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ON THE COVER: Doreen Virtue
Photo by: Joolz Perry Photography 2011

Saved by an Angel

Doreen Virtue is the best-selling author of *Healing with the Angels, Messages from Your Angels* and over 20 books and oracle card decks about Angels, Chakras, Crystal Children, Indigo Children, and more.

Holding a Ph.D. degree in counseling psychology, combined with her angelic work, Doreen is the creator of "Angel Therapy," which she teaches in the form of workshops and certification programs. www.AngelTherapy.com. DVDs of her classes can be found on www.AngelUniversity.com. She also offers a call-in radio show on Hay House Radio. [Hay House Radio.com](http://HayHouseRadio.com)

Many people know Doreen as the spokesperson for all things "angel," but most do not know how she dramatically came to this role: On July 15, 1995, Doreen ignored the guidance of an angel who clearly warned her that her car was going to be stolen.

Later that day, two armed men physically accosted her in a parking lot. Doreen inwardly heard a loud, male voice that told her to scream with all her might. As a result, her life was saved, and from that moment, Doreen began listening to and actively working with her angels.

In her new book, *Saved by an Angel*, Doreen shares stories about ordinary people who have experienced angelic interventions. She also provides wonderfully detailed instructions for anyone who would like to work with the angels in their healing practice.

Randy Peyser: *There is a story in "Saved by an Angel" about a woman who decided to walk on a different trail than where she'd planned to walk. Another*



An Interview with Doreen Virtue

By Randy Peyser

woman is then attacked on the original trail. The woman who was saved felt protected by her angel. So, why is it that some people are saved from danger by an angel, while others aren't protected? Do the angels pick and choose?

Doreen Virtue: It can appear that way. And unfortunately, it can be the justification for people who have agendas to say things like, "If you go to this church you'll be saved." But most likely, the woman who was attacked was also warned, but didn't listen.

My experience is that everyone is warned about everything that could potentially harm them — whether that involves a wrong trail, a relationship, or something to do with your baby, etc. The question is: Do we listen?

Randy: *What does that listening look like?*

Doreen: For most people, it's through their feelings. We call it gut feelings, intuition or being empathic. A lot of people discount their feelings, but when they practice listening, they get to know their feelings are sacred and connected to the Source.

The Universe will talk to you through your feelings, including your physical feelings. For example, if you meet someone who doesn't have integrity, your muscles might tighten or you'll feel a sick feeling in your stomach. You can also experience emotional feelings like fear or excitement.

Randy: *Do angels have feelings?*

Doreen: Their feeling is one-hundred percent love. True angels have no ego so they don't have fear-based emotions. They have many ranges of love. They show us they're proud of us, cheer us on, and motivate us. Every shade of love — from parental love to friend love — you see from the angels, but you don't see any of the ego-based feelings.

Randy: *What do the angels want for us?*

Doreen: Angels are messengers of God or Source. Angels are here to help us bring about peace on earth. They want to help you to be at peace. Angels do recognize our free-will, so they won't push themselves on us, but will offer guidance. The key word is to listen. Most people just want to ask the angels questions, or talk about their worries or fears, or complain. But very few people want to stop and listen to the answers to their questions, which is the guidance they are receiving.

Randy: *How do you know when you're receiving angelic guidance or if it's just coming from your own mind?*

Doreen: When an angel is talking to you, it's always from a place of love, including any feelings associated with love, such as warmth, a feeling of safety, or a feeling that you are sure about something even though it might intimidate you. Angels do stretch

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Doreen...

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us past our comfort zones, for sure, but notice that feeling of surety.

If your guidance is ego-based, there will be a feeling like you are getting away with something. Or there will be a cold, prickly feeling, a guilty feeling, or another fear-based feeling. With practice you can discern between the two, but it takes time. Have patience.

Randy: How did you open up to the angels?

Doreen: It's been since childhood. I was born in 1958, which was the era when it was a bad sign if your kid talked to an invisible friend. But I had spiritually-based parents who gave me the space to talk to my angelic friends.

Randy: How do you perceive the angels?

Doreen: I actually see them. I don't see them as solid as I would see you, but I see them very clearly in my mind's eye. I am very clairvoyant. There are different ways to discern angels. The number one way is through feelings. You may feel air pressure changes, or real strong gut feelings to take action or feel warmth. You might see sparkling lights that have no physical origin or signs, like feathers or coins that appear from out of nowhere. You could also see repetitive number sequences, like 111 or 444 everywhere you go.

Randy: One day, many years ago, I stood in my living room and shouted: "I call on my Collections Angels to go collect anything that is owed to me from anybody in the universe! Later that day, a woman who had owed me money for over two years paid me. I had never heard of Collections Angels — I made it up — but it worked."

Doreen: There are angels for everything. We all have steady Guardian Angels who are with us our whole lives. They are only our angels. Then there are other angels who specialize in things, like helping you with your finances, romance, health, career, or moving to a new house, etc. These angels can come and go

as those issues come into your life.

There are also Archangels like Michael, Raphael, Gabriel and Uriel. There's hundreds of these Archangels. They are supervisors of Guardian Angels. They are specialists as well, and they are very powerful. They are non-denominational and unlimited, so they can be with every person simultaneously and have a unique experience with each person.

I think that the more angelic friends the better. They are trustworthy, egoless beings. I say to call on all of them. You're not going to take them away from anyone else. They want to help you do whatever it takes to be at peace.

It's also okay to ask for help with little things, like finding a parking place or finding the right gift for a friend's birthday. The things that seem trivial to you are the things that bring about peace when the angels help you.

Randy: Do the angels have rules?

Doreen: The only rule they have is abiding by our freewill choices. They will do whatever it takes to bring us peace. Let's say you ask to work at Company A, but the angels tell you that you will be more on your purpose and be happier and more at peace if you work at Company B. They may steer you to Company B, but they will still be fulfilling your wish or your prayer to get you a great job.

Randy: When people do intentions they often want their answer to look a specific way or come through a specific form, when actually, they are sabotaging their Highest Good by doing so.

Doreen: What you are describing is called, "Outlining." That is when you tell the Universe "I must have *this* house," or "I can quit my job and be a healer when you get me this much money, God."

The Universe is beyond what our limited human mind can see. I always preface my intentions by saying, "This or something better, God," because I know that our human standards are much lower than God's standards.

Don't demand that it be *this*

job, house, or romantic partner. You can say, "I want a wonderful job, house, or partner," then let the Universe do its magic and figure out the best solution for you.

The other part of this is to not worry about "how" your prayer will be answered. The "how" isn't up to you; it's up to the Divine Infinite Mind. Just surrender the prayer. Let it go, then follow the guidance that comes to you that asks you to take action.

Randy: *Right now, many people feel like the challenges in their lives are intensifying. What can they do?*

Doreen: It's a huge time of change. The first thing to do is to let go of the rock that you're clinging to by your fingernails and allow yourself to flow and change. If you try to keep the status quo or go the old way, you're going to be thrashed by the flowing river around you. Just go with the flow. In other words, surrender any feelings to change, or to any doors that open to you. Don't try to stay static right now; it won't work.

Randy: *I've always said that letting go isn't hard; it's the holding on that is.*

Doreen: (laughs) Very true.

Randy: *I'd love to get your thoughts about death. One day I sat on a bus and watched my parents as they talked in a parking lot. They couldn't see me because the bus windows were darkened. I wondered if that was what death was like — that those on the other side of the veil might see us, but we can't see them.*

Doreen: That's a good analogy. They don't really see us physically; they see the energy of everything. They see the energy of our thoughts and our feelings. The angels probably showed you that for that reason.

Randy: *Are synchronicities angelic setups?*

Doreen: I think the angels are part of it. I think synchronicities are really more about you paying attention to what always is. The universe is in perfect and Divine order. When you notice it, it means you are in sync with the universe. Again, it goes back to really listening.

Listening, listening, listening. I can't emphasize that enough. It's such a huge message the angels have for all of us right now. Stop talking and be quiet and listen to the answers and the guidance they are giving you. That would include signs and synchronicities.

Randy: *Do you use affirmations?*

Doreen: I'm a big believer in affirmations. I used affirmations to change my life. When I was in my twenties, I was unhappy and broke. I didn't have money to buy recorded affirmations, so I made my own and said things like: "I'm a best-selling author. I have a healthy body. I have wonderful friends."

When I made them, I felt like I was lying. I would wince when I heard my own voice because I had very low self-esteem. But I made myself listen to those affirmations three times a day. Within a month, I started to believe them, and quickly, they started to become true.

State what you dream of in the here and now as if it's true, and say it over and over again.

Randy: *You've achieved great success as an author. What's next?*

Doreen: More of the same. I'm on my purpose, which is why I have the success. When you're on your purpose you never want it to end.

Writing, teaching and doing oracle cards are my complete and utter joy. In February, I have a deck of Romance Angels Oracle Cards coming out in time for Valentine's Day. It's been a dream of mine to do a relationships deck for 20 years. It took me all this time before I could do the deck because I had to understand the basis of healthy relationships before I could channel it.

Randy: *During my first encounter with the angels, I felt lit up with light. But I also felt like I was paralyzed. I've known others who have experienced something similar.*

Doreen: It's not so much that you were paralyzed as time stands still. The angels took you to a place of timelessness. It was

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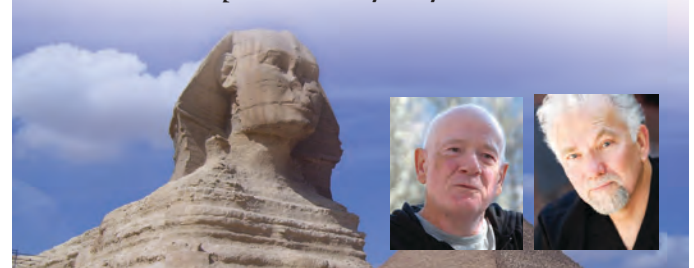
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Doreen...

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like a mini Near-Death experience. That increased your psychic abilities, too.

Randy: What do you think of orbs? Are they some form of angel?

Doreen: Definitely. Angels want everybody to know about their presence, so they're making their presence known all the time. They've been showing up on digital photography. Occasionally some orbs are dust on a camera lens, but a lot of them are beyond explanation.

Small colored orbs seen outdoors are fairies or nature angels. The white orbs seen indoors are Guardian Angels. The angels are not shy; many orb pictures actually have the form of wings.

Randy: Is it easier to access angels during the holiday season?

Doreen: You can access them any time. Whenever there's more need for them, there are more angels on this earth.

Randy: "Saved by an Angel" is a superb manual for anyone who wants to become an Angel Practitioner. Can you give some guidance for people who want to incorporate an angelic aspect into their healing practice?

Doreen: The first thing is that you don't need to talk to the angels out loud when you are doing angel work. For example, if you are a body worker, you can silently ask the angels for guid-

ance while you are doing your healing work. Many of my students are medical professionals who work with the angels on a very quiet basis.

Randy: How often can we call on the angels?

Doreen: Before you begin anything — whether it's a healing session, driving across town, or calling a friend — I say, call the angels for help with everything. Take a moment, close your eyes if you can, breathe, and ask the angels to help you.

For instance, before I call the airlines to make a reservation I ask the angels, "Please get me a wonderful representative, who is competent, quick, understands easily, and who helps me out. Always, I get the nicest people who do magic with the tickets.

Anyone can do this. I'm not special. It's not about Doreen Virtue. It's about God and the angels, and they are available to each of us. Everyone has angels with them at all times just like everyone has a heart, and lungs, and a brain. They are with you and they want to help you, so why not utilize this gift that God has given you?

Randy: All we have to do is ask.

Doreen: Yes, and it doesn't matter how you ask. You can't do it wrong. What matters is that you do ask.

Randy Peyser is the author of The Power of Miracle Thinking, www.MiracleThinking.com. She also edits books and helps people find agents and publishers. www.AuthorOneStop.com

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Dr. Bernie Siegel is truly an expert on the subject of miracles. Known to many simply as Bernie, his newest work is a collection of stories that abundantly demonstrates the capacity of intelligent, loving and conscious energy to transcend our limited human problem perspective. Appropriately, it is titled, *A Book of Miracles*.

Bernie's achievements extend far beyond the medical mastery it took to become a skilled surgeon. For more than three decades, Bernie has been on the forefront of those bringing humanity and spirituality back into the practice of medicine. His legacy has made an indelible mark on the direction of medicine in America.

One of the most striking qualities about Bernie is his personal openness to what life brings, and the way he weaves new insights into an evolving and expansive outlook. His own experiential approach makes him a very unique form of spiritual 'turnaround' specialist. He helps others face big challenges by believing in the possibilities while courageously surrendering until something greater is realized.

Throughout history, true healers have used their expertise to affirm life. Continuing this longstanding practice, Bernie has learned to combine medicine with love in a way that does indeed invoke the magic of miracles. His positive influence on so many lives has earned him a position of high regard — to be affectionately known as 'Bernie,' a way shower who is very adept in sharing wisdom. In his own words, Bernie describes his work as helping people 'wake up' to life.

Confirming his well-deserved reputation, this past spring he was named by *Watkins Review* magazine, a longstanding publication in the United Kingdom, as one of the '100 Most Spiritually Influential People' on the



Bernie Siegel, M.D. A Man of Miracles

By Donna Strong

planet. Evidently his labor of love to lead the charge is going really well.

Awareness: So what is your favorite definition of miracles right now?

Dr. Bernie Siegel: To me, a miracle would be something that there really is no explanation for — like the Jewish holiday of Hanukkah, where you have a small amount of oil left and it ends up burning for eight days to give you time to produce more oil for the sacred candle. To me, that's a miracle, because I can't explain how it kept burning for eight days.

What I've learned is, miracles are built into us. Creation, to me, is a miracle. None of us can ex-

plain it. Astronomers and quantum physicists live with things that they can't explain and they don't close their minds. That's the sad part, I think, for most of the world, that when people can't understand how something happens or can't explain it, they just don't accept it.

Miracles are the things we can not explain but have happened. We need to be open to the potential that's within each of us and not call it spontaneous or lucky, like for instance when doctors use the term "spontaneous remission." When you use a term like 'spontaneous remission' — you're not really learning anything. We need to step back and say, "All right. How was this induced?"

Solzhenitsyn used the term 'self-induced healing.' So I'd say miracles, in a sense, are self-induced. There's a desire; there's an intention. Quantum physicists talk about desire and intention all through the physical world causing things to occur which would not normally occur if they were not desired. I always add the word "intention" because I think it has to be a meaningful desire, if you know what I mean.

When we bring those things in, then we're altering the physical world. Everything comes from nothing — undifferentiated potential. My description of God is intelligent, loving, conscious energy. So if you have those four things — intelligence, love, consciousness, and energy — you can create. Then the process is miraculous and the potential is always there to keep creating so that we have the potential to survive and live a miraculous life.

Awareness: That is fabulous! One of the things that I really felt so deeply touched by is how much the stories give a sense that someone was grabbed by a healing crisis, and how he or she lived the question — opened to what you're talking about, how the mystery of something greater can be brought into one's life.

Dr. Siegel: Yeah. Take meditation, I mean, it's simple. I think it does change us when we can quiet our mind, and get in touch with the greater creative energy or force — call it God if you want or spirit or soul, whatever. When we can connect with it — the sentence I love is, "With God all things are possible."

To me, it isn't this person sitting somewhere that's going to do me a favor. It's the energy that's there and intelligence that's there to help create whatever I would like have happen. So I always see that potential as being there, and you don't have to die because this is what the

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Siegel...

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numbers and statistics tell you. Who knows what the future is? When people are willing to get in touch with the life force within them, amazing things happen.

Hemingway had a line, "The world breaks everyone; some of us become strong at the broken places." To me, that's the sad part. I think too often people need a disaster to wake them up to the reality of life.

I always say to people, accept your mortality. Accept the fact that you're here for a limited time, and don't give your life away. Too many of us — due to parenting and other authority figures in our lives — become what others want. So we lose our lives.

If I had to summarize it all, I say to people, live your life, and love your body. When your body gets the message that you are loved and your life is loved, it does everything it can to keep you alive. I mean, there is a chemistry to all this.

Loneliness makes you more vulnerable to illness and laughter helps you to live longer. Why? Because of the chemistry that changes within your body when you deal with those emotional feelings.

Awareness: *Well, one of the things that you have such a gift with is helping people access that inner intelligence. I'm aware how we're always accessing creative intelligence with our choices — we're really participants in creation. You know?*

Dr. Siegel: Yeah. It's amazing how powerful the mind is when somebody believes. That's why I do a lot of work with dreams and drawings, because I always see us literally as multiple personalities. One is an intellectual personality; the other's an intuitive one, amongst all the others.

But if your intellect says, "No, you still want to do this," and your intuition says, "This is the wrong thing," then you're going to have a lot of conflict and trouble and side effects if you go into a certain treatment. But if the two agree, then good things

happen in terms of how you respond to whatever treatment or change in your life is going on.

Let me add this: if you intellectually say, no, I don't want to go through that, I don't want that treatment, but you draw a beautiful picture, I say your inner wisdom knows it's good for you; I would suggest you go and get it. You can work on your intuitive — you might say insight, too, by visualizing, meditating, and creating the images that you want to happen.

So you can get your intuition to know that we can go through this without trouble and it's okay, and then create that agreement within yourself so you have far fewer side effects. It's almost like hypnotizing yourself. When you're at peace with the treatment, and you see it as a gift from God, you have a very different reaction.

Awareness: *That's one of the most potent points you've made, having the person really select the path that works by understanding the dynamics at work in their own dreams and drawings.*

Dr. Siegel: Yes ...I like the word "empowerment;" that you empower the patient, although I don't like the word "patient." It's too submissive. I like to empower people to become what I call a "respart." That's a word I made up — a responsible participant.

People are afraid to become responsible and to participate. They think, "If I don't get better, it's my fault." That's the sad part — that someone has grown up without love and with rejection and abuse, so the person is afraid to take on a challenge.

Awareness: *Again, that's one of the things you make a great point about, giving up the fear of the outcome not being what someone wants. Do you want to speak to that?*

Dr. Siegel: Well, fear is there to protect us. What I mean by that is if you're taking a walk and you see some creature that scares you, you can run the other way faster than you've ever run before. Fear can protect us from something.

