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AUGUST, 2012
YEAR 23, ISSUE 5

In Light Times

Concepts for Conscious Living

2012-2021 Dawn of the Sixth Sun

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is a Choice*

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From The Publisher

She was a beauty and my prized possession when growing up. I held her in a place of honor and always took great care of her; never taking a risk of losing her.

I called her Beauty and when I would play with her she always took the lead and would win the game.

Those were the days when life was fun, simple and we, as children, had not a care in the world.

It mattered not that Beauty was one of many marbles I possessed...no, not from my head thank you. (LOL)

Seriously, as children many of us learned to play, to imagine a world of our making. We had fun, best friends, hula hoops, ice cream, slumber parties and so much more. Remember those days...those memories?

What did you imagine growing up? Did you realize your hopes and dreams? Or did they fade into the night's misty fog?

With all that is happening in the world around us, is it not time to recognize those hopes and dreams that were so important to us?

Can we recapture the part of us that put a value on who we were? Can we once more step into that realm of unlimited possibilities when we "take the tiger by the tail" and go for the brass ring?

Are we willing to take a risk and stand in our truth? To reach for the heights and the goals that defined us. Or do we just sit back without conviction or action...letting life pass us by?

We once were considered the young at heart when growing up. What are we today? Have we lost the ability to dream and make new and passionate goals? Have we become stuck in life?

Buying into what society says is truth does not make it so. Perhaps we can begin a new journey that incorporates our own inner wisdom and not that of the world around us.

When we are involved in our own self-growth, we expand our consciousness and shift our understandings. We recall what once was so important to us. And maybe, just maybe, we renew our imaginings of the young at heart and create a "Brave New World" of hope, dreams and goals.

Take care my friends; many blessings,

*In Love & Light,
Michelene*

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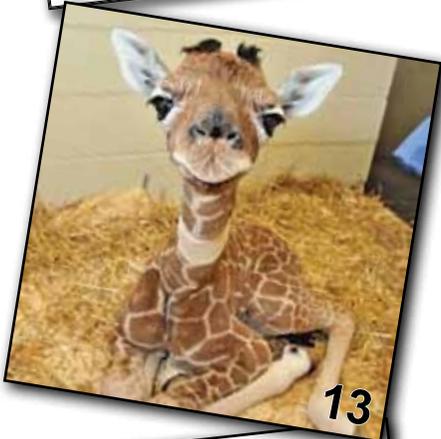
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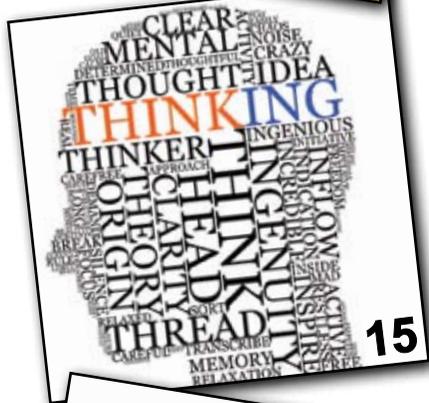
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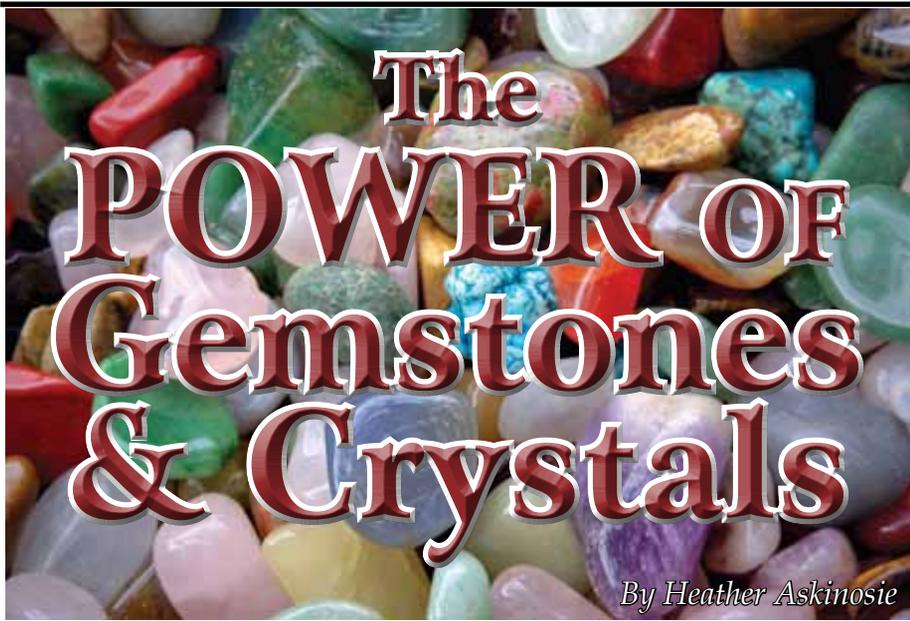
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The POWER OF Gemstones & Crystals

By Heather Askinosie

Gemstones and crystals have been used to balance the body for thousands of years.

Crystal energy was used by tribes who had virtually no way of contacting each other such as the Mayans and Egyptians, confirming their powers were active and effective. Nowadays, crystals are perfect for balancing energy blockages that come from the stresses of daily life. At a cellular level, the human body and quartz crystal are both made up of the mineral. This is why we are naturally receptive to the vibrations of crystals as they receive energy. When gemstones are placed on the body, they have a powerful vibratory effect that surges from the stone to the individual who embraces its energy.

Gemstones all possess different variations of energy and healing powers. Feeling down in the dumps? By simply putting on an amber necklace you could feel better within minutes. **Amber**, a brightly orange colored stone, promotes a sunny, carefree and optimistic attitude. It enhances motivation, drive and stimulates happiness. Believed to increase strength and attract success, amber has a soothing effect on the body.

Perhaps you are down on your luck? **Jade**, a light green colored stone, will fix that in no time. Jade is considered a powerful lucky charm. It is believed to improve vitality and is associated with wisdom, peace and harmony.

A stone like **Kyanite** encourages the wearer to be all he or she can be. It is good for uplifting one's mood and encourages a state of bliss by allowing the wearer to express happiness. Kyanite also calms the throat chakra which is the center of expression on the body. It helps to clear energy blockages and align the chakras.

Onyx, a black stone, is worn for protection and inspiration. Helps to calm one's fears, leaving one feeling

stable and secure. It releases negativity while encouraging self-control.

Peridot, a green stone, is an excellent stone for cleansing, healing and aligning the heart chakra. It releases energy of softness and warmth and is nurturing to the wearer.

For a cluttered mind, **Ancient Chinese coin necklaces** that use release Feng Shui and bring good luck are a perfect remedy. Feng Shui is not, as some mistakenly believe, a decorating style. Rather, it involves the use of geographical, psychological, philosophical, mathematical, aesthetic, and astrological concepts in relation to space and energy flow. Feng Shui is a discipline with guidelines similar to many techniques of architectural planning. In ancient China, Feng Shui was a tradition handed down orally through emperors and their courts. Non-royalty were not allowed to know the secrets of Feng Shui, and trying to obtain this knowledge was an offense punishable by death.

Some of the finest gemstones to help mind clutter and blockage include:

Ametrine, said to possess the ability to absorb negative energy

Jasper, a healing and nurturing gem

Moonstone, which opens up an individual to all of their own capabilities

The spirituality and energy that come from crystals are endless, and gemstones can be the tunnel to the stress-free and inspirational life you deserve.

Heather Askinosie is the spiritual scientist, crystal guru and owner of Energy Muse Jewelry. Article co-authored w/Danielle Rankin. Visit: www.EnergyMuse.com.

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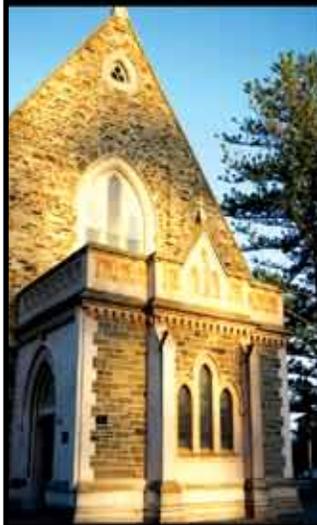
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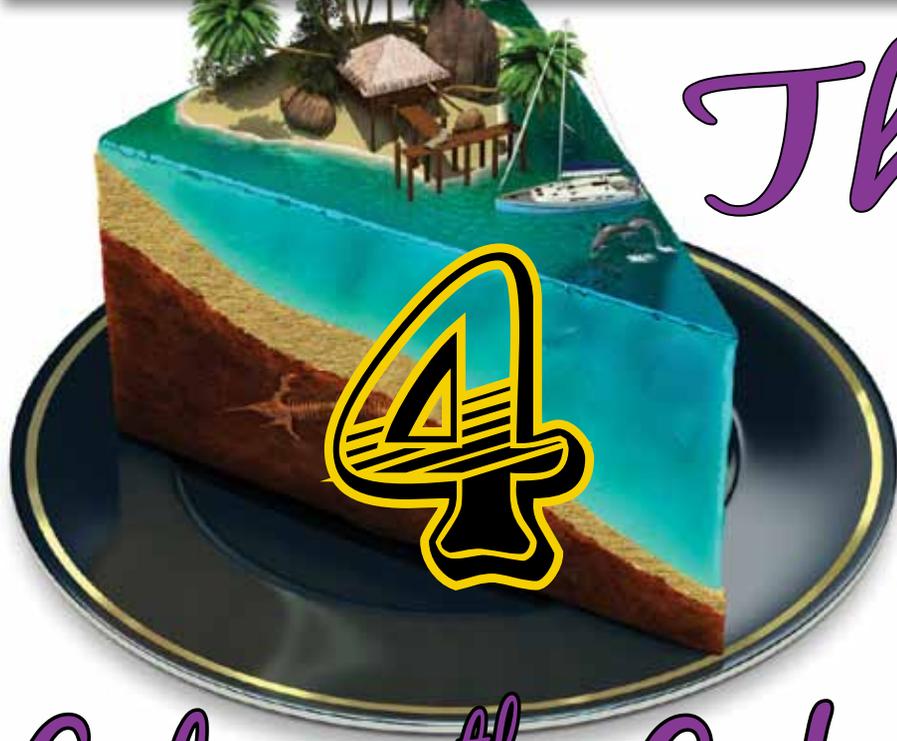
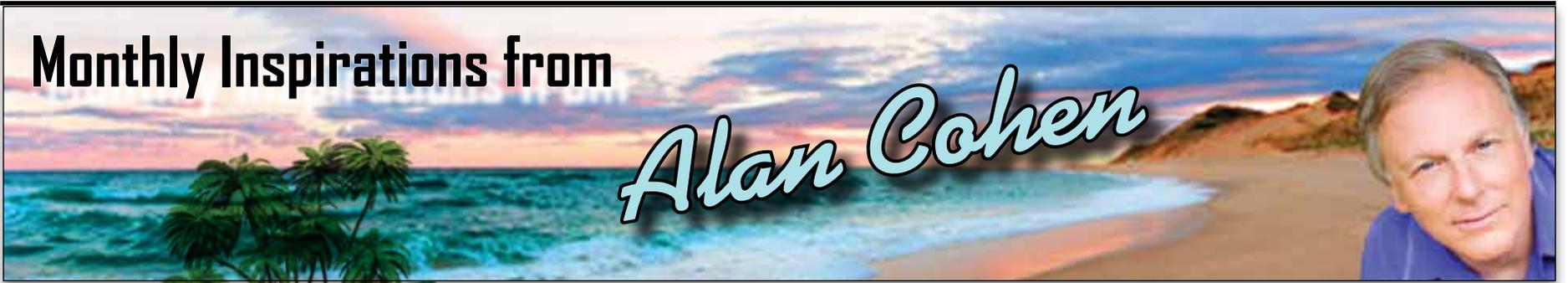


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Alan Cohen



Thank you

Eating the Cake

One of the great defining moments of my life came when I was in college. I had been practicing Orthodox Judaism for about seven years, a very meaningful path for me. I came to a point, however, when the rituals had become rote and dry. On one holiday, a fast day, I was very hungry. But I feared to eat because I might go to hell for violating the religion's rules. After struggling with the choice, I came to a striking realization: fear is not a good enough reason to do a religious act, and certainly no foundation for a life. So I ate a piece of cake, which signaled a turning point for me. Soon I let go of my religious practices and entered onto the spiritual path, in which I explored the world, studied with masters in many traditions, and enjoyed an explosion of higher consciousness. The cake eating heralded the beginning of one of the most spiritually productive periods of my life. Ultimately it led to me writing my first book, *"The Dragon Doesn't Live Here Anymore"*, which became very popular and set the stage for all the years that have passed since that time.

At a recent seminar I told the above story. After the program a fellow named Ray shook my hand and told me quite sincerely, "Thank you for eating that cake. Because you took that step that generated the life that followed, you have helped me and so many other people."

Ray's poignant comment took me by surprise. I hadn't thought about that act in such a broad context. I realized that one small act can change not just your

life, but the lives of many whom you touch. Never underestimate the power of any act of courage or kindness. When you live in alignment with your true self,

The next time you stand at the crossroads of fear and faith, consider that thousands or millions of people might be helped by the choice that you make. You do not walk alone.

you send out ripples that affect the entire universe.

