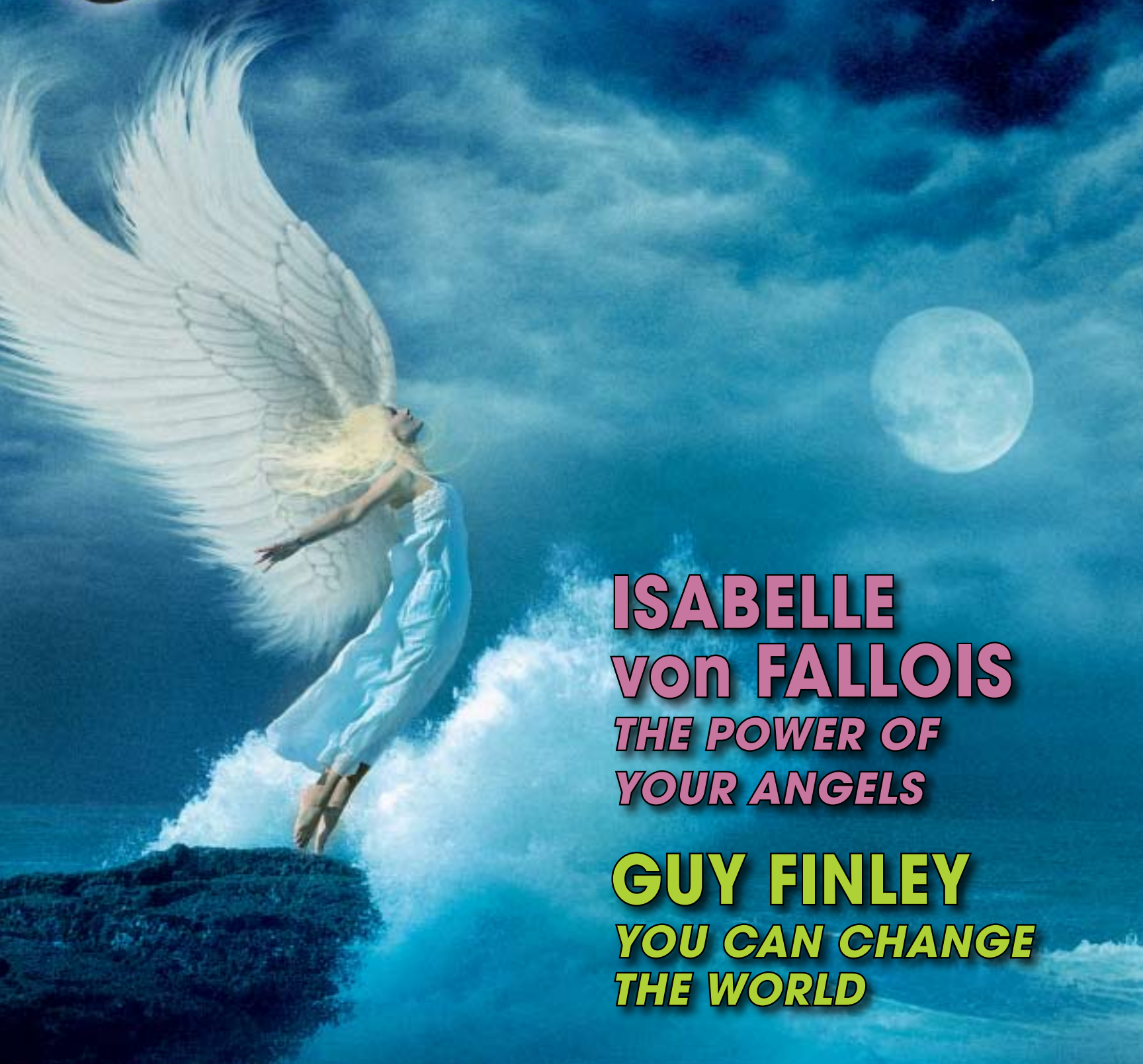


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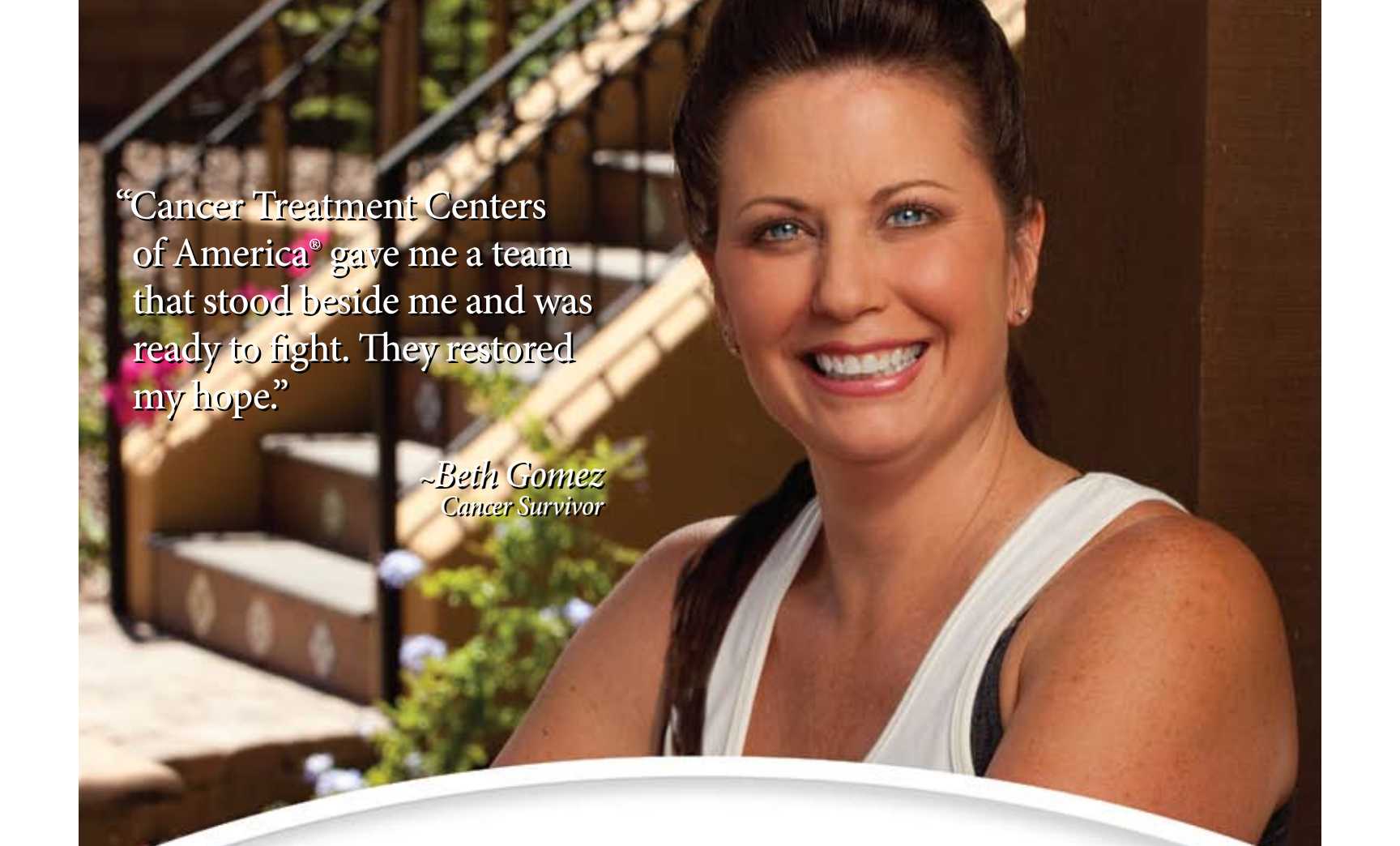
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VOLUME 20, NO. 6



