whereas healthy probiotic-rich foods like fermented vegetables boost populations of health-promoting bacteria, thereby disallowing potentially pathogenic colonies from taking over.

Fiber is also important for a healthy microbiome. Some of the microbes in your gut specialize in fermenting soluble fiber found in legumes, fruits, and vegetables, and the byproducts of this fermenting activity help nourish the cells lining your colon. Some of these fermentation byproducts also help calibrate your immune system, thereby preventing inflammatory disorders such as asthma and Crohn’s disease.

As reported by Scientific American, recent research shows that simply eating more fiber can shift your microbial profile into one that is correlated with lean-ness. Fiber has long been considered a factor that promotes weight loss, and its impact on your gut bacteria appears to be one key mechanism responsible for this effect.

Other research has shown that microbes starved of fiber can begin feeding on the mucus lining of your gut, thereby triggering inflammation, which may promote or exacerbate any number of diseases, including ulcerative colitis. The study also found that in order to avoid this, you need to eat fiber every single day.

Research published a couple of years ago also showed that common bacterial metabolites—short-chain fatty acids (SCFAs)—selectively expand regulatory T cells called Tregs, which are critical for regulating intestinal inflammation. According to one of these studies: “Treg cells suppress the responses of other immune cells, including those that promote inflammation. This finding provides a new link between bacterial products and a major anti-inflammatory pathway in the gut.” Other research has linked Tregs—which are fed by dietary fiber—to the prevention and reversal of metabolic syndrome, in part by stimulating oxidative metabolism in your liver and adipose tissue. So, as you can see, fiber appears to nourish microbes that in turn provide a variety of health benefits via a number of different pathways.

Probiotics Again Found Beneficial for Symptoms of Depression

Beneficial microbes also play an important role in your mental health—some researchers have even proposed that probiotics might serve the same role as antidepressants. Most recently, Psychologists Laura Steenbergen and Lorenza Colzato from the Leiden Institute of Brain and Cognition published a paper showing that people who took a multi-strain probiotic for at least four weeks reported a lessening of rumination—recurring, persistent thoughts about something distressing that has or may happen.

As explained by Dr. Steenbergen:

“Rumination is one of the most predictive vulnerability markers of depression. Persistent ruminative thoughts often precede and predict episodes of depression.”

According to Dr. Colzato:

“Even if preliminary, these results provide the first evidence that the intake of probiotics may help reduce negative thoughts associated with sad mood. As such, our findings shed an interesting new light on the potential of probiotics to serve as adjuvant or preventive therapy for depression.”
Beware: Polysorbate 80 and Other Emulsifiers Can Have Adverse Effect on Your Gut Flora

A processed food diet is anathema to gut health for a number of reasons. First of all, processed foods tend to be loaded with genetically engineered ingredients of questionable safety, including corn-based fructose, which has been repeatedly shown to promote metabolic dysfunction to a greater degree than other sugars. Ingredients may also be contaminated with glyphosate (recently classified as a Class 2 A carcinogen), which can decimate gut health in a number of different ways.

Recent research published in the journal *Nature* also suggests that polysorbate 80, an emulsifier found in many processed foods (as well as vaccines) can alter your intestinal terrain, thereby promoting obesity and inflammatory health conditions. As reported by *Prevent Disease*:

“The study used mice to test the effect of two common emulsifiers—carboxymethylcellulose and polysorbate-80—on the microbiome make up and metabolism, finding that relatively low-level concentrations of the emulsifiers resulted in distinct alterations to the gut microbial ecosystem (microbiota) and led to low-grade inflammation and the onset of metabolic syndrome...

The research team reported that the emulsifier-induced metabolic syndrome was associated with microbiota encroachment, altered species composition and increased pro-inflammatory potential. ‘These results support the emerging concept that perturbed host-microbiota interactions resulting in low-grade inflammation can promote adiposity and its associated metabolic effects,’ wrote the team.

Moreover, they suggest that the broad use of emulsifying agents might be contributing to an increased societal incidence of obesity/metabolic syndrome and other chronic inflammatory diseases.”

Optimizing Your Microbiome May Be One of Your Most Important Disease Prevention Strategies

Optimizing your gut flora may be one of the most important things you can do for your health, and the good news is that this isn’t very difficult. However, you do need to take proactive steps. To optimize your microbiome both inside and out, consider the following recommendations:

**DO:**

Eat plenty of fermented foods. Healthy choices include lassi, fermented grass-fed organic milk such as kefir, natto (fermented soy), and fermented vegetables. If you ferment your own, consider using a special starter culture that has been optimized with bacterial strains that produce high levels of vitamin K2. This is an inexpensive way to optimize your K2, which is particularly important if you’re taking a vitamin D3 supplement.

Take a probiotic supplement. Although I’m not a major proponent of taking many supplements (as I believe the majority of your nutrients need to come from food), probiotics is an exception if you don’t eat fermented foods on a regular basis.

Boost your soluble and insoluble fiber intake, focusing on vegetables, nuts, and seeds, including sprouted seeds.

Get your hands dirty in the garden. Germ-free living may not be in your best interest, as the loss of healthy bacteria can have wide-ranging influence on your mental, emotional, and physical health. According to the hygiene hypothesis, exposure to bacteria and viruses can serve as “natural vaccines” that strengthen your immune system and provide long-lasting immunity against disease. Getting your hands dirty in the garden can help reacquaint your immune system with beneficial microorganisms on the plants and in the soil.

Open your windows. For the vast majority of human history the outside was always part of the inside, and at no moment during our day were we ever really separated from nature. Today, we spend 90 percent of our lives indoors. And, although keeping the outside out does have its advantages, it has also changed the microbiome of your home. Research shows that opening a window and increasing natural airflow can improve the diversity and health of the microbes in your home, which in turn benefit you.
Wash your dishes by hand instead of in the dishwasher. Recent research has shown that washing your dishes by hand leaves more bacteria on the dishes than dishwashers do, and that eating off these less-than-sterile dishes may actually decrease your risk of allergies by stimulating your immune system.

**AVOID:**

**Antibiotics,** unless absolutely necessary (and when you do, make sure to reseed your gut with fermented foods and/or a probiotic supplement). And while some researchers are looking into methods that might help ameliorate the destruction of beneficial bacteria by antibiotics, your best bet is likely always going to be reseeding your gut with probiotics from fermented and cultured foods and/or a high-quality probiotic supplement.

**Conventionally-raised meats** and other animal products, as CAFO animals are routinely fed low-dose antibiotics, plus genetically engineered grains loaded with glyphosate, which is widely known to kill many bacteria.

**Chlorinated and/or fluoridated water.**

Processed foods. Excessive sugars, along with otherwise “dead” nutrients, feed pathogenic bacteria. Food emulsifiers such as polysorbate 80, lecithin, carrageenan, polyglycerols, and xanthan gum also appear to have an adverse effect on your gut flora.

Unless 100% organic, they may also contain GMOs that tend to be heavily contaminated with pesticides such as glyphosate.

**Agricultural chemicals,** glyphosate (RoundUp) in particular.

**Antibacterial soap,** as they too kill off both good and bad bacteria, and contribute to the development of antibiotic-resistance.

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

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**Research Confirms Sweating Detoxifies Dangerous Metals, Petrochemicals**

Sweating has long been known as a source of bodily, if not also spiritual “cleansing.” But until recently, very little ‘scientific’ confirmation existed proving that using heat and/or exercise to facilitate perspiration-induced detoxification actually works the way that many natural health advocates claim.

With the Rise of Biomedicine and its so-called ‘evidence-based’ model of determining what is true and thereby legal to practice, this conspicuous lack of clinical proof has resulted in a veritable inquisition against those who claim that bodily detoxification through sweating is anything more than a form of ‘quackery.’

Enter the findings of a groundbreaking 2011 study published in the *Archives of Environmental and Contamination Toxicology,* which explored the effects of bioaccumulated toxic elements within the human body and their method of excretion:

“ Toxic elements were found to differing degrees in each of blood, urine, and sweat. Serum levels for most metals and metalloids were comparable with those found in other studies in the scientific literature. Many toxic elements appeared to be preferentially excreted through sweat. Presumably stored in tissues, some toxic elements readily identified in the perspiration of some participants were not found in their serum. Induced sweating appears to be a potential method for elimination of many toxic elements from the human body.”

The researchers also made the important observation that, “Biomonitoring for toxic elements through blood and/or urine testing may underestimate the total body burden of such toxicants. Sweat analysis should be considered as an additional method for monitoring bioaccumulation of toxic elements in humans.”

These are truly novel findings insofar as sweating, at least from the perspective of evolutionary biology, is considered to exist primarily for thermoregulation (sweat cools the surface of the skin and reduces body temperature, functioning as a wholebody cooling system). While the sweat glands have a well-known secondary role for the excretion of water and electrolytes, this function is not generally understood to be a form ‘detoxification.’

—GreenMedInfo
The Energy of Abundance

Trust: How the Tangible Creates Itself

By Phyllis King

“The best way to find out if you can trust somebody is to trust them.”

—Ernest Hemingway

About five years ago, during the worst part of the recession when the real estate market was tanking, my income tripled. I began to speak to groups about prosperity and teach classes on cultivating abundance. This continues to be a cornerstone of much of my work because so many people need to understand it more fully. Of course the big question is always: “How did you do it?” After I explain the tactics and strategies I used, which are practices available to anyone, I tell audiences that the number-one thing I did to create more money was to let go of my anger.

This is where things get fun and interesting. When I tell people that letting go of anger increased my income they really scratch their heads. Kind of like a dog that cocks its head sideways. I began to break it down to the simplest possible level to ensure people understand how everything is connected, especially in our own personal universe and how that relates to income.

First, I have always been a hard worker. I came from an achievement-based family background. Much of my young life I defined my value by how much I could do, how good my grades were, and what people thought of me. I shed that belief as I discovered that value is inherent, and nothing ever changes my value. I determine my value internally. That’s when my income really shifted. I finally understood that working hard doesn’t make me a better person. It’s the content of my contributions that cause me to feel my value. That awareness allowed me to shed the “achievement” model and exchange it for an “allowing” model.

The achievement model says “I make it happen,” “I go get it,” and that means I am qualified, good, and smart. Achievement-based thinking suggests that outside
accomplishments or stimulations will somehow make us feel successful, secure, or proud.