"A Course in Miracles" tells us, "A miracle is never lost. It may touch many people you have not even met, and produce undreamed of changes in situations of which you are not even aware." You see but the tip of the iceberg of how you affect the world. You must trust that what you are doing with joy and inspiration is serving the planet, even if you do not observe immediate results. Some of the greatest contributors to humanity were not acknowledged in their own time. Van Gogh sold but one of his paintings for a pittance, yet more recently one of his works sold for \$150 million, the highest price ever paid for a piece of art. The divinely gifted Mozart was buried in a pauper's grave. Nikola Tesla, the genius who gave the world alternating current electricity, wireless communication, and x-rays, has been little known or acknowledged until recently. I am not suggesting you need to be overlooked or unrewarded by the world; indeed those who give gifts deserve to be well cared for by life. I am suggesting that sometimes the good you do is not obvious at the moment

you do it, and its ramifications are held in trust until the time is ripe. When or how you see the result of your service is less important than the fulfillment you experience in delivering it. Van Gogh, Mozart, and Tesla did not paint, compose, or invent for social glory. Their art, music, and science were totally rewarding for their own sake. True love requires not a response from the world. The satisfaction of love is in loving.

Every moment is a defining moment if you make it so. In the film, *Tin Cup*, Kevin Costner's character states that when the defining moment comes, either you define it or it defines you. If you let the world define you, you will feel separate, lost, alone, and wonder what you are doing here. If you define your life according to your true values and intentions, you will find meaning, service, success, and inner peace. If you

have inner peace, you have everything. Without it, you have nothing.

Quantum physics describes "The Butterfly Effect," or "the sensitive dependence on initial conditions, where a small change at one place in a nonlinear system can result in large differences to a later state. The name of the effect...is derived

from the theoretical example of a hurricane's formation being contingent on whether or not a distant butterfly had flapped its wings several weeks before." (Source: Wikipedia.) You are the butterfly, and the world is the effect.

You can magnify your awareness of your significant actions by acknowledging others for theirs. You get more of what you focus on and what you appreciate. When you thank someone for doing something that has helped you, your expression of gratitude deepens your awareness of the effects of your own actions. Even if you are not able to be generous with money, you always have the wherewithal to be generous with gratitude. Whenever I receive a word, email, or greeting card of thanks, the expression makes a big difference in my day. The next person I speak to receives the ripple effect of the good feelings I have gained. Every act counts.

The next time you stand at the crossroads of fear and faith, consider that thousands or millions of people might be helped by the choice you make. You do not walk alone.

Alan Cohen is author of many inspirational books, including the new popular, *'Enough Already: The Power of Radical Contentment'*. For information about Alan's Hawaii retreats, Life Coach Training, free daily inspirational quotes via email, and other books and programs, visit www.AlanCohen.com, email info@alancohen.com, or 1-808-572-0001.



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3-Keys to Navigating Life's Storm

As a cardiologist for over a quarter century, I dealt with life and death circumstances on a daily basis. I came to fully appreciate how precious and tenuous life can be; it can change in an instant. On June 30th of 2009 such a dramatic shift occurred in our family when our son, Tyler, was involved in an automobile accident sustaining a severe spinal cord injury that left him paralyzed.

As John Lennon once said, "Life is what happens to you while you're busy making other plans." In a Nano-second, our entire family was thrust into the midst of one of the fiercest storms imaginable.

Why do disruptive, terrible things like this happen? Why must there be such anguish? Does it serve any purpose? These were questions that had answers... but it would take quite some time for me to sift through the quagmire in order to uncover them.

There were three things that helped me navigate the storm:

1. Journaling became the vehicle of my delivery from the abyss. After the accident occurred I initially found it extremely difficult to talk about. I needed the time in order to allow the experience to be absorbed into the deepest recesses of my soul, where it would be pondered over and over again. It would be in that silent space that I began my search for meaning. Journaling allowed me to distill my ideas down to the most elemental level, then to expand on them, exploring places deep within that I had never before recognized. It provided me with incredible clarity in the midst of the chaos I was experiencing.

2. Yielding to a higher power offered me the strength to endure the ravaging storm. Letting go of my false egoic belief that I must handle this alone enabled me to find an unfathomable peace within the quagmire. Ultimately I came to see, to truly visualize the beauty that hid within the belly of the beast. On this path through hell, my mantra became: "I can't but we can!"

3. Changing the thought made all the difference. As Dr. Wayne Dyer says: "When you change the way you look at things, the things you look at change." I came to understand that everything is in perfect order...even this! It's all in one's perspective. Even in the midst of such profound sadness, I found that if I allowed myself to look around, I could focus instead on the beauty before my eyes; it was there right alongside the suffering. There must be this maintenance of equilibrium in our lives, a balance that is manifested in the apparent dualities of life. After all, the monsoon is countered by a calm, sunny day; perfect health is balanced by life-threatening disease or injury, good by evil, and darkness by illumination. These perceived opposites are in truth conjoined with one another.

What I ultimately came to appreciate was that this human realm represents a perfect circumstance in which one can approach what we all seek — transformative enlightenment. I have learned that all the pain and turmoil of this existence, those things that cause us to suffer, are beautifully balanced and coupled with those things that bring us pleasure. It is because of that symbiotic relationship that we do not become overly burdened with the negative aspects of any experience.

Through this heart wrenching experience, I have learned that when adversity comes our way, it is how we respond to that difficulty that determines who we become. Our life experiences become calamities only if we make the conscious decision to make tragedies out of them. Rather than lamenting the so-called hardships in our lives, we can choose to be grateful for them. We can embrace them and accept them as gifts from the Divine. While they may not come in

beautiful wrapping paper, these "gifts" provide fertile soil for our growth and enlightenment. They can actually be a blessing in disguise.

An expression from the Kabbalah says it all: "The falls of our life provide us with the energy to propel ourselves to a much higher level." We should be grateful for the falls of our life.

Dr. Terry A. Gordon, a Cleveland Clinic-trained cardiologist, practiced within mainstream medicine for over two decades. Named the American Heart Association's National Physician of the Year in 2002, Terry is nationally recognized in matters of the heart. As a motivational speaker, he has shared the stage with Dr. Wayne Dyer; as a musician, he is the co-host of Docs Who Rock, a United Way event. He is currently spearheading a national campaign called The Josh Miller HEARTS Act, which will place Automated External Defibrillators (AEDs) in every school in the country, protecting from sudden cardiac arrest our most precious resource: our children. He is the author of the new book, "No Storm Lasts Forever; Transforming Suffering Into Insight" (Hay House/ July 2012). For more information please visit: www.DrTerryGordon.com.

Creative Loneliness

When I feel lonely, it is usually because I have inner turmoil that I can't seem to move beyond. It is not that I need someone to fix my turmoil, nor do I need someone to come coddle it. What I need is to have someone help me create a clearing space where I can dump out everything from my turmoil bag and sort through the debris until I find the valuable heart truth.

Instead of being allowed to do my sorting after I dump my bag of turmoil, I often find that people prefer to join me in my turmoil. And if by chance I find someone who enjoys sorting, they do so because they like to look for problems—problems for which they believe they have the perfect answer.

So usually I just dump my turmoil in my journal and do my sorting there. I then go find a person with whom I can share my heartfelt ending. This is the way I deal creatively with loneliness. But there are times I need a real live person to be there for me during the dumping, sorting, and discovery process. At those times I want someone present who can hold me without judgment or without taking in my every word or reaction as if it were theirs. In other words, I need

to be allowed to be held by someone who is willing to move with me to a heartfelt place.

Since that is my need, I should take responsibility for it and define it up front. I can even go so far as to ask if the other person is in a place to allow me to sort and then join me in the journey to the heart. Unless they can do both, it is no good. Even if they seem to be a great listener who can give me a space, it is not enough unless they hold my hand on the last leg of the journey.

The intent of my journey through creative loneliness is to end up in a non-lonely place. So if the person is unwilling to go with me on the last leg of the journey, we will not be able to reach the Heart together. Without this expansion of Heart joining, I will still feel lonely.

Jackie Woods, founder of Adawehi (Ah-dah-way-hee) Institute Healing School and Wellness Center, is a published author and an expert in the field of self-actualization. Visit www.JackieWoods.org.



Part 2

Life AFTER THE Great Shift

Many different journeys will be available to you after the Shift, but fear won't be one of them. I have no room at all for fear in my journey. It is time for you to take fear out of your journey. Start now. I'll be standing on the side of the light and that's where you should be. Walk toward all things light and I'll be there. You'll see.

CONTINUING CONVERSATION ON PORTAL WORKERS

Q: Will I be an inside portal worker with my children, who are also inside portal workers, and when we wake up on the inside, what kind of food will we have? Will I have to cook it? How will my body look? What sort of clothing will I have?

KIRAEI: You will be an outside portal worker. You have family members and friends whom you will want to get through the portals and into the new light, but they won't cooperate. As an outside portal worker, you will help them in the beginning stages of the Shift. You'll go inside the portals quite often to bring people through into the fourth light, and you'll be able to check with your children then.

As for your food, you will have to cook, because you will be at level one of the fourth-dimensional process. What you cook will not be what you normally cook over here. You'll be cooking things you never thought could be so good or edible. The food will be tasty and you will eat it slowly. The meal will fit inside the palm of your hand. Your mouth will water because your sixth sense will be profound. You will feel the food go into your mouth and your senses will be alerted as it slowly goes down your esophagus and into your stomach.

Your new bodies will start to come into being from the first day forward after the "three days of darkness." Yet, don't be shocked when you wake up on the first day and it appears as if nothing has changed in your body. Within just a short period of time, your body will show signs of change. Your arms, legs



If we send love and healing to Mother Earth, will that help her to ease into her shift?

and neck will get longer. Your trunk will be the last thing to get longer. You won't have your hair for any length of time.

As for your clothing, you will have one outfit and when you remove it at night, it will cleanse itself automatically. The material that this clothing will be made of will be foreign to you, but very durable and useful. You will want to take a shower every day.

Balancing the Environment

Q: Will those of us who will be sleeping

during the "three days of darkness" feel the changes to our bodies? If we send love and healing to Mother Earth, will that help her to ease into her shift? Is there anything we can use to balance our environment?

KIRAEI: Just a few of you, not many, will feel it when you shift your body process during the "three days of darkness." Others of you will be asleep and will not feel it. Most of those who are not Lightworkers or who haven't awakened to this journey will have body processes that change post-Shift.

As far as Mother Earth is concerned, the medium will put some things into Signature Cell Healing that will help you heal the animals and the Earth plane. You must pray for Mother Earth. If she doesn't make it, you will have nothing to work with over here.

As far as balancing your environment, you will need a powerful twelve-sided dodecahedron stone in every room of your home.

The Tasks of Outside Portal Workers

Q: I am to be an outside portal worker. Would you share some information about outside portal workers? Will they have any contact with inside portal workers? What will they be doing outside the portal? How will they relate when they return to the third dimension post-Shift? What will they wear and will they have weapons? What kind of work will the outside portal workers do?

KIRAEI: As an outside portal worker, you will have nothing to do with the inside portal work. When you do go inside, you'll do so as a vacation from the outside portal work. When you return to the outside, to the third dimension, you'll change to another level of consciousness. Remember, seven levels of consciousness exist for everything here, so your journey will be about what is happening in the Now. You will shift levels of consciousness as needed and you will have to explain more precisely and emphatically to the people about Signature Cell Healing.

Continued On Page 24 ◀



W

hy is having confidence in ourselves and our abilities so hard? Why do so many of us have the tendency to overestimate other people's abilities and power and underestimate our own? Why are many of us so concerned with what other people will think about us?

If we are to understand these things, first we need to recognize why we think, feel, and act the way we do. We need to know why and how we have become who we are, as well as why we react or respond in certain ways. When we understand ourselves, we can either accept the way we are or make changes so we will be able to accept ourselves.

What we believe and accept about ourselves determines our behavior and performance. These, in turn, create our results which affect our confidence levels.

If we have self-limiting beliefs, we will have self-limiting behaviors. If we have self-empowering beliefs, we will have self-empowering behaviors. In other words, if we think we can, we can. If we think we can't, we can't. If we think we can, we will find a way. We perform as well as we believe we are capable of performing.

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Confidence IS A Choice!

Many of our beliefs about ourselves have come from outside sources: people, education, and experiences. Many of us have allowed the opinions of others to become our opinions of ourselves. We've listened to people tell us we are incompetent, inadequate, unworthy, bad, or stupid. We've internalized, processed, and often believed what others have told us.

There is a direct correlation between the quality of our relationships and our levels of self-esteem and self-confidence. If we are like most people, how we feel about ourselves, good or bad, is largely dependent upon the degree of acceptance we have felt from the influential people in our lives.

If we were compared negatively to other children, especially children outside of our immediate family, we might have believed those children had more abilities and were "more" than we were. That is when feelings of inferiority started to set in. If we didn't receive appreciation or recognition for our achievements then, we may believe others are smarter, stronger, or better than we are now.

STOP IT! Start now to work on your self-discipline, self-reliance, and responsibility. These are the very characteristics which help us achieve. Achievement builds self-esteem. Start now to show more interest in others and help them feel special. The biggest psychological need most people have is to be understood. So start by listening to others. Ask them questions about themselves and their lives. Listen attentively. Show interest in what they have to say. Lean forward. Comment on what they said before you start telling your own story and talking about yourself. Compliment others, especially on things they do well.

Stop criticizing yourself. Stop talking about your negative traits. The more you concentrate on them, the more they hang on. What we put our attention to is what multiplies in our lives. Instead of criticizing, look for the things you like about yourself. What are your strengths? Make a list. Place it where you can see it daily. If there is something you don't like about yourself and you can change it, then do it. If you can't change it, don't whine about it. People don't want to be around someone who whines and complains. And besides, most of the things you don't like about yourself, no one else has noticed until you brought it to their attention.

Confidence comes when we determine that we are responsible for ourselves: when we are able to stand on our own two feet, make our own decisions, and deal with the consequences of our own behaviors and choices. Work to be an independent person who does important things. Choose to step out of your comfort zone. Set a goal and make a plan to do something different or bigger. Take a risk and take action.