**ISABELLE
von FALLOIS**
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Southern California's Guide to Conscious Living

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The Power of Your Angels

28 Days to Finding Your Path and Realizing Your Life's Dreams

An interview with **ISABELLE von FALLOIS**

By Randy Peyser

Why is it that crises multiply faster than rabbits? Isabelle von Fallois was a pianist studying to become a professional musician when she was diagnosed with advanced leukemia. She then lost her boyfriend, her music scholarship, and her home — all within one week. The most optimistic guess was that she had three weeks to live. More likely, she only had three days.

Terrified, Isabelle decided to make the most of the time she had left to live by practicing forgiveness... and then the angels began to arrive. To the utter amazement of her doctors, Isabelle lived.

As of today, Isabelle has assisted thousands to overcome the difficulties in their lives. She also offers an ANGEL LIFE COACH® Training, teaching 7 powerful angelic tools, such as Angel Readings, Angel Trance Coaching, Past-Life Regressions, and ISIS ANGEL HEALING® to name a few, to coaches who want to help people activate their self-healing powers and live the life of their dreams.

Isabelle's new book, to be published in the U.S. in April 2014, *The Power of Your Angels: 28 Days to Finding Your Path and Realizing Your Life's Dreams* (Findhorn Press), became an immediate number one bestseller in Germany and Italy. In the book Isabelle offers superbly practical advice to work with the angels to cleanse your past, re-create your story, raise your frequency, and manifest miracles. To

read Isabelle's daily channeled messages, visit: <http://www.facebook.com/pages/Isabelle-von-Fallois/365050734914?fref=ts>

Randy Peyser: After going through breast cancer last year,

heart will break. You're such a special, talented, beautiful woman, and I can not stand the idea of you dying."

Even though I felt like everything in my life was gone, this doctor made me feel that



Photo by Ute Ville, L.A.

I know how scary cancer and chemo can be. What happened to you?

Isabelle von Fallois: In the week when I got my diagnosis in 2000, I lost my house, my partner, my scholarship in California to be a professional pianist... and I was given 3 days to 3 weeks to live. It was a great shock. I thought: *Why should I go on living? I've lost everything.* I was terrified. Then a doctor said: "If you die, my

if there were men who were this caring out there, maybe I should fight for my life. So, I went home.

I knew from reading Louise Hay that if I wanted to survive, I needed to forgive, starting with my ex-partner. I was bed-ridden, so I prayed the entire day to forgive him. I started doing affirmations. After two weeks, I passed out if I sat up for 30 seconds. I was so weak I knew I needed to go back to

the hospital to start chemo. But now my mind was clear. I felt like I had the energy to fight because I had forgiven.

The doctors were shocked I was alive. They knew music was my life, and they allowed me to have a portable, electric piano in my sterile room. Being able to see my piano helped me to fight.

I knew I had to be totally at peace if I wanted to heal. I kept asking, "Why me?" But then, Maestro Sergiu Celibidache, my former teacher who was already in heaven, spoke to me. He said, "Don't you remember, in Zen Buddhism, no one asks about the 'why'?"

Pure Grace was present. I knew I needed to accept my situation. I said that I would do everything I needed to do to survive, but I was at peace if it was my time to go. I thought I would panic about being left alone to die, but the moment that the doctors and my parents left, a silence fell over the room. I felt a presence that was so loving, caring and comforting; I knew that I was safe, protected, and carried. The fear of dying was gone.

I didn't know that presence was Archangel Jophiel. Her presence didn't leave me. I felt totally at peace. I still did affirmations twenty hours a day, but I was also at peace about dying. Normally, no one could move a finger from all of the chemo I had, but during the next nine months, I practiced my piano. The doctors thought that was a miracle.

(Continued on page 6)

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ISABELLE...

(Continued from page 5)

Eventually, I had a vision that the next chemo would kill me. I had to stop. Twenty doctors fought me, but I refused. I got other treatments and the leukemia was no longer present. But the chemo had destroyed my organs. I had a life-and-death fight with ongoing fevers. After four years, I said, "If no doctor or healer can help me, there is only God and the angels; there is no other way."