The allowing model says I honor the divine truth in me, and I allow it to emerge. As I allow my divine truth to emerge my innate value becomes ever more present. As I honor my innate value I allow abundance to realize itself in my life.

As I shed the achievement model I still maintained a good work ethic and time management skills. As a working mother I had to have these skill sets. The awareness of inherent value led me to live a purpose-driven life making a living at something I love to do. In the following statement are three elements of why I was able to triple my income in a down market.

I have a good work ethic. I am committed. I don’t give up. I always look for new solutions if the idea I am using doesn’t bring the result I want. I go back to the drawing board. I ask myself, “What do I have to give that I’m not giving?”

I am doing something I love. It is not work to get up to do my job. It is my life. I love it. I feel I have a purpose. I contribute to the well-being of others and life. It gives my life meaning.

I answer to myself. I measure myself only to myself. I may listen to the counsel of a wise friend or confidant, but my opinion is the one I honor. I know that no one but me knows my value or what I am capable of doing or being. I honor my divine essence and knowing.

Having these three elements in place put me far ahead of the game for the average person. I’m not afraid of hard work. I do what I love. I honor myself.

With these three pieces in place the process became fine tuning. I approach creation from every aspect we know of in the human experience. I balance the mental, emotional, physical, and spiritual. Before I tripled my income I was somewhat frustrated with my outcomes. I was doing okay, but didn’t really have enough to enjoy any lifestyle. It was difficult to take a vacation or really save any money, or buy myself anything nice. I was paying my bills, barely, and some months I didn’t know if I would make it. Month after month I became exhausted with the worry and stress of wondering if I would have enough. There was a short period of time I actually needed food stamps to help feed my kids.

A time came when I remember having a conversation with myself. I said, “Why are all my clients doing so well and I’m struggling?” My answer was, “Why don’t you take your own advice and find out?” So I did. I looked at my situation, as I would a client. I broke down my questions and concerns and considered exactly what I would say to a client in the same predicament. (I encourage all my clients to do this for themselves.)

What I noticed is that I was running a lot of “not enough” inner dialogue. I was thinking a lot about whether or not I would make my bills each month, and I was stressing over it and really worrying about it. As soon as my rent was paid I was worrying if I would make rent the next month. At the same time, I was going through a divorce. My ex-husband didn’t always pay child support in a timely manner or in the full amount. If he decided not to pay one month or to pay less it would completely devastate me financially. He would often surprise me at the last minute when there was a shortage. I had to scramble. That made me really nervous and stressed out.

I found myself continually being angry and focused on what a loser he was, and how badly he had screwed up our lives. There is truth in that. He did screw up our lives. In the Energy Game, it really doesn’t matter if it’s true or not that someone wronged us. We have to look at how we co-created the experience. We have to look at what was in it for us, not just what it took from us, and how we can grow from the experience. We can revel in victimization. It will never take us anywhere we want to go. We can stay there as long as we like. We get what we get from digesting that energy. I choose my ex-husband. I chose to stay. I chose to participate in the dynamics that ultimately resulted in an unpleasant ending.

What matters is the energy we choose to consume and bathe in on a daily basis. I am certainly entitled to my anger. I have every right in the free world to be angry. No one would fault me for it. What was it getting me? I reflected on what I teach others. Anger is a contracted life-stunting frequency. I can consume it all I want. I can consume it all day long, seven days a week. Again, consuming it will never take me any place I want to go. Anger, a contracted vibration, was at the founda-
tion of all my creations. How could I possibly allow abundance in using a contracted frequency? We tend to think that our money is in one place, our relationships are in another, and our careers are in another. They are all in the same place, created from the same frequencies. Sometimes we are naturally higher functioning in one area more than another, but ultimately how we show up in one area is how we are showing up in other areas. There is a common thread that goes through our entire personal universe.

In a moment I had clarity. I suddenly realized I was sabotaging my own expansion and prosperity by holding onto the anger. When I realized that holding on to anger was prohibiting my own abundance I let it go. It was like suddenly realizing I had leeches all over my body. I started pulling them off one by one. I let go of seven years of anger toward my ex-husband. Anger for him not being there in the way I wanted him to be, anger for the future I saw for myself before our relationship ended, anger about his instability and lack of dependability, and anger at myself for abandoning myself in the relationship. I colluded in my own self-abandonment and allowed those diminishing relationship dynamics to take a toll on my heart. In a moment I released it all. I was and felt free. I didn’t know how at that time but I did know my life would change because I felt different inside.

Timing is everything. Was it coincidence? I had been processing the ending of my marriage for a long time. I had also been listening to some NLP (neuro-linguistic programming) CDS by John Assaraf for abundance and well-being. As soon as I connected to my own self-sabotaging methods with clarity I moved away from them immediately. I was sick and tired of feeling awful. Sometimes that’s what it takes for any of us to move forward. We have to be so sick and tired of the status quo that we open ourselves to something new.

From that place of realization that I was sabotaging myself I began to look more closely at my inner dialogue. I learned a method that stopped me from worrying about money. Just like anger, worry is a contracted vibration that will never take me anywhere I want to go. I developed a strategy of stopping myself when my mind was looping on worry, and taking a few moments to reject it. I would take the time to acknowledge that I always paid my rent on time, and had never missed a payment. Life was indeed supporting me. I honored that. I began to consciously feel trust that I was being supported by life. I began to choose to replace worry with trust in all situations in my life. I trained myself to stay in the moment of contemplation until the worry stopped and trust took over. Every time I stopped the worry loop I was always grateful. Every single time, within a couple of days of whatever caused the concern, it solved itself effortlessly. I was so happy that I didn’t waste two, three, or four days worrying needlessly. I preserved and honored my life force energy. I didn’t squander it on contracted frequencies that self-sabotaged.

As I released the anger and began to reject worry as a valid response to life, my creative energy and space began to expand. Suddenly I had ideas about projects I had never considered. I began to have a new confidence for life that I didn’t before. Suddenly my space that had previously been occupied by anger and worry was now free to create and bring in new prosperity. I was having fun immersed in my creativity. I had been full of contracted vibrations. I had to empty out those vibrations to make room for new vibrations.

I created two new programs, plus several workshops that were new to my business. I wrote a new book. I created a DVD entitled Making the Connection to Your Abundance. I joined a new radio network with a broader reach than I had before. I booked speaking engagements at new higher-profile venues than I had ever appeared at before. All the while I was loving every step of creating products and sharing my message and information in new ways. It didn’t feel like work; it felt like I was doing my life’s work. People could not consume my programs or my products fast enough. I was connecting with people in a new way because I was approaching my life and my work with a new level of love and abundance in my own energy.

I educate myself on marketing principles and do what I can to put my best foot forward at all times. It all really is an Energy Game. If I had not released the anger or trained myself to reject worry as a valid response, I would not have had the room in my awareness or my life to create new programs. I would not have had the confi-
dence or energy to put my message out in new ways to be received. I correlate the release of anger and worry directly with my ability to create and bring in new money. Without that shift I would have remained stuck in lower-level frequencies experiencing results that lower-level frequencies provide.

Yes, I employ marketing strategies that are available to everyone. I work hard. I also make sure I have space in my life. Space is equally as important as action. With an equal balance of space and activity I can maintain balance in all areas of my life. I make sure to get exercise to keep my body content and healthy. I eat foods that support feeling well. I make time for my relationships, my family, and my friends. One area of abundance is not more important than another area. I want to have it all. I think having it all is available to everyone.

When I am teaching people how to double or triple their income, it isn’t just about marketing or hard work. It is about helping them identify energies they consume and to observe the content of their internal dialogue. When the internal dialogue is peaceful, abundant, confident, and happy, the outcomes will reflect that. People will consciously or unconsciously experience those frequencies and want to have them in their own life. Expansion to double or triple your income requires that you think out of the box. You have go outside of what you have been doing to bring something new in.

Mostly what I share with my clients as I explain the Energy Game is that the creative process is an exchange process, and a collaboration. As we resonate frequencies into consciousness, consciousness responds perfectly to us. The more expansive the frequencies in our personal universe, the more expansion we are able to receive from consciousness. An expanded consciousness is required to receive abundance. These are high-level frequencies. If we are not expanded, there is no room for “big” anything to come into our experience. We have to create the space first, and then the universe responds accordingly. Trust is the primary element in this exchange. We develop trust with the divine as we would any other relationship. Step by step, and over time. When clients are first beginning this relationship of trust I give them small goals. If someone wants to double their income, I will start the process by asking them to increase it by five percent. Most people don’t really believe they can double or triple their income. Or they are thinking too much inside of the box to recognize opportunities. When we have to silence the ego mind to allow them to go after something they believe they can accomplish. After they apply the principles to expand five percent, the person feels confident. “Yes I can do this, I understand.” Then they set a new goal. As the confidence and trust with the exchange process deepens it begins to have a snowball effect. The person builds momentum and success happens. When one becomes adept at the exchange and trust process it adds a new dimension and reliability to their creative process.

There are common impediments people experience in expansion. One is what I refer to as a “set point.” Many of us have financial set points just as we have temperature set points in our body, or weight set points. If we have been making $50,000 for 15 years, and we begin a process of trying to double or triple that income, we often have to adjust the financial set point as well. We have been conditioned over time to acknowledge that number as our top number. I use a variety of visualization tools that help clients actively move their set point.

One of the easiest tools is to imagine in your mind is a thermometer. The numbers, rather than temperature, are salary numbers. At the bottom is your current number. At the top of the thermometer is the number you want to reach. In your mind’s eye you watch the mercury rise to see if the mercury will rise to the number you are trying to reach. About 90 percent of the time most people cannot get the mercury to rise all the way to the top to their number. Or it will rise and fall. They can’t maintain it. Then we have to go back in and start to deconstruct any limited thinking around abundance and extinguish any ideas of lack that the person may be holding. After that we go back to try the thermometer visualization again. When we do this two or three times, most people are able to get their mercury to rise to the number.

This illustrates how our conditioning influences our ability to expand. We have to be proactive and engaged with our process to effect change. Too often people want a spontaneous result. It isn’t that spontaneous changes can’t occur. “Spontaneous” is not the most common or reliable method. We have to actively move our energy around to affect a different outcome. If we do so with
consistency, we will absolutely create new rhythms and new momentums that lead us to our goals and dreams. On my radio show I have had a number of people call in suffering from long-term unemployment and chronic financial problems. These two callers represent those situations well.