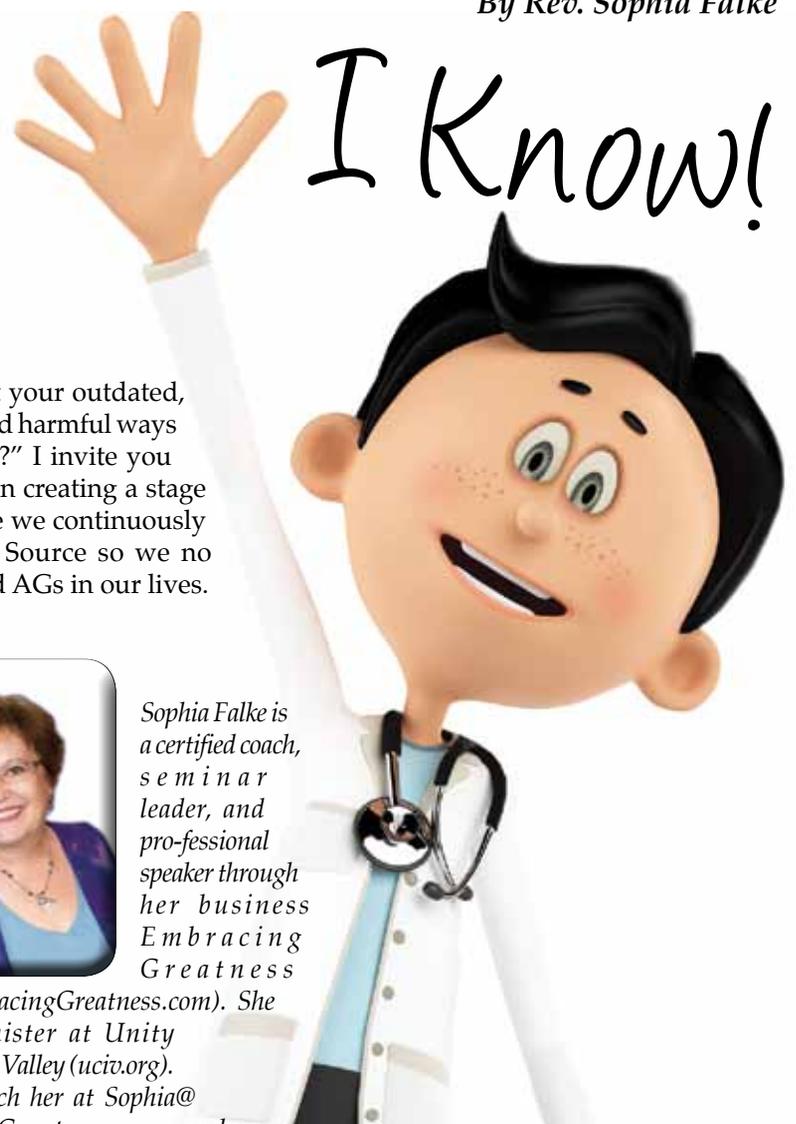
You can achieve self-confidence. It's a choice. You can do the things that make your heart sing. You can learn to create your own success and your own happiness. You are a unique individual. Realize who you are and remember, you are more than enough.

Judi Moreo is a Motivational Keynote speaker who doesn't just talk about success but lives it! A speaker of both substance and style, Judi combines her wealth of knowledge and expertise with the inspiration of a motivational speaker and the humor of an entertainer to bring you a program guaranteed to enrich the lives of all who hear her. Visit: www.JudiMoreo.com.



By Rev. Sophia Falke

WHAT DOES IT TAKE TO GET YOUR ATTENTION ANYWAY?



Hospitals seems to be the great attention getter lately. I had my own brief stays in April. Then in June I went to Long Beach to help a friend who had major surgery. It was supposed to be a simple thing: cook, do dishes, run errands, and sit by his backyard pool during his long recuperative naps. Sounds easy, doesn't it?

I arrived on Tuesday afternoon and sprawled by the pool, a great relief after Las Vegas' triple digit temperatures. On Wednesday I drove the 25 miles to collect my friend from the hospital where he had surgery. I made chicken soup and we settled in for a pleasant 10-day visit. Pleasant, that is until Friday when he doubled over in pain and ended up back in the hospital for emergency surgery, a week in the ICU, and another week in telemetry.

He almost died a few times, and my trip didn't turn out quite as we'd planned. Instead of a quiet, uneventful convalescence, I "cared for" my friend by driving 50 miles round trip each day to visit him in the hospital. I told him two things during this period. 1) If he didn't like my cooking, all he had to do was say so. He didn't have to go back to the hospital to eat. 2) He wasn't allowed to die on my watch.

I also asked him questions, such as, "When will you have had enough?" "Do you see yourself in any way blocking your own healing?" And "What does it take to get your attention?" When I ask these kinds of questions, my friend usually rolls his eyes and tells me to stop. And because we're best friends, I don't stop. Instead I repeat the questions, because I know he gets annoyed only because he wants the greater inner clarity the answers will bring him for healing in body, mind, and spirit.

I share this story because I've seen this type of scenario before. People (which includes you and me) find ourselves in situations where we have a choice. We can succumb to the outward appearance of pain and suffering or we can take control of how we view our experiences. Often what we view as negative is simply the Universe trying to get our attention and shake us loose from outdated, limiting, and harmful ways of thinking.

Getting our attention can take many forms. I place attention getters (AGs for short) in four stages. There's the gentle tap on the shoulder, the thwack on the side of the head, the cosmic two-by-four, and the dreaded cosmic Mack truck.

My AGs usually come in the form of emotional and mental stressors: the sudden and unexpected end of a relationship or loss of a job, dissatisfaction or a feeling of helplessness with a situation, or anger and frustration in a relationship. Sometimes physical symptoms catch my attention. And periodically I'll experience confusion in my connection with Spirit. But whether it's mental, emotional, physical, or spiritual, I start out with stage one, the gentle cosmic tap on the shoulder, and depending on how conscious I am when this attention getter comes knocking, I either heed the warning and do some serious inner work or I go to the next stage...and the next...until I say "enough" and take a look at what it is in my own consciousness that draws the experience to me.

Is any of this resonating with you? We all have attention getters. Yours might show up first in the physical or spiritual realms, but show up they will when you go unconscious. You know how it is when a mosquito starts buzzing around your head? It's annoying and if you're like me, you'll want to swat it to make it go away. But the mosquito comes back, just like the AGs. So if you don't deal with what's bothering you—physically, mentally, or spiritually—the attention getters get worse until the cosmic Mack truck hits. Ouch!

And I say "Ouch!" with confidence because there have been times when I swatted at the initial stages of AG like I would at a mosquito flying around my head. The result, of course, was that the mosquito (AG) came back until it took the form of the cosmic Mack truck. My friend in Long Beach felt he had been hit by a Mack truck several times over—spiritually, emotionally, and physically.

So let me ask, "What does it take to get your attention?" Have you been hit by the cosmic Mack truck enough that you now respond when you receive a gentle cosmic tap on the shoulder? Or does it still take the thwack on the side of the head, the cosmic two-by-four, or the dreaded cosmic Mack truck for you to take heed

and look at your outdated, limiting, and harmful ways of thinking?" I invite you to join me in creating a stage zero, where we continuously connect to Source so we no longer need AGs in our lives.



Sophia Falke is a certified coach, seminar leader, and pro-fessional speaker through her business Embracing Greatness

(www.EmbracingGreatness.com). She is also minister at Unity Center in the Valley (uciv.org). You can reach her at Sophia@EmbracingGreatness.com or by calling 702-456-9133.

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What is Holistic Veterinary Medicine?



- ◆ **Chiropractic** - We could all use a good adjustment every now and then, and so could your pet!
- ◆ **Acupuncture** - The ancient Chinese method of freeing blocked energy centers along the body's meridians, through the use of very fine needles. Animals and humans respond beautifully to this. Especially to arthritis.
- ◆ **Homeopathy** - The giving of a remedy in the form of drops that balances the underlying energetic system, where the cause of disease lies.
- ◆ **Herbs** - Herbs can be administered homeopathically, or in capsule form. Some are very potent; don't underestimate their strength just because they're herbs.
- ◆ **Nutrition** - Is perhaps the most important ingredient in holistic veterinary medicine. Animals and humans alike cannot survive on junk food. Sooner or later, it will catch up with you. It's best to stay away from commercially prepared dog foods with animal by-products and preservatives. Fido will thank you.

There are also branches related to the above modalities, such as;

- ◆ **Massage Therapy** - Who doesn't love a massage? Well, your pet does, too!
- ◆ **Reiki** - A laying on of hands, a transfer of energy from one person to another, or from a person to an animal. Balances the energy and calms the body.
- ◆ **Shiatsu** - A Japanese form of massage involving the use of pressure points.

These are all different treatments, but the one thing they have in common and is the mainstay of holistic veterinary medicine is this; all of these disciplines believe that the body is energetic in nature. There is a life force that keeps it in balance, also called homeostasis.

Think about it. When your beloved Fido, kitty, lizard or horse gets sick, this force gets weakened. If your animal gets hurt, its life force is weakened; if your pet gets vaccinated, it starts to age; regularly eats commercially processed food, or is stressed, his or her life force is weakened and the body becomes unbalanced. Just like us, their human counterparts.

When we are stressed, or ill, or hurt, or eat a continuous diet of unhealthy food, our bodies, too, become unbalanced.

Just because we can't see a disease right away, doesn't mean it's not in our energy system. It may go undetected for a while and then, BAM. There it is — A compromised immune system. Manifesting as a full-blown flu or even chronic disease. And this applies to our pets, as well.

Think about it. We compromise their immune systems with vaccinations, we feed them processed food with by-products and preservatives, we give them drugs when something is wrong, instead of investigating the cause... instead of taking the "whole pet" into consideration. It's not our fault; we've been drip fed this information for years. If we just take that little purple pill, we'll feel better instantly. Our lives will change. Madison Avenue was built around slogans like that. But when you know better, you do better.

The Medicine Hut.com.

How Do You Decide What's Best For Your Pet?

Holistic veterinary medicine, also known as alternative medicine, is comprised of many different disciplines or modalities. Holistic comes from the word "whole." In holistic veterinary medicine, the whole pet is taken into consideration; that means his environment, including what's going on in the household.

Is there anger? Upset? Your pet can feel it because they absorb and even take on our emotions.

It may not manifest as disease or odd behavior now, but in time, all of a sudden, something is wrong with your beloved animal, or it became aggressive and you think he or she just "got sick," or is off the beam. That's not usually the case. Holistic veterinary medicine will search for the underlying cause.

In addition to your pet's emotional life, nutrition is very important in healing and or preventing disease. Whether human or animal, dis-ease is a body that is not at ease. In traditional, or allopathic medicine, only the symptom is treated because they believe the symptom is the disease. In most cases it's not. It's an indication of an imbalance. Again, holistic veterinary medicine treats the underlying cause.

Here are the mainstays of holistic veterinary medicine. *And by the way, these are the same modalities used for their human companions as well.* Holistic dog medicine, or holistic animal medicine, includes, but is not limited to:

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ask Margo

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How should I switch to a new pet food?

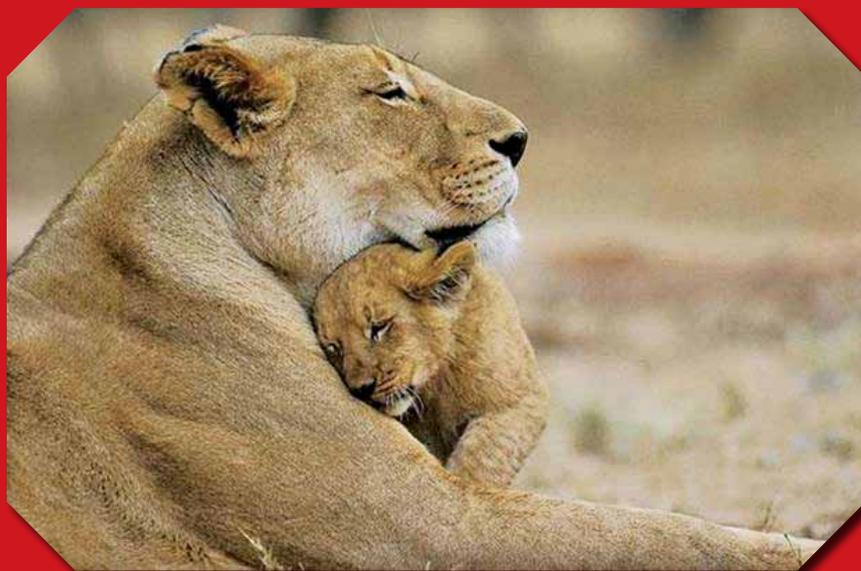
A new pet food should be gradually introduced to your animal by mixing it with their current food. For a nice, slow transition, replace the old food with the new food in small increments over the course of a three-week period. It can take 4 to 6 weeks for a pet's digestive tract to fully adjust to a new diet. If digestive upset occurs, transition more slowly.

How should I store the food?

For our dry dog and cat foods, we recommend that you keep the food in the original bag with the top tightly rolled down, and store in a cool, dry, preferably dark place. If you want to store it in another container, we recommend storing the entire bag in the container rather than dumping it out of the bag and storing the container away from excessive light and heat. We do not recommend freezing the food.

For our canned foods, they should also be protected from excessive heat. Opened cans can be covered and stored in the refrigerator for up to three days (72 hours).

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KRISTA

Breed: DLH - Tabby
DOB: May 20, 2010

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CACO

Breed: DMH
DOB: April 1, 2012

Caco is so fun to play with. She loves to do as she pleases and has fallen in love with her foster dog and rides on her back. She can be an escape artist from her room to explore as she pleases. She loves playing with her siblings and enjoys snuggling when she first wakes up.