I read one of Doreen Virtue's books on talking to angels. After two months, I was in a deep meditation one day. I could feel the energy in the room shift. I opened my eyes. Right in front of me was the most beautiful angel, as tall as the ceiling, surrounded by emerald green light. He said, "I am Archangel Raphael. You can see me and you can hear me. Now you can heal."

From that moment on, he never left my side. He told me what to eat, how much to sleep, and even about what supplements to get from a specific doctor in California. Within one month, the fever had subsided. That was a big miracle.

More angels began to appear. They told me my mission was, not only to be a pianist, but to help people and give them hope. They told me to get certification so I could go out in the world with this work. From the first day I started doing sessions, I had clients. In a short time, I was booked in advance for months with no ads or promotion. This was in 2005. Then a publisher asked me to write a book about angels. Everything fell into place. Now I'm writing my fifth book.

Randy: Do we all have angels?

Isabelle: Yes. I feel or see two guardian angels next to every person. One has a female energy. She comforts us in difficult situations. The other one has a masculine energy. This is the angel who helps us stay

on our path. Everyone has a mission to fulfill on earth. The male energy tries to keep us on track.

Randy: Many people struggle with finding their purpose. How can the angels help?

Isabelle: "Your mission in life is what you need to do right now," says my husband. You have to be content, accepting, and loving of what you have in this moment in order to be aware of what is meant for you. The doors open when you are in the here and now.

When you connect with angels on a daily basis, you become more aware of the signs around you. The angels leave signs everywhere... sometimes through white feathers, but also you will hear a song three times in a row, or you will see the same name, or an unusual bird, three times in a row. The angels work with repetition. If you watch carefully, you will realize you are not alone.

The first mission of every human being on earth now is to learn to become more loving. When we have the knowingness that our essence is nothing but pure love and light, we will find the next steps we need to take in front of us. Archangel Uriel shows us every next step.

People might think that they know their mission, but sometimes I will be awakened by angels and they will tell me I need to do something totally new. Although I'm an author traveling the world, my true mission is to spread love. How this will come about is however they guide me. I know the angels will do whatever is right for me if I try to be the most loving person I can be.

Randy: You started with forgiveness. How do we do this when we feel justified in the hurt we feel?

Isabelle: Imagine that person as a child. Look into her innocent eyes. Ask the Angel of Forgiveness, Archangel Zadkiel, to open your heart to as much compassion as you can bear. Try to see the soul of that per-

son. Ask Archangel Michael to use his sword of the Light, Love and Truth to cut the toxic energetic cords between you. Then say, "I forgive you, (add their name). I release you in peace. I bless you as I am blessed. I AM free!" What helps me is to bless someone who hurts me. Blessings change the energy of the person. And because I am blessing someone, and we are all one, those blessings will fall back on me.

I just try to be as peaceful and as loving as possible. My motto is "Whatever the question is... love is always the answer." Gratitude and love are the most important things to practice to receive the life we wish for ourselves

Randy: Do you recommend a daily practice?

Isabelle: I meditate up to an hour every morning. I recommend that you connect to the frequency of love. Call on Archangel Chamuel, Archangel Jophiel, Angel Soqedhazi, or Jesus. Ask them to surround

you with their light. Breathe this light in and feel your entire system being infused by their love. Imagine a glowing rose pink golden light around you. It goes into your cells and everywhere. Then imagine sending that love ahead of your day, ahead of your path, to everyone you will meet that day. Imagine sending everyone roses from your heart.

Since we live in challenging times, also ask for two angels to protect you. Ask for Archangel Haniel, a female angel, who with her silvery light will protect your soul essence, and ask Archangel Michael to enfold you with his beautiful gold light so you are protected on all levels. This way, you will not fall out of balance or out of peace so easily.

We all have energetic cords to each other. Every evening, I recommend asking Archangel Michael to cut the energetic cords. Then ask Archangel Raphael to surround you with his healing green light so the holes

in the aura are closed again and you can heal during sleep.

Before going to sleep, I suggest you do a ritual in bed. Briefly review your day. Find moments that were difficult and re-create them. Rewrite them. Re-visualize them in a way you would have loved for them to happen. Our brain doesn't know whether we experience something in reality or if we just visualize it. Send beautiful pictures to yourself. Ask yourself: "Did someone hurt me or did I hurt someone today?" Ask for forgiveness and visualize a different outcome.

Now look back on the beautiful moments of the day and bless them. I say, "grazie," because the angels told me this word in Italian is more powerful than "danke," or "thank you," because it comes from the Latin word for "grace." For every beautiful moment of the day, I say, "grazie," and I count my blessings. Then I ask Archangel Raphael to surround my bed with his beautiful green

light, and I ask for good dreams and to protect my sleep.

Randy: Final thoughts?

Isabelle: The angels want to communicate with us, even more than we want it. They are only allowed to do it if we want them, because we have free will. Their wish is even bigger than ours. Can you imagine that? Their mission is to help people, but if we don't allow them, how shall they do it? The angels want to do everything to help us — not maybe in the exact way that we want them to — because they know the bigger picture — but in a way that supports us to live our soul lessons, to fulfill them, and to create miracles together with them.

For more information about the Angel Life Coach® Training and events, please visit www.isabellevonfallois.com and www.AngelLifeCoachTraining.com

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

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Re-Imagining the Holidays

6 Ways to Resist the Trap of Overabundance

By Sara Wiseman

Are you dreading it, already? You know... the whole shopping - gifting - cooking - cleaning - eating - drinking - socializing - relatives - traveling season just ahead?

From Thanksgiving to New Year's, many of us get trapped in a cycle of *overabundance* — the state of having too much. The cup not just full, but overflowing.

It's gotten worse in recent years, starting with Christmas decorations that go on display at Halloween to the frenzy of Black Friday. We've become a culture of excess and a society of waste, moving from the next new thing to the next... without ever taking the time to enjoy any of it. We have so much, and it's arriving so fast, we can't use or even experience it all.