On the other hand, if every time you go out of the house to

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take a walk you're afraid you'll run into this creature, then it becomes destructive because your immune function goes down and stress levels go up. Ultimately you break your body down by being in fear all the time. Whereas, if you're in love, if you're in laughter, then your immune function goes up, and stress levels go down. So then you're in a growth and healing phase.

As I say, fear is visualizing the future in a negative way. So it's creating just the opposite of what you would want. It's getting your body thinking, okay, this is going to be a problem; everything's going to go wrong. So, yeah, when you go into the situation with fear, then disaster happens.

People get up and they don't want to go to work, so Monday morning has more heart attacks, strokes, suicides, and illnesses. The body does you a favor and says, okay, you can have a heart attack; you can go to the hospital and you don't have to go to work. Or you can die and you don't have to work anymore.

People need to understand

— and I mean this literally — your body does not see death as the worst outcome; when you get tired of your body, it's okay to leave; you'll become perfect again.

I have had a lot of interesting experiences in my life, too, that helped me to be open-minded and believe what I experienced. I almost choked to death as a four-year-old, so I know what it's like to leave your body. I always laugh because I was mad as hell that I didn't die.

I mean, that may sound crazy to people, but when you're four years old and you leave your body; you have no interest in going back. It's just a fascinating thing that happens. So when things like that happen to you, it opens your mind so you see the world in a very different way.

Another experience that impressed me happened while I was talking to a friend on the phone a few years ago. When she heard how busy I was, she said, "Why are you living this life?" I went into a trance and had a past-life experience, just in that sentence! It blew my

mind because it taught me so much about myself and why I'm the person I am. Let me explain by saying that I've always been rescuing creatures. I mean our house is a zoo.

Awareness: So is ours.

Dr. Siegel: Now we have two dogs and four cats, but our home was like a shelter. Veterinarians would call me and say, will you take this animal, and I'd say, sure. We had squirrels and all kinds of exotic creatures in the house.

The past-life experience explained it to me — that I was a knight who killed with the sword. It made me think, okay, that's why you're rescuing; to make up for all the damage you did. Maybe that's why you're a surgeon, to heal with a knife now instead of killing. So much of my life just came together out of this trance induced by a phone call!

Again, you could say it's crazy; it's nuts, but all I know is it helped me, so I accept it as an experience, something I've lived with. I don't have trouble recommending it to others because I

really think that it's about consciousness — this consciousness came with me; therefore I have this experience.

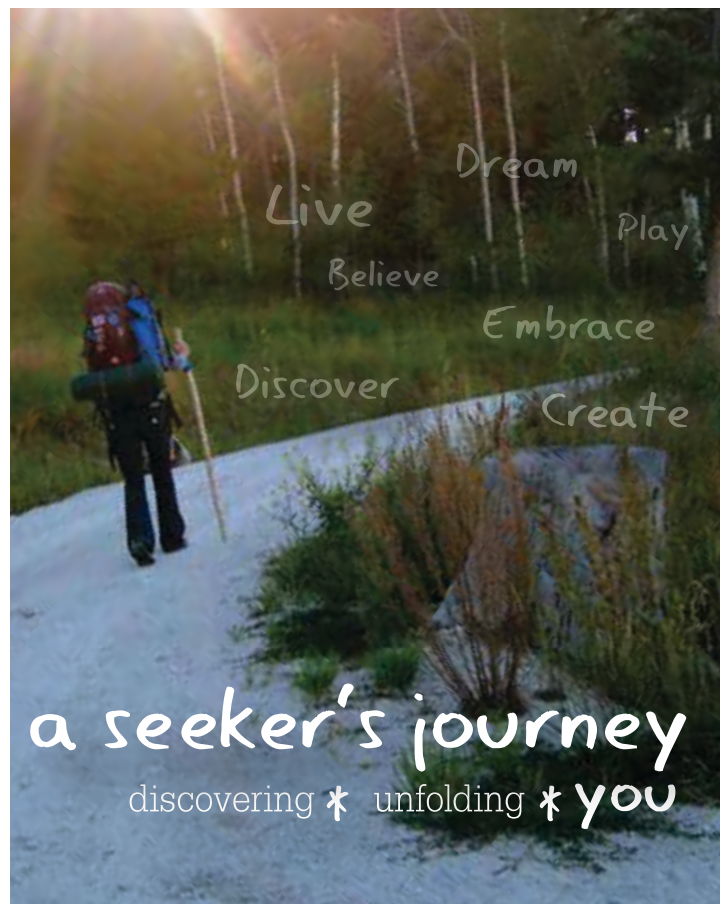
There are some fascinating experiences that are documented with kids with past-life experiences. These kids can't explain any of the things that they're doing or saying, but when their parents start to research it, they realize, my kid's not crazy. It could be even a child sitting down when they're four years old to begin playing the piano.

There are things that have preceded us and impregnated us when we are created, and therefore, affect us. Therefore, I would say that if we want the world to become a miracle, we need to all raise our level of consciousness and love one another, and then the future's going to get to be a wonderful place.

Awareness: With your story, I can really feel a sense of integration and reconciliation of something that didn't get to be finished before.

Dr. Siegel: Yeah. I call love

(Continued on page 12)



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Siegel...

(Continued from page 11)

a weapon, because if you love people, they don't know what to do with you. People use arguments and justifying themselves, not admitting they could have done something wrong, and it goes on and on. The good people really learn from their mistakes. I always say if you want to find a good doctor, find one who's criticized by patients, family and nurses, because they're learning.

As the Sufi poet Rumi said, 'Let criticism polish your mirror.' If you're being criticized, it's a good sign that people are comfortable talking to you, and then it helps you to change and grow.

I think we can use each other as coaches. That's the word I like. If a coach comes up to you during a ball game and says, let me show you a better way of doing something, you don't say, 'oh, my god, I'm a failure; I did it wrong.' He's showing you how to do it better. That's what we need to learn from each other. When love is mixed in with it, then you can listen and know it's coming from someone who is trying to help you. Then, as I say, love becomes the weapon that can change people and the world.

You know, you look at people like Gandhi and Mother Teresa, the Dalai Lama — these are people who have had a powerful effect. I love reading about Gandhi because he caused the British all kinds of problems in India, but when an epidemic would break out, he'd stop and help them, and it confused them. How could they be mad at him when he's helping them now? As I say, that's the power of a nonviolent approach.

Awareness: You make a comment in the book that I was going to save until the last because I thought, there's nothing you can ask after this. That is, 'love is the answer to every question.' I thought that was the best statement.

Dr. Siegel: I learned this as a doctor when a young woman said to me, "You are my CD."

I said, "What do you mean, that I'm a CD?" She said, "You're my chosen dad." So I've learned to tell people, if they need a father, I'll be their father. I will love them. I may not like what they are doing, but I will love them. That has saved a lot of lives, because ultimately, people realize they are worth something, or I wouldn't have acted that way.

Awareness: Oh, that is so beautiful!

Dr. Siegel: Yeah. Those are some of the miracles — people who are alive today because I said, "I love you." People literally were suicidal, and I said "I love you" and they turned it all around. By persisting in caring for them, I let them know they were worth something. On the other hand, they had to make the changes and accept it. It could take three months, six months, or a year, but if I kept on loving, I got through eventually.

Awareness: Bernie, so few people have anybody who is willing to speak out and be that bold and say "I love you."

Dr. Siegel: Yes, and that's why I say — people, teachers, clergy, doctors, the authority figures have such power over people. I don't mean that in a negative way — what I mean is, power to help them survive. Think of a classroom. The teacher makes you feel worthy. What a difference. You don't forget that your whole life. There are so many famous people that remember a teacher because of what that person did.

Awareness: I was going to ask you about any encouraging words for bringing forth miracles in one's own life...

Dr. Siegel: You know the key to me is living your authentic life. It can be said in many ways. Jesus said 'He who seeks to save his life will lose it.' What you have to lose is not your physical self — as you eliminate the untrue self, then you begin to live your authentic life.

For information on Dr. Bernie Siegel and his books and events, go to www.berniesiegelmd.com or www.newworldlibrary.com

Donna Strong's first work on finding spiritual authenticity, *Coming Home to Calm*, is available through Amazon. For more visit: www.donnastrong.com

How Do You Know An Angel Is Around You?

By Jacky Newcomb

Angels have existed since the beginning of time, long before human's were created. One of their many roles is to take care of and watch over humankind. They are our guides and guardians. Every person has a guardian angel watching over them. This angel loves and protects their human charges but strangely, most of us are totally unaware of their existence. Many people go through their entire life never seeing, feeling or sensing their guardian, yet that angel is with them every day.

How can you become more aware of your guardian angel? It's really simple. The best way is to ask your angel for help... it's as easy as that. No fancy rituals are needed, you don't need to burn candles or light incense (but that's nice too!)

You don't have to carry a crystal around in your pocket or follow any other magical ritual. By simply inviting your guardian angel to draw more closely to you, you are much more likely to actually encounter him or her! Of course angels don't have gender; they are neither male nor female but often show themselves to us in this way. Your angel may have wings... or may appear as a human-type figure, but you'll know it's your angel. Angels have been described as having bright blue eyes, piercing even.

Some say their angel had the whitest-blond hair, but that ultimately it was the way they felt about the encounter that made them realize they had come face-to-face with their own magical protector. That angel appeared at a time when they were needed the most. When we are in danger, scared or ill, our angels draw the closest to us. Although you might see your angel physically, it's more common to sense an angel in your life. Angels most likely appear in a physical way during the most dramatic of situations, or in times of emergency. At all other occasions their intervention in our lives is more subtle.

Have you ever asked for a sign? The most likely sign from an angel would be a white feather; these feathers vary from the smallest, fluffiest baby-bird feathers to the largest most beautiful swan feathers. If you find a feather after asking for a sign, remember to keep it safe!

Angels sometimes appear with a scent. Angel perfume is not just something you buy in a bottle! When an angel is close, people often describe the scent of perfume, usually exotic-smelling blooms. On occasion someone might describe a vanilla-type of scent often recognized as the comforting smell of baby products or ice-cream).

Angels don't always bring a scent, sometimes folk see lights; these might be twinkling lights, rainbow colors or clouds of light from which an angel shape may or may not emerge. Ask your angel to appear in a photograph, then look out for orbs and other light abnormalities.

Some people believe angels announce their visits by ringing bells. There's an old saying (from the film, 'It's A Beautiful Life.' Every time a bell rings an angel gets its wings. Delightful!)

Your angel may bring a feeling that they are around you. Your 'sign' could be a comforting experience or a sense of deep inner peace or calm. There is nothing more wonderful, especially when you feel in danger or are ill. Ask your angel to be more active in your life...

Meditate with your Guardian Angels. Most people who believe in angels want to work more closely with their guardian

protectors. Angels are elusive most of the time because they are unseen in our normal waking hours. The best way to become closer to their message is to sit in meditation and communicate with them. Here are a few ideas that will make it easier.

1. First find a quiet place to sit. This might sound obvious but clearly it's a lot more difficult to meditate when other people are in the house making a lot of noise, or you have young children in the other room to worry about. Try and arrange to meditate when you can be alone, or at least the children are being taken care of by someone else.

2. Arrange a regular time to meditate. You are more likely to meditate if you literally make a date with yourself for the same time each day. Set aside 10-20 minutes of 'me-time.'

3. Make sure that the room is warm enough; it's hard to relax when you're feeling chilly.

4. Wear comfortable clothing. Soft jogging bottoms and a layer of t-shirts and cardigans is probably best. I like to wear socks so adjust your clothing according to the weather!

5. Play relaxing music in the

background or even better play a meditation recording; this will give you a voice to follow along with... much easier at first than completely clearing your mind!

6. Wear headphones to create a more intimate atmosphere.

7. You might like to create a scent for relaxation. I suggest natural aromatherapy oils (go with your favorites but be sure you are aware of the attributes of each oil to ensure they are safe. Lavender is a good favorite, or for deep angelic communication try frankincense oil.

8. Allocate a comfortable upright chair to sit in... or a cushion on the floor!

9. Finally light a candle. Candles are symbols for bringing in the light and it will help to raise the vibration. For safety's sake, use a tea light or place a candle in a jar on a clear, flat surface.

Your angels will soon begin to connect to your regular communication session and with time, psychic experiences will grow too! Don't forget to make notes of your session and most of all... enjoy it!

You can reach Jacky at: JackyNewcomb.com (See the book review for Healed by An Angel on page 40.)

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If one is lucky, a solitary fantasy can totally transform one million realities.

— Maya Angelou

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Guided by Angels

How A High-Powered Real Estate Developer Became an EarthKeeper and Avid Crusader for UnDevelopment™

By Laurel Airica

Every cloud has its silver lining. And in the case of a dark economic cloud hovering over the economy, the dampening effect it has had on developers' plans to turn our precious wild spaces into golf courses, ski resorts, holiday lodges and subdivisions has proven to be a heaven-scent windfall for conservationists and for a new type of social entrepreneurship: It's called Undevelopment.™ And Adam C. Hall is at the forefront.

Hall was a super-successful, Type-A, short-fused real estate developer who went on a shamanic journey in the Amazon rainforest in search of something more meaningful than money. His angel-led experiences in that amazing environment compelled him to abandon his old way of life and emerge from the jungle as an EarthKeeper — an initiate of an ancient lineage who accepts responsibility for the wellbeing of all life.

THE LAW OF THE JUNGLE

Nothing in Hall's history prepared him for this unexpected metamorphosis. Early on in his career in real estate investment and property development, he'd heard a respected industry leader explain that, "We live by the law of the jungle: Whether you're a lion or a gazelle, when

the sun comes up you better run like hell." This became Adam's do-or-die credo. And for the next 22 years, he pursued 'success' at all costs — becoming a predator to avoid being prey.

At the end of this era, despite his large home in Malibu, the expensive toys and country club membership, he felt spiritually and emotionally bereft. His marriage was crumbling and his children were alienated from him.

It was a desperate need for authentic renewal and inexhaustible wealth that ultimately set him off on his spiritual quest. Looking back, Hall now views the mother of his three lovely daughters as the first of four angels impelling him forward on his path of dissolution and rebirth.

The second angel came in the form of a wise inner voice that Adam started hearing as he sat in despair at the beach. It was this voice that guided him to journey well beyond his narrow notion of reality and possibility.

Ironically, when Adam's journey took him to the Amazon rain forest, he quickly saw that the Law of the Jungle was not at all

what he'd been practicing in the marketplace. The greed and insecurity that characterize many

high-stakes business deals make them far closer in nature to a street brawl than to the balanced cycles of life and death that occur every day in the jungle.

"Everything works harmoniously," he discovered. "Things are sprouting and things are dying in concert with each

other. The king of the jungle is the jaguar. But he, too, is living in rhythm with his nature and with the whole of Nature, just as the monkey does."

Hall also saw the daily destruction that occurs in the jungle is of renewable resources, which is what keeps the whole system in balance. Amidst the Amazon's magnificent diversity of flora and fauna, he could easily recognize the insanity of destroying precious natural resources — that have evolved together interactively over eons of time — for the sake of relatively short-term human objectives that often benefit the few at the expense of the many.

A POLAR SHIFT IN PARADIGMS

Upon his return from the Amazon, Hall sought ways to apply his 22 years of professional experience — and his rapport with other high stakes investors — to be of greater service to the industry, to the health of the planet, and to all of life. "The real estate investment and development industry has been great at creating jobs, lifestyles, and homes," he points out. "But it hasn't been sustainable."

One of Hall's primary goals was to find a way for investor/

developers to thrive in compliance with the actual Law of the Jungle — such that "everything works together to contribute to the perpetual balance and harmony of the whole."

But how could he reconcile the preservation of wild spaces with people's desire to live and play in beautiful, natural settings — and with developers' hunger for ever-greater financial rewards? The Holy Grail that Hall set out to find was a viable 'both-and' business model that could make allies of developers and conservationists.

Working together with a select group of like-minded real estate professionals, Hall founded the EarthKeeper Alliance (a profit/not-for-profit corporate hybrid) to help bridge the gap between these two very different worlds — and to embrace a 'third world' at the same time. This is what is known among social entrepreneurs as Impact Investing, which involves generating a profit and creating social benefits simultaneously. Here's how the Alliance does it.

REWEAVING THE WEB OF LIFE

The group of investors that form the Alliance gain stewardship over vast and beautiful wild acreage that has become available for a fraction of its former cost (since development capital is no longer readily available). They then do whatever is required to restore these lands to their natural state and to put legal restrictions in place that will protect them from future exploitation.

Through such efforts — which Hall terms Undevelopment™ — flyways are preserved, watersheds restored, ecosystems re-established, and carbon emissions are reduced.

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are gems," Hall says, "suitable for sustainable pleasures like fishing, hiking, horseback riding, star-gazing and anything else that connects us gently with the Earth and the Heavens." When the Alliance subsequently sells the land, the purchaser is free to create an eco-friendly development on the 5-20% of the land that is set aside for that purpose.

The Alliance then uses 10% of its profits from the sale of the land to create inner city parks and organic gardens so families there can strengthen their own bonds with the Earth and grow the greens that sustain them. Learning centers are also planned for these green spaces to educate and inspire future Earth

stewards about the importance of protecting the beauty and capacity of the Earth to nurture us in perpetuity.

ANGELS OF REDEMPTION

Hall is dedicated to Undevelopment and to the conservation of natural beauty so that "our youngest inhabitants have the opportunity to connect with unadulterated wild spaces." Mother Nature, he believes, "is the best place to meet oneself deeply and to align with the 'better angels of our nature.'"

Once a 'tough-minded' cynic in a 'dog-eat-dog' world, Hall now contends that, "we all have angels — within and around us — but we often don't recognize them or can't receive their gifts."

He is convinced that whether you're a corporate raider or a spiritual seeker, "You just have to show up, and you have to be willing to receive the messages from your angels to know how best to live your life — in harmony with the Law of the Jungle."

In the process of transforming his life and worldview, Hall met the angelic woman who became his life partner and fellow traveler on the road to unity consciousness. Together they met Alberto Villoldo, whom Adam considers the fourth angel assisting in his metamorphosis. It was Alberto who introduced the couple to indigenous shamanism and led them on their journey to the Amazon to encounter

their authentic selves through a deep communion with the Earth.