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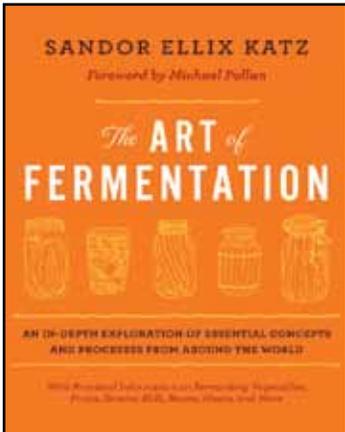

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THE ART OF FERMENTATION

BY SANDER ELLIX KATZ (AUTHOR), MICHAEL POLLAN (FOREWORD)



THE ART OF FERMENTATION: AN IN-DEPTH EXPLORATION OF ESSENTIAL CONCEPTS AND PROCESSES FROM AROUND THE WORLD

The Art of Fermentation is the most comprehensive guide to do-it-yourself home fermentation ever published. Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and

in-depth enough to provide greater understanding and insight for experienced practitioners.

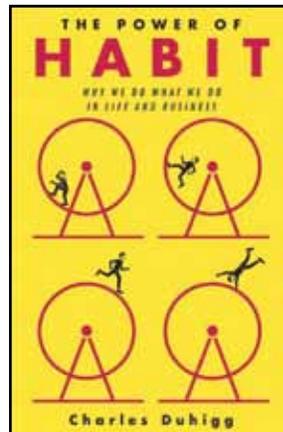
While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information-how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more.

With illustrations and extended resources, this book provides essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Readers will find detailed information on fermenting vegetables; sugars into alcohol (meads, wines, and ciders); sour tonic beverages; milk; grains and...



THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS

BY CHARLES DUHIGG



THE POWER OF HABIT: WHY WE DO WHAT WE DO IN LIFE AND BUSINESS

A young woman walks into a laboratory. Over the past two years, she has transformed almost every aspect of her life. She has quit smoking, run a marathon, and been promoted at work. The patterns inside her brain, neurologists discover, have fundamentally changed.

Marketers at Procter & Gamble study videos of people making their beds. They are desperately trying to figure out how to sell a new product called Febreze, on track to be one of the biggest flops in company history. Suddenly, one of them detects a nearly imperceptible pattern—and with a slight shift in advertising, Febreze goes on to earn a billion dollars a year.

An untested CEO takes over one of the largest companies in America. His first order of business is attacking a single pattern among his employees—how they approach worker safety—and soon the firm, Alcoa, becomes the top performer in the Dow Jones.

What do all these people have in common? They achieved success by focusing on the patterns that shape every aspect of our lives.

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In *The Power of Habit*, award-winning New York Times business...

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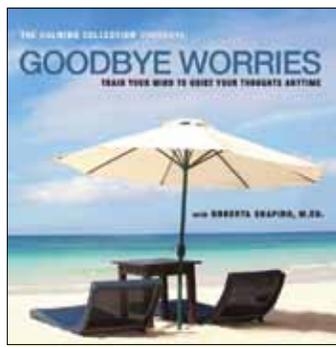
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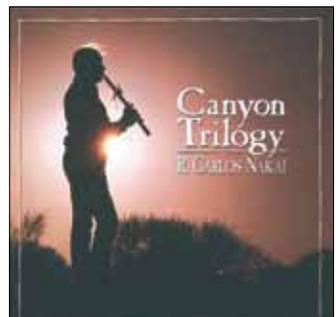
Goodbye Worries: Guided Meditation
by Roberta Shapiro



GOODBYE WORRIES is a program that trains your mind, through the power of hypnosis and meditation, to effectively control worrisome thoughts. It is the second in the series the CALMING COLLECTION. The first of the series is SLEEP SOLUTIONS.

Several techniques are provided on both CD's ,including meditation and hypnosis, which have been found to be highly effective with a wide variety of anxiety issues. GOODBYE WORRIES...

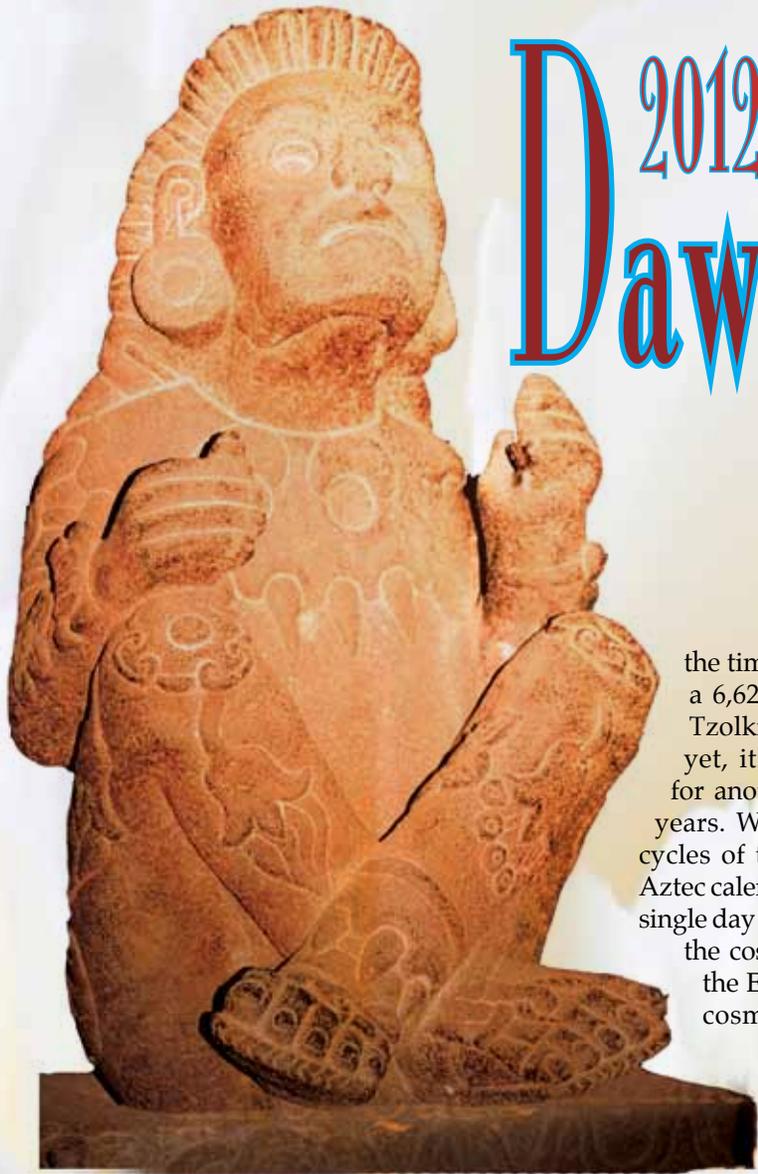
Canyon Trilogy: Native American Flute Music
by Carlos Nakai



Of Navajo-Ute heritage, R. Carlos Nakai is the world's premier performer of the Native American flute. He began his musical studies on the trumpet, but a car accident ruined his embouchure. Years later his musical interests took a turn when he was given a traditional cedar flute as a gift and challenged to master it. As an artist, he is an adventurer and risk taker, always giving

Using digital technology, R. Carlos Nakai creates...

Dawn of the Sixth Sun



the time of the Fifth Sun (each Sun representing a 6,625 year cycle) it is similar to the Mayan Tzolkin calendar regarding dates and cycles, yet, it is considerably longer; continuing on for another two Suns...the equivalent of 13,250 years. While the Mayan calendar expresses the cycles of the sun and moon, long and short, the Aztec calendar expresses all cycles (spanning from a single day to thousands of years), precisely reflecting the cosmic dance of the universe in relation to the Earth. This circular and cyclical Earth and cosmic calendar not only contain detailed information on the past five Suns (eras of human and Earth history), but provides information regarding future Suns and their influence upon us. This is an advanced accomplishment.

The Toltecs were the masters and teachers of the Aztecs and Mayans. All were experts in understanding the relationship between subtle energy, astronomical phenomena and human consciousness. They knew how to interpret the universal order that governs all existence by measuring and observing cycles of time (day to night, lunar, solar, stellar and galactic). Through eons of experience and observation, they were able to perceive and understand the impact these cycles of time had on the Earth (the elements, seasons, and tides) as well as on human consciousness and perception. To this day, their cosmology reflects a mathematical order that governs all that exists, from the infinite sky; and every single moment, to the entire universe and each individual being.

We're halfway through 2012, edging closer and closer toward that highly promulgated date of December 21, 2012. But what does it really mean? We've heard all the hoopla regarding 2012 for years now: How the Mayan calendar signifies the end of the world. Yet, since the birth of Judaism, the end of the world has been predicted many times over. Needless to say, it has yet to be fulfilled, but that does not mean we should simply disregard 2012. In fact, there are numerous prophecies about this specific time in history from many different cultures, such as the Maya, the Hopi and the Aztec. Surely these prophecies are collectively alluding to something relevant. If we presume December 21, 2012 is not to be the literal end of the world, yet is symbolically significant, what then does it really mean?

There has been a lot of creative interpretation and misinformation in connection with these Mesoamerican calendars. Yet there are those still alive who actually possess the authentic methodology for understanding them.

The profundity of the Aztec calendar is that it contains within it this understanding of a deeply interconnected relationship between human consciousness and all the cycles of the universe. Not only are we a facet of the universe, we are a unique, integral, individuated expression of its beauty and vastness. In fact, our souls are understood to be a microcosm of the macrocosm: The Sun - our awakened consciousness; The Moon - our ego, underworld / unconscious, shadow self; The Night - our nagual (sleeping / spiritual self); The Day - our tonal (who we are while awake). These states of being are not only reflected in Mother Nature, but are attuned to the life, rhythm and movement of the Universe.

The Mayan long count calendar has gotten all the attention for 2012, specifically because it ends. But did you know that it actually ended on October 28, 2011? Luckily, it's not the only Mesoamerican calendar that can provide us with such knowledge. The Aztec calendar (which usually gets mistaken as the Mayan) looks like a magnificent cosmic clock, made of artistic symmetrical glyphs and geometric

"Most people think the knowledge associated with the calendars of ancient Mexico did not survive, but his is not the case," says Sergio Magaña, "Ocelocoyotl," a mystic and teacher of the Nahuatl tradition. "We have a full and living tradition that was hidden so it could remain pure and intact until it was needed. The knowledge was preserved by the guardians in the Nahuatl language and passed along in secret from Teacher to student for 1,460 years. It includes teachings, ceremonies, practices, dances, philosophy, prophecy, and in-depth understanding of the mathematics of the cosmos and how this all relates to human consciousness. It is being made available,



The profundity of the Aztec calendar is that it contains within it this understanding of a deeply interconnected relationship between human consciousness and all the cycles of the universe.

forms (circles within circles) enthralled by two cosmic snakes. Having been carved in stone during *because it is needed now."*



The winter solstice of December 21, 2012 marks a transitional ending of an era and the birth of a new one. At that precise moment and time the Fifth and Sixth Sun will have equivalent power. From that point forward the Fifth Sun will continue to step down from its throne, slowly handing over the celestial crown to the Sixth Sun in the nine years that follow. It is an energetic cosmic changing of the guard that began in 1991, having specific transition periods that followed. It is, however, this nine-year period as the Suns changeover, which the Keepers of the Ancient Knowledge say we need to pay attention to and utilize. For in 2021, the Sixth Sun will have full reign, ending the 6,625 cycle of the Fifth Sun, and birthing humanity into a brand new cycle, the influence of which will be felt upon the Earth for thousands of years.

The Fifth Sun marked an era of light (the Tonal) orienting human awareness upon the external, driven toward exploration and understanding of the physical world, as well as conquest and exploitation.

The Sixth Sun will be an era of night (the Nagual) transitioning human awareness toward the internal realms, facing the unknown and dreaming. Just as there will be a transition of suns, there will also be a transition of moons, from the tonal moon to the nagual moon, whose influence will affect the unconscious/shadow self and dreaming.

This transition of cycles is symbolized by earthquakes (remember that we and the Earth are microcosms of the macrocosm.) Old structures and/or paradigms will fall, both externally and internally — as we're already starting to see play out, dealing with significant paradigm shifts in global financial crisis and global warming.

When structures fall, it is our opportunity to find out more about who we really are. It can be easy to be kind and loving when everything is going well in our lives, but the litmus test on one's spiritual realization is given when the going gets tough. Who do you become when the rug gets pulled out from under you? Are you ruled by your shadow, your moon, with its limited or skewed view of

"Most people think the knowledge associated with the calendars of ancient Mexico did not survive, but this is not the case," says Sergio Magaña, "Ocelocoyatl," a mystic and teacher of the Nahuatl tradition.

reality, or will you be ruled by your sun, your higher consciousness, which knows its connection to all that is? The new Sun marks a time when we'll move quickly toward our own inner cataclysms, or our own personal triumphs, depending upon how integrated our ego structures are, or how cleansed our shadow is of its unconscious tendencies, feelings and beliefs.

The calendars indicate, at this precise time in history, human consciousness can make a major shift in its orientation, from an awareness focused mainly around the needs of the individual or a "me" mentality to a consciousness that prioritizes the needs of the whole. From an outward orientation - What do I have? What do I look like? Who loves me? To a deeper understanding of Self — Who am I really? Am I just a physical body? How do my emotions work? What is my purpose? What is my relationship to and responsibility for the Earth? This inward focus can also reveal our relationship to all that is. By asking these types of questions and inquiring into our souls (higher nature), we may have the opportunity to know the very nature of reality, the truth of our Essence and our interconnection to the cosmos.