This overabundance — having more than we really need — creates stress, lowers vibration and zaps energy from mind, body and spirit. Now, I am all for abundance! I am certainly not one to pass up anything that brings pleasure or beauty or connection to

my life. But when we become trapped in the cycle of overabundance — that endless circle of *want, get, want, get* — our lives fall out of balance.

SIX WAYS OVERABUNDANCE CAUSES HOLIDAY STRESS

During the holidays, overabundance shows up in different forms. It's not just eating rich foods or excessive gifts, as you'd expect, but less obvious ways as well. Here are six areas where overabundance can create stress in your life:

1. Overabundance of food

Rich, sweet, fatty holiday food lowers your physical vibration, which affects mind and spirit too. If you work in an office or with a group of people, it's hard to escape sweets in the break room! Alcohol from frequent social events adds to this mix. Don't worry about weight gain — instead, be focused on the energetic signature of the food you eat. Is it processed? Will it make you feel good? Does your body really want it? Pay attention, and don't let the season of indulgence lower your vibration.

2. Overabundance of gifts

The cycle of shopping, buy-

ing, wrapping, giving, receiving... can be very stressful, even if budget is not a concern. The sheer energetic reality of involving ourselves with objects or "stuff" can be overwhelming, especially when we understand that every object has its own frequency, vibration or energetic signature depending on where it came from, how it was made, who made it and so forth... this is a lot of new energy to add to your reality!

Consider your energy as you decide how or if you will give and receive gifts this year. Consider your energy if you decide to do without, do less, give experiences, or give to charity instead. Once you break the gift cycle, you'll be surprised how free you feel.

3. Overabundance of socializing

Office parties, school events, the annual party you've gone to every year for ten years... All of this has a certain clamor of "must attend" attached to it, when in reality, you can change plans, opt out or do something different. Don't rely on what you've always done

— you're a new person now, and you may want to try something different. Reassess every year. Introverts especially may need lots of private time during this season; give yourself the gift of quiet and solitude.

4. Overabundance of family relationships

There's a saying: you can't go home again. And yet every holiday season, most of us continue to swim up river to our birthing place. Many times, the wounds, past hurts and misunderstandings are still there. Understand that family karma complex, and the stress of the

holidays makes it more so. Be gentle with yourself and others. Have an exit strategy if things go awry. If it's just too much, opt out and try again another time.

5. Overabundance of tradition

Just because you've always done it a certain way, doesn't mean that you have to do it that way now. This might include: going to a certain event, party, gathering, service. Wearing certain clothes, decorating a certain way, being with certain people. Break free from the rigid traditions you've "always done" and see what else the Universe might have up its sleeve for you!

6. Overabundance of group thought

We've all seen what fear-based beliefs can do to collective thought: hate, violence, financial ruin and war are all products of low-vibration thinking. During the holidays, mindless consumption is the culprit: everyone is stressing out on *want, get, want, get*. This creates enormous stress, and when this is done in the collective, everyone feels it. Instead, connect to your higher self, God/One/All/Divine/Source — frequently and deeply. Use Thanksgiving and Solstice as markers for the season — times when you can easily dip into gratitude and joy.

Spiritual teacher & intuitive Sara Wiseman is the author of six insightful books on spirituality and intuition, including her new book, Living a Life of Gratitude: Your Journey to Grace, Joy and Healing. She hosts the popular radio show Ask Sara, and is a top contributor to DailyOM. She has released four healing music CDs with her band Martyrs of Sound. Visit Sara online at www.sarawise man.com

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Alter Eco Introduces Organic Fair-Trade Truffles

By Erica Mayyasi

Alter Eco Foods has introduced their newest organic, fair-trade product line: dark, and dark milk, chocolate truffles, a bold, innovative new addition to the popular Alter Eco organic, fair-trade chocolate bar product line. These much-loved favorites were introduced using health-boosting coconut oil instead of a palm kernel oil, organic ingredients, fair-trade chocolate, and compostable packaging.

Deep, smooth chocolate sourced from Ecuador (Black Truffles) and Peru (Velvet Truffles) surrounds these sumptuous bite-sized delights. Health-boosting, pure organic coconut oil combines with milk and cacao to create the silky smooth melty texture of the fillings.

Why coconut oil? It's been used for thousands of years by cultures all over the world for its healthy qualities. Newly popular in nutrition circles. Dr. Oz has done a lot to popularize its benefits recently) and credited by numerous scientific sources with an impressive list of health benefits — from attaining a healthy weight, to improving memory, to improving cholesterol — coconut oil is full of 'good' medium-chain triglycerides and has a high concentration of health-boosting lauric acid, and appears to raise high-density lipoprotein (the "good" cholesterol) more significantly than other saturated fats.

Importantly, coconut oil is a sustainable alternative to the palm kernel oil. Alter Eco

sources its organic coconut oil from Kerala Fair Trade Alliance, located on India's tropical Malabar Coast. The farmer-owned coop practices "jaiva



krishi," a sustainable natural farming method that mimicks a virgin rainforest, where many crops and animal species, including wild elephants, roam safely.

This coconut oil-based for-

mula is not the truffles' only innovation. The brand has taken their commitment to the environment one step further by introducing innovative new eco-friendly packaging. Alter Eco has developed a *ground-breaking wrapper printed with a non-toxic compostable ink that will decompose in yard waste and at-home compost bins*. Additionally, the outer box packaging of the truffles is recyclable.

"We have covered every element of sustainability, from personal health, to environmental health, to the health of the communities where our cacao and coconut oil partners live," said Edouard Rollett.

Alter Eco Truffles are available at Whole Foods Markets and online at shop.alterecofoods.com/



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Bless this Food

Ancient & Contemporary Graces from Around the World

By Adrian Butash

Food blessings connect all humankind in reverence for the Almighty.

Sharing food is the most universal cultural experience. Expressing thanks for food was humankind's first act of worship, for food is the gift of life from above. In every culture there are sacred beliefs or divine commandments honoring the giver of life — God or the divine principle — through acknowledging the sacred gift of food.