As an EarthKeeper, Hall is "one who dreams his own life into being — based in truth, knowledge and imagination." He defines 'destiny' as "a completion of our union with our Higher Self — through which the greater plan and purpose of our lives unfold." And he gives thanks each day that he has stepped upon his path of destiny and soul fulfillment.

To learn more about Hall's work, and to become an Earth Angel yourself, please visit his website: www.earthkeeperalliance.com

Laurel Airica, M.A., is a freelance writer living in Santa Monica, CA. She can be contacted through her website: www.laurelairica.com

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Creating Your Holiday Season

A Conversation with Cynthia James

By Corinne L. Casazza

Have you made the trek to your in-laws for the holidays with the best of intentions only to end up feeling lonely and isolated? Or worse, has a shouting match erupted between you and your siblings and you left feeling that you failed to be in the holiday spirit? Cynthia James has a myriad of cures for the holiday blues.

Cynthia has coached and supported thousands of people into healthy, vibrant living. "We have to stop looking at the family and get clear that how we respond is really the issue. We have a choice how we respond in every moment. You can create the place within yourself where you feel joy, peace and harmony, so you can move through the holidays with grace.

I think people get around the family and old wounds are triggered; the family dynamics start operating and you get sucked into that vortex. But you can choose how you respond, and you can nurture your inner child before you arrive because a lot of the responses we have to family come from the base we built as a child."

To create your own joyful holiday season, Cynthia recommends beginning with your intention. Consider what kind of holiday you want, what kind of experiences and relationships you want. Set your intention so it's very clear.

"Quantum physics tells us that everything is energy until

it is observed and then it becomes form. I really think if you observe the family dynamics and see your role in it, you can say, 'my intention is to be joyful, to connect with people, and to be a presence that is beneficial.'"

Should you find yourself about to respond from a place that doesn't support your intention; you can leave the room, go for a walk or call a prayer partner; do whatever you need to do to be centered.

"Remember to engage your inner child. Most of us don't do this. We're really ensconced in our lives, we're really busy and forget there's some aspect of us that's a child. What does your inner child like about Christmas? What brings them joy? What do they want?

Bring the image of your inner child into meditation and ask what they really want. Create a list of things that feed your child before you visit so when stuff starts happening, you can concentrate on giving your child what it needs in the moment."

Releasing past pain goes a long way in creating a peaceful holiday season. Cynthia recommends working on three specific areas here: expression, connection and judgment.

"Expression is the flip side of depression. If people are feeling

depressed, there is something not being expressed. Sit down and put into words what you

want, then communicate that to someone you know can hear you. Get clear about a step that you will take to express yourself so you don't feel depression pushing you into a place where you don't feel supported."

Next is connection. When we don't feel love, support and connection, especially in a familial environment, we start to isolate. "We may not isolate physically, but we withdraw our energy, close our heart and shut down. It doesn't support us in getting what we want and feeling connected.

Write your name and put a heart around it. Draw lines out from the heart and put whatever makes you feel connected on those lines. Music. Dance. Nature. Whatever it is for you. Seek these things that connect you back to your heart. It's a simple exercise, but it's visual and writing or drawing activates the right side of the brain; the part that's loving and open, receptive and clear.

So the moment you realize you're becoming isolated, you can go back to that drawing and say 'oh, I can put on my iPod, go for a walk and let the music reconnect me.'"

The final area is judgment. "Judgment is the opposite of joy; it closes our heart and activates the inner critic whose job is to keep us separate. We start looking around for the things that don't work which creates more judgment and criticism. This energy doesn't allow joy to come in, it doesn't support feeling pleasurable, happy or connected."

You can shift your energy by

creating a joy list. Write down five places in your life where these things show up. When you get into the family environment, look at this list and start doing things that bring you joy. It will be very difficult for people to pull you out of it.

Cynthia's new book, *Revealing Your Extraordinary Essence* is due out this month. "The whole book is tools. I want people to know if you can get your toolkit filled enough and strong enough, you can pull out what you need at any moment, and you'll be hard pressed to go off the deep end when other people are doing what they do.

When you start changing and not being involved in the drama, people will escalate to try to pull you back in, so you need a lot of tools to keep you anchored and centered in your heart and what brings you joy."

Cynthia wants everyone to know that you can create the holiday you want. "You can create it where you live. You can bring things and energy to an environment where you have been challenged before because you won't allow that old energy to derail you.

Understand there's nothing more powerful than who you are. You are a child of the Universe. You are engaging, brilliant and talented, and whatever other energies are going on, you don't have to participate — you are at choice. You can ask your angels and guides for support. They'll show up in unexpected and wonderful ways."

For more information about Cynthia and to take the freedom quiz, visit www.CynthiaJames.net For information on Cynthia's pilgrimage to Peru to experience the Venus Transit in June of 2012, visit: www.HeartWisdomJourneys.com

Corinne L. Casazza is a freelance writer based in Boston. Her second novel *Walk Like an Egyptian* is available online. She is currently at work on a non-fiction book. To learn more visit www.CasazzaWriting.com





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Courageous Dreaming

How Shamans Dream the World into Being

By Alberto Villoldo, PhD

***We are what we think.
Everything we are arises from
our thoughts.
With our thinking we create
the world.***

— Buddha

Whether you realize it or not, we are all dreaming the world into being. What we're engaging in is not the sleeping dream we're familiar with, but the waking dream we craft with our eyes open. When we're unaware that we all share the power to co-create the reality with the help of the Universe itself, that power slips away from us and our dream turns into a nightmare.

We begin to feel that we're the victims of an unknown and frightening creation that we're unable to influence or change. Events seem to control us and trap us. The only way to end this dreadful reality is to awaken to the fact that it, too, is a dream, and recognize our ability to write a better story, one that the Universe will work with us to manifest. The nature of the cosmos is such that any dream you have about yourself and the world will become reality.

As soon as you awaken to your power to dream, you begin to flex the muscles of your courage. Then you can dream bravely: letting go of your limiting beliefs and pushing past your fears. You can begin to create truly original dreams that germinate in your soul and bear fruit in your life.

Courageous dreaming allows you to create from the source, the quantum soup of the Universe where everything exists in a latent or potential state. Physicists understand that in the quantum world nothing is "real" until it is observed. But quantum events do not occur in the laboratory only. They also happen inside our brain, on this page, and everywhere around us. When you access any part of the dream, the great matrix of energy, you can

change reality and alter the entire dream.

Modern physics is describing what the ancient wisdomkeepers of the Americas have long known. These shamans, known as the Earthkeepers, say that we are dreaming the world into being through the very act of witnessing it. Scientists believe that we are only able to do this in the very small, subatomic world.

Shamans understand that we also dream the larger world we experience with our senses. Like the Aborigines, the Earthkeepers live in a world where the dreamtime has not been pushed into the domain of sleep like it has for us. They know all of creation arises from, and returns to, this dreamtime.

The dreamtime, the creative matrix, does not exist in a place outside of us. Rather, it infuses all matter and energy, connecting every creature, every rock, every star, and every ray of light or bit of cosmic dust. The power to dream is the power to participate in creation itself. For the Earthkeepers, dreaming reality is not only an ability but a duty, and one we must perform with grace and love so our grandchildren will inherit a world where they can live in peace and abundance.

We went into extraordinary detail to dream our universe into being. The Big Bang had to be so finely tuned, so perfectly orchestrated and calculated, as to produce only 1 part of matter in 10 to the 50th power of stardust. This is 10 followed by 50 zeroes, no more or no less. What is even more baffling is the fine tuning of the parameters of the universe that occurred, particularly here on the surface of the earth, which has

maintained a perfect temperature balance between the freezing and boiling point of water for more than a billion years. The unlikeliness of these ratios that permit life to appear suggests the presence of an intelligent force. The Earthkeepers call this the Infinite Source, or Infinity.

The shamans I've studied with in the Andes and the Amazon believe that we can only access the power of this force by raising our level of consciousness. When we do so, we become aware that we are like a drop of water in a vast, divine ocean, distinct yet immersed in something much larger than ourselves.

It's only when we experience our connection to Infinity that we're able to dream powerfully. In fact, it's our sense of separation from Infinity that makes us become trapped in a nightmare in the first place. To end the nightmare, to reclaim our power of dreaming reality and craft a better reality, we need more than an intellectual understanding of how this process works.

We need to have a visceral

understanding of our dreaming power and experience it in every cell of our body. In fact, the intellectual understanding of our ability to create reality mimics but forestalls the kind of dreaming we're capable of. If we don't get beyond mere intellectual understanding of this concept, we'll end up lowering the bar and creating a far less glorious and beautiful experience of the world than we are capable of crafting.

With a visceral understanding of our power to dream, we recognize that we can share the experience of Infinity right here, right now, and stop feeling dissociated and disconnected. It takes courage to taste Infinity.

The Earthkeepers believe that the world is real, but only because you are dreaming it into being. Dreaming the world requires an act of courage. When we lack courage, we have to settle for the world that is being dreamed by our culture or by our genes. We feel we have to settle for the nightmare. To dream courageously, you must be willing to use your heart. Otherwise, your dream will stall at the level of emotions, and of thinking too much, planning too much, and worrying endlessly. Then your

(Continued on page 18)



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Dreaming...

(Continued from page 17)

dream will turn into a nightmare or a mere daydream, trapping you or drifting away while you wonder, "What happened?"

Although your mind resists it, the fact is that you have a choice between having the life you want or having the reasons you can't have that life. You can have joy and peace, or you can have that big black bag full of all the sorrowful incidents and accidents that happened to you in your childhood or in your last relationship.

You can have your wounds or you can have your glory. You can live the life of a victim, burdened by the traumas of your past, or you can live the life of a hero, but you can't do both. If you want to feel empowered, you need to make a conscious decision to dream a sacred dream and practice courage.

(Excerpted from *Courageous Dreaming: How Shamans Dream The World Into Being*)

Alberto Villoldo, PhD, is a medical anthropologist and psychologist who has studied the spiritual practices of the Amazon and the Andes for more than 25 years. Founder of The Four Winds Society, he instructs individuals throughout the world in the practice of energy medicine. He has written numerous best-selling books, including Shaman, Healer, Sage; The Four Insights, Courageous Dreaming and Power Up Your Brain. Visit: www.thefourwinds.com

Taking Refuge

By Jenna Sundell

**God is with us in our failure as much as in our success.
It is only when we stop trying that we create the illusion we are separate from God.
God is never separate from us, even when we believe it to be so.**

The holiday season is a time of family reunion and celebration; however sometimes it brings with it a sense of separation. At moments like these, we can rely upon our spiritual practice to help us reconnect. The Buddhist tradition contains a wonderful practice that is called "Taking Refuge in the Three Jewels."

There is a similar tradition in Christianity, where practitioners take Christ as their Savior. Many religions share this common theme of taking refuge in something greater than the personal self. When you feel isolated, you can reach for this line into Light, in whatever form is appropriate for you.

In Buddhism, the Three Jewels are the Buddha, the Dharma, and the Sangha. The Buddha represents the Enlightened One, a person who has united their mind and entire being with God. Buddhas are not God, and are not worshipped. Rather, we

think of a Buddha as one of God's really close friends.

A Buddha no longer wants anything from God; he or she is simply present with God in every aspect. Everyone has the potential to be a Buddha; when we take refuge in the Buddha, we accept and recognize this possibility for ourselves.

The Dharma is the highest truth in action. It is the collection of teachings that lead us to experience our full potential. Dharma is the path we follow to wisdom. By taking refuge in the Dharma, we set our intent to find and follow the highest truth we can access.

The Sangha is the community of committed practitioners. They are all the spiritual seekers who have gone before us and have fulfilled their highest potential. They are the ones who live in a state of constant meditation. They are also the ones who are still struggling against the bonds of their attachments, and even though it is difficult, they practice their path every day. Taking refuge in the Sangha

reminds us of the success others experienced and that we are not alone on the Path.

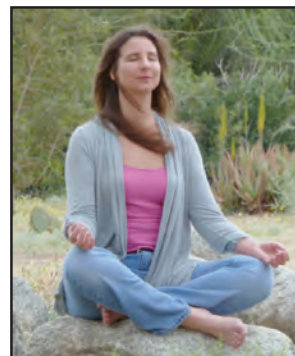
We don't need to do any special rituals or visit a holy place, though that can be fun and inspiring. We don't need to meet with a teacher or announce it to our family and friends. Taking Refuge is a private and personal practice of connecting with the Divine present

within all of us.

Many feel drawn to remember this connection during the holidays. Some people may take refuge everyday. Others may do it only when they feel lost. It's up to you. Taking Refuge is easy. With your mind focused, say to yourself: I take refuge in the Buddha, the Dharma, and the Sangha.

Say it a few times, and spend a few moments contemplating what the Three Jewels mean to you. Whenever we feel stuck or lost, during the holidays or any time of year, we always have the opportunity to stop and take refuge in whatever spiritual symbols and traditions are most powerful for us.

Jenna Sundell teaches Practical American Buddhism at Dharma Center in San Diego (www.DharmaCenter.com) and is the author of *Worlds of Power*, *Worlds of Light*. This article is adapted from her current book project, *Making Peace with Pain*. She will also be teaching at CIIS in San Francisco on December 10th.



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Angels of Service

By Dr. Joy S. Pedersen, L.S.H., C.S.H.C.

There are many angels holding countless roles and responsibilities. Each being of light has an expertise and an assignment to fill. They provide unlimited support, insight and help in every matter pertaining to your daily needs.

Angels are in service to God and God has them in service to you, ever-present and ready to assist you daily. They are there when you ask them or when God asks them to intervene. They have the bigger picture in mind, so they find ways to help when and where you are not looking.

They are not there to interfere but to support. In fact, they long to support you and help you when necessary. But they need to be asked before intervening. The problem is that many, if not most of us, do not know how to access their support and assistance more readily.

When you learn to access the Angels of Service, and become skilled at recognizing their help when they provide it, your life is immediately smoother and easier and can become increasingly effortless over time. When you follow their guidance, they provide the highest and best path leading you to further truths and experiences, all aligned for your highest good.

Because angelic beings of light have only your best interests at heart, they know without question what will serve you. They see things you cannot, and thereby can take into account all aspects of the situation. So, when you doubt their existence or the signals they provide, you miss a golden opportunity to have a life lit by love.

Your doubts and limited perspective deny you their gifts. They can provide for you in so many ways. They have an expertise and a vision beyond recognition when trying to fit them into your state of awareness.

There are two kinds of Angels of Service to be mindful of: Messengers and Providers. Sometimes angels operate as both.

But often their mission is more in alignment with one role than another. They are focused on those

roles just as you are focused on your job duties. You bring to daily work a speciality or area of expertise that is what defines your primary role, although at times you may cross over and do something other than what you are called to do by job definition. The angelic realm is no different. They have duties to perform or messages to deliver.

Because the nature of the dimension they operate within is unlimited — by comparison to this earthly plane — they can provide an outlook and a scheme more comprehensive than you can envision on your own.

Access an angel resource and you gain a distinct advantage over the current circumstances you are experiencing. You may find it much easier to overcome a challenge... negotiate through a situation... remove yourself from something unpleasant... discover a more fruitful direction... or find peace amongst chaos.

Remember, the efforts of the Angels of Service are tireless.

Although you may feel weary and worn down, they feed on your willingness to ask as they sit on the sidelines waiting to be called. And the advantage is not necessarily yours alone. When you call angels forth, they have an opportunity to participate and make a difference in your life as well as the lives you touch.

They are rewarded by the benefits you receive from their help. They are grateful and gratified by having the ability to help and make that difference. For every time they help and make someone's life easier or better, they know the ripple effect that it has and it makes their help less necessary in the future.

They long to help, but you must ask them. And when you ask, be grateful for the help confidently knowing it is being given.

- Be receptive to the help provided knowing there is far more going on than meets the eye.
- Trust that the outcome is

set for your highest good and the good for all concerned.

- Accept that they have your best interest at heart and know what they are doing is due to the clarity of what they are seeing.

"We hear your prayers, your cries for help and your requests for assistance almost at the moment you make them. If you only trusted us and the process more, you would have more of the answers and solutions you sought," says Archangel Michael.

I have been working with angels for years and have incorporated their assistance in my personal as well as business life. Their work is all encompassing. Their compassion is far greater than you can imagine. Their reach and effectiveness is far more comprehensive than you realize. Learning to access and trust the Angels of Service can open doors and provide help beyond imagination.

Dr. Joy S. Pedersen, Licensed Spiritual Healer and Certified Spiritual Health Coach, was requested by Archangel Michael to channel his book, Wisdom of the Guardian: Treasures From Archangel Michael to Change Your Life. He assists in her healing practice as well. You can receive a free mini 5-week e-course from him at www.WisdomOfTheGuardian.com



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Above is an aerial view of the Portofino Hotel in Redondo Beach.

Right: Portofino Hotel lobby.

Photos courtesy of The Zimmerman Agency.



Escape to Los Angeles...

By Ann Nelson

It has been a rather recent discovery that I need a reason to go somewhere. I no longer have a yearning to go to a particular place just for the sake of going there, or because I need something to do. I now spend a little more time doing research and find places that are truly special. I found a few little miracle gems in LA. Some of them are "hidden" in the middle of the city.

THE PORTOFINO HOTEL & YACHT CLUB

There was purpose and meaning behind choosing to stay at The Portofino Hotel & Yacht Club in Redondo Beach. My husband and I swim long distance in the ocean and have developed a real passion for sea lions. Once in awhile, they swim underneath us. We see them frolic and jump up on the rocks only to be washed off by the waves. We watch them take care of their young and hear their playful calls. In a word, we truly care about what happens to the sea lions.

The Portofino, offers a "Save the Sea Lions" Package that includes oceanside accommodations with scenic views of King Harbor, home to at least one sea lion colony. The package offers a complimentary 2-hour paddle boat ride that allows you to get close to the sea lions, so you can see for yourself what they're all about.

The hotel has partnered with Marine Mammal Care Center, a publicly-funded organization in San Pedro, CA that supports marine animal rehabilitation for sick and injured animals along the Southern California coast. Due to changing weather patterns affecting their food supply, the center is taking in a record number of malnourished sea lions. The Portofino's donations help to provide much needed funds for the center.