We have embarked upon a transition towards a new cycle. Therefore we need to understand what is

going on and how to make the best use of the present time for our lives to thrive. According to the Prophecy of Cuauhtémoc stated in 1521 (the great Aztec ruler after Montezuma) the ancient wisdom tradition, kept alive by the Keepers of the Ancient knowledge, possesses a series of teachings that are to be shared with the rest of humankind at this precise moment in history, so human consciousness can flower with the Six Sun. This is the legacy that Mexico, once known as Anáhuac, has to offer humanity as a whole and Sergio is charged with bringing forth. This is how Sergio describes the prophecy and evolutionary process of human consciousness at this moment in time.

"From the mother thought and the father thought that are in the second heaven, just beneath the wholeness, were created four forces (or sons if you want to see them like Gods or persons, but they are essences) or the four Tezcatlipoca's. They hold the universe in four points and unify energy with matter and in the center is a certain type of cross, that we call the Nahui Ollin — which is the movement. These forces are inside and outside of us holding together everything related to humans. The Black Tezcatlipoca is a metaphor of our unconscious and where we begin the journey. In the Aztec and Toltec calendar, there are four dates to match the prophecies and from this we know that everyone should have begun to clean their shadow by 11 of July of 2010. If this were the case, you would move to the next step, a renewal which is Red Tezcatlipoca. This part of the process puts order into how you think, act, feel and the date for the last dance of the 'old you', was 21 December 2010. This leads us to the Blue Tezcatlipoca, which is the force of our will and discipline to succeed; which is symbolized as the transformation from a Hummingbird to an Eagle exactly on the solstice of 2011. If you continue, you will become your 'Enlightened Being', that for my culture is the White Tezcatlipoca, Quetzalcoatl. If you didn't do all the work at the dates in 2010, you can begin with three Tezcatlipoca's at the solstice and work with them in order to be prepared for 2012."

Our souls reflect the cosmos, our bodies the Earth. Human consciousness is immensely beautiful and powerful. We have within us such depth and potential. Yet, it is up to us to recognize it, work on ourselves, practice and live what our hearts know to be true. To liberate ourselves from our instinctual drives and our shadow is a life-long endeavor. What the Keepers of the Ancient Knowledge are telling us is the time for mastery is now.

Continued On Page 23 ◀

Adrenal Fatigue

Is Closer Than You May Think



There is a physical condition that has become very common although it is normally incorrectly diagnosed. The patients that suffer from this syndrome have been through the medical system and have had extensive diagnostic testing. They have had extensive and repetitive blood work, MRI's, CAT scans, ultrasounds and have been sent to every specialist. Ultimately, these individuals are told that they are clinically within normal limits and that they are "fine." This is when the patient is told that they are depressed and put on antidepressants, anti anxiety and sleep medication.

I am also amazed that when I review the patient's blood reports and tests procedures that the patient, on paper, doesn't look all that clinically significant and therefore not ill! Unfortunately, the patient still feels, well, lousy. The REAL issue is usually a hormonal imbalance that is referred to as adrenal fatigue. While this syndrome can represent a big problem, it is typically caused by a number of problems. Let's take a look at this multifaceted situation.

Symptoms of cortisol imbalance and therefore, adrenal stress are fatigue, weak immune system, headaches, hyper active activity with accompanying vigilance, low energy, attention deficit, sugar, junk food and caffeine cravings, feeling "shaky", short term memory loss, depression, anxiety, menstrual dysfunction, problems with too much or not enough sleep, bloating, weight problems and sometimes sexual dysfunction.

Okay, you say that this seems kind of general? I agree. I also know that many folks think feeling like this is normal. It is not. Adrenal fatigue usually comes on slowly and it just needs one major ingredient to start...stress.

The adrenal glands are walnut shaped glands found on top of our kidneys. They play many roles in regulating our health. Each adrenal gland has an inside part and an outside part. The inside part makes the epinephrine (adrenaline) necessary for the fight flight reflex. As an example, when primitive man faced the bear, the choice was to flee or fight. The adrenaline is fired off and a complex chemical cascade takes place to keep us safe. The outer part of the gland produces hormones to regulate sodium and potassium (aldosterone) and hormones to regulate blood sugar. (Cortisol)

Therefore, the adrenals help to balance blood pressure by the regulation of sodium and potassium and also play a significant role in regulating our blood sugar. The chemicals of the adrenals also help to keep our ligaments stable, which is essential for proper joint integrity and function.

In the past, adrenal fatigue has been identified with menopause and perimenopause women. The truth is that this syndrome can happen at any time of life and to any individual. It has no prejudice and evolves in an equal opportunity way. Let's take a look at some of the players that are in chemically involved. The adrenal glands produce cortisol, which is often called our "stress hormone." Cortisol raises blood sugar to help us to fight off whatever stress we might have. Stress can be physical as well as emotional. If the stress is an infection, then the action is to fight it. If the stress is a broken bone, the body goes into action to mend it. If we are arguing with our partner, cortisol gives us the energy to defend our opinion.

The symptoms of sodium and potassium imbalance are dehydration, excessive urination, excessive sweating and salt craving. Other symptoms of adrenal stress fatigue include dizziness felt when transitioning from laying or sitting to standing, varicose veins, and hemorrhoids.

Because the adrenal function is so integral to the entire health of the system, just supporting the adrenals is not enough. Part of what holistic medicine does is to find the REAL cause of the problem. Sometimes it is nutritional support but more often this

multifaceted problem requires strong detective work and the exploration of all of the systems of the body, i.e. digestive, neurological, blood, toxicity, brain chemistry, food allergies, etc. In addition to an extensive and detailed patient history, I use a variety specialized labs and tests to diagnose the root problem.

Because the adrenal function is so integral to the entire health of the system, just supporting the adrenals is not enough. Part of what holistic medicine does is to find the REAL cause of the problem.

Remember our three contributors of stress. One can have physical stress, which includes the impact to our decreasing function of joints and muscles and subsequent pain. The second is chemical stress from environment, food, water and other chemical exposure. The third is emotional stress from jobs, families and friends. While a certain amount of stress is appropriate, when the level become too great for the body to handle and the reserves are exhausted, our bodies become affected. That is when we start to feel "off" and our health declines.

The stress of many decades back looks like child's play to the amount of stress currently affecting so many people. With job and economic losses, too much electrical magnetic pollution and unending access to instant information, this human breakdown is being seen at an alarming rate. In the past I treated mostly menopausal women but now I treat children, teenagers, young adults and men. The good news is that there has been so much research and progress in the area of adrenal dysfunction in the last decade that the recovery is good.

Pamela H. Fleming, MBA, DC CTN, board certified naturopathic endocrinologist. Dr. Fleming has been a respected member of the chiropractic and holistic healthcare community for over 20 years. During her lengthy practice, she has catered to thousands of patients in Nevada.

Dr. Fleming maintains one of the few practices in the United States that focuses on naturopathic endocrinology, holistically caring for overall personal well-being, as well as musculoskeletal rehabilitation. Patients are able to receive both excellent routine chiropractic care and full natural health assessments that address special needs and concerns for the whole body. Visit: <http://www.DrPamelaFleming.com>.

Avoid Dental Problems with Natural Remedies

By Carolanne Wright



Help yourself save your teeth and money on expensive dental work. Try a few simple home treatments that help strengthen teeth and gums naturally. With the application of specific dietary and herbal recommendations, loose and decaying teeth are fortified and healed. By practicing purposeful oral hygiene with a few basic ingredients, worrisome dental problems can be economically resolved.

DIETARY CHOICES FOR STRONG TEETH

A healthful diet is the first line of attack against gum disease and tooth decay. Minerals such as calcium and silica are vital for repairing and rebuilding tooth structure.

The herbs oatstraw, horsetail, and nettle are excellent dietary sources of silica. Vitamin C, D, and K are also important for gum health and tooth strength. Vitamin C helps to support the collagen network of the gums. A deficiency of this vitamin will lead to tender gums that are susceptible to bacteria, leading to periodontal disease and tooth loss. For foods that help to cleanse problem-causing plaque, focus on crunchy choices like celery, romaine lettuce, and seeds. Sesame seeds are especially beneficial for healthy teeth. High in calcium, they help maintain bone around teeth and gums. Soaking, dehydrating, and grinding the seeds further enhances the bioavailability of nutrients. For safe sweeteners that will not promote decay, use stevia and xylitol. Also, limit acid-forming foods such as coffee, chocolate, soda, and meat.

NATURAL THERAPIES FOR DISTRESSED TEETH

Amla fruit

Stabilize loose teeth and heal gums by combining a teaspoon of amla powder with one cup purified water. Rinse mouth with mixture once per day. Avoid food or drink for 1 hour after treatment.

Tooth powder

- 3 parts oak bark
- 6 parts comfrey root
- 3 parts horsetail root
- 1 part lobelia
- 1 part cloves
- 3 parts peppermint

This powder is a potent remedy by master herbalist, Dr. Christopher, that tightens loose teeth and heals gum infections. Daily brushing with this powder is recommended to maintain a healthy mouth. For severe dental issues, the powder can be placed between the lips and gums of the entire mouth and left overnight six times a week until condition improves.

It is important to note that commercial toothpaste, including natural, fluoride-free brands, contain glycerin which coats the teeth and prevents remineralization. This weakens teeth over time, leading to decay and darkening. Baking soda and salt are both safe alternatives as is tooth soap.



OIL PULLING

Deep clean teeth and gums with oil. Instructions according to Earthclinic.com:

First thing in the morning, before brushing your teeth, eating or drinking, take 1 TBSP of Coconut, Olive, Sesame or Sunflower oil. Put the oil in your mouth, tilt your chin up and slowly swish, suck, chomp and pull through the teeth. Do this for at least 10 minutes. 15 - 20 minutes is better. You want the oil to become a thin, white foam when you finally spit it out.

Herbalists have long recommended certain plants and oils to nurture strong teeth and gums. By combining this wisdom with a dental-friendly diet, a healthy smile can be confidently restored.

We all need dentists sometimes, be sure they practice holistic dentistry.

Carolanne enthusiastically believes if we want to see change in the world, we need to be the change. As a nutritionist, natural foods chef, and wellness coach, Carolanne has encouraged others to embrace a healthy lifestyle of organic living, gratefulness, and joyful orientation for over 13 years. Through her website www.Thrive-Living.net she looks forward to connecting with other like-minded people from around the world who share a similar vision. www.NaturalNews.com



How to curb junk food cravings naturally

Binge eating of sugary or fatty junk foods brought on by periods of emotional stress or otherwise may be remedied by consuming saturated fat, finds new research. The reason many are drawn to junk foods in the first place is a nutritional deficiency. Cravings for chocolate may indicate a magnesium deficiency, for example. Similarly, your body may desire saturated fat during your craving for junk food.

The study is one of the first to show that when it comes to food affecting your emotions, taste isn't everything. Instead, it is "even more rooted in our biology," says Giovanni Cizza, M.D., an obesity and neuro-endocrinology researcher at the National Institute of

Diabetes and Digestive and Kidney Diseases, in Bethesda, Maryland, who was not involved in the research. In fact, saturated fat may affect the brain by triggering the release of hormones. The connection between the brain and the gut has been well established in the past, with studies indicating that gut health may actually be directly linked to mental health and stability. Poor gut health has been found to be a major factor in the development of depression and even bipolar disorder.

Published in the August issue of the Journal of Clinical Investigation, they studied 12 volunteers, who were considered healthy and of normal weight. Researchers infused one of two "meal" options into the stomachs of the volunteers: a solution of saturated fatty acids or a saline control solution. After giving the volunteers their meals,

researchers played sad classical music and showed them images of faces with sad expressions...two techniques that have been proven to be effective in inducing sadness in the past. Afterwards, mood surveys indicated that volunteers, who had ingested the saturated fatty acid solution, found the sad music to be far less depressing than those, who were given the saline control solution.

MRI scans taken during the study confirmed the findings; participants, who had consumed the fatty solution, exhibited less activity in parts of the brain that are involved in sadness. The researchers were excited to find that saturated fats helped to curb negative emotions, and the real world implications were quite hopeful as well. Those struggling with straining emotional times, who are often driven to consume health-damaging junk foods, can help ward off these

cravings through extra consumption of saturated fat.

Great sources of saturated fat include: coconut oil, organic raw certified butter, organic ground beef, dark chocolate (70% or more cacao content), salmon, and organic eggs.

Anthony Gucciardi is a health activist and wellness researcher, whose goal is centered around educating the general public as to how they may obtain optimum health. He has authored countless articles highlighting the benefits of natural health, as well as exposing the pharmaceutical industry. Anthony is the creator of Natural Society (www.NaturalSociety.com), a natural health website. Anthony has been accurately interpreting national and international events for years within his numerous political articles. Anthony's articles have been seen by millions around the world, and hosted on multiple top news websites. NaturalNews.com.

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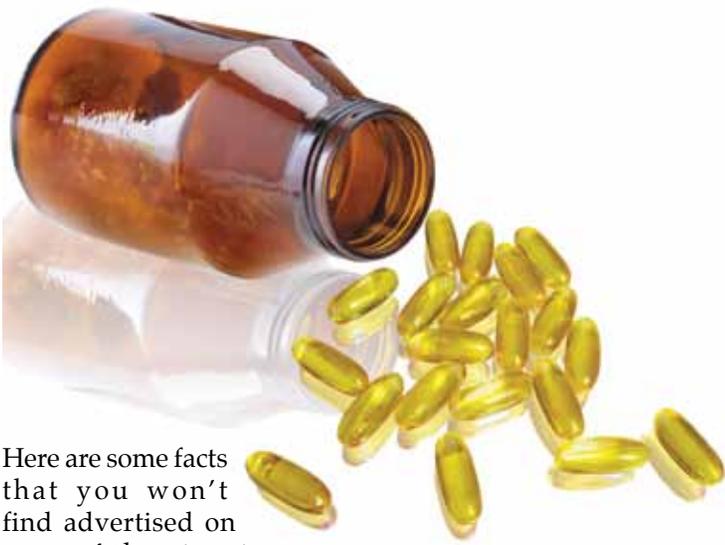
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Here are some facts that you won't find advertised on most of the vitamin supplements at your local vitamin store:

- **The majority of commercial vitamin supplements are made up of synthetic vitamins**
- **Synthetic vitamins do not perform the same functions in your body as vitamins found naturally in whole foods**
- **Many synthetic vitamins deplete your body of other nutrients and tax your kidneys before being excreted through your urine**

If you want a comprehensive understanding of what vitamins are and what they do in your body, it would be best to take a full course in biochemistry. Do you remember all of those molecular formulas and chemical reactions that you studied in your high school chemistry class? Biochemistry is really just an extension of chemistry, with an emphasis on the thousands of chemical reactions that occur in your body on a moment-to-moment basis.