While prayers are often derived from specific religious contexts, they may be experienced and enjoyed by all, just as religious music and fine art transcend their origins and have universal appeal. There are many nonreligious prayers that evoke spirituality by virtue of the beauty of the words and the underlying humanity that shines through.

Today, the notion of the family is under siege by a barrage of social ills, and family life may be disrupted by parents' absence as they work two jobs, by divorce, or by frequent separation resulting from business travel that takes parents away from home.

The family food blessing is a perfect and reverent way for

the family to experience a direct kinship with the Almighty. A grace's spiritual power can be felt as a profound sense of reality. God is present. A family praying together is a beautiful thing — a wonderful blessing all its own.

When we say grace before eating, we give thanks for our togetherness, our blessings, and our happiness. For loved ones who are deceased, for friends and family who are far away, a grace said at the table that mentions their names is a magical way to honor them and have them rejoin the table in a sublime sense.

Food blessings provide a window to the profound spirituality we all share and that connects us to all humankind, nature, and the infinite. Saying a blessing before a meal can bring us closer to our brothers and sisters, parents and friends. Asking a friend to choose and recite a food blessing is a wonderful way to welcome them into your family setting. The occasional gathering for prayer, no matter how brief, keeps the heart and mind in touch with the most fundamental of joys: belonging.

Children need prayer models to see, hear, and experience in

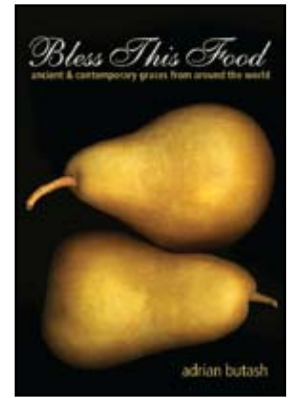
order to learn from the ritual. The table blessing is among the easiest and most enjoyable for children to partake in — coming as it does just before the family feast. For children who can read, *Bless this Food: Ancient & Contemporary Graces from Around the World* (New World Library, October 2007) offers an opportunity for them to lead the family in prayer, to participate actively in a family ritual instead of remaining a subordinate, passive member at the table. The food blessing is a powerful medium that enriches the meaning of family and allows us to touch a higher realm of spirituality.

Consider: The first inter-human act of the newborn child is to experience satisfaction through food. In the first hour of life, our senses may transmit ephemeral sight, sound, or touch quanta, but it is the initial ingestion of milk from the mother that constitutes the first inter-human act: life-sustaining nourishment.

The immediate response to this nourishment is a systemic and psychic satisfaction, and the hunger-gratification cycle begins at this instant and continues throughout life. A just-born infant's first human experience is a "gift" of milk in response to its sucking instinct and need for food, a gratifying experience that affects the infant's psyche on its deepest level.

This gratia (thanks) experience is imprinted on the newborn's unscripted mind and is the primordial unconscious analogue to voiced prayer. Our first common human emotional experience is the gratia response for food.

The gratia experience we encounter as infants is transformed and intellectualized over time into an apprecia-



tion of food as both spiritual and physical nourishment that we acknowledge in the gratia prayer.

While prayers often derive from religious contexts, they may be experienced and enjoyed by everyone, just as religious music and fine art transcend their origins and have universal appeal. There are so many nonreligious prayers that evoke spirituality by virtue of the beauty of the words and the underlying humanity that shines through.

The compelling beauty of these thanks-giving food prayers reveals the noble spirituality of humanity. Prayer is how human beings relate to God, nature, and their place in the divine order of things. Amid these words you will find the soul of humanity, the song of ages.

When family and friends gather at the table, you'll find starting your meal with a blessing will enhance the experience for all who are gathered. *Bless this Food* provides an easy way for anyone, young or old, to create a special, spiritual moment that everyone present will enjoy and remember. A circle of friends is the ultimate blessing.

This article is based on the updated version of Bless this Food: Ancient & Contemporary Graces from Around the World © 2013. Printed with permission of New World Library. www.newworldlibrary.com

Adrian Butash is the author of *Bless this Food: Ancient & Contemporary Graces from Around the World*. He studied history and culture of the world at Fordham University and lives in Santa Barbara, CA

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Awareness Magazine

An Angel of Inspiration...

A Rainbow in the Clouds

By Tammy Ruggles, BSW, MA

Having Retinitis Pigmentosa, a blinding disease that steals your vision over time, was a natural part of my life growing up, no different than having hazel eyes or brown hair. For the most part I didn't let it interfere with the things I liked to



do, which included playing with my siblings and cousins on my grandparent's farm, drawing pictures, and writing stories.

As I grew up, my eyesight worsened, but with financial help from Office For The Blind, I was able to go to college to pursue my dream of becoming a social worker. I studied art and writing as electives, and enjoyed the atmosphere of learning and growing as a young adult.

There was no greater satisfaction than my dream coming true.

As a social worker, I was doing what I was born to do, and

that was help others in any way I could. But my social work career lasted only ten years, because by the time I was forty, my vision had diminished to the point of legal blindness.

RP cost me my job, my driver's license, and my dignity.

I felt lost and useless without my social work career, and I wasn't quite sure where to go from there, or where I was going to find fulfilling work where I could help people — until a small germ of an idea began growing inside, and I began to ask myself if I could pursue writing as a second career.

It turned out, I could, and I've been a freelance writer ever since. It allowed me the opportunity to help others, through writing. Many of my articles and stories are about parenting or social issues. Some may wonder how a legally-blind person can write or use a computer, but it is very easy with today's technology. I couldn't do it without my computer.

Throughout the years, I always made time for my passions — writing and sketching. Even with vision of 20/200, I managed to sketch celebrity portraits, with a black Sharpie and the help of my 47-inch computer monitor. Blown up on my giant screen, it was easier to see details.

But RP is one of those progressive diseases that doesn't stop. It isn't the fastest progressing disease, and can take years to lose considerable vision, but when you're trying to hang onto all the vision you have, the loss of any can feel lightning quick.

With RP, I've always been in a constant state of adjustment. Adjusting to the vision loss of the past, and adjusting to the vision loss I would have in the future. And then there is the adjustment to the vision loss of the present.