Mark from Cleveland began calling the show. He was a family man, used to being employed most of his adult life. His children were now in their teens. He was having difficulty finding work of any type. Even though he had a lot of experience, he wasn’t even able to find a commission sales job.

I began to delve into his situation and the first thing that became apparent is that he was depressed, for more reasons than being unemployed. We all tend to feel that life is a linear experience to a certain degree. We can simply line up the events we want to occur and put dates by them. For example, when we arrive at certain dates and our outcome hasn’t arrived, or circumstances haven’t changed and we become lost about how to regroup and restart our life. Mark was the perfect example of this.

One of his daughters was now 19 years old. She was a talented and creative young woman with aspirations to become a model and an actress. Her dreams were coming true. She had recently left home to go to New York for modeling work. This left a hole in the family as she was the consummate good girl, good student, and did everything right. On the other side, Mark had a son who was a good person, but who was struggling in his life. He still had several years before he graduated high school. Mark and his wife were left with a difficult child while coping with the loss of the person who always brought levity and ease to their situation. There was a level of grieving and frustration that neither Mark nor his wife knew what to do with. Most of us feel it’s wrong to be upset with our child or feel disappointed. Parents don’t feel they have the right to have any feeling other than pride for their kids. Mark was not in touch with all these dynamics and how they were weighing on him energetically.

Many of us begin our young lives thinking we will go to college, or start a career, get married, have a couple kids, and then our life is set. Not enough people plan for the chapters of their life after the kids leave home, or when children require extra attention to get them to age 18 and become self-sufficient. In the same conversation, it is now typical for people to change jobs six or seven times or more in a lifetime.

Mark was not prepared to cope with the changing business world or the technological skills that are now required in the marketplace. He felt a level of incompetence in his ability to put himself out into the world. He found himself applying for lesser and lesser roles to get “something.” He was sending himself a message that he was incapable and no longer valid in life. Couple this message with the grief in his family dynamic and that energy combination is about as dense and sad as it gets. There is loss, change, frustration, and an overall feeling of being overwhelmed, outmanned, and under-gunned. Energetically, this is a recipe for stagnation. Nothing can happen in this energy.

Men, even more than women, tend to want to live in their heads, be “the analyzer,” and try to make everything practical. This is a wonderful skill set. Yet, the skill set we all need to know is how to evolve ourselves in our own lives when we hit a wall. This requires an ability to be able to listen to our hearts, and move away from “make-it-happen” energy. With Mark and many people we have to allow the sorrows of our life experience room to breathe. Most of us are afraid of our sorrows and refuse to be with them. Sorrow offers an enormous opportunity to expand ourselves. When we aren’t in sorrow we have no motivation to shift, change, or learn anything new. When we are in sorrow, the way out of it is to expand into our greatness by learning more about ourselves. Sorrow is a golden opportunity to emerge into more of who we are by developing different aspects of ourselves that are dormant or undiscovered. This is how we learn and grow on the planet. When we are comfortable we don’t grow.

With Mark I had to teach him to give himself permission to own his disappointment, his fear, and his self-doubt. After that point, he was able to see that a whole new world was waiting for him. Mark made a typical mistake that a lot of people make: he lumped all of his feelings and thoughts into one situation. Rather than become awake to his grief about changes in his life, his fear about his abilities, or his frustration, he focused all
his attention on “I can’t get a job and I don’t have enough money.” If we are not awake and responsive to our internal world, it doesn’t deactivate its influence on our creative process. All those frequencies and emotions are still working to create our experience.

I remember a caller, Jesse, from Los Angeles, who had a similar problem to Mark. When he called the show he had been unemployed for about eight months. I could tell he was discouraged and afraid, and everything felt extremely serious in his energy. I encouraged him to stop his job search temporarily and go to the beach and relax. I wanted him to have a good time and change how he was feeling in his life. The beach was some place he really loved. Essentially I wanted him to insert fun energy into his space to create an opportunity for something new to come in. He was completely contracted. Just like the fist closed tightly, if you squeeze hard enough nothing can get in or out. Our energy field is the same. When we are contracted nothing gets in or out. Given that Jesse had nothing to do anyhow, he wasn’t employed, he decided to take my advice. He had nothing to lose.

After four days of being at the beach, he returned home to find a message waiting for him on his answering device. It was an employer who had his resume from over six months ago. They had kept his on file as someone they would be interested in when an opening arose. Was it timing? What is coincidence? I would say yes to both except I have watched the phenomenon for more than 30 years. Time and time again I have seen that when we shift internally, our external world shifts. We hold the key. Perhaps in Jesse’s situation the energy was accumulating, and waiting to come in. He had to let it in. Once he relaxed, and inserted fun frequencies into his world, his circumstance changed. He allowed his divine opportunity to emerge.

Quantum physics has demonstrated time and again that what we think about something modifies it. Further, that thought precedes matter. Everything is connected. Those things we call “coincidence” are more demonstrations of energy aligning perfectly based upon intention and divine collaboration. When we become intentional with this process, and learn to stay awake in our personal universe we really can play the Energy Game and influence our outcomes in amazing and powerful ways. There is nothing we cannot create if we are willing partners in our own creative process. It is when we deny and resist our realities that we begin to feel life is random and that we have no power to effect change in our outcomes. As with both Mark and Jesse, learning to insert high-level frequencies when we feel contracted is a very valuable practice that works.

In Mark’s case he was lumping all his feelings together, which caused him to be overwhelmed. When he was able to separate his feelings and address them one at a time, he finally connected with employment. He made space. Before that he was like a tangled ball of yarn. There was no rhyme or reason to his reality. With Jesse he was so contracted he was impeding any opportunity from entering his realm. As soon as he inserted high-level frequencies into his experience and “created space” the phone rang.

When we play the Energy Game, when we trust, and when we practice collaboration and intentional exchange with consciousness we will see the results. We will have success, and we can build on the relationship we now have with the divine in more potent and profound ways.


www.earthstarmag.com
We look for and support the natural strength within systems, seeing the relationships between the earth and the air, the fire and the water. Seeing the whole as one interconnecting web of life. Spending time alone in the landscape, we can observe throughout the year the way the sun shines upon the land, creating the seasons and cycles, and drawing forth abundance.

We observe how the rain falls upon the land, and how the flow of the water affects soils, creating places of fertility and microclimates, and where it can be best retained and so creating even more diversity. We observe also the wind and its directions, as it sculpts the vegetation, massaging the landscape, creating places of shelter and exposure. As we walk the landscape we sense the earth beneath us, and its places of natural fertility.

There is a great danger in our time of the emerging Anthropocene; that our species could witness its own self-annihilation along with all of our creativity, knowledge and wisdom, consumed by greed and selfishness.

But there is also the possibility that the Anthropocene will be a time of conscious co-creation, that the fecundity of this planet will continue to amaze and enthrall, that we can write our story in the fossils of the future as one of incredible self awareness.

We need our worldviews to merge, to strengthen and support one another and all communities of life: Permaculture and spirituality are totally compatible. Some of us work with the spirit of nature, while others work with the nature spirits. Both are coming from that place of co-creation, working with nature.

In Findhorn, we work with the principle “co-creation with nature”. Through this partnering with nature, the Earth and all its living creatures, a deepening of the connection with the whole occurs. Dorothy Maclean, one of the three founders of Findhorn, worked with guidance from the nature spirits (Devas) when it came to interaction with the Earth and its plants and animals; a direct link with the spirit world. Eileen Caddy worked with guidance from God, while Peter Caddy carried out this guidance in faith and love.
The Findhorn Foundation community became a physical manifestation of a pure connection into the spirit world, through love and faith, and through this selfless connection with the infinite life force a graceful dance took place between the physical and spiritual realms. As we begin to explore the relationship between these seemingly different paradigms, we see co-creation arising.

Before the materialist reductionist paradigm it seems that all cultures contained defining spiritual beliefs. It may be that Permaculture is essentially materialist and scientific, a set of design tools to be used for designing “things”. However, it would be limiting to expect Permaculture to ignore an aspect and a quality that has permeated human life since the beginning of our existence as a species, and which has been suspended for only a few hundred years by a very small segment of humanity.

Indeed, the very success of the materialist reductionist paradigm has led us to the brink of environmental, economic and social breakdown. Could a shift to once again include spirituality in our culture help us to regain our equilibrium? We have already seen that the breakthroughs in quantum physics echoed some of the insights of ancient and modern mystics and sages, confirming that all is one, that matter is an illusion, “as above, so below”.

Many thinkers and writers are suggesting that the most progressive aspects of science are moving towards a union with the universal aspects of spiritual belief. David Holmgren, the co-founder of Permaculture asks:

“Can we really imagine a sustainable world without a spiritual life in some form?”

**Design**

Permaculture moves from observing the world, to finding patterns in nature, and using these to design the sustainable world of the future. We also use Permaculture to design our lives, not only the “things” that surround us. Your life would clearly be better if it was integrated into the already existing life design of the planet.

In this way, you might design your life to go with the flow of nature, the nature of one’s self, and the nature of life surrounding you. There is a beauty, a joy, and an abundance in nature and we sense its spirit. It feeds our body and soul, we are one or even more. The dance of life continues to become even more beautiful, joyful and abundant.

One of the qualities we perceive in nature is an ever ascending attempt to increase complexity. More complex ecologies take longer to evolve, but attain a greater resilience, are more sustainable. Consciousness is the highest form of complexity and holds integration and differentiation together.

**Spirituality and Permaculture in Findhorn**

The Findhorn Foundation Community is probably one of the best demonstrations of a full-featured Permaculture human settlement.

In Findhorn we work closely with the three Permaculture ethics and as a spiritual community many of our activities such as sacred dance, group sharing and other social activities provide an opportunity for self expression and fellowship.

Many programs offer activities such as group discovery games, again as an opportunity to express and connect as a group. Within the daily rhythm of work, of morning and afternoon meditations an attunement process is adopted within the working departments and programs as an opportunity to find stillness, grounding and to connect with spirit. In the words of Eileen Caddy:

“both eyes on heaven and both feet on the earth”.

These activities all play an important role within the people care ethic. Spirituality also involves some form of self-reflection by observing what is arising within you, sensing your place in the vast space of existence and observing its cycles. Also your response to the pressures of life: it could be a difficult person or a weed in your garden.