Anyone who studies biochemistry learns that vitamins do not exist as single components that act on their own. Vitamins are made up of several different components – enzymes, co-enzymes, and co-factors– that must work together to produce their intended biologic effects.

Vitamins that are found naturally in whole foods come with all of their necessary components.

The majority of vitamins that are sold in pharmacies, grocery stores, and vitamin shops are synthetic vitamins, which are only isolated portions of the vitamins that occur naturally in food.

A good example is vitamin C. If you take a look at a variety of vitamin C supplements, you will find that the majority of them contain only ascorbic acid or a compound called ascorbate, which is a less acidic form of ascorbic acid. Ascorbic acid is NOT vitamin C. It represents the outer ring that serves as a protective shell for the entire vitamin C complex, much

like an orange peel that serves as a protective shell for an orange. Real vitamin C found in whole foods like fruits and vegetables contain the following components:

- Rutin*
- Bioflavonoids (vitamin P)*
- Factor K*
- Factor J*
- Factor P*
- Tyrosinase*
- Ascorbinogen*
- Ascorbic Acid*

When you take only ascorbic acid found in your synthetic vitamin C tablet or powder, your body must gather all the other components of the full vitamin C complex from your body's tissues in order to make use of it. In the event that your body does not have adequate reserves of the other components, ascorbic acid itself does not provide any of the health benefits that the full vitamin C complex does. After circulating through your system, the unused ascorbic acid is eliminated through your urine.

Just like vitamin C, almost all other vitamins that we know of offer their full health benefits when they are in the presence of a number of enzymes, co-enzymes, co-factors, and even minerals. For example, Vitamin D may have as many as twelve different active components, while vitamin P has at least five different components. The mineral copper is needed for full vitamin C activity, while vitamin E works closely with the mineral selenium to provide its health promoting, anti-oxidative effect.

Clearly, it is best to get your vitamins from whole foods because whole foods provide complete vitamins rather than fractions of them. In many cases, whole foods also provide the minerals that are necessary for optimal vitamin activity. For example, sunflower seeds are an excellent whole food source of vitamin E and the mineral selenium, both of which need each other to offer their full health benefits.

How do you know if the vitamins on your kitchen counter are from whole foods or if they are synthetic?

Synthetic vs. Natural Vitamins

If the list of ingredients includes an actual vitamin like "Vitamin C" rather than an actual food that contains natural vitamin C like "acerola cherry powder", you can bet that it is a synthetic vitamin.

If you choose to use nutritional supplements, it is in your best interest to use only those products that list actual foods as their ingredients rather than synthetic and isolated vitamins. While some synthetic and isolated vitamins have been shown to provide minimal health benefits, on the whole, most of them cause more harm than good and you are far better off

spending your money on whole foods.

It is important to note that the principles in this article are just as relevant and applicable to minerals and mineral supplements.

Dr. Ben Kim is a chiropractor and an acupuncturist. His goal is to help people understand and recover from severe and chronic health challenges and to know there is always reason to hope for and expect improvement with their health if they apply the principles found throughout this site. Visit: www.DrBenKim.com.

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A Conversation with Scott Kennedy

“I’ve witnessed complete remissions of many conditions thought to be incurable, like MS and other autoimmune disorders, many types of cancer, heart disease and hypertension.”

If you want to talk to an expert on the supplement industry, Scott Kennedy, owner of FarmaSea® Health LLC, is your man. In fact, much of what he knows will have you eyeing your supplements suspiciously. One thing he knows for sure—most of the supplements we take are not only harming us, they could be killing us.

So why exactly are our supplements killing us? According to Kennedy, *“Because the majority of these vitamins are synthetic—drug chemicals—and our body cannot process them. Synthetic vitamins are acidic and create a slow drain on our bodies which can lead to all kinds of health challenges. The evil part is that they sell these to us in the name of health and nutrition.”*

Kennedy is on a mission to change all of that, and he’s doing it using health-inducing whole plants from the sea. His crusade began accidentally. Back in 1983, he was a real estate investor on his way to receiving a Bachelor’s Degree in Business Administration when his mother was diagnosed with Multiple Sclerosis (MS). Shortly after, he crossed paths with a practitioner who recommended he put his mother on a daily regimen of a sea vegetation-based dietary supplement. *“I convinced my mom to start taking it and within 90 days she moved into remission, her numbness in her hands and feet disappeared,”* says Kennedy. *“She’s now 84 years old and has never had another attack.”*

Once Kennedy witnessed firsthand the power of seaweed and what it could do for one’s health, he couldn’t turn his back on it. *“I felt it was my responsibility to develop the best possible whole food supplements so that people could take these instead of the impostor drug chemical, passing for vitamins.”* In 1985, Kennedy founded the company that is now called FarmaSea® Health LLC. From there, he began researching the value of sea vegetation in human nutrition. Studying under his mentor, Dr. Joseph V. Wachter, Jr. of the highly regarded Wachters Organic



Sea Products, he acquired a vast amount of knowledge.

Following the passing of his mentor in 1988, Kennedy, along with his current Scientific Advisor, Dr. Stefan Kraan, PhD Marine Botany, created *“the most powerful blend of edible sea plants on Earth,”* the FarmaSea Blend of Sea Plants, now found in the Whole Food dietary supplement called Super Sea Veg®. *“I’ve witnessed complete remissions of many conditions thought to be incurable, like MS and other autoimmune disorders, many types of cancer, heart disease and hypertension. It’s true that many of those conditions are not curable—pharmaceutically,”* stresses Kennedy. However, he fully believes, and has hundreds of testimonials to back him up, that those conditions can be eliminated by adding in the right organic compounds each and every day. Why? *“Because the human body heals itself when it has all the parts it needs,”* Kennedy says.

So how exactly does the seaweed work its magic? One of the ways is that it nourishes

the thyroid gland. *“Once your thyroid starts getting seaweed every day, suddenly you’re sleeping better; you’re more focused and concentrated; your skin, hair and nails improve; you have more energy and suddenly you’re exercising more. Some of my clients even swear they’ve become more spiritual. It’s because your cells are able to dump toxins once the thyroid begins up-taking the vegetable iodine it’s been craving from the seaweed.”* Iodine is essential for healthy brain function and metabolism, along with a healthy endocrine system. *“This crucial nutrient is mostly absent from our Western diet because it is not found in the soil,”* says Kennedy. *“It is, however, found in the sea.”* And so to the sea Kennedy goes to source his raw material. But not just any seaweed will do. FarmaSea® has impeccably high standards. According to Kennedy, *“Only the best species of sea vegetation, from the best water in the world will do.”*

For those wondering if there are products for children or pets, the answer is yes on both counts. *“Children and animals need their iodine too,”* says Kennedy.

Kennedy urges each of us to take a look at the supplements we’ve been taking; if they aren’t whole foods, we should switch to some that are. *“Remember,”* he says, *“Every major degenerative disease increased in the population taking supplements, over the past 80 years.”*

In the spirit of health, Kennedy invites readers to take the 90 Day Challenge to find out what Super Sea Veg can do for them. *“Just try it out for ninety days, don’t even think about whether you’re going to take it after that time frame,”* he explains. Since FarmaSea® offers a 90 day money back guarantee on their products, the 90 Day Challenge seems like an opportunity not to pass up. Your health could depend on it.

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Scott Kennedy, in 1985 founded Sea Veg, USA (now FarmaSea® Health LLC). Scott is one of the leading experts on sea vegetation and the health benefits. One of his goals is to educate people on whole foods and how they can help with illnesses. For more information call 800-893-8344 or visit: www.FarmaSea.com.





I met Sergio at a Paqo Conference (Paqo means priest in Quechua) in Hawaii, a gathering of energy workers in what is known as the Andean tradition hosted by Elizabeth Jenkins and Juan Núñez del Prado. I wasn't originally planning to attend, but then a friend informed me another teacher had been added to the event, a famous healer from Mexico City. It was one of those moments — I knew instantly, no matter what, I had to be there. What struck me first upon meeting this young man was his abundant energy, but even more than that, I saw a free man, liberated from the inside out. Someone who had something to teach me, even more than I could have imagined. That day at the conference, he began to share with us his vast wealth of knowledge, which is part of the ancient Aztec/Toltec tradition.

I have been a student of Sergio's for a couple of years now, having been initiated into his tradition in 2010. I invited him to teach workshops in the US (I live in the San Francisco Bay area), which he did, and during that time, I had the privilege of assisting him with many private healing sessions. This was a rare opportunity because Sergio no longer performs healings, but rather teaches people how to heal themselves and others through techniques born from his tradition. During these sessions I was able to experience firsthand what Sergio is capable of. Not only can he perceive energy directly, but he is also a conduit for and generator of, an immense amount of powerful healing energy. This high vibration can help a person break through their attachments (energetic structures held inside) to certain beliefs or ideas about themselves and reality. These unconscious fixations can hold illness and detrimental thoughts and beliefs in place and his work helps people to break through these barriers and step towards wholeness.

Sergio is also considered a master in dreaming, and is part of the Toltec shamanic lineage (nahualism/dreaming knowledge), that been kept alive by being transmitted orally, from Master to student, for hundreds of years. You know someone is a real healer when they are sought out and found by their teachers. And this is true for Sergio. They found him and began the process of his training and initiation into the 5,000 year old Toltec or Toltecatoytl lineage of Mesoamerica.

Linda Perry is currently a student in the A.H. Almaas, Diamond Approach, teacher training program. She is also an initiate in various Mesoamerican spiritual traditions including the Andean tradition by Juan Núñez del Prado, and the Mexica tradition by Sergio Magaña and his teachers. She is the founder of Shaman Shack a resource for divergent spiritual traditions in the San Francisco Bay Area. www.Shaman-Shack.net.



Dawn of the Sixth Sun

What is the Shift from the Fifth to the Sixth Sun?

According to Toltec/Aztec tradition and calendar the movement from the Fifth to the Sixth Sun is a shift in human consciousness—our understanding of how we relate to Self, each other, the Earth and the cosmos. In the era of the Fifth Sun, (the era of light) humans were projecting their existence outside themselves; focused on conquest and understanding of the physical world and relationships with others. With the new Sun (an era of darkness) humans will be turned inward where we learn to relate to the inner aspects of ourselves, the divine, and the unconscious.

The Sixth Sun brings a new energy that represents an opportunity. We have a choice—we can either move toward our further destruction, or along a path to manifest our highest nature. In order to bring back balance and live from a state of grace, there is individual inner work to be done. We must each engage our shadow, or the unknown aspects of ourselves, that include both negative (selfish or damaging beliefs, instincts, emotions and behavioral patterns that keep us oriented around our own gain) and positive qualities (our giving nature and internal power.) But how do we change?

Learn more about this wisdom from the Ancestors:

There is a mathematical order that governs all that exists, from the infinite sky and every single moment, to the entire universe and each individual being: this is the order that is expressed in the calendar.

- We have embarked upon a transition towards a new cycle, and therefore we need to understand what is going on and how to make the best use of the present time. This is the legacy that Mexico, once known as Anáhuac, can offer humanity as a whole.

- If we wish to understand what change will take place in 2012, which will become even more clearly visible in 2021, it is necessary for us to develop a very clear understanding of how each instant of the physical world is created out of the subtle world.

- Time is speeding up and the distance between a thought and its manifestation is shrinking. This new era

will allow for anything—constructive or destructive—to manifest much more rapidly.

- When we synchronize ourselves with the relevant lunar dates, hours and phases, we will align our personal intention with the cosmic intelligence; there will be a harmony and ease in our lives.

- The description of these future Suns has been preserved in the memory of the guardians in the Nahuatl language and to this day they continue to repeat it succinctly in its oral version, making use of a series of short metaphors to describe the characteristics of each Sun.

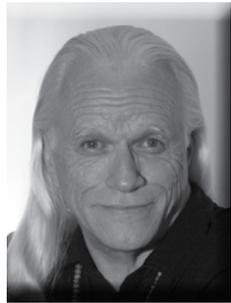
According to the Prophecy of Cuauhtemoc in 1521, (great Aztec ruler after Montezuma) this ancient wisdom tradition possesses a series of teachings that must be shared with the rest of humankind at this precise moment in history.

Aztec/Toltec Calendar

The Aztec calendar was carved in stone during the Fifth Sun (academics believe 1479 but keepers of the wisdom say it is older) and contains detailed information on the last five Suns (eras of human and Earth history). As a cyclical calendar, it also provides information regarding the coming Suns. The Mayan long count calendar ended on October 28, 2011 (not 2012, as is commonly believed) but the Aztec calendar, includes two more cycles or 13,250 years and tells us that this shift from the Fifth to the Sixth Sun presents us with an opportunity for a change in human consciousness.

The Ancient Toltec Wisdom and Cycles of Time

The Toltecs were the masters and teachers of the Aztecs and Mayans—all experts in understanding the relationship that exists between subtle energy, astronomical phenomena and human consciousness. Through eons of experience they knew how to interpret the mathematical or universal order that governs all of existence by measuring and observing cycles of time (day to night, lunar, solar, stellar and galactic), the impact they had on the Earth (elements, seasons and tides), human consciousness, and perception.