The Portofino, located in a tranquil, beautiful marina in Redondo Beach, is six miles south from the center of LA. Sounds of the city faded into the back-

ground the minute my husband and I approached the sprawling grounds edging up against the Pacific Ocean. Our room, with floor-to-ceiling windows, offered spectacular views of gorgeous sunsets, dolphins and pelicans. After settling in and watching the sun drop into the ocean, we walked across the way to Ba-leen's, a classy signature restaurant with a fabulous chef, Jesse Souza. The dishes are fresh and local and the atmosphere is

I have ever seen. A Moroccan-style interior with cozy seating areas and sexy music was playing in the background. We could barely pull ourselves away from this magnetic atmosphere to go check out our room.

Another surprise awaited us when we finally went upstairs and opened the door! Mediterranean décor, low-lighting and soft flowing fabrics were everywhere. The bed was situated by the window, so we could gaze out from the high vantage point of our bed and see the tops of downtown buildings.

The toughest decision we needed to make during our stay was simply deciding where to go and what to do. There are hundreds of choices within easy walking distance right outside the front door. When it was time to

warm and inviting. Huge open windows offer dazzling views of the harbor filled with boats. We walked around the harbor after a fabulous dinner and talked about how lucky we were to have found this quiet oasis situated in the middle of the city.

THE FIGUEROA HOTEL

The Figueroa Hotel, located in downtown LA, and steps away from the Staples Center, has moved up in the world since it debuted in 1925 as a YWCA residence. The building, converted into a hotel after the depression, appears to be plain and unpretentious from the outside.

My husband and I had no idea what to expect when we entered into the back gates after parking our car. The transformation from the bustling city into a magical Moroccan paradise simply took our breath away. I'm not sure I've ever been more surprised in my life.

The expansive lobby and outdoor bar area are filled with flickering candles and overstuffed sofas, with a sparkling blue swimming pool plucked down in the middle of it all! The entire place was overrun with the healthiest bougainvillea plants

check out, we made excuses to linger a little longer. We didn't want to leave.

THE TERRANEA RESORT

In a word, The Terranea Resort is simply stunning! This place feels like a luxurious Mediterranean estate dropped into the middle of 102 pristine acres on the spectacular Palos Verdes Peninsula. Defining elements of the resort are quite simple: outdoors, outdoors and even more outdoors. Located only twenty miles away from the LA airport, the peninsula, once part of the Channel Islands, slowly shifted to the mainland coast over millions of years.

Terranea is surrounded by the Pacific Ocean on three sides and offers breathtaking views from all directions. My husband and I realized within moments after arriving that we had no desire or reason to leave. There are eight different places to eat, ranging from beach casual, to elegant and sophisticated. The property has everything anyone would ever want to experience, including wide-open spaces, walking trails, golf, a spa, fire pits and numerous romantic seating areas by the ocean.

I found it fascinating to learn that while standing on this land you can actually watch the sun rise and set over the ocean from a single vantage point. This occurs during the months of December and January when the sun is at its most southern location in the sky.

Over the last twenty years, the Palos Verdes Land Conservancy has preserved over 1,200 acres of the peninsula's open land and the Palos Verdes Nature Preserve is responsible for taking care of the 1,000 acre Three Sisters Reserve of green space above the resort. The Terranea Resort is committed to an educational campaign for guests that focuses on environmental issues.

HOTEL ERWIN

Venice Beach is a destination in itself and Hotel Erwin, a boutique hotel located 200 feet from the ocean is the place to stay. Action and an interesting history is what Venice Beach has to offer. The beach town was originally founded in the early 1900's and modeled after Italy's Venice.

In the earlier days Venice Beach was lined with canals and gondola rides were a main attraction. During the 1960's, all

kinds of colorful characters were drawn to the area, including street performers, artists, weight lifters and surfers.

The High Lounge, the premiere open-air rooftop lounge at Hotel Erwin is the perfect place to catch a bird's-eye view of all the action passing by on the boardwalk below. Our days spent in Venice were fun. We rented bikes and rode for miles along the boardwalk, went out to dinner, and watched the sun set. This creative community by the sea is a place we want to come back to and we will stay at Hotel Erwin.

IMPORTANT CONTACT INFORMATION

Portofino Hotel & Yacht Club: (800) 468-4292 or www.hotelportofino.com. Prices start at around \$249.

Hotel Figueroa: (800) 421-9092, or www.figueroahotel.com. Prices start around \$148.

The Terranea Resort: (310) 265-2800, or www.terranea.com. Prices start around \$340.

Hotel Erwin: (888) 797-1651, or contact www.hotelervin.com. Prices start around \$176.

Ann Nelson is a freelance writer residing in San Diego, CA

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Journey of the Heart

A Couple's Determination and Faith Help Raise A Water System

By Mimi Gendreau

As a teenager and young adult, Mimi Gendreau had always dreamed of joining the Peace Corps and traveling to Africa, but life's encumbrances prohibited that option. As she approached her 49th birthday, she longed to make a global impact. When she read about "volunteer vacations" that didn't require a two-year commitment, she was convinced this was her answer.

She and her husband, Eric Noyes joined Global Volunteers' short-term team in Pommern, Tanzania.

The trip was everything Mimi had hoped for... and even more. Three weeks of teaching English and doing manual labor opened her eyes to Africa's profound needs and potential. And now, Eric's heart sang with hope for the little highland village. On the plane trip home, they vowed to continue helping the children they had worked with, and who now dominated the couple's thoughts.

The village needed a potable water system... a huge, costly project to be sure. Renouncing the recession, Mimi and Eric promised Global Volunteers and local leaders they would raise the funds to bring clean water to Pommern. And, they would need to engage everyone in their social network to help them.

How to rally their Detroit co-workers, friends, family members and wider community, weighed down in debt, to support this project nearly half a world away? This is their inspirational story.

Why did you choose a "volunteer vacation" to fulfill your lifelong dream of service in Africa?

Shorter trips are wonderful for those of us who are still working and cannot take two years off to

join the Peace Corps. We both wanted to focus on "service" for and with the community. Very important to us, the mission of Global Volunteers and its volunteers is to foster international people-to-people contacts and to "wage peace" through better cultural understanding and genuine service.

How do you describe your service experience in Tanzania?

The Pommern community, teachers and students were so warm and welcoming to us that we quickly felt a strong connection. The teachers are very committed to preparing students in their studies and completing their education. It was very clear that students really want and appreciate their education, despite having to live in very meager circumstances. We taught not only young children and teenagers, but also many young adults who needed to complete their secondary school education and we enjoyed interacting with the students and hearing about their dreams. We found these parents are like parents around the world who want to better their children's future, and they know education is the key to prospering in the future.

What convinced you to adopt the Pommern Water Project?

Because of a strong connection we felt with the Pommern Community, we wanted to continue our work after returning home by helping with a project that would be long-term and sustainable, and would benefit not only the Secondary School but the entire Pommern Community. The U.S. dollar stretches far in Tanzania, and we thought if we could donate our own funds and



Above: Mimi and Eric in Pommern.

Left: new water system



raise money from other generous people, it would allow Pommern to undertake a sustainable project. This project would be important to supporting better health for the community, as well as improving the educational dreams and goals of the community for its children.

Why a water project?

This was a project the local people identified to Global Volunteers as critical for their long-term development. The current water system was built in 1970 and was intended for only 600 people. Now over 4,000 people are drawing on this water

system, resulting in overuse and inadequate water.

The system often breaks down and only temporary repairs can be made. Students and villagers must often walk long distances to the river for water. This is valuable time that the students could better use for preparing their school coursework. Moreover, if the unclean water is not boiled or otherwise treated, it can transmit numerous water-borne illnesses.

How did you start the Project fundraising?

It was agreed that we should raise \$70,000 in U.S. funds to build the water system. So... \$70,000 became our goal!

Then we discussed our ideas with Global Volunteers' Min-

nesota staff. We created a new fundraising page on the Global Volunteers website and Eric created our own Pommern Water Project website. Later, we created a Facebook page.

The social media led to one Global Volunteer's benefit garage sale which netted nearly \$500. Another former Tanzania volunteer (a retired water engineer/university professor) made several major monetary donations.

We started a matching fund campaign with our family and friends, and were moved by our first donation to come from our cousins who are raising six adopted and seriously disabled children. They are probably the least able to donate with so many other responsibilities. Yet, they did not hesitate. A local physical therapy clinic donated all the proceeds of their annual fundraising event.

When we reviewed the past year's work, it still totaled only \$15,000. We had to acknowledge that while our first efforts were successful, we needed new avenues if we were going to raise the \$70,000.

So, we decided to approach non-profit foundations. However, neither one of us had written grant proposals, so we first needed to learn about fundraising. We took a library course on how to search the Foundation Center Database, and how to write grant applications. Eric took over the grant writing and I continued searching the database to find foundations to apply for grants.

The Global Volunteers staff reviewed all the applications and provided answers to questions about governance and policies. In November 2010, we were thrilled and thankful to receive a \$10,000 grant from the Sundance Family Foundation in Minneapolis, whose mission is to support and strengthen family stability worldwide.

How did you finally reach your fundraising goal?

The Sundance grant award inspired more donations from our steady supporters and major donors. When we unexpectedly received a \$5,000 donation from some former Global Vol-

unteers in Alberta, Canada, we knew that the fundraising goal was met!!

What was your biggest challenge?

The downturn of the economy, just as we were beginning fundraising, was discouraging. However, we were encouraged by our friends in Metro Detroit where the economy was the worst in the country. For example, we received a \$50 donation from a friend whose spouse had been unemployed for over a year. Another acquaintance whom we had not seen in many years donated generously. Another Global Volunteer to Pommern offered \$1,000 given in lieu of wedding gifts.

What is next for you with the Pommern Water Project?

We are leaving this month to participate with Global Volunteers and the local community to help build the water system. We want to encourage more people to volunteer with Global Volunteers and go to Pommern to continue building the water system as well as teaching in the Secondary School. Our work will continue through others!

Global Volunteers, founded in 1984, is a international development-assistance organization in Special Consultative Status with the United Nations. Volunteers serve on teams, ranging from 5 to 15 individuals, starting on Saturdays around the year.

Couples, families, individuals of all backgrounds and ages assist with sustained, locally-directed development projects such as teaching conversational English, caring for at-risk children, planting and maintaining community gardens, repairing community buildings, modeling appropriate hygiene and much more.

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Dick Larson is a counselor with a background in education. He has been a guest on radio talk shows nationwide, cohosted a radio program, and produced and hosted a series of public access television shows that currently air around the nation.

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The Deep Truth of Our Destiny and Our Fate

By Gregg Braden

In recent years, an explosion of new discoveries has left little doubt that many long-standing views about life, our world, and our bodies have to change. The reason is simple: *The ideas are wrong*. New scientific evidence has given us new ways to think about the perennial questions of life, including where we've come from, how long we've been here, how we can best survive the unprecedented crises that face our world today, and what we can do now to make things better.

While the new discoveries give us hope, we still have a problem: the time historically needed for us to weave these discoveries into the accepted way of thinking may be longer than the time that's available to us to solve the crises. The general rule for the lag time between a scientific discovery and its review, publication, and acceptance — before it shows up in the textbooks — can be as much as eight to ten years, and sometimes even longer. And this is where the problem becomes obvious.

The best minds of today tell us in no uncertain terms that we are facing multiple crises posing threats of unprecedented magnitude, and that each of these crises must be dealt with immediately. We simply don't have eight to ten years to figure out and head off emerging threats of climate change, terrorism, and a nuclear arms race in the Middle East. These are issues that must be addressed *now*.

Our old ways of thinking — which include believing in survival of the fittest, the need for competition, and our separation from nature — have brought us to the brink of disaster. We are living at a time in history when we must confront the potential loss of all that we cherish as a civilization. At the same time, a new way of seeing the world, based upon a growing body of

scientific evidence, is filling in missing pieces of our knowledge and changing the way we think about ourselves.

In light of the new evidence regarding near-ice age civilizations, the false assumptions of human evolution, the origin and role of war in our past, and the undue emphasis on competition in our lives today, we must rethink the most basic beliefs that lie at the core of the decisions we make and the way we live.

THE GOOD NEWS AND THE BAD NEWS

During the last years of the *Cold War*, I had a front row seat as a senior systems designer in the defense industry to one of the most frightening times in the history of the world, and the thinking that led to it. During the 44 years of the most potentially lethal, yet undeclared, war in human history, the super powers of the United States and the former Soviet Union did something that seems unthinkable to any rationally-minded person today.

They spent the time, energy, and human resources to develop and stockpile somewhere in the neighborhood of 65,000 nuclear weapons — a combined arsenal with the power to microwave the Earth, and everything on it, many times over.

There is a common thread that links the rationale that led to the cold war and many of the crises that face us today. They all stem from a way of thinking that has dominated much of the modern world since the beginning of the scientific era about 300 years ago. They're based in the false scientific assumptions suggesting that we are somehow separate from the Earth, separate

from one another, and that the nature that gives us life is based upon violent competition and survival of the strongest.

Fortunately, new discoveries have revealed that each of these assumptions is absolutely false.

Unfortunately, however, there is a reluctance to reflect such new discoveries in mainstream science, mainstream media, traditional classrooms and conventional textbooks. In other words, we're still teaching our young people the false assumptions of an obsolete way of thinking based in struggle, competition, and war.

So while we no longer face the nuclear threat that we did in the 1980s, the thinking that made the wars and suffering of the 20th Century and the crises of the 21st Century possible is still in place. This fact is vital to us right now for one simple reason: The best minds of today tell us clearly that we're facing the greatest number and magnitude of crises in recorded history, and that if left unresolved, each crisis threatens our very existence!

OUR CLEAR AND PRESENT DANGER

The journal *Scientific American* released a special edition (vol. 293, no. 3, Sept. 2005) to inform the world of the critical situation that we find ourselves in today. The title, *Crossroads for Planet Earth*, says it all. The way we solve the simultaneous crises that include...

- our response to climate change
- the unsustainable and growing levels of extreme poverty
- the emergence of new diseases

- the growing shortages of food and fresh drinking water
- the growing chasm between extreme wealth and extreme poverty
- the unsustainable demand for energy

will chart the greatest destiny, or seal the darkest fate, of our global family that is estimated to reach a staggering 8 billion people by 2025.

For the first time in human history the future of our entire species rests upon the choices of a single generation — us — and the choices are being made within a small window of time — now.

The key is the way we address the crises of our time is based in the way we think of ourselves and the world. Maybe it's no coincidence that today, after three centuries of using the scientific method to answer the most basic questions about ourselves, the world has found itself facing the greatest crises of war, suffering, and disease in recorded history!

Our old ways of thinking — which include believing in the need for competition, our separation from nature, and the Darwinian tenet "let the strongest live and the weakest die" have brought us to the brink of disaster. Clearly, the thinking that led to the war and suffering of the 20th century, including the Cold War, is not the thinking that we want the delicate choices of our survival based upon!

THE QUESTION...

How can we possibly know what to choose — what policies to create, what laws to pass, or how to build sustainable economies and bridge the issues that are tearing at the fabric of our relationships and society — until we've answered the single question that lies at the very core of



our existence. The question is simply this:

Who are we?

As individuals, as families, as nations, and as a combined human civilization, our answer to this deceptively simple question creates the lens through which we see ourselves, our world, and make the choices of our lives, our future, and our survival. When we embrace the discoveries of modern science — the truths of our past on Earth, our planet's cycles of change, and the role these play in our lives — then we'll understand what we're really up against, what our options are, and what choices are available.

THE HOPE

In recent years, an explosion of new discoveries throughout the sciences has left little doubt that many long-standing views about life, our world, and our bodies have to change. The reason is simple: *The ideas are wrong*. In light of the new evidence regarding near-ice age civilizations, the false assumptions of human evolution, the origin and role of war in our past, and the undue emphasis on competition in our lives today, we must rethink the most basic scientific beliefs that lie at the core of the decisions we make and the way we live. This is where *the new deep truths of science* come in.

DEEP TRUTHS

During a conversation with Albert Einstein, Nobel Prize-winning physicist Niels Bohr once shared his insight into our deep and mysterious relationship regarding what we think of as "truth." In clear and eloquent terms he stated "It is the hallmark of any deep truth that its negation is also a deep truth."

In other words it's what Bohr called the "negation" of old scientific assumptions (meaning discoveries that no longer make sense in the presence of new evidence) that makes the *opposite* of those assumptions a deep truth. And this is where the news of recent scientific discoveries becomes a proverbial double-edged sword.

The good news is that new information gives us an updated and presumably more correct way of thinking about things. The downside is that entire paradigms have already been built upon the false assumptions. Everything from the curricula approved by school boards and taught in our classrooms; to the careers of teachers, authors, and academics whose lives have been devoted to teaching the paradigm — along with the political decisions and policies that have been made into law in the highest courts of the land — is based upon what is accepted as "true" in our culture.

We may discover our beliefs about global warming, the role of competition in global economies, when we choose to save a life, when we choose to take a life and the reasons for war, for example, fall precisely into this category of deep truth.

As we face the greatest number and magnitude of crises in recorded history, the facts revealed by six areas of discovery radically change the way we've been led to think about our world and ourselves in the past. They include:

— **Deep Truth 1:** Our ability to defuse the crises threatening our lives and our world hinges upon our willingness to accept what science is revealing about our origins and history.

— **Deep Truth 2:** The reluctance of mainstream educational systems to reflect new discoveries, and explore new theories, keeps us stuck in obsolete beliefs that fail to address the greatest crises of human history.

— **Deep Truth 3:** New discoveries of advanced civilizations dating to near the end of the last ice age provide insights into solving the crises in *our* time, that our ancestors also faced in theirs.

— **Deep Truth 4:** A growing body of scientific data from multiple disciplines, gathered using new technology, provides evidence beyond any reasonable doubt that humankind reflects a design put into place at once, rather than a life-form emerging randomly through an

evolutionary process over a long period of time.

— **Deep Truth 5:** Over 400 peer-reviewed studies have concluded that violent competition and war directly contradict our deepest instincts of cooperation and nurturing. In other words, at the core of our truest nature we simply are not "wired" for war!

— **Deep Truth 6:** The key to addressing the crises threatening our survival lies in building partnerships based upon mutual aid and cooperation to adapt to the changes, rather than in pointing fingers and assigning blame, which makes such vital alliances difficult.