First and foremost of the Permaculture ethics is EARTHCARE, co-creating with nature. Here at Findhorn one of our best examples is Trees for Life, a Scottish conservation charity dedicated to the regeneration and restoration of the Caledonian Forest in the
Highlands of Scotland; a vision of Scotland once again reforested and full of life. Earthcare is about ecological and sustainable settlements and gardens, using resources wisely and valuing the earth, the air, the water and the sun, from which we extract our needs, and thinking about future generations and what we bequeath them.

PEOPLECARE is one of the most well-practiced disciplines for how we govern and dissolve power, using the group building techniques from “Process Oriented Psychology” (POP), group discovery activities, Game of Transformation, deep democracy, through to meditation, incarnational spirituality, appreciative enqyr, non-violent communication, singing and dancing, work departments, sanctuary, festivals, etc. The success of the community can be attributed to the attention given to the individual and their place in the collective. Group building processes are like compost continually enriching the soil and feeding one’s whole being.

Then there is FAIRSHARE. Within the Findhorn Foundation there is a strong sense of service where we share, share, share and share again. From cooking, cleaning, maintenance, home care, finance, management, and cleaning after our community meals. There are dozens of Community-owned buildings: houses, the Community Centre, meditation spaces, workshop venues and large beautiful gardens.

Our carpooling system, the Moray Carshare, currently has over fifty members and we share nine cars amongst us. The cars are placed at three different locations in and around Findhorn and Forres. The carpool is run in a democratic way, like a community interest company, using a methodology called Sociocracy.

The NFA (New Findhorn Association) is our wider community-shared way of living; it is an association of individual members and organizations who subscribe to a set of core values. The main purpose for the NFA is to serve as an umbrella organization and to facilitate and encourage development of the community.

We share our Windfarms to provide our energy; our local hinterland association cares for local landscape and pine plantation, with the wood co-operative harvesting firewood, and food production from the community owned Cullerne Gardens. The community has established a community bank, called Ekopia Resource Exchange. This permits the community to raise share issues for specific projects within the community.

We know of no other community that is as large and full-featured as we are, stretching from the Isle of Erraid to the Highlands of Scotland and the Bioregion of Moray, whilst embracing the ethics and the principles of Permaculture and spirituality.

The New Paradigm

Our modern scientific thinking is largely based upon the change in thinking that occurred around the time of Descartes, 1596 to 1650. Until then all things had been connected in some way, the worldview being based upon the foundations laid down by the Greek philosophers two thousand years earlier.

Descartes separated mind and matter, believing that a complete understanding of the laws of mathematics would unlock the knowledge of the universe. This created a new way of looking at the world, and a number of thinkers followed Descartes, building a paradigm of the world completely different from how the universe was understood earlier.

Francis Bacon, 1561 to 1626, saw the aim of science being not just an understanding of the universe, but also a means of controlling it. Galileo Galilei, 1564 to 1642, maintained that matter had to be studied only by quantifying it. If it can’t be measured it has no meaning and by implication doesn’t exist.

Building upon these philosophers, Isaac Newton, 1642 to 1726, showed how the universe worked as a great mechanism, and formulated some of the laws that govern this mechanism such as gravity, mass and motion.

These must have been exciting times, building a new view of the world. But, as in many breakthroughs in science and in thinking, it was just another way of looking at the world, not THE ONLY WAY.

There are two defining features of this worldview, which gives it the name “the Materialist Reductionist Paradigm”. It was only concerned with the things that can be seen and measured, and it took these apart in order to study them. It was exactly this last approach that
led to new ways of seeing things a few hundred years later. The hard science that started with Descartes and which was developed by Newton finally led to amazing discoveries as physicists cracked open the atom at the beginning of the twentieth century.

A number of scientists, including Niels Bohr, Albert Einstein, Werner Heisenberg, Wolfgang Pauli, Max Planck and Erwin Schrödinger worked together to explore the frontiers of science. What they found was not easy for them to accept. The new concepts of time, matter, space, cause and effect did not always conform to the scientific world in which they had been brought up.

In Fritjof Capra’s book, The Turning Point he quotes Heisenberg:

“The violent reaction to the recent development of modern physics can only be understood when one realizes that here the foundations of physics have started moving.”

The terms that might be applied to this new world include organic, holistic and ecological. These scientists were looking for a systems view, a general systems theory. Through their work they realized that our long tradition of mystical thought, begun by Shamans and kept alive by the established world religions, echo the ideas that were coming to the forefront in the new physics. Cutting edge science was beginning to open a fruitful dialogue with spirituality and religion.

It’s often the case that with older, spiritual traditions, the way things are formulated may sound quite outrageous to us today, especially if we are still deeply embedded in the old materialist reductionist paradigm. However, communing with the spirit of the mountain may actually not be so very far away from appreciating the energy of the mountain.

Gradually these new ways of looking at the world seeped through into the western world. Arthur Koestler wrote in The Yogi and the Commissar, published in 1945:

“After all it is only three centuries since God became a mathematician and we have plenty of time before us for other transformations. The monopoly of quantitative measurements is drawing to its close, but already new principles of explanation begin to emerge.”

Kees Zoeteman writing in Gaia—Sophia commented that:

“In nuclear physics, the Cartesian distinction between mind and matter, the observer and the observed, could no longer be made.”

The qualities of matter composed of atoms depend upon the way we observe this matter, what type of equipment we use and which of our senses we bring into play. Matter doesn’t really exist at all, but shows “tendencies to exist”. The clear distinction between observer and the observed was no longer seen to be objective, but subjective. Mass and energy became interchangeable. They were manifestations of space and time that appeared differently according to how they were observed.

A serious change occurred here in the history of science, and in the way we perceive the world around us. In the old paradigm all reality was seen to be material or physical. Rupert Sheldrake in his book The Science Delusion described this paradigm:

“There is no reality but material reality. Matter is unconscious. Evolution is purposeless.”

This view of the world permeated every level of thinking and influenced the way society in the western world was structured and came to spread throughout the world as a consequence of the colonial expansion.

Bede Griffiths writes that:

“Over a period of nearly three centuries in the West the philosophy of materialism has come to permeate every level of society.”

We really enjoy Rudolf Steiner’s wry description of the old paradigm that he expressed in 1924:

“Nature is a unity, with forces interacting from all sides. Those whose eyes are open to these forces will understand nature. But what does today’s science do? It
takes a little glass plate and puts a carefully prepared something or other on it, gets rid of everything else and peers at it through something called a microscope. That is the very opposite of what we ought to be doing if we want to comprehend the full dimensions of the world."

The new physics created a foundation from which we could start replacing the mechanical model of the universe with an organic model. In this new view we perceive a return to traditional wisdom and spirituality. In the old materialist reductionist worldview, science and religion were often seen as competing spheres. This polarization is now increasingly felt as hindering our way forward in discovering what the world is and how it operates. This is perhaps one of the basic, key qualities to the new paradigm, and one that Permaculture needs to take into itself.

John Wilkes comments that:

“As long as we continue to consider nature, organisms and life as something merely physical, technological and chemical we are missing a comprehension of the whole picture. There are obviously much more subtle aspects which nature is trying to show us, if only we are willing to see.”

In many ways it’s like the transition from black and white to color. Sure, we can get a long way with the old black and white drawings and photographs, and in some circumstances b/w is actually preferable. But try to explain to someone who has no color vision what colors are like, and you may find yourself up against an insurmountable barrier.

How to describe the difference between red and green? What could it possibly mean, to see red? Can only black men sing the blues? To someone incapable of seeing colors, these kinds of statements may have no meaning. Sir Arthur Eddington, the British astrophysicist who lived from 1882 to 1944, wrote:

“The stuff of the world is mind-stuff.”

His colleague Sir James Jeans wrote:

“The universe begins to look more like a great thought than like a great machine. Mind no longer appears as an accidental intruder into the realm of matter; we are beginning to suspect that we ought rather to hail it as the creator and governor of the realm of matter.”

This does not necessarily mean that the old paradigm was wrong. Clearly it’s a very good way of creating a framework for mechanical engineering, it’s a good way of doing technical work with water, electricity and other substances. We might see conventional science as the tip of an iceberg. There is still much to be discovered, and different scientific approaches represent different, complementary views of the world.

Let us be open-minded and flexible in our seeking as we dive deeper into the hidden layers of the iceberg. To deny their existence is profoundly unscientific.

Thoughts become realities when they form the basis for action. Thoughts, desires and ambitions have shaped the modern world: the technologies, the social systems, and the economy. If our technologies are polluting, our social systems unable to care for everyone, and our economics fail to distribute food and services to all people, it must be that the thoughts that underpin these systems are to blame.

We need new thoughts.

Looking at how life has evolved it seems that confronted by difficult situations, life has taken unexpected directions in order to overcome them. Being forced into a new way of thinking may be the most important aspect of the crisis that we find ourselves in. The only way out and through is by changing the way we relate to the world. Today we need this new paradigm more than ever.

Several of the new scientists have described the universe as a “Great Thought”, an image that can be used as a tool for expanding our own thinking. We need to be brave enough to try thinking thoughts that seem alien to us in order to explore the new paradigm. Today it’s actually a scientific handicap if you are not prepared to entertain new ideas, but prefer to stay stuck in a familiar world that you feel comfortable with.

In one course that we taught the idea that water may have memory was mentioned, and encountered stiff resistance from a couple of the more academically minded participants, despite the fact that the very property of
water being able to hold information is being scientifically researched at the present time. Instead of welcoming new unfamiliar ways of thinking as a gateway to new discoveries, they retreated into old dogmatic ways of thinking that dismissed new ideas as rubbish.

When we do this, we close the portal of discovery.

In our world today we are experiencing a multiple existential crisis, with seemingly intractable economic, environmental and social problems of such dimensions that solutions are hard to find. What is usually offered as a solution is a series of technological fixes, all based on the same thinking that pervades the old materialist reductionist paradigm.

Of course, good design and intelligent planning are really important, but we need something more than that. Even to offer Permaculture solutions based on the old hard technical fix will not help. We need a new way of thinking, a new relationship to ourselves and to the planet.

What insights might I get from thinking about the universe as a thought? How might I relate to all animals, plants and rocks in the landscape as full of intelligence and ideas? If those landscape elements and I could form a “task force” together, how might we transform this landscape into a creative, abundant and fertile ecology?

What is nature trying to say to me? Can we enter into a dialogue?

David Spangler, spiritual teacher and author, manages to sum this up eloquently:

“If there’s one leap our consciousness has to make—and it’s a quantum leap—it’s how to be able to function, embody, look at and deal with multiple views of reality simultaneously and to be comfortable with that and not insist that reality only follows one particular course.”