Continued From Page 9

Life after the Great Shift

By Kirael thru Kahu Fred Sterling



You won't wear the clothes that inside portal workers wear. Your clothing will have a protective quality and will not look like your third-dimensional clothing. You will be dressed in an outfit that will look strange and the people you need to bring through the portals will not want to wear the clothes you're wearing.

You'll wear certain weapons you can't really understand right now, but you'll understand them when you get to the Shift. Some of the things you will do are not as safe and secure as I'd like them to be, but I don't want to talk about that, because some of you will become afraid of this journey.

The outside portal workers will get people who are outside of the portals in the third dimension through the portals into the fourth dimension. When you go outside the portals to the third dimension and dig people out of the rubble, you might run into a great scientist whom you know you must get into the new dimension, but who isn't willing to go. You will have to figure out some way to get this scientist into this new journey, because he or she will be an important part of the shifting process.

A good percentage of the teachers will be outside the portals, because they won't know about the Great Shift. They will understand on a simple level what a shift in consciousness means, but they will not be able to make it work in their heads for a while. You will have to sit with them for three or four days and explain this shifting process to them. When they understand what you are saying, you will then escort them through the portals to the inside, where they will continue their journey.

New Perspectives on Guides & Aspects

Q: In the fourth dimension, will I more readily see and hear my guidance teams?

KIRAEI: Yes, you will have more energies to deal with when you get through this shifting process. They will be there with you and you will be able to see them and hear them clearly. You won't have to channel them because they'll channel their own energies, but you'll open up to other energies.

If you're a channel and you want to be a medium, you are guaranteed to be a medium in this new shifting process—but you will be a medium when you are ready to be a medium. You're a channel now. That's perfect,

because you're channeling whom you will meet and greet and interact with in the new dimension. When you get into the fourth light, the channeling will be more fruitful as far as what energies you'll bring through. You'll have to calmly sit down and bring the energy or energies through. They'll come through from the fifth, sixth and seventh lights simultaneously, and you must know what you will do when you bring them through.

Q: What will happen to our aspects during the Shift?

KIRAEI: The average person going through the Shift already has two aspects, either on the Earth plane or in another realm, or both. Let's say you have two aspects, one in Africa and one in China. When the Shift happens, your aspects will download their energies into your physical body. You will acquire their wisdom and knowledge. You'll be asleep when this happens; otherwise, it would be too powerful for you. These aspects will start giving you energies while you're still in this third-dimensional body process, but the bulk of it will be downloaded during the "three days of darkness." You must be able to accommodate this energy. These aspects are downloading information because they have so much and you're already behind schedule for the Shift. They need to get the information out of them, because they have too much to contain it all. It's close enough to the time of the Shift that you should be aware that your aspects are downloading information to you.

Q: Are the children of our aspects our aspects, too?

KIRAEI: The children of your aspects will get their own journey, but they will also be aspects of you. Let's say you have an African Queen as an aspect and her journey is to make kids, no grandchildren, just children. If this African Queen has 12 kids, each one will be an aspect of you. They won't be full-blown aspects, but they will journey and may or may not bring information back to you. I could do a whole hour on this topic. If you find someone whom you love and you have a couple of kids, those kids are your aspects, but they won't know it.

Healing after the Shift

Q: After the Shift, what will the role of Signature Cell Healing be? How will doctors use their training after the Shift?

KIRAEI: Signature Cell Healing, which is about the four bodies, will be one of the major focuses for the healing world post-Shift. Those who learn Signature Cell Healing will be called doctors of Signature Cell Healing, and they will be as respected as your medical doctors are now. After the Shift, doctors will have a new journey, one they should be aware of in the Now. They will have to learn the alternative forms of healing and somehow incorporate them into their practices. All forms of alternative medicine will have a role in the shifting process.

In Signature Cell Healing, the medium is teaching how the four bodies relate to each other, and in Levels I and II, he is teaching you how to get through the three days after the Shift. A lot of people will be hurt upon waking from the "three days of darkness," not so much physically, but their minds will be in fear and they'll have to be healed. You can't be afraid of this journey. Many people will be seriously emotionally hurt. Love is the focus of Signature Cell Healing and you will have to take them through the healing journey with love.

Signature Cell healers will go into the fourth dimension and work with the four bodies. You will be able to see those four bodies and remove the fear from people. Everything in this third dimension has an opposite. If you have a good day today, you expect to have a bad day tomorrow. With Signature Cell Healing, you can get through this journey without fear, having a good day today, tomorrow, and every day. That's what your life will be like when you move into the fourth dimension, because you won't have this yin/yang process. Start now. You don't have to buy into the yin/yang process in the Now. You don't have to expect a bad day tomorrow because you had a good day today. You can have a good day every day.

Aid Stations to Assist in Healing

Q: Will there be temples of peace and healing that will be set up by the outside portal workers, where people can come to feel, experience, and accept the light?

KIRAEI: You're talking about aid stations. One of the medium's jobs is to set up these aid stations outside the portals. So many humans won't have the slightest idea that a Shift has happened. The aid stations will help them focus on themselves and the shifting energies. You must be so aware of the four bodies that you can see your spirit, feel your emotions, hear your omni brain and feel your physical body as they raise their vibration to align with the journey. You will accomplish this in these aid stations, after which you'll walk right through the portals into the fourth dimension. The aid stations will be there for you and you alone, to get your body process healed. If you can feel yourself through the body, down through the mental, into the emotional, and then the spiritual, if you can feel all of these bodies connected, then you will ease into this Shift. You will look in the mirror and see yourself through your spirit.

Q: What will the sexual energy exchange be like after the Shift?

KIRAEI: Sex is an important part of your life in the third dimension, but it will not be quite so important in the fourth. The ladies know what I'm saying. You will have sexual encounters of the fourth light. The sexual journey will be focused on what you feel. If you were to make love in the fourth dimension, you would make love to all four bodies simultaneously and you'd know it and feel it simultaneously. It will be the orgasm of life. In the Kama Sutra, you can hold your hand up and not touch the other person, and still feel the sexual energy. It'll be like that after the Shift.

Kahu Fred Sterling is an author, minister, medium and Internet talk-radio host. As a medium for Kirael, together they provide information for global peace and love. Please visit www.Kirael.com or call 1-800-390-1886.

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Clarice's Mystical Realm Astrology

Personal message from Mystic Clarice Barrett, Msc. D.
Hello Stargazers. This month we have two Full Moons, the second one is a Blue Moon, Aug. 31st in Pisces, including 4 retrograde planets through August; Mercury, Uranus, Neptune, and Pluto. A Blue Moon's symbolism is: loyalty, faith, psychic gifts, intuition, truth, honesty, protection and new beginnings, including compassion, surrender, spirituality and mediation. It can bring luck in love, happiness, business, and serendipitous events. A time for completion occurs twice in the same month. Focus Desire, Believe and Expect.

Important, read Sun, Rising & Moon signs to have a full picture.

Lunar Activity: Full Moon – Aug. 1st in Aquarius, **New Moon** – Aug. 17th in Virgo, **Last Quarter Moon** – Aug. 9th in Taurus, – **First Quarter Moon** – Aug. 24th in Sagittarius; Full Blue Moon – Aug. 31st in Pisces.

Mercury Retrograde: 07-14, stations Direct 08-07. Clears by 8-17. Key Effect: Mixed Communication and Transportation issues. Gemini and Virgo's Ruling Planet is "Mercury" and the Number (5) in Numerology. If located in your natal chart, expect indecision, change of plans, and this requires more caution and orderly thinking.

While Mercury is (R), it is not the best time for major purchases, because these items are usually financed and/or require signing a contract. Signing a contract during Mercury Retrograde can bring regrets stemming from things said that are misunderstood or misrepresented. Expect disruptions or delays in business matters. Back up all data on computers. Relationships can go awry due to miscommunications.

SOLUTION: The best action to take during a Mercury Retrograde period is to spend the time reviewing. It is not the time to go forward with new goals. It is the time to "re-view" and make necessary corrections. A good rule to remember is, any word you can put "re" in front of, and have it make sense, do it; example: "re-evaluate."

Uranus Retrograde: 07-13; stations Direct 12-13. Key Effect: Sudden changes of all kinds. It rules the Sign of Aquarius or anyone who has a number of signs in Aquarius in their chart, and the number 4 in numerology. It covers; revolution, earthquakes and all natural disasters. It also governs utopian ideals. Its actions are sudden, in a blink of an eye. Uranus breaks from tradition. It is neutral and sexless, and considered by many astrologers to be the upper level of Mercury; it is the first of the transcendental planets.

Still Retrograde: Neptune & Pluto: Still Retrograde are: Neptune, and Pluto, besides Mercury and Uranus. Main focus will be on dealing with the major changes of directions in life that the planets brought since May 20th. Stay positive!

For more detailed information on Retrograde planets & Eclipses, and their effects, go to TheMysticalRealm.com, for Mystic Clarice's feature articles.

Happy Birthday Leo!

July 23rd to August 22nd

Ruling Planet: Sun ~ **Rules:** The Heart, Liver & Pulmonary Arteries

Symbol: Lion; **Strength** ~ **Element:** Fire ~ **Energy:** ~ Masculine

Lesson: Staying Constant

Colors: Gold & Orange ~ **Gems:** Sardonyx, Peridot, Tourmaline, & Nuummite (Mystic Stone)

Key Personality: Majesty, Power, Dignity, Honesty, Integrity and Strength

Spiritual Flower: Larkspur, Delphinium & Poppy's

Most Compatible Signs: Aries, Sagittarius & Aquarius; depends on Rising & Moon signs



Leo's express pride in every moment of their lives. As long as they are in control or in a position of responsibility, their confidence is high. Leos whose desire for power and authority remain unfulfilled may develop traits of laziness, indolence and inconstancy.

Leos are often courageous and bold and even stubborn when plans are not of their own doing. They can also be arrogant and willful, expecting the limelight and the admiration of others. The hair is abundant as in the Lion's mane with chin firm and purposeful.

Leo is usually not a tall sign, but very sturdy with an even gait. The Sun, supreme ruler of the human ego, rules Leo. Its influence gives Leos their true love of life and love through marriage and its pleasures. They are strongly attracted to the opposite sex. It is easy for pleasure-loving Leos to become addicted to rich restaurant food and in time they find themselves gaining weight around the middle. The evolved Leo tends to be compassionate and passionate, warm hearted and courageous, with extraordinary backbone, bravery, and fearlessness in the face of battle of any kind. Leadership ability is inherent in Leo, the need to govern and control, but this is only possible at a higher level when a soul has finally reached a point in its evolution where skills are fully developed. The Sun: Key 19, which rules Leo, is the source of Life and Light at the center of our solar system. The evolved Leos are usually illuminated beings, especially the Self-Realized Masters who have returned to teach and train the rest. The Heart (Sun) is the center of all, the greatest need of development in most of humanity.



ARIES • Mar. 21 to Apr. 19

Full Moon in Aquarius shines its light in your house of friendships and humanitarian outreach. **Positive Tip:** New goals and prospects present themselves; use technology to implement them. **Mind Focus:** Positive expression manifests for creative endeavors; grab the brass ring.



TAURUS • Apr. 20 to May 20

Cooperation and compromise are the keys to success, especially in matters of health maintenance and working in tandem on small projects. **Positive Tip:** Issues of justice and fair play enter the picture. **Mind Focus:** Cooperation flows like a river. Put sugar in what you say and salt in what you hear.



GEMINI • May 21 to June 20

Full Moon in Aquarius lights up your house of international travel, higher education, law and ethics. **Positive Tip:** Wrap your head around a convoluted issue; have a field day. **Mind Focus:** Use caution with language and interpretations until Mercury goes direct. Do not sign any arrangements until then.



CANCER ~ June 21 to July 22

Full Moon in Aquarius shines its light in the house of joint resources, insurance policies, credit spending. **Positive Tip:** Take progressive action in one of these matters. **Mind Focus:** Your winning personality attracts people; however, you can trigger depression. Banish self-doubt. Believe in yourself.



LEO ~ July 23 to Aug. 22

Your sign ruler, the Sun, has become aligned with three inner planets: Earth, Mercury, and Venus. **Positive Tip:** This is a great opportunity to channel the tension by seeing things from all sides so you can find a way to achieve the "sacred marriage." **Mind Focus:** Defining moment, for the next nine months.



VIRGO ~ Aug. 23 to Sept 22

Full Moon in Aquarius shines its light in your 6th house of work and medical maintenance. **Positive Tip:** Unusual circumstances present themselves in these everyday matters. **Mind Focus:** Full Moon is activating a sector that is about personal service for the needs of others, which you get paid for.



LIBRA ~ Sept. 23 to Oct. 22

You must have time alone in order to rejuvenate your sense of personal well-being. **Positive Tip:** It's so important for your inner equilibrium. **Mind Focus:** This is how you keep the inner you and the outer you in sync! If you have a demanding job or family responsibilities, set time aside for yourself.



SCORPIO ~ Oct. 23 to Nov. 21

Full Moon in Aquarius shines its light on choosing your future goals. **Positive Tip:** This will require demanding choices for the next seven years. **Mind Focus:** An introspective friend who is in a rare moment of stillness is available to help you in this endeavor. Stay practical.



SAGITTARIUS ~ Nov. 22 to Dec. 21

Full Moon highlights a sector of your chart centered on your career and public reputation. **Positive Tip:** You are in a long-term process of transformation with regards to your personal resources. **Mind Focus:** Honing your professional skills helps you move up the ladder. Specialize and advance.



CAPRICORN ~ Dec. 22 to Jan. 19

Full Moon in Aquarius shines its spotlight in your house of personal income and assets. **Positive Tip:** There is new opportunity in this area. **Mind Focus:** Due to Uranus, conflicts of interest emerge around a parent with difficult solutions. One of these areas undergoes microanalysis. Use diplomacy!