The best science of our time, when it is married to the wisdom of our past, confirms that we still have the ways and means to shift our time of crises into a time of emergence. We can create a new world based upon actionable and sustainable principles based in the core understanding of our deepest truths. The key is simply this: the better we know ourselves, the clearer the choices in our lives become. No one

knows for certain what the future holds. But no matter which challenges await us or which choices we'll be faced with, one thing is absolutely certain:

Knowing who we are and understanding our relationship to one another, as well as to the world beyond, gives us the evolutionary edge to tip the scales of life and balance in our favor. And it all begins with our awareness of the deepest truths of our existence, and how we rely on those truths each day for every choice in our lives.

Gregg Braden is a New York Times best-selling author, a former Senior Computer Systems Designer for Martin Marietta Aerospace, former Computer Geologist for Phillips Petroleum, and the first Technical Operations Manager for Cisco Systems. For over 25 years he has searched high mountain villages, remote monasteries, and forgotten texts to bridge their life-giving secrets with the best science of today. His work has led to the cutting-edge books such as *The Divine Matrix*, *The Spontaneous Healing of Belief*, *Fractal Time*, and his newly-published book, *Deep Truth* (Hay House) now available at your local bookstore. Visit: www.greggbraden.com

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2012: Moving toward Evolution by Choice, Not Chance

By Barbara Marx Hubbard

Evolution is evolving from unconscious chance to conscious choice. We are entering the first Age of *Conscious Evolution*. Why? Because we obviously affect our own evolution by all the choices we make — from the food we eat, the number of babies we have, the cars we drive, and the weapons we build.

Humans have no experience at being responsible for global change at this level. We are facing the possibility of the collapse of our life support system. Or, I believe, the emergence of something new, something better than we have ever known before.

This shift in evolution began overtly in 1945 when the United States dropped the first atomic bombs on Japan. The signal went out to the world: we now have the power to destroy life on Earth. I was 15 years old.

I could see at that time that self-conscious humans, in top-down competitive structures such as nation states, organized religion, and global corporations, could not handle this degree of power. We had suddenly gained capacities that we used to attribute to our gods. We can blow up worlds and build new worlds in space. We can travel with the speed of light by image; we can create new life forms or destroy our life; we can tap into immense energy or run out of energy.

I began to ask a great question: **What is the meaning of our new powers in science and technology that are good and what are positive images of the future that are equal to our new powers?** I read religion and philosophy as a young girl and found that no one knew the answer. The powers were so new. I went to Bryn Mawr College and found I could not even ask the question there. There were no subjects on it. My father used to say to me: "Barbara, you are the best in the field... but there is no field!"

I went to Paris in 1947 to study at the Ecole des Sciences Politiques. Despair and a sense of the absurdity of life were rampant in Paris after two world wars and the bomb. One day I was having lunch on the Left Bank, and a handsome American walked in and sat down next to me. I asked him my question "What do you think is the meaning of this new power that is good?" and he responded, "I am an artist, and I am seeking a new image of man commensurate with our powers to shape the future."

This idea crossed my mind, "I'm going to marry you!" And I did. He told me when a culture loses its story and its image of the future, it declines. We had clearly lost our story of progress, and the image of humans now portrayed in the arts and theater was of a disintegrating destructive force. Yet I had innate hope and had to find out what I was hopeful about.

I went to see President Eisenhower in 1952, just after he became president. My father was an old colleague of the President. I was taken into the Oval Office. He greeted me kindly: "What can I do for you young lady?" "Mr. President," I said, "I have a question: What do you think is the meaning of all our new power that is good?" He looked startled, shook his head and said, "I have no idea." So it flashed in my mind, "Well, we better find out!"

This has been my life quest, and I believe now we are discovering the proper response.

We now have a new story. It is the Universe Story. When we place ourselves in this 13.7 billion-universe story we discover the pattern and an evolutionary process of action we CAN DO.

We see that our crises are comparable to past evolutionary shift points. The only difference is that now we are conscious of causing our own extinction. This is what I call "conscious evolution" — the greatest wake-up call we have ever had for the human species to grow up!

Here are some of the lessons we can learn and apply to our own situation.

Problems are evolutionary drivers.

Crises precede transformation.

Evolution takes jumps through greater synergy: separate parts coming together to form a new whole greater than and different from the sum of its parts.

Evolution creates radical newness. Once there was no Earth, then Earth appeared. Once there was no life, and life appeared.

Evolution raises consciousness and freedom through more complex order. According to Teilhard de Chardin, the great philosopher, the "noosphere," the mind sphere or the thinking layer of Earth, with all our Internet and global intelligence, is about "to get its collective eyes." We are about to connect center with center and heart with heart. Empathy is rising. Spirituality is growing. Healings are happening.

The Internet is connecting us everywhere. A "Wheel of Co-creation" is forming in every field and function — innovations in Energy, Health, Education, Conscious Business and Environmental awareness are accelerating and beginning to connect — a complete system breakthrough out of the complete system breakdown.

We need one more conscious effort to connect the positive

to make the shift in time — to midwife our own birth toward the next stage of our evolution. We may be one fraction of an evolutionary second from either connecting what is creative and loving and innovative... or devolution and extinction. This situation is dangerous... yet natural. What do we need to do right now?

I believe it is time to rapidly connect what is working in every field and function, and communicate through all media as fast as we can — our creativity, innovations and capacities — to make it through together. We should be calling upon each other — everyone on Earth to know that they have a part in this "birth." Each of us is given an impulse of evolution within, a heart's desire to realize our greater potential. Wherever we are, whatever our situation, we are capable of "giving a gift to the shift," from one phase of evolution to the next.

In 1984, I ran for Vice President on the Democratic ticket with Geraldine Ferraro — an idea campaign for a "Positive Future." I proposed a "Peace Room" as sophisticated as the war room in the office of the VP, to scan, map, connect, and communicate what is working. In my speech I shared, "It is now in our capacity to destroy civilization as we know it or to build a world of unprecedented opportunity for all people."

You can listen to my nomination speech on Youtube at: <http://www.youtube.com/watch?v=D1FWXm-8FGs> What we need is a "Peace Room" or a "Synergy Center," a new social function to connect the positive in time. December 22, 2012, has been selected as DAY ONE to consciously contribute to this process. It is our first Planetary Birth Day to celebrate the coming of the next era of evolution based on what works.



Birth 2012 has been initiated and will be produced by The Shift Network as a convergence of what is working; we will celebrate human creativity and call for the greatest experience of mass coherence and compassion the world has ever known. We will connect with positive innovations, projects, people, artists, musicians — every way we can to converge and emerge together as a newly-born planetary species. Won't you join us? www.Birth2012.com

Barbara Marx Hubbard has been called "the Voice for Conscious Evolution in our time" by Deepak Chopra and is the subject of Neale Donald Walsch's new book, *The Mother of Invention* (Hay House), now available at your local bookstores. A prolific author, visionary, social innovator, evolutionary thinker and educator, she is co-founder and chairperson of the Foundation for Conscious Evolution. She has recently partnered with The

Shift Network and is co-producing a global multimedia event called, "Birth 2012: Co-Creating a Planetary Shift" on December 22, 2012 — a historic, turning-point event; awakening the social, spiritual, scientific, and technological potential of humanity. Visit: www.evolve.org

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3 Keys to Activating Your Life Purpose

By Dr. Jean Houston

As I travel around the globe speaking and training, I have consistently found that most people ask me the same question, 'How do I discover my purpose in life?' In the past, who you became was determined by your family and circumstances. You didn't have much choice. But now there is an open moment in history where you have the chance to tap into the soul of your purpose.

Millions of people right now are experiencing a yearning and desire to awaken to their unique gifts and offer them in service to the world — while living a life of joy and fulfillment. It's a surging of the human spirit, a virtual global awakening, at a scale no one has ever seen before. Simply put, people are longing to finally feel fully alive and to fulfill their unique purpose in life.

So then why is living a life of meaning and purpose so difficult? It is because our current social systems have not been set up to prepare us to live a life of true purpose. That's because today's culture exists not to nurture our highest aspirations, but to ensure our basic survival.

Our educational system is designed to create good workers who will slot into jobs and careers later in life — not to empower fiery, creative people who are forging the path ahead together.

Our social contracts exist to perpetuate the status quo — not to encourage our highest potentials to blossom. Is it any wonder why so many people's best attempts to evolve themselves and our culture fall short of the goal? We simply haven't been trained in how to bring the possible future into the present.

It's not that they don't have the talent or interest to live a purposeful, meaningful life. The issue is far simpler. People struggle to activate their "purpose code" because they have not awakened to — or are only partially awake to — our situ-

ation as a human race. Most people hold onto the old, limiting beliefs of themselves and our human story.

Overwhelmed by all of the changes in the world around them, most people live their lives within a "small story," and therefore confine themselves to a "small self." That is why so many people feel they don't have a purpose, or aren't able to actually *live* the life they were born to live.

There is a saying that "What the caterpillar calls the end of the world, a master calls a butterfly." I believe it is butterfly time. Just as the guidance cells in the mush that is the caterpillar in its cocoon suddenly begin to activate the transformation of mush into a butterfly, this is the time when we realize that the guidance or imaginal cells of our bodies, our communities, and, yes, even of the cells of our planet are calling us to come together in all our parts to form something gorgeous, interdependent, living lightly on the Earth, cross pollinating cultures, ideas, spiritual forms, glowing with the light that suffuses us, becoming transparent to transcendence.

And to rise out of the mush we have been caught in these many hundreds of years and to take flight in the air of the new story which is emerging in our time.

For the fields we traverse, the many flowers of mind states and soul knowings we now enter are those that belong to the whole, earth, to many cultures, to what I am calling PanGaia. And as the butterfly pollinates and cross pollinates from place to place, flower to flower, so do we also if we have the will and the willingness to discover our purpose and be part of this extraordinary moment in time.

THREE KEYS TO EMPOWERING NEW BELIEFS

The first key to activating your life's purpose is to hold new beliefs about yourself and about your role in the Great Story of where humanity is headed.

Living a great life requires you understand the challenges and opportunities of our moment in history. To understand this for myself, I've gathered information from my work in over

100 countries and 40 different cultures, and what I've discovered has served as a sure guide on my path.

Specifically, I have found five great shifts in our understanding of the story of our time that are affecting everything we do today. I believe that awakening to the power of these shifts will help you cultivate your sense of compassion and of the infinite possibilities of this moment.

The five shifts are:

- Our understanding of who and what we are and what we need to become in order to be able to deal with the complexity of our time is evolving.
- Human societies are in the process of re-patterning. Social constructs are dissolving and new stories are emerging, such as the rise of women to a full partnership with men across the globe, and many others.
- How we conduct business and governance is shifting in the midst of vast ecological and financial changes. This is perhaps the most important social event of the last five thousand years, because these issues impact almost everything in our lives.
- The rise and fusion of different cultures — we are swiftly moving towards a planetary civilization that accentuates the uniqueness of each culture while

blending them together. Think of the great fusions of food and of music and of beliefs.

- Whole new orders of spirituality are emerging that are not about religion. The new cosmologies are giving us a view of ourselves that we never had before. For the first time ever, we find that we don't just live in the universe, but that the universe lives in us.

This journey begins by letting go of old beliefs and patterns to make room for the new beliefs and capacities that will empower you to awaken to and live your higher purpose.

The second key allows you to discover and realize the vast field of inner intelligences — using multiple means of knowing and being in order to gain insight into life at a level to which most people rarely have access. These skills are to be found on four levels of your human capacity: sensory-physical, psychological-emotional, mythic-symbolic, and unitive-spiritual.

As you learn how to utilize the extraordinary capacities to be found at each of these levels you literally move into new ways of being. For example, you will learn how to play with time in such a way as to take five minutes and experience it internally as hours — these are "hours" you can use to develop a skill or move a project forward.

You will learn to access "inner experts," willing helpers or personas that will help you navigate the complexity of life with elegance and confidence.

The third key gives you the means to break free from unconscious, habitual ways of reacting to life that were born thousands of years ago, and embrace higher ways of being for a new era. You will discover ways to move through life with ebullience in your bones and an appetite for celebration — seeing everything as an expression of the Creator. You will move through life, motivated not by guilt or obligation,

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The Heart of Applied Buddhism

Remembering to Remember

By Lama Surya Das

I love to read and to think, but I've learned over the years that concepts and thought can only take you so far. Moreover, you just can't believe whatever you read, or think either. But don't take my word for it; check it out! Thoughts are a good servant but a poor master; the problem is that we are too often in their thrall. Awareness is far broader and deeper.

Over twenty-five hundred years ago Buddha stated that anyone could become enlightened through applying his awareness-cultivation teachings. And many have reaped these blessed results — Buddhist and otherwise. This is the fundamental premise and promise of the Buddha's path of awakening, an illumined life. Total awareness is enlightenment.

We cultivate and develop this heightened awareness through mindfulness or remembering to remember: to recollect precisely what we're doing in the present moment, as well as who and what we are. Not just self-consciously to remember yourself, but to remember to recollect ourselves and what we're actually doing, here and now, as well as in the bigger picture.

Awareness is the alpha and the omega of the spiritual path. Parroting prayers or mindlessly practicing yoga, bows, or genuflections, while you are distractedly thinking of other things, is not much better than a praying mantis rubbing its little hands together over its prey.

Attention is the essence of the illumined life. This is precisely where the applied daily practice of mindfulness and present awareness, moment-to-moment sustained attention, proves invaluable. This effectively helps us to see deeper, live more closely aligned with our best selves and vital values, and catch ourselves and our priorities before other things catch us.

With this core practice of maintaining alert presence of mind, we can naturally begin to live in a more measured manner, slow down, and pay closer attention to things as they *are* — rather than as they are not, or how we would like them to be. We need to learn to savor the moments, rather than merely being caught up in our To-do lists, staggering forward on a treadmill of conditioning, mistaking mere movement for meaning. This is the main benefit of *remindfulness*, truly "a practice with benefits."

Let's look deeper, for everything we seek is within. How shall we truly recognize, realize, and actualize our best self, innate Buddha nature and divine life, here in this gritty world? Nine hundred years ago Tibet's supreme yogi-saint Milarepa sang: "The ultimate view is to observe one's mind, steadfastly and with determination."

How can we carry this holy fire down from the rarified Himalayan mountaintops and integrate transformative spirituality into our daily lives, here and now? This is the purpose of what I lovingly call Applied Buddhism, to actually implement these liberating tools and techniques into our modern lives through our own enlightenment day to day.

Let's consciously strive daily to bring the clear light of cosmic spirit into everyday life, in the form of Backyard Spirituality in all our relationships, at home, at work, in traffic and at play as well — for this is where the rubber really meets the road on the spiritual path.

Nowness-awareness is the Buddha-mind within each of us. One moment of total awareness

is one moment of freedom and enlightenment, as the Dzogchen meditation masters of Tibet tell us. *Be Here Now* is an evergreen aphorism and timely wisdom for today and tomorrow, and it lives with its mate *Be Love Now*. (These are both book titles by my brother Ram Dass.)

Remember to center in the holy moment right now, take a breath break, and sink your roots deep into the good earth of this miraculous moment and imbibe its nutritious, delectable essences, never taking it for granted even for a minute. In Buddhist lingo, awareness is all.

One of my favorite poets, the mystic William Blake, sang:

*"To see a world in a grain of sand
And heaven in a wildflower,
Hold infinity in the palm of your hand
And eternity in an hour."*

It is right here and now, in the actual application of present moment awareness, where

ever we may be, that we can find and experience the essence of Applied Buddhism, and enjoy living in what my new book calls Buddha Standard Time. "Learn to catch yourself before things catch you."

Applying present awareness — AKA mindfulness, a lucid and nonjudgmental, objective presence of mind — to whatever arises in the body-mind field of consciousness, we learn to smell and even taste the juicy bait of sensual perceptions without necessarily reacting impetuously according to our habitual desires and swallowing the whole thing hook, line and sinker, thus being pulled out of our element and to our death, spiritually speaking.

I call this living in Buddha Standard Time (BST), that great time zone of the Flow, the sacred zone, wholly *now* and in the timeless dimension which suffuses every moment of linear time, past, present and future. We overlook it at our peril.

People often ask: How can I make time for (———), when there is no time? Do I just have to get up earlier and stay up lat-

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A Deeper Calling

By Leslie Caplan

Earthquake kills 23,000 people. Twister splinters an entire town. Fires blaze through thousands of acres of forest. Flash flood drowns a community. Record heat wave leaves crops barren.

This is the world we live in. Every day there is threat of some devastation that slices through the illusion of certainty we have grown so accustomed to, reminding us how fragile life is.

And with this dawning of fragility comes a surge within me to sit and breathe in the depth of life I witness every moment of every day trembling inside my heart. A hurricane of fear, a tsunami of grief, a volcanic eruption of passion for a life that I must let go of, and detach from while simultaneously living it with all my might.

The inclination to hold on tightly to what inevitably slips right through my fingers strikes a lightning bolt through the center of my humanity, a thunderous roar echoing deep in the chambers of my love born from both sides of light and dark.

Accept loss forever, says Jack Kerouac.

A halting screech of resistance screams inside of me.

And yet, it's true. Loss is inevitable. To be human is to experience loss. There is a deep calling to accept this. To live full and fearless, I must accept this. There is an invitation to cultivate a depth of being that breathes awareness into every given moment. To be authentic, to love strong, to live a life that has some level of impact and purpose, to be inspired, to live courageously, to make the ordinary, extraordinary.

What happens "over there" is not "over there" anymore. It ripples out and affects us all.

*If you want to
change the world,
BE that change.*

— Mahatma Gandhi

It's not, "Oh my God, did you hear what happened in Japan?" It's, "Oh my God, look what is happening to us" — as a species, as a whole, as one connected to another and to everything.

There is no separation.

The woman who lost her son to the recklessness of war is me. The man who lost his family in the flood is me. The earthquake that killed 23,000 people is ME — my community, my humanity, my family. It is not THEM anymore, and it never was.

What is happening is happening to all of us. The poverty, the disease, the natural disasters wiping out thousands, all are personal to me. It is my self, my child, my lover, my sister, my best friend. It is the pulse of the main vein in a body that leads to the heart of everything. And it is alive in me. Demanding me to wake up and breathe like it's the last breath, dance as though it's the last song, make love like the earth is splitting open to swallow everything we know to be true.