Excerpted from Permaculture by Craig Gibson and Jan Martin Bang, with permission from the publisher, Findhorn Press, http://www.findhornpress.com

SUPER-PRIVATE SOCIAL NETWORK LAUNCHED TO TAKE ON FACEBOOK

A new social network, backed by Anonymous, hopes to take on Facebook and the other social media giants with a commitment to privacy, security and transparency about how posts are promoted.

The site, Minds.com, has the same basic options as any other social network: users send updates to their followers, who can comment or promote posts that they read. But unlike its competitors it doesn’t aim to make money from gathering data—instead, it encrypts all messages, so that they can’t be read by advertisers or by governments.

The app’s other big differentiating feature from other networks is that it rewards people for interacting with posts, by voting, commenting or uploading. Users are given points that can then be exchanged for views, meaning that the posts of active members will be more promoted by the network.

Facebook signs users up to privacy policy that allows it to track you everywhere on the internet

Facebook is trampling on European privacy laws

Facebook manipulated users’ moods in secret experiment

The site describes that mechanism as a “network that rewards you with reach”. As such, it is more straightforward than the Facebook algorithm—which the company little discusses and seems to work on a complicated mix of engagement, clicks and now the time spent looking at certain posts.

The site has been officially launched with desktop and mobile apps. But the group behind the project has made it entirely open source, so that anyone can contribute to the design and upkeep of the network.

An Anonymous-affiliated page with over a million followers, ‘ART of Revolution’, put out a call to support the site. “Let us collaborate to help build minds.com and other open-source, encrypted networks to co-create a top site of the people, by the people and for the people”, the message read.

A network that rewards you with reach.

For every mobile vote, comment, remind, swipe & upload you earn points which can be exchanged for views on posts of your choice. It’s a new web paradigm that gives everyone a voice.

Start your own social network or a Minds channel with newsfeeds, blogs, videos, images, groups, wallets and encrypted messenger.
Emotional energy is much more than the experience of an emotion itself; it is also that which fuels and gives rise to the emotion. Before the actual experience or outburst of emotion, the energy that gives it form builds up in your body, and as it does so it affects your body in a wide range of physiological and metaphysical ways. Some emotional energies have a warming, expansive, and strengthening effect on the body; others have an agitating, hardening effect; and still others have a cooling, contracting, weakening effect. These characteristics can be found not only in the muscles and connective tissues in the body, but across all systems of the body: respiratory, digestive, nervous, muscular, skeletal, endocrine, circulatory, lymphatic, urinary, and reproductive.

Fear

All emotions have some degree of physiological or metaphysical effect on the body, but two emotional energies, fear and anger, have the widest range of noticeable effects. And of all the emotional energies, the physiological effects of the energy of fear can be the most difficult to understand, simply because one of the first reactions we have to fear energy being released in the body—for example, during a yoga practice or massage treatment—is to try and stop it. It is not unusual during a massage for a client experiencing the rising signs of fear to say, “Stop, this is making me feel uncomfortable,” or “I don’t like what is happening,” or “I don’t want to go any further.”

Most people ordinarily do not voluntarily investigate the energy of fear, and because of this they do not understand the adverse effects the hidden or unconscious energy of fear has on the body. Notably, some of the fear energy stored in your body today can relate to issues and events originating deep in your past, and these events are probably forgotten or buried. But just because you have forgotten the fearful events from your past does not mean that the energy relating to those events is no longer stored in your body. The body can hold on to the energy of fear for a long, long time, even though the conscious mind may have forgotten or blocked out the event that triggered the original fear.
The lack of conscious awareness of the effects of fear energy can lead to many misunderstandings and misinterpretations of certain physical symptoms that may present in the body, such as chronic, low-level nausea, coldness in the abdomen, weakness in the lower back, tiredness, heaviness, tight hamstrings, closed hips, etc. Misinterpreting the true source of such physical problems can then lead to inappropriate and/or ineffective courses of treatment, many of which serve only to further bury the hidden emotional energy at the root of the problem, or even worse, cause additional and completely unnecessary harm.

It is not uncommon to experience the energy of fear, although in a milder form, if you are practicing a series of yoga asanas designed to stimulate the second chakra (e.g., cobra, boat, seated forward bend, supine bound angle, dog, cat, seated angle, balancing bear, and frog), or while giving or receiving an intense massage that inadvertently releases second-chakra energy. You may not feel the emotion of fear as you have come to know it outright in its more obvious forms, as described in the discussion of the second chakra in chapter 2, but you may well experience one or more of its less recognized physiological and/or metaphysical side effects:

- An overall feeling of coldness or a release of coldness from deep inside a part of your body
- Cold sweats
- Shivering, low-level internal shaking, chicken skin, goosebumps, or hair standing on end
- A change in the rhythm of breathing, from full and relaxed to shallow and contracted
- A sudden feeling of tiredness, exhaustion, or a feeling of having no energy
- An overall feeling of heaviness, especially heaviness in the legs
- Legs can feel very cold or numb, especially in the backs of the legs, or can also sometimes feel cold and wobbly, like cold jelly
- Dehydration or dry lips
- A complete loss of appetite
- The inability to talk to anyone; not enough energy for conversation
- The inability to look someone else in the eye; insufficient energy to hold the gaze of another person
- A dull or intense feeling of nausea, sometimes leading to vomiting
- Diarrhea (too much cold energy in the large intestine)
- A greater-than-normal need to pee (a sign of the kidneys detoxifying)
- Extreme sensitivity to touch or being touched
- Loss of color in the complexion; going pale or white

When during the course of a massage or yoga practice any of these experiences of fear energy are triggered, it may be inconvenient or even uncomfortable, but this kind of release is normal and natural and should pass within a short while, or at most within two to three days. If the symptoms persist, however, it may reveal the remaining energetic presence of an event in your life that once caused you to be terribly afraid and is still causing you to feel the energy of fear in the present.

If you are more sensitive to energy, you may additionally experience an abstract feeling of blackness or stickiness within yourself. In your dreams at night you may see pictures of thick, black motor oil or black witches or black, fearful-looking creatures. And if you are able to sense the colors of energy, you will sense the color black when you touch the energy of fear in someone. These physiological and metaphysical experiences reveal the presence of the energy of fear in your own or...
another person’s body. The level of energy is not yet strong enough to trigger the actual emotion of fear itself, nor is it strong enough to reveal the event that caused the original fear. Yet it is possible in a strong yoga or massage practice to intentionally raise the level of fear energy in your body such that you can reveal and release its underlying origin.


Robert Henderson is a Thai Yoga Massage therapist and energy worker. A student of Asokoananda, Chaiyuth Priyasith, Pichet Boonthumme, and Jasmine Vishnu, he is a member of the Thai Healing Alliance International. He lives and works in Austria.

Google Wants To Line Your City Streets With Wi-Fi

You’re probably used to getting Wi-Fi in hotels, libraries and at home, but if Google gets its way, our city streets are going to be lined with ubiquitous wireless Internet access too. It’s one of the company’s visionary ‘moonshots’—the name given to ambitious projects like its self-driving car fleet or delivering Web access via hot air balloon—and it just might work.

The project is all part of the new Sidewalk Labs startup Google has formed to bring the latest technology to the infrastructure of our cities. In the words of Google itself, the company has a mission to “improve life in cities for everyone through the application of technology to solve urban problems”, with one of those problems being slow and potentially expensive data connections.

The new venture is called Intersection and it’s based on Sidewalk Labs’ acquisition of LinkNYC, which had previously been working to provide Wi-Fi to New York City. Google is looking at using all kinds of existing street furniture, from bus stops to pay phones, to enable the roll-out of city-wide wireless Internet for anyone to take advantage of.

“The vision really is to make cities connected places where you can walk down any street and have access to free ultra high-speed Wi-Fi,” Sidewalk Labs chief Dan Doctoroff said in an interview with Wired. “The possibilities from there are just endless.”

While many take it for granted, 55 million people in the US still don’t have access to high-speed broadband.

And that’s where Sidewalk Labs comes in. The startup is ready to provide bespoke systems and layouts based on the particular setup of each city, where necessary: “The thing about cities is no two are the same,” explains Colin O’Donnell, founding partner of one of the companies acquired by Sidewalk Labs. “Maybe we’re replacing a phone booth in New York, but it might be adding services to a bus shelter in Philadelphia or a bike share in San Francisco.”

It may be some time before cities outside of New York get the benefits of this type of technology (it is a moonshot after all), but widespread Internet access is in Google’s interest—more people online means more people using its services. So far, the company hasn’t revealed any information about cities beyond New York.

It’s also a boon for local authorities too, who can use the blanket Wi-Fi to track services and people across the urban landscape. For example, beaming back live video feeds from dozens of fire trucks is a lot easier when there’s a high-speed Wi-Fi receiver in every lamppost. In a few short years you might never be without a super-fast Internet connection.

—Science Alert
We know our mythology shapes our society and culture. If people across the globe revere a male god and sweep the female face of god beneath the sands of time, the result is what we have today—patriarchy, rule of the fathers or a male dominated society, where divinity is only recognized in the male form. That leaves Goddess, women, Mother Earth and every species on the planet subject to male authority. That authoritarian father archetype and patriarchy has infiltrated every facet of life, with some falsely believing it has been no other way. The worship of a Divine Mother and Daughter, Persephone and Demeter, for thousands of years, is shrugged off with a wave of the hand. Amaterasu of the Shinto people in Japan, Guadalupe in Mexico, White Buffalo Woman of the Native Americans, Kwan Yin in Asia, and all the other faces of Goddess, some as old as 36,000 years old, older than any male gods, are ignored or their importance goes unknown to countless humans on the planet and so do their energies, archetypes and ideals. Yet Goddess Advocates believe the Divine Feminine is the great equalizer, a theology of liberation and balance that rights the wrongs of patriarchy and tempers the authoritarian father.

To more fully understand you must know patriarchy stands on four legs of a stool: racism, sexism, environmental and cultural exploitation. The result is an imbalance everywhere we look that manifests as inequality, abuse, poverty,
suffering and exploitation from female genital mutilation to income inequality despite women being the majority gender on the planet. In the United States, women are 52% of the population but there is less than 20% female leadership in politics, academia, corporate board rooms and religious institutions, denying society and culture women’s unique and innate abilities and perspectives.