What's helped me adapt in life is my positive attitude, realizing life is short, and we're given gifts to use, not to stash away in a closet. Even with vision loss, I was determined to use my gifts any way I could.

Eventually my vision loss reached a point where my eyesight was 20/400, and even though I could use a computer to write, it was useless when it came to sketching my celebrity portraits. I simply couldn't see the details well enough, regardless of how big I enlarged the photos.

It was time to give up art. I had used my talent and enjoyed it for many years. There was nothing to complain about. There were completely blind people in the world who had to give up this or that. Now it was my turn.

But Sonja, a Facebook friend suggested I give finger painting a try, because I could do it intuitively. It wasn't an idea that I was thrilled about. Intuition was more than familiar to me. I used it all the time. Using it to create art seemed unlikely. Even finger painters need to see what they're doing, correct? No, I corrected myself. Not with your vision — with your intuition. You have no choice. You can't see what you're doing anymore.

Mentally holding my breath, I bought some acrylic paint and art paper, and gave it a try. At first I was hesitant to show my pictures to people. I could not

see them very well, and I had never considered myself a painter. Showing them was the only way to find out if there was any point in continuing.

To my surprise, the feedback was mostly positive, enough to keep my fingers in the paint. I traded celebrity portraits for the rustic images I'd grown up with in rural Kentucky. Copies of reference photos done in black and white for original finger painting done in living color.

It was not long before my paintings were included in exhibits by local art galleries in Kentucky and Ohio, and the response brought a realization to me: I wanted to show everyone that the blind and visually-impaired could create art.

Besides making art my profession, I could use it to help others. I taught finger painting to children in a community outreach program, and was invited by local schools to meet with art teachers about ways to offer art to blind and visually-impaired students.

Opportunities continue to come my way, and by telling my story I want others to learn what I have learned:

By taking a chance on an idea that may sound ridiculous, and by pursuing your passions, you can find your rainbow in the clouds.

Find me on tammyruggles.deviantart.com/gallery, friend me at www.facebook.com/mss.tammy and check out my free audiobooks for kids and teens at www.youtube.com/misstammyschannel

Editor: Since this is our Angel issue, I asked Tammy if she had ever painted an angel. She said "No, but I would be willing to give it a try." She got out her finger paints and intuitively painted the beautiful angels shown above — what a gift!

Archangels

Healing Therapy with the Help of the Archangels

By Ben Raffi and Valerie Wade

Archangels are the most powerful form of angels and are sent to us by the creator who comes to aid us in every area of our lives. They are God's helpers.

Archangels can be in many places at once working to overcome life's obstacles and challenges, yet be with to spread joy and love. They want to work with us to communicate messages and information. Anyone can call upon the Archangels and their Guardian Angel at any point in time.

The most common Archangels that appear and work with people are Archangel Michael, Raphael, and your Guardian Angel. Archangels can give us the information, or it can be given by channeling or appearing to us. All you have to do is call upon them.

Archangels offer us spiritual understanding, remembering who you are and helping you stay on your life path. Much of this information is healing to you, your family and friends. Each of us can use some guidance and when you need it, they are there for us.

ARCHANGEL RAPHAEL

Raphael is the supreme healer in the angelic realm and his chief role is to support, heal, and guide in all matters involving health. Raphael means "God heals" or "He who heals" in Hebrew. Many believe that it is derived from the Hebrew word Refoa, meaning "healing from within". In Catholicism, he is Saint Raphael, the patron of healing, physicals, travelers, and matchmakers.

Anytime you call upon Raphael, he's there for you. The healing archangel isn't shy or subtle in announcing his presence. He wants you to know that he's with you, as a way of

comforting you and alleviating stress along your way to a healthy recovery. When I call upon him to heal people I always ask him to give them a sign and most have a physical sensation that is unique and feels really good or relaxing to them. Often we see miraculous healing done by him especially in cases where there is no medical cure available.

ARCHANGEL MICHAEL

In Hebrew, Michael means "who is like God?". Michael is mentioned a total of three times in the Book of Daniel, once as a "great prince who stands up for the children of your people". Michael is an exceptionally strong angel who protects and defends people who love God. He is powerfully concerned about truth and justice. Believers say that Michael communicates boldly with people when he helps and guides them.

In 1990 I became severely ill and after making numerous visits to doctors that year, they were not able to treat me for his unexplainable debilitating pains. I began to look for answers and finally found a system that helped me heal and provided me with the foundation of my journey of self dis-

covery, spiritual growth and becoming a transformation life coach and a healer.

"Many times clients have told me that I perform healing miracles; my answer to this statement is that I work with the universal power, which works through me. This power can help us solve our issues and change our lives. The only obstacle is that most do not know how to access this power and use it properly. The Universe has guided me to discover and learn how to tap into this connection and higher power through several major life challenges and illnesses which led me to healing myself and later on helping others to do the same. My mission in life is to teach this system to others

and spread it worldwide, especially to underprivileged children through Miracles Within Foundation," states Ben.

Ben Raffi is the author of Miracles Within and four eBooks. He is also a Transpersonal Hypnotherapist, Certified Angel healer, Reconnective and Pranic healing practitioner, Energy medicine and energy therapist, Taoist Secret meditation instructor, past-life therapist, Reiki Master, and a rapid Transformational Life coach. Contact him at: braffi@miracleswithin.com or www.miracleswithin.com and www.rapidshiftcoaching.com

Valerie Wade is an Archangel Oracle Card Reader who has been working with the Archangels for years. She is a Hypnotherapist and Certified Angel Practitioner. Other modalities include Integrated Energy Healing (IET)-trauma release, Pet Healing and working with Auras. For more info regarding guidance from the Angels, email: valerieawade@yahoo.com

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Ben Raffi: author of "Miracles Within", Archangel healer, spiritual life coach, past-life therapist, mind-body and Energy medicine practitioner. For more info please call Ben Raffi at (310) 894-6370, braffi@yahoo.com, www.miracleswithin.com

Valerie Wade: Angel reader/therapist, hypnotist, Integrated energy therapist, pet healing/ communication and trauma release. Valerie Wade (424) 653-6364, valerieawade@yahoo.com

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AWARENESS

Dreaming Heaven and the Power of Attention

By Lee McCormick, Co-author of *Dreaming Heaven*



When we are born into this world, there is a fully-operating reality awaiting us. The family, neighborhoods, religions, cultures, and school systems we encounter have all been put in place to guide our attention and beliefs. With such diversity across the planet and between the various cultures, religions, lifestyles, and belief systems, the human experience is a huge range of interpretations, stories, and projections.