Last month I was caregiving on a hospice team. An 80-year-old man breathing his last breath. I held his hand as he struggled to let go of his life. I leaned in close, whispered in his ear, "You can let go. You are safe, you are loved, you are free."

Within a few minutes, his eyes popped open, he looked at me, took one long deep inhalation as one single tear rolled down his weathered face, closed his eyes, and left the body that had been his companion for 80 years.

When I returned home, I received a call from a friend of mine. He was mesmerized by my story and asked me, Leslie, did you see angels around him? Did you feel them? What did they look like?

My answer to him was:

Maybe it's not about seeing angels, feeling them or sensing them. Maybe, it's about BEING the angel. And knowing there is no separation — not between me and this man who so bravely

took his last breath in front of me, and not between me and the angels that were there to guide him safely home. With life so tenuous, so fragile, so fleeting, the invitation is to become an angel in human form and somehow, amidst it all, ease this very human journey with waterfalls of love.

And by accepting loss forever.

Leslie Caplan is writer and artist living in Ashland, OR. You may contact her at courageousheart@live.com

Heart...

(Continued from page 29)

er, work faster, or what? How to find space in the pace? The greater underlying question is more along the lines of, "How can I give anything up? Everything feels equally important. I'm about to burn out here, but it doesn't feel safe to rest!"

Hmmm... I advise we do well to ask ourselves: What are my priorities? And learn to make some time for yourself, however brief. I myself manage to remember to take a breath, a breather; Take a Breath Break, and enjoy a Moment of Mindfulness many times, even throughout a busy day.

Present moment awareness is curative and the best natural medicine; it's refreshing and rejuvenating as well as healing, harmonizing and wholifying.

Let's learn to consciously exploit our own inner natural resources for a change and enter the realm of life in Buddha Standard Time. Turn the spotlight, the searchlight, inwards. All we seek can be found *within*. "Everything must be meditated." to quote the enlightened Gyalwang Drukpa Lama.

Each moment can be a stepping stone to nirvana, heaven, the pure land or paradise, the higher ground within us all. Nirvana is right here in the here and now, in this very moment. Now

is the only place to be.

This is why I try to live in Buddha Standard Time, the holy and entirely Now. Here's the secret: it's not time we lack, but focus, awareness and priorities. Simply applying present awareness is a homey yet potent, panacean practice, good for every occasion, not unlike blue jeans. So, pay attention, it pays off!

Beginning requires making a conscious effort to carry your mindful awareness practice into every activity; after a while, it starts to effortlessly carry you. Try practicing mindful eating, listening, walking, etc, along with mindfulness of bodily sensation and breath. This arm of our integrated mindfulness is the essence of Applied Buddhism. You can take this open secret to the bank or anywhere at all. This is the joy of meditation.

Lama Surya Das is a leading spokesperson for the emergent American Buddhism. The Dalai Lama affectionately calls him "the American Lama." A Buddhist teacher, scholar and meditation master who leads retreats worldwide, he is also the best-selling author of *Awakening the Buddha Within* and founder of the Dzogchen Center. His most recent release is *Buddha Standard Time: Awakening to the Infinite Possibilities of Now*. Visit his website at www.surya.org or follow his blog at www.askthelama.com

3 Keys...

(Continued from page 28)

but by gratitude and an abiding zest for doing the things that are called forth by living out of your higher purpose.

Dr. Jean Houston is a Scholar, Philosopher and one of the foremost visionary thinkers and doers of our time and is considered one of the principal founders of the Human Potential Movement. A powerful and dynamic speaker, she has served as consultant to several agencies of the U.N. including UNICEF and the UNDP. A prolific writer and author of 26 books including *A Passion for the Possible* and *The Mythic Life*, Dr. Houston has recently joined the faculty of Evolving Wisdom, today's fastest-growing global e-learning company specializing in transformative education, to provide her wisdom online in a cutting-edge format. She is presenting a FREE 75-minute downloadable audio seminar entitled *3 Keys to Discovering and Living Your True Purpose*, available now at www.DestinyandYou.com

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Best Practice for Detox

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

Do you mind if I ask you a few very important questions? Please be honest in answering them. Just by answering these questions honestly can change the way you think and feel every day, for the rest of your life!

Do you feel that you are sluggish and not as productive as you want to be?

Are you frustrated because your body's stamina does not support what your mind wants to do?

Does your body act old and feel old despite its age?

Is your mind foggy and are you unable to concentrate?

Do you feel that you have a lot of potential and yet are an under-achiever?

Do you wonder where you should go from here (in your life)?

If so, you need to detoxify and regenerate your body, mind and spirit. The following are a few simple steps for you to achieve ultimate physical, mental and spiritual fitness.

Step 1: Educate Yourself

Knowledge is power. Ignorance leads to confusion and inaction! Understanding is the key to all solutions! In my books,

Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing and *Healthy and Tasty: Dr. J's Anti-Yeast Cooking*, I provide you with detailed information to help you **understand why** you are suffering from physical, emotional, and spiritual imbalance, and **show you how** you can establish or restore **balance**. For those of you who are suffering from the symptoms mentioned above, these two books are must-reads. You can check them out from your local public library.

Step 2. Remove Toxins in Your Body

Step 1 is to get yourself educated, so that you are aware of the factors causing your imbalance. By avoiding feeding yeast and parasites in your body with their favorite food (including sugar, dairy, wheat, yeast, alcohol, nicotine and chemicals), you will be able to put healthy and nourishing food in your body and prevent your body from further abuse or misuse. However, if the abuse or misuse has been going on for many

years, you need to consider removing the existing toxins so that your body has a chance to heal!

The two most important tasks in removing the toxins in your body are controlling overgrowth and removing excess yeasts and parasites.

Yeasts and Parasite Control:

Yeast and parasites are like "Siamese Twins." They go hand in hand. Therefore, you need to use a formula that removes yeasts and parasites from your body simultaneously and very quickly. A good formula will enable you to see the evidence in your toilet almost instantly. The following are some evidence that you can expect to see.

Yeast Debris:

- Cotton- or hair-like stuff floating in the urine.
- Mucous in the urine or stool
- Cloudy urine
- Dark-colored urine with foul odor

Eggs of Parasites:

- Sesame seed-like stuff in the stool
- Sunflower seed-like stuff in the stool
- Broken corn-like stuff in the stool
- White or colored specks in the stool

Worms:

- Pin worms: Undigested fiber-like stuff sticking out from the stool, or tiny pin-like stuff floating in the toilet
- Hook worms: Spaghetti-like stuff in the stool
- Flat worms: Dark green colored, broken tree leaf-like stuff dancing in the water when the toilet is flushed

There are more than 250,000 species of yeasts and parasites. I can't describe all of them. The above are most commonly seen among people in Northern America. In other words, you have been feeding an "extended fam-

ily" involuntarily. **Not only do these enemies within (yeasts and parasites) suck your energy, they also deposit toxins after they have a rock 'n roll party in your body. That's why you often feel fatigued and suffer lots of allergic reactions.**

Cleansing the Debris & Toxins

When you take a good formula to remove excess yeast and parasites in your body, the "civil war" begins immediately. Quickly, you will see the defeated bodies of yeast and parasites on the battlefield — your body. Therefore, you need to take formulas designed to flush the debris and toxins. Using a potent formula to defeat and remove excess yeasts and parasites is like scrubbing the toilet; and using a cleansing formula is like flushing the toilet. You need to employ both in order to allow your body to have a clean slate to heal.

If you are plagued with the symptoms I listed in the beginning of this article, you'll need to continue with this cleansing process until you are symptom free. The general rule is that for one year of illness it takes at least one month to heal.

In the next article, I will discuss Step 3: How to Regenerate Hormonal System, and Step 4: How to Remove Mental Toxins, so that you can establish the total physical, mental and spiritual balance. Stay tuned.

Dr. Juliet Tien (Dr. J) is a leading expert in treating male or female yeast and parasitic infections, and over-weight or under-weight conditions. She is also the best-selling author of *Breaking the Yeast Curse: Food and Unconditional Love for Magic Healing* and *Healthy and Tasty: Dr. J's Anti-Yeast Cooking*.

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MUSIC Reviews

By Michael Diamond



BEN LEINBACH PRESENTS SANGHA

Various artists
www.benleinbach.com
www.whiteswanrecords.com

The title "Sangha," meaning "community," is most appropriate, since the album brings together some of the top artists in kirtan and mantra/chant music. The energizing force behind this communal creation is award-winning producer, composer, engineer, and multi-instrumentalist Ben Leinbach, who has been garnering a reputation as one of the top people in this increasingly popular genre.

Interestingly, most compilations are a collection of songs from existing albums, however the majority of songs on Sangha are original collaborations between Ben and each artist, created exclusively for this CD.

Members of the "community" include Jai Uttal (who Ben works with regularly), Deva Premal & Miten, Donna De Lorry, Mukti, Jaya Lakshmi, David Newman, Snatam Kaur, and Prajna Vieira. As expected, there is a strong Eastern influence, although it is not "traditional" Indian music.

Ben and the artists he worked with have done a masterful job of blending various influences, lending a 21st century aesthetic to an ancient art form. A good example of this is on "Rama Bolo" featuring Jai Uttal, which unfolds from its Indian roots, evolving eventually into a reggae groove complete with a cool wah-wah inflected guitar solo.

"Guru Brahma" featuring Donna De Lorry has a breezy smooth jazz feel, while "By Your Side" featuring Jaya Gurudev with David Newman, plays more like a lilting contemporary pop ballad. This

"re-imagining of the power and place of mantra in the modern world" gives the music a wide appeal that can open listener's ears to a new way of hearing these graceful songs of devotion.

LIA SCALLON

Crystal Keys
www.SoundsofSirius.com

Former actress Lia Scallon who once shared the stage with the likes of Cate Blanchett, Glenn Close, and Liam Neeson, has found a higher calling in music and the healing arts. The album's subtitle — "Songs To Awaken & Heal" — goes a long way in describing the intent of its creator. The soul-stirring sound of Lia's crystal clear voice at times evokes the ethereal ambience of fellow Irish-born recording artist Enya, although with its own distinctive quality and sense of purpose.

One will notice right away that the chants and lyrics are not in English, nor are they in any other language they might be familiar with. Lia describes her inspired vocalizations as a "Language Of Light."

Supporting Lia's vocals are a number of talented musicians with extensive and impressive music industry credentials. Although used subtly and sparingly, instrumentation features keyboards, flute, didgeridoo, Tibetan and crystal bowls, gongs, chimes, and a variety of percussion. The album is divided into ten tracks, each of which focuses on a different crystal or mineral such as sapphire, amethyst, clear quartz, emerald, ruby, etc.

Each song, like the stone it represents, reflects diverse facets. As mentioned earlier, there is a sense of purpose to this music. It is not created for "entertainment" as much as it is intended as a tool for inner attunement and uplifting the spirit. If this is the kind of experience that ap-

peals to you, Crystal Keys may just unlock the doors of perception and provide a glimpse beyond.

ARYEH FRANKFURTER & LISA LYNNE

Weaving Worlds
www.LionHarp.com
www.LisaLynne.com

"Weaving Worlds" is a harmonic convergence of the first magnitude. Lisa and Aryeh reprise the collaboration that began with their first CD together, "Two Worlds One," and adds the masterful flute work of Lisa's long-time musical friend George Tortorelli.

Listening to this music is like getting into a time machine and going back to when life was much simpler and music was "unplugged"... played on instruments handcrafted of wood and wire. Although Lisa and Aryeh are known for their harp artistry, there are a wide variety of instruments from around the world.

Lisa, whose music on the Windham Hill and New Earth labels has sold over one million

recordings in the past twenty years, plays Celtic harp, Ukrainian bandura, bouzouki, guitar & bass. Aryeh, who has performed around the world — from large outdoor festivals with thousands of people to a private performance for Prince Charles, adds Swedish Nyckelharpa, viola, violin, cello, guitar, cittern, hammer dulcimer, and Celtic harp.

There is something about the crystalline purity of the harp strings that speak to the soul like no other. I found that I got the most out of the music while listening with eyes closed, so as not to be aware of the contrivances of modern living that surround us. I couldn't help but reflect on what life must have been like when these kinds of sounds created the pop music of the day. I thoroughly enjoyed the sweet soulfulness and stunning virtuosity on the gentle tracks of "Weaving Worlds."

HENNIE BEKKER

Spectrum
www.henniebekker.com

Hennie Bekker is a multi-platinum-selling musician, a multi-

(Continued on page 41)



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Music fills the infinite
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— Ravindranath Tagore

BOOK Reviews

By *Sonia von Matt Stoddard*



THE RETURN OF THE REBEL ANGELS

The Urantia Mysteries and the Coming of the Light
By Timothy Wylie

This book draws directly from the Urantia Book and its organization, politics and geography, and what compiles the angelic realm as well as the Multiuniverse. If you have ever wanted a clear understanding of how the world of angels is structured, this book will give you a concise picture to use as a foundation to build upon.

Here we find a summary of the detailed history of this planet from its origin and origin of life, to its relationship with the angelic entities at the center of its cosmic drama. In part, and as a result of a war outside of our worldly universe, known as the Lucifer Rebellion, our planet has been quarantined and isolated, and we have lost touch with our rightful place within the universe.

Most recently, we are witnessing a return of the rebel mid-way angels who are now coming back to assist us in the coming

transformation of our world. The role of the midway angels, and how we can harness the events of their returns, represents the basis of what we are told here. By harnessing the wisdom of these other-beings, learning their truths and failings and by reconnecting with these entities, we are in a position to take full advantage of the possibilities to come through the coming global transformation.

Published by Bear & Company, this book is available at your local bookstore or on the website at www.BearandCompanyBooks.com

WORKING WITH ANGELS, FAIRIES & NATURE SPIRITS

By William Bloom

What exactly are angels and spirits and how does one communicate and work with them? The spirit world does truly exist and it is a relevant and real part of nature and our universe. This book is meant to be a practical resource and guidebook for those who have already experienced these beings and have an understanding of the depth to which they exist within our lives

already, as well as those who are newly pursuing this area of spiritual clarification.

Bloom shows us, with specific instructions, how to meet our guardian angel and how to recognize our individual animal spirit, as well as how to work with healing angels that govern over a broader range, such as community and nations. He discusses basic invitations and nurturing of established relationships.

Quite simply, the purpose of this endeavor is first to identify and describe these other-worldly beings who are available to us, then learn how to locate and communicate with them, share in their logic, experience and common sense, and build bridges between our worlds, in thought, imagination and action.

Published by Trafalgar Square Publishing, this book is available at your local bookstore or on the website at www.ipgbook.com

LIVING IN THE LIGHT

25th Anniversary Edition
Follow Your Inner Guidance to Create a New Life and a New World
By Shakti Gawain

Creative Visualization is one of the most importance techniques we can learn. It allows us to hear and listen to our inner guidance. Learning how *not* to control life, but rather to become conscious

of our different aspects and work within that framework, brings us to not only a better understanding of our scope in this universe, but shows us how to embrace it and develop deeper fulfillment through it.

We all have a higher power within us, as well as preconceived limitations as a result of our experiences. Listening to and trusting our intuition, recognizing harmony, exploring our many selves, meeting the male and female aspects of our personalities, then bringing these insights to fruition in work and play, are all discussed here at length.

This book helps us to allow our inner intuition to become the guiding force in our lives, while eschewing those emotional, non-rational fears that plague us. Personal fulfillment, aliveness and creativity result, and are made available to all those who are inspired by this updated approach to conscious living.

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

HEALED BY AN ANGEL

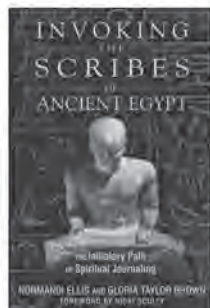
True Stories of Healing Miracles
By Jacky Newcomb

If you're looking for inspiration from real-life encounters with angels, you need look no more! Newcomb, also known as 'The Angel Lady,' is an angel and paranormal experiences expert, and an angel columnist, with many celebrity clients, invites us to visit her and her 'spooky life' and come away with insight about our own spiritual encounters.

Angels exist and miracles do happen. We are never alone and if we can tune in to the 'other side' we will find our loved ones, as well as be able to work with them and count on them

When one tugs at a single thing in nature, he finds it attached to the rest of this world.

— John Muir



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NORMANDI ELLIS and GLORIA TAYLOR BROWN
Foreword by Nicki Scully

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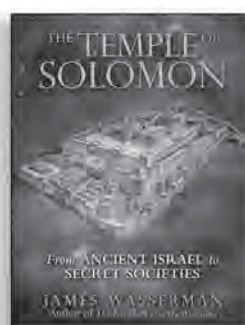
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for help within our world.

Included herein are stories mostly revolving around and involving a medical setting. We hear about nurses, hospitals and healings, miracle babies, mysterious strangers, life-saving voices, and chats with distant, long-departed relatives.

Through the use of these vivid illustrations, Newcomb shows us that we are never really alone, especially when we are in situations where physical and spiritual care run parallel to the universe of our dearly-departed protectors.

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

SYNCHRONICITY AND THE OTHER SIDE

Your Guide to Meaningful Connections with the Afterlife
By Trish & Rob MacGregor

A large percentage of our population believes in the survival of the soul after death. While there may be no exact science that can confirm this phenomenon, and many people have doubts, this fact has not been a deterrent to those who continue to examine the walls that seemingly separate our earth existence from something more ethereal and spiritual.

Using numerous stories about spirit contact, the authors serve as expert guides to the afterlife. According to them, the realm of the dead is buzzing with life, potential and promise. We can harness this synchronicity — the concept that some events and incidents are not *just* coincidence, but *meaningful* coincidence — into a way to connect and reconnect with loved ones during times of crisis and transition, as well as a way to gain everyday benevolence, when life is good to us.

The authors also discuss the thinking of some luminaries, like Jung, Lincoln and Twain, by folding in their colorful journeys and unique experiences to illustrate their points. Included in those discussions are topics like altered states, healing spirits, tricksters and our animal friends.

Published by Adams Media, this book is available at your local bookstore or www.adamsmedia.com

MUSIC Reviews

(Continued from page 39)

genre artist, as well as a gifted composer and arranger whose expansive discography includes over 60 albums. He also has one win and six nominations for the prestigious Juno Award, a Canadian music industry honor that is similar to a Grammy, and he has been named “one of the most prolific and successful figures in contemporary Canadian pop music” by Billboard Magazine. His collaboration on Dan Gibson’s Solitudes — Exploring Nature With Music resulted in a well-known series that has sold literally millions of copies.