Patriarchy is also propped up by religion. As Egyptian feminist, Nawal El Saadawi rightly said on Free Speech television, “Patriarchy needs god to justify injustice.” If god orders it, or by association authoritarian male dogma demands it, we can justify anything. Patriarchy dominates our bodies and overwhelms our psyches. White male privilege runs amok. Driven by the need for power over or cheap labor, people stop using critical thinking, act against their own best interests, seem devoid of empathy and accept this state of affairs as normal. It is no wonder the moral imperative of our time is the empowerment of women! And fortunately we have courageous leaders, just one of which is former President Jimmy Carter who set an example for this imperative by leaving his church citing as his reason, the sin of sexism that robs women of their potential. It is becoming clear to more and more evolved minds until we have equality for all cultures, women and species across the planet, there will be no sustainability and peace.

So how does a society go about changing course or making a correction to beliefs that permeate every level of society from womb to tomb, boardroom to bedroom, from the voting booth to our places of worship?

We start by taking responsibility for our own educations. We find the courage to throw off the shackles imposed on us by family, political parties or the pulpit. The like-minded must ignore wedge issues that divide us, and women must learn to stand in solidarity for the sake of what’s at stake. We must counteract the greed, oppression and exploitation that comes along with this imbalance using our wisdom, scholarship, common sense, intuition, sense of justice and body knowing to find a new way. We must be courageous, creative, and caring. We must remember. We must rethink. We must be willing to recover that which was swept beneath the rug. We must re-vision how society and culture might be re-shaped and only then can we actually manifest it!

In the eight years Voices of the Sacred Feminine radio aired, and continues to be aired, hundreds of wayshowers and foremothers, men and women, who dedicated their lives to revisioning our world shared their insight and knowledge with listeners. They all have kernels of truth, seeds that can be sown to help society and culture evolve and grow into a world we and our
children all deserve. This book is just a small cross-section of those vital voices helping reshape our world, presented as essays that reflect our on-air interview or in actual transcript format. I invite you to avail yourself of this wisdom. See if their voices sound like a better way. Tune in to the many other conversations still available in the internet archives of Voices of the Sacred Feminine on Blog Talk Radio. Some interviews can also be accessed from my own website at http://www.karentate.com.

Recognize our inter-dependence. Find your Sacred Roar. Become part of the evolution toward a new paradigm shift of caring, sharing, balance, equality and justice. We can each be a beautiful thread in a wondrous tapestry that is a healthy, peaceful and loving humanity!

Most of us have come to realize patriarchy—rule by a male-dominated society revering solely a male God—is not working for Mother Earth or most of the people on the planet. How do we counter beliefs that there is no option but the authoritarian father? How does society go about making a course correction? How do ideas that permeate every level of society from womb to tomb, boardroom to bedroom, voting booth to the workplace shift into a more fair, equal, and just world of partnership, sharing, caring and peace? Those are exactly the questions discussed on my long-running radio show, “Voices of the Sacred Feminine”, dedicated to the Sacred Feminine as deity, archetype and ideal. Never before has an internet radio show cast such a wide net to include so many voices whose ideals are in alignment with “sacred feminine liberation theology.” If we can imagine it, vision it, and restore ancient truths swept beneath the rug and kicked to the curb by patriarchy, then we can manifest it! Hear solutions from these visionaries, scholars, wayshowers, foremothers and activists—women and men—dedicated to reshaping our world... Noam Chomsky, Laura Flanders, Gloria Feldt, Jean Shinoda Bolen, Phyllis Chesler, Barbara G. Walker, Riane Eisler, Matthew Fox, Roy Bourgeois, Starhawk, Charles Eisenstein, Genevieve Vaughan, Carl Ruck, David Hillman, Judy Grahn, Nicki Scully, Normandi Ellis, Selena Fox, Patrick McCollum, Jann Aldredge-Clanton, Cristina Biaggi, Charlene Spretnak, Shirley Ranck, Elizabeth Fisher, Amy Peck, Art Noble, Jeanette Blonigen Clancy, Joan Norton, Andrew Gurevich, Gus diZerega, Lydia Ruyle, Vajra Ma, Ava, Donna Henes, Candace Kant, Sandra Spencer, Layne Redmond, Isadora Leidenfrost, ALisa Starkweather, Joan Marler, Tim Ward, James Rietveld and Karen Tate.
Navigating a busy New York sidewalk these days requires constant vigilance lest we get trampled by people with heads bowed and eyes on their phones. It’s hypnotic, this marvelous content-provider in our hands, and some of us can’t help but constantly check it. The phrase “Put Down The Phone” headlines a recent New York Times article announcing a $200 app that allows you to put away your cell and still have peace of mind that you won’t miss anything “important.” But what important things are we missing when we are glued to the phone, to the exclusion of everything else? As my friend Murphy puts it, “Is that the sun blazing gold across the horizon? I hadn’t noticed because my world has shrunk to the size of a kumquat.”

Must we give up our cells to wake up and smell the roses? Golden opportunity here! Especially when we consider that transformation may not be about giving up anything, but may be about opening to a consciousness that embraces all of it, limited by none of it. Doing so allows us to live in both streams simultaneously—the everyday and the “higher.” “Can I walk and talk and chew gum at the same time?” (Murphy ponders). That’s the challenge.

To bring higher consciousness to life, Murphy advocates “getting on the bus running,” that is, becoming aware of oneself right in the midst of an activity. At any moment, there’s a choice to be made between two dispositions of mind:

1. **Passivity and Identification** (mind busy coming up with answers; attention moving around all on its own, and hooked into whatever attracts it) and
2. **Awareness and Presence** (mind quiet; attention not moving around, but focused on impressions from the senses now, and joining with the subtle energy animating the body).

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**Lord Have Murphy**

**3 Ways To Use Your Cellphone To Call Higher Self**

Co-authored by Fran Shaw and Murphy
When one is “identified,” it’s on automatic-pilot mode: thoughts take over and there is no focusing on presence. The question is: do we have to stop what we’re doing or behave a different way to wake up? As Murphy says, “It’s wonderful to sit still for a moment, relaxed and quiet, so subtler impressions impress. But this is not getting on the bus running. This is getting on the bus as it waits for you at the curb. By the monastery.” Indeed to “get on the bus running, nothing about me needs to change except where the attention is.” In theory at least, we should be able to be on the phone—totally enjoying it—and be present at the same time. We just need some practice in “multidimensional living”—and something to remind us that we can “vibrate higher.”

Our cellphones... vibrate! And make various sounds at random moments. We can even download our spiritual ringtone of choice. What great reminders to mobilize attention! It’s like that fictional gadget in René Daumal’s 1952 masterpiece Mount Analogue: the portable phonograph that is rigged to wake you up by crying out at the most unexpected moments, “Who do you think you are?” It’s the temple bell that rings on the hour to rouse one from automatism to restore awareness. We can connect what we do with what we really are beyond form. All that ringing, pinging, and vibrating can be used as a call to become present. And the first step, when one is called, is simply to witness. Wordless, neutral, me, now. Murphy calls it “Observing Mode”: “It’s all about streaming live video of yourself. It’s reality—show you! Try it. Camera on. Click. Feel that camera on you? Your body being seen—posture, facial expression—as you read these words? That’s live video while it’s happening. I’m actually streaming right now.”

Here are three things we’ve been trying in this mode, just for half an hour each day, after becoming collected and saying out loud our intention:

Cellphone RINGING? Observe my body now. As if something sees me here—face, jaw, shoulders, and the arm reaching for the phone....

Cellphone PINGING? See myself here. The ping says, “Attention! Look now” as the head lowers to reads the words....

Cellphone VIBRATING? Sense my body. Because it’s vibrating too, with subtle life energy, through the whole of it, from the top of my head, to my seat on the chair, to the soles of my feet. My hand, filled with attention, taking hold of the phone....

Our mindfulness practices—observing the body just as it is, listening with both ears, sensing the body—all need reminding factors so that many times during the day our field of awareness goes wide again. A Selfphone can help when we intentionally connect it with waking up. As with yoga, this “union” takes repetition and patience. But what a gift—that first time the phone “pings” and we immediately become present. What opens for us is the unlimited dimension of attention.

And no judgment allowed. Say I forget for most of the appointed half hour. No worries! As Murphy puts
The attention, when passive, simply gets occupied elsewhere; it happens; so whatever reminds us to activate attention and come home is awesome. Whenever we remember, by means of whatever thought, let it be a neutral bell simply calling us to become aware now.

Going away and coming back. Both part of the same process of waking up. What is the important thing being missed when we’re lost in the phone? Presence. Self with a capital S. Real I. By infusing usual habits with conscious attention, we enliven everyday life. We put the I in iPhone. We live in a new way.

Coming Soon: Higher Self Takes a Selfie

Fran Shaw, Ph.D., a longtime practitioner in a spiritual discipline, works with writing as a vibrational practice serving higher energies. She is a university professor teaching writing and the award-winning author of several books including Notes on The Next Attention, 50 Ways to Help You Write, and Writing My Yoga. Her latest book Lord Have Murphy: Waking Up in the Spiritual Marketplace is a work on attention in the form of an illustrated book featuring drawings by Bruce M. Sherman and Murphy’s unrelenting humor. More information online at amazon.com or http://www.franshawbooks.com.

Oregon to Launch Pay-Per-Mile Road Tax Program

In order to replace revenue being lost due to more fuel efficient cars on American roads, the state of Oregon is set to launch a pay-per-mile tax program that will charge motorists for their use of public roads.

Starting on July 1, Oregon allowed 5,000 residents to voluntarily sign up to be taxed per-mile rather than pay the gas tax at the pumps. Volunteers will be charged 1.5 cents every mile traveled on taxpayer-provided roads, reports AP News.

The current program, called OreGo, will be the largest yet and will be open to all car types. Of these, no more than 1,500 participating vehicles can get less than 17 miles per gallon, and no more than 1,500 must get at least 17 miles per gallon and less than 22 miles per gallon.

Volunteers will still be paying the fuel tax if they stop for gas. But at the end of the month, depending on the type of car they drive, they will receive either a credit or a bill for the difference in gas taxes paid at the pump.

Private vendors will provide drivers with small digital devices to track miles; other services will also be offered. Volunteers can opt out of the program at any time, and they’ll get a refund for miles driven on private property and out of state.

Oregon is one of many states now considering the use of such programs to make up for lost revenues. California, and Washington state have also pondered upon the idea of taxing motorists per-mile.