Our inheritance of this awaiting reality is what we call the First Attention — the way of being that we are first introduced to “our first story of life” that hooks our attention as babies. Throughout childhood, all the blanks are filled in and questions about life are answered. We live according to this First Attention version of life and reality, and our personal belief system grows from it.

Most people live their entire lives within the construct of the First Attention, never really breaking it apart or realizing that they are living from a

program that has been passed down from generation to generation as the *only* reality. This reality is perpetuated as a fact of life, while the truth is this version of life is merely a pre-fabricated complex matrix of beliefs and stories that are only as real as our faith in them.

Beyond our First Attention version of life and reality, there awaits the great expanse of Life itself. All of the other cultures, communities, nations, peoples, traditions, beliefs, and religions make up the colorful, creative reality of the Human Dream. The gift to be found in Life’s greatest challenges is that it can serve to crack open our First Attention version of life and leave us open to seeing the world from new points of view.

Once the container of how life is “supposed to be” has been opened, most people can never put it back together again — much like Humpty Dumpty. A perfect example are some of the cases of military veterans who come home from war and

can never quite manage to fit back into their old identity. The people back home are awaiting the return of the one who left for the war, but after all of those intense, reality-altering experiences, that version of the person no longer exists. This can also happen with those who have developed addictions and mental health issues.

Once we start questioning our personal reality — our inherited matrix of how life is “supposed to be” — we find that perhaps we don’t *really* believe in what we have been calling “reality.” Beneath the years of holding it together, trying to live by the values and judgments of our First Attention version of life, we might realize that something is just not true or congruent with our truth.

Opening to new possibilities can come in many forms and by many paths. It doesn’t matter what brings the invitation to look at life again for the second time; what matters is *if* or *how* we choose to respond to that invitation from a place of choice and discernment as an adult. This is the beginning of our Second Attention reality. This is the space in time where we, as adults, take 100 percent responsibility for our beliefs, relationships, choices, and the structure and values we hold in our lives.

To move from a First Attention life to a Second Attention life is a great journey in itself. To answer the calling of Second Attention requires great courage and an interest in living our unique truth as individuals. The key is that we are holding our new awareness and process as a personal journey, not as something that requires validation from others.

This is the practice of creating a Second Attention Awareness. In our *Dreaming Heaven*, JourneyBook and DVD, we recount some of the most effective ways to enter the Second Attention Awareness *rapidly*, burning away the old First Attention husk.

Beyond the Second Attention Awareness is the Awareness of the Light, the knowing of life not by form or definition, but as an expression of the Light of the creator. We move from living by reaction, judgment, and projection — to living in the moment, empowered by the deep level of responsibility we have taken in owning our life with all of its aspects. This is the Awareness of the Masters such as Jesus, Buddha, and Krishna. All the ascended masters lived in this world, but were not of it.

This shift in our perception of reality offers us the opportunity to choose true freedom and authenticity as the New Way of life. This is the calling to *Dreaming Heaven*, the awakening to live consciously, aware, and completely responsible for each belief, choice, and action.

Lee McCormick is the co-author of Dreaming Heaven: The Beginning is Near (Hay House), the powerful JourneyBook, DVD and meditation that enables you to walk in the footsteps of Lee and his fellow guides as they take you on a journey to your authentic self by following the pathways of the great mystery school at Teotihuacan, Mexico, first created by the Toltec masters thousands of years ago. He is the executive producer and has a leading role in Dreaming Heaven. Visit: www.dreamingheaven.net or www.spiritrecovery.com



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Never Fear Food Poisoning Again Be Prepared with *The Antidote*

By Steven R. Frank

Your head is pounding, your brow is sweating, and a stabbing pain in your gut is the only thing that distracts you from the nausea that is keeping you down. You want to run to the hospital, but what can they do for you? It's the middle of the night and you have food poisoning. Was it the fruit salad that cousin Mary brought or the macaroni salad that Aunt Anne made? Maybe the turkey wasn't cooked enough?... Just thinking about it makes it worse. Then... it gets worse. Your kids come rushing into your room holding their bellies. They ate it too.

Now what are you going to do?

According to the CDC, food poisoning strikes as many as 1 in 4 people every year⁽¹⁾. Most of these cases are not linked to major outbreaks and many happen around the holidays when food sits out too long. There are bacteria in everything. The world is not sterile. The problem comes when numbers of bacteria get so high that your defenses are overwhelmed.

Bacterial populations can double every 20 minutes. So if there are a mere 100 organisms in the macaroni salad when it is prepared, an hour later when it is brought to the party, there will be 400. As it sits on the counter awaiting the great feast, there will be 25,600 two hours later when you eat it. So your scoop will contain about 1000 by dinner. By 9 pm, that 1000 has turned into more than 4,096,000 bacteria all excreting toxins into your body.

Don't get lost in the num-

bers, don't get consumed by worry. There is a way that you can live the rest of your life never having to fear eating tainted food again. There is a way to get the children feeling better and back to sleep in an hour. There is a way to do this safely and without antibiotics or hospital emergency rooms.

Vacationers take it to South America. Explorers have taken it to the top of Mount Everest. This antidote has been shown to be lethal to Salmonella⁽²⁾ (yes, even Typhoid), Staph., E. coli (yes, even O157:H7), C. Sporogenes, H-Pylori and more common pathogens⁽³⁾ that can cause intestinal distress. Yet, even with this lethal effect on harmful bacteria, it is so benign to people that you can drink a pint of it and it won't hurt you a bit. It's even safe for kids.