Hennie’s latest release: “Spectrum” is a well-chosen compilation from a sampling from his many albums over the years. Subtitled: “An Anthology of Relaxing Instrumental Music,” the compositions showcase diversity, yet interestingly enough, exhibit a sense of cohesion that makes it feel like a body of work rather than a collage of unrelated tracks.

As a keyboardist extraordinaire, his lavish piano and synthesizers create a cinematic soundtrack with new-age and classical overtones, as well as providing backgrounds for the more rhythmic excursions, which reflect his native homeland of Africa.

I could not help being continuously impressed with Hennie’s compositional ability and the level of expertise and creative vision he brings to whatever style of music he plays. Rarely have I heard a recording artist able to cover such diverse musical terrain and do it so well. From tender piano melodies, to dreamy ambient soundscapes, and earthy African-influenced grooves, Hennie Bekker is a consummate composer and masterful musician.

The best way to find yourself
is to lose yourself in the
service of others.

— Mahatma Gandhi

JEFF OSTER

Surrender

www.jeffoster.com

Jeff Oster’s name is one I’ve been hearing quite a bit recently — often as a session musician on a number of new releases produced by Windham Hill Records founder William Ackerman, which I have had the pleasure to review. However, I was also familiar with Jeff’s own new release, “Surrender,” which was chosen by the nationally-syndicated Echoes radio program as the “CD of the Month” for September 2011.

What distinguishes him from nearly every other musician in this genre are his instruments of choice — trumpet and flugelhorn. Jeff is charting new sonic territory in his expansion of the instruments into a context of electronica, downtempo beats, and loop-based electro-orchestral bed tracks. Although a description of his music as “Miles meets Enya” is a good starting point, it soon transcends those references as various elements

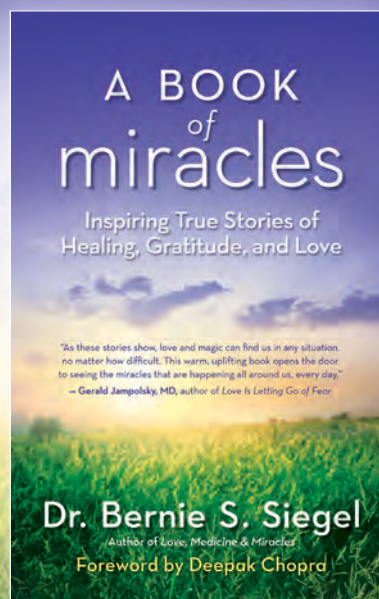
combine in audio alchemy.

He is joined by producer and engineering master, Bryan Carigan, who adds additional synthesizers, drum programming, and sound design, as well as having co-produced and co-written eight of the songs on this album. Also adding her own inimitable talents to a number of the compositions is vocalist Diane Arkenstone, who is an artist of note in her own right.

Trying to pick favorites on this CD is an exercise in futility, as literally every track is a winner. While there is indeed a dreamy, almost surreal quality to the music, it is infused with a cool urban vibe that makes it intriguing, entrancing, and irresistible.

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

Bernie Siegel’s Heartwarming and Heart-Opening Stories Gathered from Decades of Medical Practice



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KID'S Reviews

By Lyda Whiting

I SEE THE SUN IN AFGHANISTAN

Written by Dedie King
Illustrated by Judith Inglese

At dawn, the lambs bleat and the doves coo. The sun rises as the child walks with her sister to the well for the family's water. In the morning, she sits on the grass outside and listens to her teacher. At noon, she picks vegetables in the family garden.

In the afternoon, she works on a quilt with her mother and sister, then goes to the pasture to watch over the sheep. After dinner, she listens to the radio with her family, and then curls up to sleep next to her sister and cousins. The moon rises and the sheep fall asleep too.

This book brings children into village life in Afghanistan, where dinner is lamb stew and naan, and families make room in their homes for relatives displaced by war. Village elders meet daily, and tell children stories of their own childhood.

The simplicity of the story is part of the book's charm. The

child in the story tells about a day in her life. Young readers will be able to read the story themselves, with some assistance with the few Dari words that are included. Children love the delightful pictures. The illustrations are colorful collages of photographs and drawings that capture the routine and stark beauty of desert life in Afghanistan.

The book is written in both English and Dari (Afghan Farsi), which gives readers a glimpse into another written language. There is a glossary and an overview of the country for parents and teachers. This book is part of a series of books about children's lives in different countries.

Highly recommended for ages 3 and up.

Published by Satya House, this book is available at your local bookstore.

THE CAVE MONSTER

Written by Thomas & Peter Weck
Illustrated by Len DiSalvo

Lima Bear and his friends are off on another adventure when L. Joe Bean is captured by the Cave Monster. The friends decide to go to Black Cave at night, when they hope the Cave Monster will be asleep. But the cave is dark and scary, and it takes a great deal of courage to go in. Lima Bear leads the way, and there is L. Joe Bean, tied up and very

glad to see them. Suddenly, the Cave Monster appears. Will the heroes escape with their friend?

This fun story is full of action and excitement. The monster is just scary enough to keep kids enthralled, but not so scary that they will be afraid. The conclusion is funny and of course, everything works out in the end. Children will love the colorful characters and the funny illustrations. The pictures are large and vibrant, and are sure to appeal to young children.

There are wonderful messages underlying the fast-paced story. Children will love the example of friends working together and facing challenges even when scared.

This is a book in a series by this father-and-son writing team.

For ages 3 and up.

Published by Lima Bear Press, this book is available at your local bookstore.

JIMMY THE SQUIRREL

Written by Amr Taher
Illustrated by Natalya Graphics

Jimmy is working happily collecting nuts for the upcoming winter. He has lots of good friends and the forest is a wonderful home. But one day, a noisy monster roars through the forest, ripping up the trees and destroying the homes of all of the animals. Jimmy and the other squirrels barely escaped in time. What will they do now? All the food they have saved for the winter is gone, and it is no longer safe in the forest. Jimmy comes up with a daring plan to ride a human bus to a new forest!

When machines destroy Jimmy's forest, he and his friends must work together to find new homes. Jimmy's courage and leadership help his friends and family survive.

This book gets children to think about what happens to the animals when their forest homes are destroyed. It also en-

courages them to use their imaginations, help others, and take leadership when it is needed.

Children will love the bright colorful illustrations that keep the story from being too serious and scary. The pictures help kids empathize with the squirrels, and they will laugh at the squirrels playing cards and outwitting the bus driver.

Recommended for ages 3 and up.

Published by AuthorHouse, this book is available at your local bookstore.

THE ADVENTURES OF LUMI NARY LIGHT:

A Fairy Tale of A Teeny Tiny Angel
Written and illustrated by Sonya Haramis

Lumi is a very small angel who needs to earn her wings. Her task is to help two runaway children find their way home safely. On the way through the dark woods, Lumi takes them to meet magical beings — even the sun and the moon. She teaches them how to meditate, and gets help from a star. But will she be able to get the children home by dawn? Will Lumi earn her wings, or will they be trapped in the dark woods forever?

This lovely fairy tale will be cherished by children and their parents. The story is full of love and magic, and will charm young and old alike. Children will embrace the lovely message of hope and love, and will take little Lumi into their hearts.

This chapter book will be perfect for bedtime reading, and the charming drawings may encourage children to draw their own versions of Lumi and her magical friends. Parents will be able to use Lumi's lessons to help their children learn to visualize and meditate, just like the children in the book.

Recommended for ages 5 and up.

Published by Peace of the Dreamer, this book is available at your local bookstore.

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By Jesse Anson Dawn

Tips on Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 67), author of the national award-winning book **Never "Old,"** plus **The Rejuvenator's Bible**, speaks out about a most stirring subject: how to personally control the unwanted effects of "aging."

Presently answering the question:

"Dear Jesse, can your Awareness column tell us more about the very effective, self-induced, wrinkle-removing process that you call You-nity?"

Dear Readers,

During the decades that I've been developing this technique, I have found that it goes FAR beyond the results of any so-called "skin-saver" or "moisturizer" — all of which I have found to be relatively useless products that, quite often, actually **damage** the skin. But what I'm now revealing is not a pharmaceutical product, but a truly working, skin-renewal procedure — a process that takes just a few minutes a day to do.

The perpetually effective **You-nity** process, is one of the many true-to-life, mind-body-unifying and ((protection-energy)) practices detailed in my yet-to-be-published book — **The New Era of Consciousness**. And the following is quoted from that unique piece of work, where I describe the simply done, breakthrough procedure that I call:

THE YOU-NITY SESSION

The most therapeutic way to spark the **You-nity** process, is to focus on an important (but usually neglected) part of your body — an area at the back of your neck that can be **heard, felt and found**, simply by tilting your head from side-to-side, or rolling it in a circle...

Okay then, if you did that, I'm sure that you heard a small crackling-sound that comes from

a wad of pain and tension (located at the top of your spine). And what that glob of neck-pain is, dear reader, is an area that I call the **Ex-tensioning Spot** (or the **X-Spot**), what biology books call the medulla oblongata, "tree-trunk" of the brain — through which the mind's nerve-cell, healing-messages travel to the rest of your body. But whatever you call that body-controlling, highly significant spot doesn't really matter, just so you don't forget to keep it unclogged, as any blockage there inhibits mind-power prevention of physical decay (much like having a leak in your brain-to-body-unity, fuel line).

And so we begin a (pain-relieving/self-renewing) **You-nity Session** by de-tensioning the **X-Spot** area, easily done by raking away the (stiffness) there with a press-and-release, kneading motion — a softly applied stress-reliever that utilizes the healing-emanations of your fingers.

Then, following that brief process, the next step of the **You-nity Session** is to use your precious fingers to do a **perpetually** activated, ((mind-powered)), facial-massage — a procedure that **truly** diminishes what has come to be called "wrinkles."

Wrinkles, shrinkles, and why are alive (and thereby **changeable**), energy-controlled things labeled a noun? And so to revise our perception of so-called "wrinkles" — we can give them some verbal energy by calling them wrinkling, because with a new name, they take on a newly clarified identity, and thereby become much more **controllable**.

And it's amid an increased comprehension of body-control that this de-wrinkling process is successfully actualized, especially while realizing this crucial fact:

Beneath every "wrinkle" there

is a wad of pain (an ache quickly felt when you rub that facial indentation). And that small (pocket of pain) is **THE** factor which **CAUSES** a (muscle-tension) "wrinkle" to happen. Therefore, **TRULY EFFECTIVE**, self-induced, de-wrinkling is mainly activated by one **VITAL** process: **massaging away the pain (that lurks beneath EVERY "wrinkle")**.

Thus newly-empowered by knowing **WHY** so-called "wrinkles" appear, you can further maximize the results of these sessions by realizing another significant fact:

SKIN IS 70-PERCENT WATER, and because all lotions and creams are HEAVIER than water, they CANNOT be absorbed into skin, a factor that makes WATER THE ONLY TRUE "MOISTURIZER."

Therefore, the **You-nity** process is best done while keeping fingers wet with plain water. And if you have unwanted (pain-lines) on your forehead, that's a good place to start this daily skin-healing procedure.

An especially effective way to diminish forehead wrinkling, is by pulling the skin there **upward** towards your hair, using a continuous finger-raking motion. This technique is greatly helped by visualizing the pain (that's under **EVERY** "wrinkle") going directly to the **CENTER** of your mind (where all painful discomfort is

duly relieved, by a central-brain-secretion called "endorphins").

Then, the same finger-raking process can sweep-away the "crows feet" (that may occur in the eye-area) — again removing unwanted "wrinkles" by pushing them **backwards** into the (central-brain/endorphin-area) — where pain and tension is immediately **RELEASED**.

And by utilizing this same (pocket-of-stress) relieving method, you can capably massage-away the "jowls" (that may appear on both sides of your nose).

But to make this skin-saving, willpower-strengthening process **perpetually** accomplished, it needs to be done **DAILY** — all while re-minding yourself of this steadily useful fact:

When you tell yourself to walk, you walk, and when you tell your hand to write something, **HELLO**, it gets written, because your body is **SUPPOSED** to follow your directions, true? And so why shouldn't you at least **TRY** the **You-nity/Skin-Renewal** technique, just to **SEE** if you can **MAKE** it work?

And with that suggestion (hopefully)((internalized), let me wish you all **happily, willpower-directed holidays**, and also **happy PERPETUAL rejuvenating!**

True Youthman Jesse will answer any questions (about real rejuvenation and protection-energy))) by emailing him at jesseisforreal@yahoo.com





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REFLEXIONS BELFEXIONH2

By Robert Ross



Rescue Nation

*"Rescue me
Oh take me in your arms
Rescue me
I want your tender charms
'Coz I'm lonely and I'm blue
I need you and your love too"*

— Aretha Franklin

There was a time when Aretha's words "rescue me" were about love and relationships. The times have changed. Today, "rescue" and "financial assistance" are more likely to be used in the same sentence.

Rescue Thee

Where did it all start . . . these huge financial rescues, bailouts, helping hands? Did it start with Lehman Brothers, General Motors, Fannie Mae, Freddie Mac, AIG, along with a litany of "too big to fail" financial institutions? And, when did it become the unofficial law of the land, or should I say law of the world, that the taxpayer would be put on the hook for someone else's greed and misdeeds?

The near financial collapse of 2008 was the official kickoff of this mega-rescue phenomena. Economists claimed that this financial storm came out of the blue, a rogue wave. Although many, including the Awareness readers, were alerted to this

coming financial crisis as early as 2005 (*Google: Awareness Reflexions Coming Financial Storm*).

So here we are, 2011, we've bailed out the Wall Street crowd, we've bailed out General Motors and Chrysler. And, we're about ready to bailout the U.S. Post office — for the umpteenth time. We've gone along with "quantitative easing" (printing money) from the Federal Reserve, and we've increased the U.S. National debt by five-trillion dollars since 2008.

To make matters worse, bailouts have morphed from rescuing debt-laden companies, to bailing out nations nearing default, with Greece currently receiving its sixth financial tranche (installment), and Italy, Spain and Portugal moving toward the queue.

According to Michael Lewis' book *Boomerang*, Greece ran up astonishing debts — from high-paying government jobs and generous pensions, as well as waste, bribery and theft. This debt came to "about \$1.2 trillion, or more than a quarter-million dollars for every working Greek."

In just the last 12 years, Lewis says, "the wage bill of the Greek public sector has doubled, in

real terms" with the average government job now paying almost three times the average private sector job. Those who work in jobs classified as "arduous" can retire and start collecting pensions,

Lewis adds, "as early as 55 for men and 50 for women." Apparently more than 600 Greek professions have somehow managed "to get themselves classified as arduous: hairdressers, radio announcers, waiters, musicians, and on and on and on." And who foots this bill for Greece's misdeeds? the most productive nation in Europe, Germany. The German taxpayer will be paying the lion's share, and paying, and paying and . . .

Back in the U.S., as of this writing, the President and Congress are putting together another "rescue package" to the tune of 400 plus billion dollars. This current rescue package is "to get Americans back to work." This of course, is following a trillion-dollar rescue program for "shovel-ready jobs" two years ago, that didn't work.

Pillow Time

So, where's this all going? A financial armageddon, or do we muddle though . . . everything hunky-dory in a few months, perhaps a year? I turn on the AM radio, and every 15 minutes hear an ad stating that the economy is coming unraveled and I should buy gold.

I turn on the T.V. news and hear that people are disturbed by the debt and irresponsible behavior coming out of both parties in Washington, and have organized into a new political

party. Many T.V. political pundits refer to these people in the most unflattering terms. So much for sticking one's neck out. I turn off the T.V., turn off the radio, and reach for a pillow.

Will the economy be righted with yet another bail-out program? Are we going to be treated to another catchy phrase like "shovel ready?" Do we need more quantitative easing and another increase in the National Debt? that's the direction we're heading in. However, I'm not convinced it'll work. In our attempt to get back to where we were — the good times — in the eighties and nineties, we're failing to look at the bigger picture.

We have many unresolved financial issues like unfunded entitlements which are staring us in the face. Our manufacturing base has been decimated and now government jobs outnumber manufacturing jobs (sound like Greece?) And, no politician wants to suggest drastic cutbacks in any entitlement, let alone a balanced budget. So the problems grow and grow, and the debt grows and grows, and the bailouts grow and grow.

In 2008, the nation voted for "hope and change." The hope has faded, with excessively large unemployed numbers and an unsustainable debt. The "change" that many sought, will probably be foisted upon us, whether we like it or not. And, what will the change look like? Don't know, but my gut says it's coming, and it won't be a flowery cliché.

In the meantime, I going to put my head back under the pillow; there's this jingle that keeps floating around — something about rescues and love:

*"Rescue me
Oh take me in your arms
Rescue me
I want your tender charms
'Coz I'm lonely and I'm blue
I need you and your love too."*

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

By Jenny T. Liu, M.A.

2012 Feng Shui in the Home and Office

The Lunar New Year of the Dragon begins January 23, 2012. The fresh year marks a time of shedding the old and bringing in the new. As part of this tradition, my father, Grandmaster Chi Jen Liu, and I study the Chinese almanac, Yi-Jing, and the Flying Nine Star charts to forecast what the new year brings.

The following is a summary of the energies you may expect in the various directions of your homes and offices in 2012. By adjusting your feng shui before the Lunar New Year begins, your catalysts will be in place so that you can ease into the new year.

CENTER

The center represents an overview of the energies for 2012. There will be a return of wealth, particularly for those who are up-to-date with skills and technology. Be aware of conflict between the senior and junior males. Females continue to be stronger. Open windows and remove clutter to keep energies in the center of the house flowing and bright. Ringing a bell or gong purifies the energy.

EAST

Supportive people will arrive through the east-facing door. If you have an east office, you can expect a promotion or a raise. However, women working in an incompatible east room need to be extra careful with communication and paperwork. Honesty keeps married couples in the east room happy and healthy. Use the fire element to activate positive relations by painting the east wall red or hanging a lantern in the east corner.