According to a January 2014 report by the nonprofit organization State Budget Solutions, the State of Oregon is approximately $86.7 billion in debt. The plan to tax drivers by the mile can come as no surprise as the state is wildly out of control with spending.

Privacy concerns have been raised by the ACLU over the program’s requirement for digital devices to be placed in vehicles in order to track.

—Rumor Mill News
Ubiquinol—a form of CoQ10—has been found to improve symptoms for some Parkinson’s patients, and may well be a candidate for adjunctive treatment according to recent clinical research.

Researchers from Japan’s Juntendo University School of Medicine have discovered that one particular form of coenzyme Q10 (CoQ10) can significantly reduce the symptoms of Parkinson’s disease.

The researchers conducted a study that lasted nearly two years. They tested a group of 58 Parkinson’s patients. They divided the patients into two groups, depending upon their condition.

The first group of 26 patients was experiencing Parkinson’s disease in a phase that is called the “wearing off” phase. This occurs when the levodopa drugs begin to reduce their effectiveness, and the Parkinson’s symptoms begin to increase. It is typical for this “wearing off” phase to occur after around two years on levodopa drugs.

This first ‘wearing off’ group—which continued to take levodopa during the study—was further divided into a CoQ10 group and a placebo group. The CoQ10 group of 14 patients was treated with 300 milligrams of ubiquinol-10 CoQ10 for 48 weeks—about 11 months. Meanwhile, 12 of the patients were treated with a placebo for the 48 weeks—again while continuing their levodopa drugs.

The second group was in the early phase of Parkinson’s, and had not begun taking levodopa drugs. This group did not take the levodopa drugs during the trial.

This second group was also divided into a treatment and placebo group. The treatment group of 14 patients were treated with 300 milligrams of ubiquinol-10 CoQ10 for a total of 96 weeks—just shy of 22 months, nearly two years. The placebo group of eight early Parkinson’s patients were given a placebo for the 96 week period.

Both groups were measured before and after the study period using the Unified Parkinson’s Disease Rating Scale (UPDRS) index. This index is used to evaluate and measure the range of symptoms that occur with Parkinson’s. Part one of the test includes cognition, behavior and mood. Part two includes a self-assessment of physical motion and control during daily tasks—such
as speaking, eating, sleeping, walking and so on. Part three is the physician's assessment of these motor skills. Parts four and five of the test include gauging the severity of symptoms and the stage, along with the Activities of Daily Living evaluation.

**Levodopa drug group responds to CoQ10**

The researchers found that the CoQ10-treated patients in the first group—the group that continued the levodopa drugs but were experiencing a wearing off of their effectiveness—had significantly better scores on the UPDRS tests. The average difference in scores from the beginning to the end of treatment among the CoQ10 group decreased by 4.2 points, while the placebo groups UPDRS scores went up (meaning their condition worsened) by 2.9 points, despite the levodopa drugs.

This means the difference in score differences was actually 7.1.

To give you an idea of how significant this difference is, University of Maryland School of Medicine researchers tested 653 Parkinson's patients, and found the following “clinically important differences” (CID) between the following scores:

- **Minimal CID** was 2.3 to 2.7 points on the UPDRS motor score and 4.1 to 4.5 on the UPDRS total score.
- **Moderate CID** was 4.5 to 6.7 points on the UPDRS motor score and 8.5 to 10.3 on the UPDRS total score.
- **Large CID** was 10.7 to 10.8 points on the UPDRS motor score and 16.4 to 17.8 on the UPDRS total score.

Thus we find that a 4.2 point reduction is significant, and a difference of 7.1 between the placebo group is significant in the scope of these CID levels.

**Ubiquinone not so effective for Parkinson’s**

Meanwhile, the early Parkinson’s patients—who were treated for 96 months and were not taking levodopa drugs during that period—also scored lower on the UPDRS test compared with the placebo group. Their scores were an average of 1.2 points lower than the placebo group. This was considered by the researchers to be “statistically significant.”

Note that during this period, both of the early Parkinson’s groups experienced an increase in symptoms. But the CoQ10 group’s progression of the disease was less than the placebo group.

**Oxidized verses reduced CoQ10**

The two most common types of supplemented CoQ10 are ubiquinone and ubiquinol. There is also semiquinone or ubisemiquinone but these are not common in supplements.

Ubiquinone is the oxidized state of the coenzyme, while ubiquinol is the fully reduced form.

The importance of oxidized or reduced relates to CoQ10’s contribution to the electron transport chain—part of the ATP cycle that our cells use to create energy. During the electron transport chain, the oxidized form of CoQ10 (ubiquinone) gathers electrons in the process and the reduced form of CoQ10 (ubiquinol) provides electrons.

Outside of the back and forth exchange of electrons, the advantage of ubiquinol over ubiquinone is that it will also neutralize free radicals, including those of lipid peroxides that can damage cells and tissues. This occurs because it provides electrons that free radicals are missing—neutralizing those molecules before they
damage the body’s cells and tissues.

Then of course, once the ubiquinol has reduced free radicals by donating electrons, it is now in the position of being able to gather electrons as part of the ATP process.

This is still only the thesis of many scientists on precisely why ubiquinone doesn’t work as well as ubiquinol for Parkinson’s disease. Its precise mechanism has yet to be fully determined, just as the precise cause for Parkinson’s has yet to be fully determined. And this doesn’t meant that ubiquinol is better than ubiquinone in all cases. It simply depends upon the situation.

There is also research indicating that chlorophyll consumption may help the mitochondria enhance the conversion of ubiquinone to ubiquinol when exposed to sunlight that was featured in a recent article on GreenMedInfo.com titled “Amazing Discovery: Plant Blood Enables Your Cells To Capture Sunlight Energy.”

**CoQ10 with creatine**

Another study with Parkinson’s found that CoQ10 plus creatine was able to significantly reduce Parkinson’s symptoms. In this study—from China’s Weihai Municipal Hospital and Medical College—75 Parkinson’s disease patients were tested for 12 and 18 months.

The patients were randomized and given either a placebo or a combination of 10 grams of creatine monohydrate and 300 milligrams of CoQ10 per day.

The combination of creatine and CoQ10 resulted in reduced Parkinson’s cognitive symptoms as assessed by the Montreal Cognitive Assessment (MoCA). This occurred at both 12 months and 18 months. The researchers also found that the combination therapy also resulted in significantly reduced plasma phospholipid levels within the bloodstream of the Parkinson’s disease patients.

Unfortunately, I could not determine whether the CoQ10 used was ubiquinol or ubiquinone from the paper. But I have contacted the lead researcher and will update this article when I find out. However, it is my guess that the reduced form of CoQ10 was used, as the lower phospholipids has been linked with lower levels of lipid peroxidation, and from the study above, ubiquinol has been shown to be effective in Parkinson’s.

**Where does CoQ10 come from?**

Besides the chemical constructs and the difference between ubiquinol and ubiquinone, CoQ10 is essentially produced within the cells (endogenous), but can also be obtained from a variety of foods (exogenous). Plant-based food sources include nuts, parsley and broccoli, sesame seeds, soybeans, vegetable oils and many other foods in smaller amounts.

The production of bile acids by the liver apparently increases our levels of endogenous CoQ10.

In terms of supplementation, there is a great variety of CoQ10 supplements, and a 2004 ConsumerLabs study found that some CoQ10 supplements actually contained very little of the nutrient. This combined with the question of whether ubiquinol or ubiquinone was supplemented is likely why so many of the studies on CoQ10 have resulted in varying success.

Then there is the question of whether the supplement source is bioidentical with our digestive tracts and will thus be absorbed well. While there are synthesized forms of CoQ10, some brands offer ubiquinol produced by yeast. This form—produced by living organisms—would likely offer the greatest absorption in my opinion.

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To help people gain an understanding of the benefits of becoming posture-conscious, SI have devised the “Your Body” Principle. This offers a succinct life guide on the essentials to enjoy a healthy Middle Path life and is central to his work outlined in his book, Healthy and Fit with Tai Chi: Perfect Your Posture, Balance and Breathing. Below is an excerpt.

“Y”
When people are told they are “old” or “elderly”, or when the doctor tells them the reason why they are becoming stiff is “because of your age”, they believe it. By believing, they are in fact supporting the decline in the physical dexterity of their own bodies: “They say I’m old, therefore I must be.” To counter this self-defeating belief, it is essential to disengage from conforming normality and instead embrace your inner child spirit. This reintroduces the spirit of vitality to cells in the body and brain that thought they had gone into retirement. “Y”, therefore, represents a “Youthful Mind and Outlook”.

“O”
In order for a misaligned posture to be corrected by self-directed conscious action, it must first be physically conditioned to be able to achieve what you are asking of it. The physical structural body is made up in a subtle balance of hard (skeletal frame) and soft (muscles, tendons, ligaments) tissues. Unless homeostasis exists between the hard and the soft, it is impossible to tune in to the invisible force of nature. A force, which naturally self-levels and self-adjusts, creating structural balance. A tense body manifests through its soft tissues; tension originates in a stressed mind and therefore it is here that the road to a relaxed, self-adjusting body must start. “O”, therefore, represents “Openness” between “Mind and Body”.

“U”
When a hosepipe develops a kink and the flow of water becomes impaired, the only way to rectify the blockage is to straighten and stretch out the hose. In the human body exactly the same principle applies: for example, when you lie on your arm overnight and wake with pins...
and needles. The human form, due to evolution, demands to be held in an upright position while sitting, standing and walking and to deny the body this is to introduce blockages. Additionally, when any structure, including a body, is vertically upright it becomes structurally sound and able to move safely, reducing the potential for falling. “U”, therefore, represents the “Upright” frame that is essential for good health and efficient body mechanics.

“R”

Although the body is now structurally centered, upright and relaxed, the picture is still not complete. There must be an additional dimension in order to achieve posture perfection: this is tension-free, structurally sound, comprehensive joint movement. Even if the hard frame is gravitationally aligned, if full joint stimulation is ignored the Qi will remain sluggish and locked in the muscles, tendons, ligaments and the joints. “R”, therefore, represents the “Range” of joint movement that must be regularly explored.

“B”

When everything that gives the body shape is centered and settled in the optimum position for the mechanics of support and healthy motion to occur, other essential functions, such as circulation and respiration, are given a boost. The body is now free from internal conflict, giving the Dao unmitigated access to operate. This means, in Daoist medical terms, that the body can not only breathe with natural depth into the lungs, but also achieve the desired state of being known as “Grand Circulation” (whole body breathing). “B”, therefore, represents “Breathing” to the maximum potential.