AQUARIUS ~ Jan. 20 to Feb. 18

Full Moon in Aquarius is lighting up your sign and bringing processes of self-awareness to culmination. **Positive Tip:** Realization about who you are becoming is here. **Mind Focus:** Like a flower that suddenly bursts into blossom, you will find there's a part of you ready to burst forth fully formed.



PISCES ~ Feb. 19 to March 20

Neptune is now in your own sign that increases power of intuition. Uranus though is still jumping around in your personal finance house like a chimp in a China shop, keeping your money situation in at least a mild uproar. **Positive Tip:** This can be a great year for you if you commit. **Mind Focus:** Be Positive.

Clarice's Life Path Numerology



A personal message from Mystic Clarice Barrett, Msc. D.

This month is a number 8. However, the Sun rules this month is number 1 – Leo, and 8 Saturn – Capricorn. Eight is a number of success and the business mind. The vibration of the 8 is about unique balancing in life between the material and spiritual freedom they need for security. The number one is about power and actions. This month we are dealing with not only number 8 and 1, but also 4, Ruler of Uranus – Aquarius, 5 Ruler of Mercury – Gemini, 7 Ruler of Neptune – Pisces, and 9, Ruler of Pluto – Scorpio. These planets are also retrograde at this time. Besides two Full Moons, the second one, a Blue Moon in Pisces Aug. 31st. This configuration, along with the Sun Eclipse and Lunar Eclipse in the past few months, has caused some major changes for some people, and the world at large. It is going to take until September before everything starts to settle down somewhat. The total settling of the cosmic dust won't be until Dec. 13, 2012.

The Birth Path number describes the nature of this journey through your life. This month we will be covering the number 8, for the month of Aug. Below you will find how the number 8 this month affects the rest of the numbers 1 through 9, including the numbers 1 for the Sun, the number 5 for Mercury, the number 4 for Uranus, the number 7 for Neptune, and the number 9 for Scorpio.

1 Life Path – Sun Rules Self-determinism – Leadership – Exploration and Independence.

Add structure to your life. Put closure on projects that have languished too long. People you can trust and rely on will enter your life. Don't scattered your energies, stay on track and focus on career goals.

2 Life Path – Moon Rules Cooperation – Teamwork – Diplomacy and Intuition.

You can achieve great things. Rethink stance on some issues. Be open to hearing other's opinion; do what's best for you. Dealing with money or work issues; always make practical choices. Watch emotions.

3 Life Path – Jupiter Rules Socializing – Optimism – Inspiration – and Artistic.

The light shines in home, family, and real estate. Sacrifices, financial or otherwise, required. Spend more time at home with family. Bring the basic structures of your life into focus to look at, check your attitude about things.

4 Life Path – Uranus Rules Systematic – Workaholic – Reliable – and Responsible.

Life gets turned upside down in a good way. Offers pour in that are unexpected. Playing it safe in your professional life is simply not an option. In terms of personal or professional life, your partner may do something that will impress you.

5 Life Path – Mercury Rules Freedom of Communication Expression – Variety.

Vibes provide stamina to participate in summer activities. Sitting in the backyard, working in the garden, brings pleasure. You may attend more parties and networking events. Avoid talking politics so you don't attract confrontation.

6 Life Path – Venus Rules Trustworthy – Paternal or Maternal – Teacher – and Healer.

Pay less attention to yourself. Reach out to those in need can do wonders. The good energy you create, will pay forward, and will surely come back to you when you need help or assistance yourself. Give Love.

7 Life Path – Neptune Rules Analytical – Questioning – Spiritual – and Intuitive.

Recall the importance of family and how you love being around them, even when you argue. Don't let differences ruin relationships. It's best to straighten out resentments. End all this strife. It is the best time to get things off your chest.

8 Life Path – Saturn Rules Enterprising – Realistic – Authoritative and Efficient.

This month may give you money to improve professional image that makes a long-lasting impression on someone influential and respected. Invest in new work attire gives confidence. Remember your ability to bring others to your point of views.

9 Life Path – Mars Rules Humanitarian – Idealistic – Visionary and Dramatic.

Discipline yourself; start project you may have been procrastinating on. It's time to bring it into the material world. Get in touch with those who express interest in starting a business or working on a project with you. See vision through.

What Is Your Life Path Number?

The Life Path is the sum of the birth date of an individual, and remains throughout your life. This number represents who you are at birth and the native traits that you carry with you through life; no individual has the same fingerprints, so, by adding your numerology number to your astrology sign makes you a totally unique individual. In numerology you have three primary numbers, your Life Path, Day and Attitude numbers. As you figure out your numbers, read all three to get a complete picture

How To Find Your Life Path Number

To find this number add all the numbers in your birth date. First, convert the month to a single number, and then add this individual digit, to the birthday, and the individual digit of the birth year. The individual digits are again added together, as necessary to reduce the total sum to a single digit 1 through 9. In this column I am not covering your personal year number, only for each month how your basic birth number is affected. If you are interested in the year number 1 through 9. You would add your month and day together to a single digit, and then add it to the existing year, to know the year number you are in.

Example: Date of Birth: February 8, 1939 (2-8-1939). Add the month (2) to the day (8) plus the total of the digits in the year, (2-8-22 = 32 = 5.) The Life Path number is 5. To get the attitude number you add the month to the day to a single digit. This person's numbers are: Life Path 5, Day 8, and Attitude number is 1.

For your convenience I've listed the basic meaning to the numbers below; this will also help you know what numbers you are compatible with.

The Basic Numbers and their Meaning

1-5-7 Are the mental numbers, they ask the big questions in life.

2-4-8 Are the financial numbers, they are concerned with security issues.

3-6-9 Are the communication/creative numbers.

3-4-7-9 Are the Spiritual numbers, the numbers **4 & 7** are the genius numbers, and covers all talents.

Compatibility Numbers

Your Number	Natural Fit Nbrs.	Compatible Nbrs.	Natural - Can Go Either Way Nbrs.	Challenge & Requires Compromise Nbrs.
1	1-5-7	3-9	4-8	6
2	2-4-8	3-6	9-5-7	1
3	3-6-9	1-2-5	4-7	8
4	2-4-8	6-7	5	9
5	1-5-7	3-9-4	8	6
6	3-6-9	2-4-8	1	1-5-7
7	1-5-7	4	8-9	6
8	2-4-8	6-7	1-5	3-9
9	3-6-9	1-5	2-7	4-8

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National Goat Cheese Month!



5 SUNDAY

GRAND OPENING AND 5TH ANNIVERSARY CELEBRATION, 10 am Worship, followed by reception/potluck. Unity Center in the Valley, 3037 E. Warm Springs Rd. Ste. 300, Las Vegas. 702-435-3289 www.uciv.org. see ad page 11.

11 SATURDAY

BENEFIT CONCERT WITH RED ROSE & THORN: *Classic Rock*, 7pm; Family Fun! Unity Center in the Valley, 3037 E. Warm Springs Rd. Ste. 300, Las Vegas. 702-435-3289 www.uciv.org. see ad page 11.

26 SUNDAY

RELEASE, HEAL & PROSPER, 6:30pm with Dr. Robert Moldowan. Unity Center in the Valley @ 3037 E. Warm Springs Rd. Ste. 300 (btwn Pecos & Eastern), LV. www.UCiV.org, 702-435-3289.

ONGOING EVENTS

SUNDAYS

CENTER OF LIGHT, Monthly meetings dedicated to studying Real Ascended Masters teachings. Spiritual healings. Call 702-792-3873 for dates, times and location.

NANDAGIRI PATH OF SELF-REALIZATION, 10am Service. The teachings of Paramhansa Yogananda. Meditation Classes, Yoga. Visit: Anandagiri.org or call: 702-534-8413.

August, 2012

SUNDAYS

UNITY CENTER IN THE VALLEY, *A positive approach to spiritual living!* Worship & Youth Ed 10am. Meditation & Metaphysical Discussion. AUG. topics: 12th Say YES! to Your Own Self-Worth; 19th Say YES! to Your Soul Signals; Guest speaker Don Saunders; 26th Say YES! to Truth in Your Life, Guest speaker Rev. Peggy Kenner. 3037 E. Warm Springs. #300, LV. (between Pecos & Eastern) www.UCIV.org 702-435-3289.

ECKANKAR WORSHIP SERVICE, 10am, Eckankar Center 3160 E. Desert Inn Suite 14. 702-369-0141. AUG. topics: 5th HU: *The Key to a Happier Life*; 12th *Is God Listening To me?*; 19th *Karma: God's Love in Action*; 26th *Keeping a Calm Heart in a Chaotic World*. Community HU Song, Aug 24, 6:15pm at Pure Health Foods, 7575 W. Washington Blvd. The HU Song is for the public and all students of Eckankar.

SPIRITUALIST CHURCH OF ETERNAL LIGHT, 11am; Music, meditation, healing, messages at 3430 E. Tropicana, Suite 62, NE corner of Trop & Pecos (Trop. Plaza). Call, 702-362-6184. www.SpiritualChurchOfEternalLight.org.

TEACHING OF THE INNER CHRIST, 11am; Friendship Circle and meditation. 3160 S. Valley View #100, 702-645-0904 on Facebook @ Teaching of the Inner Christ Las Vegas.

MONDAYS

GOLD LIGHT YOGA (YOGA + QIGONG), 7:45-9:15pm; Donation. Classical Ashtanga yoga combined with QiGong created for new and intermediate students. Blue Sky Yoga, Arts Factory 107 E. Charleston Blvd Downtown Las Vegas, GoldLightyoga.com.

TUESDAYS

METAPHYSICAL BOOK STUDY, *The Disappearance of the Universe* by Gary Renard, 6:30pm-8pm. Sponsored by Unity Center in the Valley. Held at 3037 E. Warm Springs, Ste. 300, LV. (between Pecos & Eastern) www.UCIV.org 702-435-3289.

WEDNESDAYS

PRAYERS FOR THE PLANET, Send personal and planetary Prayer Requests by phone 702-530-3250 or website www.PrayersForThePlanet.org.

TEACHING OF THE INNER CHRIST, 6:30pm, Meditation; 3160 S. Valley View #100, 702-645-0904. On Facebook @ Teaching of the Inner Christ Las Vegas.

MINDSHIFTER SUPPORT GROUP, 7pm. Free yourself from emotional pain and experience release and joy. Unity Center in the Valley, 3037 E. Warm Springs Rd. Ste. 300, LV. www.UCIV.org 702-435-3289.

UPCOMING EVENTS

I CHING SYSTEM, Saturday, September 9; 6-9pm Mary Miller from I Ching System, will reveal the hidden secrets found in all relationships. RSVP for location at rbccanselmo@yahoo.com.

LIST EVENTS BY THE 1ST • \$15 PER EVENT (BASED ON 20 WORDS) + \$1 EACH WORD THEREAFTER • SUBMIT VIA E-MAIL: ILT@INLIGHTTIMES.COM (SUBJECT LINE, CALENDAR)

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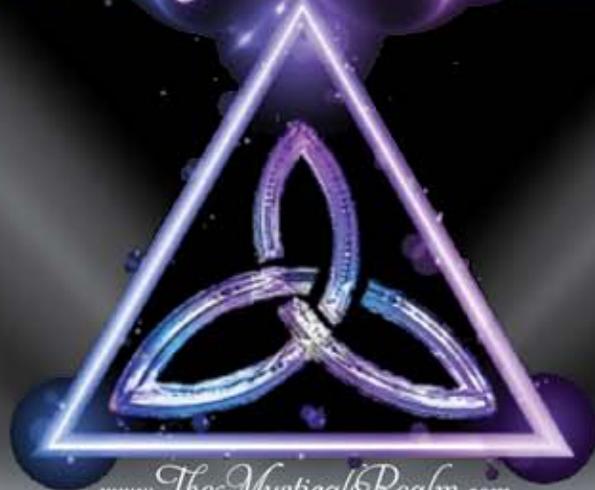
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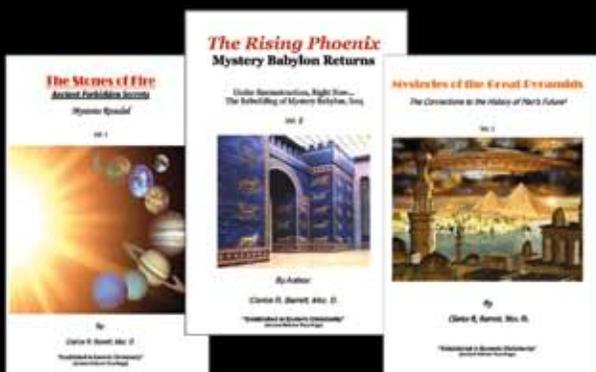
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Annette Rizzolo, Msc.D. is the Founder of The Mystical Realm, LLC. Her 22 year background is in the Metaphysical Arts, Holistic Living, Energetics, Health and Well-being, Esoteric Teachings, Counseling, Freelance writing and much more. Her passion is teaching, inspiring and coaching others to live the life they really want. She believes each of us should be the "stone thrown into the pond, creating the ripple effect." Her enticing topics may just change your life forever!



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An International Psychic Medium, Jennifer was selected as one of the final four Psychics on the popular TV show, "Battle of the Psychics". She was also recently chosen to be on the cover of a new book "America's & World's Best Psychics & Healers Who Care Most About You" As a practicing Spiritualist Medium and animal communicator, Jennifer, who provides evidential information, helps people who wish to communicate with those who have passed on, including pets. On a psychic level, Jennifer can relay information regarding physical conditions, life path, careers, relationships, family, finances, and future trends. Reserve your space www.JenniferWallens.com. See page 3

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