NORTH

Middle-aged men with a north office benefit to think before they act. Women in the north room are prone to stress, which

can cause imbalance in their relationships. Take precautions to prevent fire, fighting, or adultery if you have a north room or entry. Implement the metal element by using gold colors. Place clear quartz by your bedside to bring stability and to compensate for weaker energies.

NORTHEAST

Opportunity comes to those in a northeast room. Dynamic energy spurs celebrations in homes and offices with a northeast door. Those sleeping in the northeast room must be aware of addictive behavior and overt sexual relations. Northeast offices experience prosperity, but beware of temptation and greed. Married couples that want to get pregnant do best to conceive in the northeast bedroom. Plants promote growth, increase oxygen, and neutralize negative energy in northeast rooms.

NORTHWEST

Those with a northwest room need to be aware of confrontations. Keeping a cool head is invaluable to resolving problems. For businesses with a northwest door or office, mismanagement leads to being cheated. Encourage strong teamwork and double check vital work. Do not burn candles in the northwest sector of your home. Keeping the northwest room bright with a lamp enhances clarity, reputation, and business.

SOUTH

Making effort to take things in stride is necessary to overcome conflicts in the south room. Those with a south room do well to expand their knowledge and skills. Males using a south door or room may be prone to reckless behavior. Find a trustworthy friend to guide a male in this position. The wood element

in the form of living plants and images of gardens or forests inspire growth and balance.

SOUTHEAST

The southeast energies are the most volatile this year. Try to avoid using the southeast door, office, or bedroom. People tend to fight in the southeast room. This tension may induce ailments. Females can be prone to anxiety and reproductive issues and should be careful of overdosing if taking medication. Businesses with a southeast door or office should avoid making large investments in 2012. Keep the southeast room bright, well ventilated, and incorporate peaceful imagery.

SOUTHWEST

Patience, forgiveness, and compromise are needed for those in the southwest room. Get expert advice when it comes to making vital decisions. The southwest provides an inherent energy of replanting and re-establishment. Eldest daughters who sleep in an incompatible southwest room or enter through

the southwest door may be prone to toxins, skin rashes, or injury to the arms and legs. Rose quartz in the southwest room releases stress and enhances relationships.

WEST

Good news regarding work and money is announced, particularly for the younger generations. Those opening a new business with a compatible west entry enjoy income. If you have a west bedroom, romance and prosperity are headed your way. Young working men tend to push themselves to their limits. Females grow as they attain licensing and promotion in the west office. Place eight blossoming red flowers in the west corner to bring blooming business and helpful people.

Master Jenny Liu holds a Bachelors Degree in Environmental Design from UC Berkeley and a Masters Degree in Architecture from UCLA. She is an expert in Feng Shui who shares her knowledge through consultations, seminars, periodicals, and the internet. For more information, see Liu-Fengshui.com



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Musings

By Mystic Trish®

Cool Yule

I hope you are having a "Cool Yule!" The Winter Solstice, also known as Yule, is the celebration of the longest night of the year and the return of the Sun. It is a time to trim the tree, sing a few carols, start a fire, and get comfortable for the longest night of the year.

When people talk about "That Old Time Religion," I smile because they usually do not realize how old those religious traditions really are! Have you ever wondered where some of our celebratory traditions come from? I did; so I went searching. I discovered that Winter Solstice is really a birthday party and a

baby shower all in one.

When you put up your Christmas tree this year you can reflect on its origins. The Christmas tree has a very ancient past; it appears in diverse traditions from around the ancient world. Did you know that the Romans had a festival celebrating the return of the infant solar god Attis? It was celebrated every December 25. A decorated pine tree was triumphantly carried into Rome to start the festival.

Like all evergreens the pine tree stood for a promise of eternal life because it kept its vital appearance even when other plants died during the winter.

The pine tree is also associated with Isis and Osiris and the birth of their son, Horus. According to myth, Isis flew to the pine tree enshrouding her husband's body and hovered over it, sweetly singing Osiris back to life. This is one of the first references to a winged super natural being I have found in ancient history. To me this sounds like an early description of an angel.

The Celebration of the birth of the Sun/Son pre-dates recorded history. There are numerous statues of Isis holding baby Horus at her breast just like the enumerable paintings of the Virgin Mary holding baby Jesus. Many archaeologists and art historians draw a direct parallel between the two images. It is easy to see why when comparing these works of art. Horus and Attis are just two of the solar babies who represent the returning sun. Moreover, legend says both were also virgin births.

So when you sing "Silent Night" this year reflect on the fact that Jesus was not the original reason behind our annual winter celebration. In the Pagan world, people were celebrating the fact that Mother Earth had given birth to a new sun/son and that the world would emerge from darkness — "All is calm, all is bright."

The Yule log has a long history throughout the world. It has been called many things but its purpose is universal. The burning of a large log on the darkest, longest night of the year is a form of sympathetic magic. Sympathetic magic has been used from the beginning of time by all cultures. When ancient people lit a large fire on the longest night of

the year, they were showing the Sun what they wanted.

Originally, people built large bonfires on the highest hill in the area and kept those fires burning all night. They would celebrate and make noise to keep away the darkness. (Sounds a bit like a New Years Eve party!) The people were keeping faith with the sun that it would come back. Eventually these fires took the form of a large log that was ritually decorated and used as a symbol for the fires.

The Jewish tradition of lighting the Menorah to celebrate Hanukkah is also a tradition of keeping faith in the returning of the light. The miracle of the oil in one vessel lasting 8 days till more could be prepared was a show of faith in the returning light of God. I have always thought the Menorah resembled a tree and reminded me of the Kabbalistic tree of life.

Winter is also the season ruled by Earth, which is the direction of north on the wheel of the year. This is the season correlated with old age and wisdom. This brings us to Santa Clause. There are clues to the real identity of Santa Clause.

He comes down a chimney like a traditional shaman would in folklore tales from Europe. The word "shaman" is an old Siberian term for shape shifter and magician. Indeed, Santa lives at the North Pole, a place traditionally associated with the land of spirits or the dead. Let's face it Santa is a big happy Gnome. "HOHOHO"

The images and symbols that we use at Christmas time are packed full of ancient meaning. All along, humanity has been celebrating the annual turn of the solar wheel and the return of the light, no matter what they called it. So regardless of what tradition you celebrate this year, I am wishing you a Cool Yule and a safe and Happy New Year!

Blessings to all and to all A Good Night.

Mystic Trish.

Trisha Howe is a born intuitive who started psychic training at age 15. She has over 30 years' experience in Intuitive Counseling, Crystal Healing, Tarot, Mediumship, and Clairvoyance. Contact her at Mystictrish@cox.net or at (949) 493-0705.

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PLEASE
RECYCLE



AWARENESS

Why Are So Many Pets Named Angel?

By Allen and Linda Anderson

Over the years, we have received thousands of animal stories from all over the world. Many of them have as their subjects cats, dogs, horses, rabbits, and fish with the name of Angel. Most pets receive names as babies before their personalities emerge, so people must associate animals with celestial beings.

We chose to name our project the Angel Animals Network for the same reason that we think people look at an animal and the word angel comes to mind. Animals, like angels, bring out the best in human nature. They lift us up from despair to hope, from apathy to caring, from selfishness to service. Even if pets are called by other names, an angelic nature is evident from the glow of unconditional love in their eyes.

And then there are animals who become heroes by protecting or saving the lives of others. Some are heroes with one courageous act. Others consistently give of themselves to bring joy and comfort to those who need them.

ANGEL, OUR HERO HORSE

Judy Moratis lives on a hobby farm in Ottertail, Minnesota where she and her husband have twelve miniature horses. One of the horses communicated to Judy that she wanted to be called Angel. Then Angel went on to live up to her name. We published Judy's story below in the February 1, 2010 issue of Angel Animals Story of the Week.

In 2003, my husband and I started looking into raising miniature horses on our hobby farm. I remembered when I was in my twenties, I saw a tiny miniature horse at the Minnesota State Fair. I began reading about them. The

more I read, the more interested I became. I looked on the internet, hoping to purchase a miniature horse but without any success.

It wasn't until the summer of 2004, while I was at work, that I found an ad for miniature horses. When I called about the ad, the man on the other end said, "Come take a look."

When the weekend arrived, my husband and I took a drive to look at the horses. To my husband's surprise the address belonged to his old friend, Wayne. Before I knew it the three of us were trudging through Wayne's swampy field to get to his herd of miniature horses.

There were so many of all sizes and colors. As we visited with Wayne and talked about the horses, I told him that I didn't know how to pick from so

many. Just after saying this, I felt a nudge on my back. I turned around to see a brown pinto mare. I told Wayne and my husband, "Well, guess she's saying 'pick me'." This horse broke the ice, and I was able to pick a few more minis. Yah know, you can't have just one.

We finished visiting and then made arrangements for delivery. On the way home I told my husband, "The horse who nudged me on the back, her name is Angel." I don't know why, but the name just came to me.

After the horse's registration papers came in the mail, I couldn't help noticing that Angel's birth date was the same as my youngest sister, Jackie. My sister had passed away unexpectedly. My mother passed away a year and half later. Life wasn't the same without them.



My sister loved all animals. After she passed away, my mother began collecting angels.

I think back to that afternoon of being out in Wayne's pasture with all those horses, and Angel nudging me on the back. I believe the Lord was telling me my mother's and sister's spirits were with me. And this horse has proven to me that she truly is an angel.

Angel saved a newborn foal in Spring 2009. One of my mares was a first-time mom who was having her foal early. She didn't have enough mother's milk, and her foal was getting weak. With only minutes to spare she needed more mother's milk. I was afraid we'd lose the filly.

I remembered that our vet-

(Continued on page 48)

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Photo © David Schrichte

PET Corner

(Continued from page 47)

erinarian had said, "A mare may let another foal nurse, but rarely does it happen." I thought I'd see if Angel would let this newborn filly nurse on her. With Angel's own colt nursing on one side and the filly on the other, it made for an awesome sight. Before long, the filly was standing strong and able to reunite with her mother.

Angel has given us beautiful foals. She has become our herd angel master over eleven other horses. When we are outside, Angel stands modestly in our pasture. She gives a soft, subtle whinny, telling us she is near, and everything is all right.

ANGELIQUE OF MY DREAMS

Linda K. Watts is a professor of anthropology at the University of Colorado in Colorado Springs. She wrote to us about a dream in which she saw a female artist who had created a small, gossamer, white and gold-laced pair of wings loosely attached to a lime-green harness.

The artist showed Linda a charcoal drawing of two cats and a dog, both with angel wings. She asked Linda, "Do you know of an animal who has become an angel and whether the animal will stay that way forever?" Linda sensed that the woman was sad and had recently lost an animal companion.

Linda writes, "I closed my eyes to ask that question inwardly of the Sources that Be. And I asked to be given the right words to say in order to answer the woman's sincere question. Then the words came through me as I spoke to her.

"I believe when animal Souls become angels, they take that form on the astral plane. Things that happen in the astral region, which is just beyond the physical realm, seem to take a lot longer than in the physical time-sense. But anything that forms on the astral will eventually change. Souls that at first, take an angel form, will go on with their journey." The answer relieved the woman, and Linda awoke from the dream.

Linda thought about the dream's meaning. That winter night, she had awakened and spoke to her two-year-old orange-white, golden-eyed kitten Emily who nestled between Linda's legs to stay warm. Without thinking, she had called Emily various names that night — Angelica, Angelina, Angelique — trying to discover which was truly hers. Linda had settled on the name Angelique. Then she fell back asleep and had the dream in which the woman artist asked her the question about animal angels.

Perhaps, unbeknownst to anyone who gives a name to a pet, there is a deep, hidden, inner name that reflects the animal's true angelic nature. Perhaps the angel in each animal only needs to awaken the dreamer in all of us for truth to be revealed.

Allen and Linda Anderson are founders of the Angel Animals Network. Their new book, published by New World Library, is *Animals and the Kids Who Love Them: Extraordinary True Stories of Hope, Healing, and Compassion*. Allen and Linda are now offering an exciting course — *Woof, Meow, Write, Publish: Writing about Pets and Animals for Love and Money* at www.allenandlindaanderson.com. Subscribe to their free, online newsletter at www.angelanimals.net and follow them on Facebook and Twitter @angelanimals.



Voices of Hope

By Audrey Hope

MY MIRROR CALLS

My mirror calls me

A master, it sees...

I have survived the tempests, the challenges, and the waiting—
The endless waiting!

I have overcome planetary changes, new alignments, and all the
energy shi(fts).

I have been tossed and turned and rebuilt again.

And then one more time.

I had a dream, and did everything to get it,
And I didn't, and I triumphed over that too.
Then there were the relationships dramas,
The karmic fires, the onion peels of my soul.
There were the failed attempts at the law of attraction,
And the constant pounding in my head to think positive and create
reality!

But now I see,

We are in training to become:

A galactic soul at the end of the Mayan calendar,
The gold in the alchemy,
The phoenix out of the ashes!

My friends are all here with me,

In the same power club,

With jobs as stellar pillars to hold the light.

A sacred quest sewn into our DNA,
that cannot be washed out, though we have tried.

And all the while watching an unfair world,
And all the while clearing our chalice,
To contain the gold.

We are the miracle brigade of 2012,

Neutral and supreme!

We can blaze out darkness,

And blind everything with love.

In spite of it all, no matter what, and after all the pain,

And god must be astounded!

Audrey Hope is a spiritual counselor and host/producer of REAL WOMEN, an international award-winning talk show dedicated to life-altering perspectives. Visit: www.hopesrealwomen.com and audreyhope.com Her CD, The High Voltage Hope System, is now available on amazon.com



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ONGOING

Wednesday Spiritual Circle at 7:30pm. Experience Meditations, Inspirational Uplifting and Guidance. Sunday Celebration Service 10:30am. Teaching of the Inner Christ, 1775 Bellflower Blvd, Long Beach 90815, (562) 498-9211, www.teachingoftheinnerchrist.com

Monday Night Meditation hosted by www.Meditations2Go.com. Every Monday night 7:30-8:45pm. Akashic Bookshop, Thousand Oaks. (805) 495-5824. Visit: www.meditations2go.com/classes/.

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Spiritual Economics — Wednesdays, November 9-December 7, 1-3pm. Ever wonder how economics can be spiritual? This course brings the book *Spiritual Economics* by Eric Butterworth to life. Unity of Tustin, 14402 Prospect, Tustin, www.unitytustin.org

Meditation and Pranic Healing with Daniel O'Hara. Thursdays, 7:30-9:30pm. Unity of Tustin, 14402 Prospect, Tustin, www.unitytustin.org

A Course in Miracles Study Group with David Nowe. Fridays, 7-9pm. Unity of Tustin,

14402 Prospect, Tustin, www.unitytustin.org

NOVEMBER

November 4-7 — Celebrate Your Life, Phoenix. Life-changing workshops featuring Wayne Dyer, Dr. Andrew Weil, Doreen Virtue, Neale Donald Walsch, Gregg Braden and much more. (877) 300-7352, www.celebrateyourlife.org

November 11 — The Legions of Light invite you to activate your Diamond Heart on 11/11/11. www.IAMFreeToBe.me

November 11-13 — 11-11-11 Crystal Skulls World Mysteries Gateway Event. Sheraton Gateway Hotel, LA. Conference will cover two days of speakers including ancient crystal skull guardians, Mayan elders and researchers plus prayers, ceremonies, music and celebration. Speakers include Stephen Mehler, Raymond Tarpey and Hunbatz Men. (520) 304-2558, www.crystalskullsevent.com

November 12 — Transmission - A Powerful Group Meditation! Hear Dick Larson explain how Transmission Meditation can change your life — and the world! Learn why Transmission is more potent than other meditations, and where to find a group. The Living Temple, 7561 Center Avenue #24, Huntington Beach. 7:00-9:00 pm. Free! www.TransmissionMeditation.org

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December 4 — A Mystical Christmas! This workshop explores the metaphysics of the Christmas story told in the Gospels, using ideas, images and process to guide participants in drawing from their own inner well of wisdom. 1:30-4:30pm. Unity of Tustin, 14402 Prospect, Tustin, www.unitytustin.org

December 31-January 1 — Got 2012? Light up the grids New Years Eve party & retreat at www.angelvalley.org (lodging & retreat area) in the Sedona, Az Vortex! Be part of this prophesy and partial fund-raiser to usher in the Golden Age of Aquarius. Workshops, music, dancing, food and more... for detailed information contact www.LaurieReyon.com, e-mail: LaurieReyon@yahoo.com, (619) 271-9461 or Nancy Glaser (producer) at (619) 364-6591. Can't attend? Unite with 144,000 spiritual people to send light prayers, and positive invocations to the planet anytime on Dec 31st. Thank You

JANUARY

January 7 — Women's 2012 New Year's Creation Celebration Retreat. Saturday, Huntington Beach. Join this powerful, profound and play-filled day with your spiritual sisters! (714) 478-9561.

Raw Spirit Festival Comes To Phoenix for New Years Eve!

How are you honoring your self by welcoming 2012? Raw Spirit Festival invites you to join us New Year's Eve in the most elegant, sweetly-spiritual, healthful, cutting-edge, fun-loving, conscious, abundant, musical, interconnected way imaginable from December 30, 2011 to January 1st, 2012. The event will be held at Phoenix's most magnificent 5 star resort, the JW Marriott Desert Ridge.

With a theme of "Inspiration, Education, Meditation & Celebration," participants can expect to have plenty of fun while learning the latest information in health, eco and spiritual living via dynamic presentations and musical performances, including educational sessions by an eclectic array of doctors who are also research authors on natural health. Plus, raw vegan chefs will offer organic raw vegan demos & tastings, amidst a plethora of playshops on yoga, dancing, meditation, singing and more.

According to festival founder Happy Oasis, "This is much more than a vibrant vegan festival. Our vision is to integrate healthy living, eco-sustainable solutions, music, art, and world peace while creating a community of funlovingkindness, because together these comprise a comprehensive strategy for positively addressing current global challenges."

Billed as "the world's leading, largest and longest-lived raw vegan-eco-peace celebration," the Raw Spirit Festival is a 501c3 educational non profit that offered its first festival in Sedona, Arizona in May of 2005. Raw Spirit is seeking sponsors and donors so that it can continue to serve, play and grow for years to come.

For more information, call (928) 308-2146 or email info@rawspirit.com. Tickets are limited and pre-registration is recommended. Visit: www.RawSpirit.com or see ad on the back cover.

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