“O”

Regulated breathing is just one of the many vital body functions needed to sustain good health. All the organs of the body have their role, their function in the deeply sophisticated body mechanism. The lungs, diaphragm and chest cavity are only able to perform correctly if they are located and motorized where (and in the way) the Dao wants them to be. That obviously makes sense, but what is often overlooked is that exactly the same principles apply to all of the body’s other organs. The bladder, sexual reproduction organs, small intestine, large intestine, kidneys, liver, gallbladder, spleen, pancreas, stomach, heart and lungs have to be maintained in their home locations in order for them to mutually communicate and individually function. “O”, therefore, represents the “Organs” being retained in their place, whether the body is in motion or at rest.

“A body that is upright, open, breathing and in tune with gravity releases its inbuilt self leveling potential. A body that is directed by the Dao and free from stress and tension becomes self-regulating in respect of physical structure, internal circuitry and emotions. “D”, therefore, represents the free and equal “Distribution” of weight across the whole structure that allows it to find its Central Equilibrium.

“Y”

According to the ancient Chinese, a body that is operating outside of the Middle Path is a body that has left home. By returning to the Dao both physically and emotionally, you have once again become a real person and only real people reside at home. “Y”, therefore, represents “Yourself”, for this is what you find when you return home to the Dao.

Excerpted with permission from Healthy with Tai Chi, by Peter Newton, Findhorn Press, http://www.findhornpress.com

Sifu Peter Newton is an Honorary Vice-President of the Tai Chi Union For Great Britain. Peter’s extensive research and training in the medical applications of Tai Chi and Qigong led him to specialize in remedial therapy. His skills have attracted the attention of international soccer players, the medical care profession and the business world. Peter is a practicing therapist with Parkinson’s UK, Kick-Start Cardiac Rehabilitation, Macmillan Cancer Support and Leonard Cheshire Acquired Brain Injury Unit.
In our latest book, *Orbs and Beyond*, we have included many images never before published and have tried to convey both the mystery and the wonder of our experiences, which still continue to unfold.

Over the years we have had to question many things: not least the nature of what exactly it is we were photographing and how it was possible for us to photograph paranormal phenomena in the first place. Our personal experiences with unusual phenomenon began many years ago, when we were both only children. Our quest into the paranormal for both of us is essentially a personal one: to try to gain more understanding; to discover the truth – whatever that may turn out to be.

All the extraordinary events leading up to this present moment have been like the focussing of a lens in which things which were once hazy, have come into sharper focus. In retrospect it seems rather synchronistic that at the very same time we ourselves were questioning the phenomenon manifesting in and around our home in the United Kingdom, across the other side of the Atlantic in the USA, similar photographs of orbs were being taken and similar questions asked by other researchers. *The Orb Project*, by Mi?eal Ledwith and Klaus Heinemann was published the year after our own book *Beyond Photography*. More recently, and in my opinion the best book so far on orbs to come from the USA in the past few years is the great book by Sandra Underwood, *Orbs, Lightwaves, and Cosmic*
Consciousness, which we thoroughly recommend.

From both sides of the Atlantic, orbs have now entered the public perception. All over the world today awareness of paranormal phenomena is increasing. This has both positive and negative aspects for the search for truth, because popularising anything can easily blur the distinctions between fact and fiction; opportunism and marketing forces are, as we have all seen in the whole 2012 debacle, as alive and well in religion and the New Age as in mainstream business.

This is why we have been careful in our presentations and in our book to place clearly our views, insights and opinions within the context of our own subjective experiences, both as intuitive individuals and as rationally inquiring human beings. We claim no supernatural assistance; neither do we know all the answers. Our quest is the human quest; it has both a rational and a spiritual dimension, and that is true for every one of us; we are each on our own individual journey through the mystery and wonder of Life.

Over the past seven years we have photographed an unfolding phenomenon which although it began with orbs has included, Luminosities, moving columns or Rods of Light, swirling, dynamic Light-Forms, and Light Beings; but throughout it all, orbs have been the one consistent factor.

Our book is not only an account of our personal experiences and speculations, it is also intended to be an informative guide to the whole phenomenon of orbs. So before we proceed further here is a quick summary of Seven Common Aspects of the Orb Phenomenon, as we see it:

1. The most notable aspect of orbs is the consistent ubiquity of the phenomenon. Thousands of individuals all over the world are photographing the same phenomenon with different cameras in widely different conditions.
2. The vast majority of orbs cannot be adequately explained in prosaic terms, i.e. they are not dust, moisture, digital errors or the planet Venus etc.
3. There is reported evidence of a definite interactive aspect to orbs and luminosities, often relating to people as specific individuals.
4. In psychological terms the circular image of the orb recalls the archetypical symbol of Unity and Oneness. Coincidentally this symbolism is appearing at a time when the concept of Oneness is critically meaningful to us in planetary terms, and is also particularly significant in light of the new perspective of a connective reality underpinning our physical universe.
5. Orbs cross faith and cultural boundaries. All across the planet interest in orbs is increasing by people of all beliefs – or none at all.
6. Incidents of synchronicity are regularly reported as being experienced by many who photograph orbs and luminosities.
7. Many individuals from a variety of professional backgrounds report both purpose and intentionality associated with the visual phenomena.

Excerpted with permission from Orbs and Beyond - Communications and Revelations from another Reality, published by O Books, http://www.o-books.com

This, the second book in the Beyond Trilogy, expands on John and Katie’s experiences and photographs of the orb phenomena covered in their first book. It reveals astounding new photographs and opens up exciting new questions about the whole nature of paranormal phenomena in general. This inevitably leads to a spiritual perspective that crosses all religious and cultural boundaries, helping us to see that this one blue orb of Earth on which we all live, is greater than all that divides us.
A nyone who casually skims the verses of The Yoga Sutra, the third century root text available in nearly every yoga studio, bumps into a most perplexing fact. The third chapter on Mystical Powers describes specific causes for supernormal abilities like mind reading, invisibility, and flying.

So what exactly are the causes for superpowers? And how can we develop them within ourselves to make the world a better place?

Fortunately, superpowers don’t come from radioactive spider bites or laboratory mishaps. Instead, Master Patanjali tells us in The Yoga Sutra that “The powers are found in love and the rest.” He’s referring to the Four Immeasurables: Immeasurable Equanimity, Immeasurable Compassion, Immeasurable Love, and Immeasurable Joy. These attitudes are immeasurable because they are aimed at every living being and because the merit they generate is immeasurable. Indeed, as Patanjali tells us, the merit from these attitudes of heart are so powerful they lead to miraculous abilities.

The Buddha first taught the Four Immeasurables around 500 B.C.E. These attitudes were so well known in ancient India during Patanjali’s time that he could simply say “the powers are found in love and the rest” and everyone who was supposed to know, would understand the code.

So how can you develop these attitudes in your own heart? One of the most effective ways is to follow the Buddhist heart-opening practice of Exchanging Self and Others. This essential practice was taught by the eighth century master Shantideva. After giving this teaching, a hall full of monks reported Shantideva flew out of the temple into the sky. This practice has four simple steps that you can put into practice immediately in your daily life.

1. **Recognize that everyone wants to be happy.** We are all bliss seekers and pain avoiders. Give anyone even the simplest of choices and people will always choose what that they believe will lead to happiness. Even when people act out or act badly it’s because they are trying to get
something that they believe will make them happy. When we can recognize that we are all the same in this way, we can begin to wish happiness for everyone.

2. Recognize a tendency of mind to think more about yourself. Here’s the thing: villains are always trying to get stuff for themselves at the expense of others. Heroes are always willing to sacrifice themselves to protect even total strangers. As you go about your day, do you want to be a hero or a villain?

   Just watch your mind. Do you spend more time worrying about your own problems and challenges or worrying about someone else’s?

   Think about these two choices like black and white rocks on an ancient scale. Every time you worry about yourself, stack a black rock on one tray. And every time you think about making someone else happy, stack a white rock. At the end of the day, which way does the balance tip?

3. Watch for what other people want. Now wherever you go, use your eyes, ears, and mind to pay attention to what other people want. Try to stand in their shoes and see how they see the world. Maybe someone just wants their talents recognized with a little praise. Or maybe someone is having a hard time on a project and could use an extra hand. Or maybe someone wants a friend to treat them to a nice dinner and listen to their stories.

   Stay on the look out for a chance to help like a hero, without wanting anything in return.

4. Make the exchange. When you see some way to help someone, act. Decide that you will make efforts using whatever skills and abilities you have to help that person get what they want to feel happier (as long as it’s not hurting someone else, of course). When you are totally focused on ensuring another person’s happiness, you are transforming a habitual, human tendency to be self-centered—that villain energy—into gaining a supernormal habit to serve other people’s happiness first.

   Just start small and build up. Anything can become a habit of mind if you keep at it. And we are talking about going from a normal person to a superyogi.

   A most curious thing happens if you keep this practice up. Watch as you become happier and the people in your world become happier. As Master Shantideva explains in one of the most important teachings ever given:

   *The total amount of happiness that exists in the world has come from wanting to make yourself happy.*

   So there is a reason that villains never get happy endings. They are only thinking about themselves.

   If you keep this practice of Exchanging Self and Others going for a while, another curious thing can happen. You’ll get so good at getting your small self out of the way—and serving others as if they were you—that according to ancient Buddhist and Yoga texts, you can begin to be able to read minds. As Master Patanjali explains in *The Yoga Sutra*, “With the necessary cause, one can read the minds of others.”

   One fortunate thing about yogic superpowers is that they usually only come to people who can get their small self out of the way and care for everyone. This is why miracles in history are usually performed by saints who are focused on alleviating the suffering of others.

   True, an occasional villain slips in because powers can be gained and then corrupted, but generally supernormal abilities belong to saints who want to serve others.

   Let’s just hope you will use your yogic supernormal powers for good.

   James Connor recently completed an isolated three-year meditation retreat. He is the author of *The Superyogi Scenario*, a page-turning thriller that allows readers to experience authentic wisdom that creates superheroes. He is also the founder of GoBeyond.org, a non-profit that teaches people how to meditate from authentic scriptural sources in the Buddhist and Yoga lineages. For more visit: http://www.byjamesconnor.com http://www.gobeyond.org.
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