Now you must be screaming, "What is it already!?" The antidote you seek is an enhanced aqueous colloid of silver. Years of laboratory research on bacteria, fungus and virus in mice, rats and people have produced reams of research demonstrating an ability of this silver colloid preparation to safely reduce populations of germs by more than 1,000,000:1 in less than 20 minutes.

Not just any silver colloid will do this. Some preparations are too weak (less than 20 parts per million) and some are compounded with sugars, citrides or proteins to achieve ridiculously high concentrations like 250 or 500 parts per million (ppm). But these compounded colloids are far less bio-active.

As it turns out, a strong colloid of 40 to 60ppm, when mixed with a little surfactant like a food-grade polysorbate 20 and some peppermint oil,

out-performs the other silver colloids by hundreds or thousands of times, killing more bacteria faster. And that... is precisely what you want to do. You want to drink this enhanced aqueous colloid of silver as soon as you start to feel queezy.

If taken at the first signs of nausea, it can stop food poisoning in its tracks... in 30 minutes. If one waits til the symptoms are as bad as they can get, it may take a few hours to kill enough of the bacteria to end the situation. But even that is better than 2 to 3 days of diarrhea, vomiting and fever. Oh, yes. Did I forget to mention that? If you treat the situation soon enough, there will be no vomiting, diarrhea and fever.

That is precisely why Moms should have a bottle in their purse at all times. Everyone who eats should have a bottle in their home at all times. Vacationers should take several with them on every trip. You never know when it's going to strike.

So let's re-cap. Weak silver colloids are not strong enough and compounded silver colloids are not effective enough. You need to start with a pure un-compounded aqueous silver colloid that is from 30 to 50 ppm. Then, you simply add a little "tween-20" or similar emulsifier at about 1/10th of one percent. But before you do, mix a touch of peppermint oil into the emulsifier. Peppermint not only makes it easier to drink, it actually improves the killing power on bacteria. You should mix this up in advance and keep it handy. Then, when you need it, drink 1 ounce immediately and another ounce about 30 minutes later. If it makes you feel bet-



you can keep on drinking it for hours, but unless you are a week into Typhoid, you won't need more than 2 ounces.

If you don't feel like making this preparation, you can purchase it already mixed and in a convenient travel pack. It is called Food Poisoning Relief and is available from Nature's Rite at www.MyNaturesRite.com. Don't eat another meal without it.

Steven Frank is an innovative herbalist for Nature's Rite. His concoctions and decoctions have helped thousands achieve more comfortable healthier lives. He has spent more than a decade doing medical research and has numerous patents in the healthcare arena. His products and formulations can be seen at: www.MyNaturesRite.com

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Change

By Kathleen Downey

Change can be challenging. Everything from becoming a first-time wife or mom to not-so-fun changes when relationship issues can cause heart-break, loss and emotionally-charged situations. These can sometimes cause you to turn to convenient comfort foods for solace. Knowing what is being triggered in these moments can change a knee-jerk reaction of turning to comfort food to one of thoughtful contemplation, and the centering of energy with a deep breath and communication which will serve you much better.

What are comfort foods? What do they bring us back to emotionally? They bring us back to a time when we did not have to make decisions, or learn more than how to call out to our parents for our basic needs. Comfort foods bring us back to late infancy and the foods our mothers gave to us.

Wheat, dairy and sugary foods were, and unfortunately still are, common choices for many who are emotionally charged or in a hurry. Much of our convenient and familiar foods are laden with the most allergenic and acid-producing ingredients. These foods are inexpensive to farm and produce. Our market place is overwhelmed with them, as are our bodies. If you eat the same foods over and over on a daily basis, you will develop sensitivities to them.



The small intestines are energetically responsible for discernment and decision making. They are very long and are folded up inside our bodies, creating the need for us to chew our food until it is nearly liquid. The small intestines absorb our nutrients and digest several food groups; they are also energetically connected to the emotion of grief. When we feel grief we will have a hard time making a decision due to our small intestines being imbalanced. If we eat foods we are sensitive to the same can occur.

If you are experiencing abdominal pain, bloating, fatigue or headaches after eating, chances are you are allergic or intolerant to what you are eating. Some of us started having reactions to wheat in early childhood due to intolerance of the gluten protein found in wheat, barley and rye. This is called celiac or coeliac disease. When our body is exposed to this protein and three peptides found in the protein, the enzyme tTG modifies the protein, and the immune system cross reacts with

the small bowel tissue causing inflammation. This leads to truncating or atrophy of the villi lining of the small intestines, which interferes with the absorption of nutrients.

Doctors say nothing except that a life-long avoidance of gluten products will transform this condition, a condition first documented by Greek physician, Aretaeus of Cappadocia in the 1st Century CE. As far back as that science was recognizing the problems wheat caused. In the U.S. it's estimated that 1 in 107 people have celiac disease, yet wheat and gluten production has expanded for centuries. Many of us have been or still are addicted to gluten products. They break down as sugar and are in most comfort foods.

It is difficult to break away from this pattern of eating. Some of us need guidance to overcome emotional issues that bring us to these foods. Knowing a disease like celiac has been around for so long should help one to recognize how important it is to take your health into your own hands. Many of my clients over the last 20 years have discovered in sessions with me that they should avoid gluten, sugar and dairy and they wanted recipes, so I wrote a book. In *Healthy is Delicious — More than a Cookbook*, I share the gluten-free, dairy-, soy- and sugar-free recipes I've been using to stay healthy for over 20 years since I first struggled with reactions to inflammation-producing foods. I included 80 pages on the nutritional value of whole organic non-GMO produce, alternative grains, nut milks, nut and veggie cheeses and super foods.

There is a section on food combining, which is very important because every food group digests differently. It takes watermelon only 15 minutes to digest, starches take 2 to 3 hours, and proteins take 4 hours. The old idea that we need to eat meat and potatoes or fish with rice is really over-

working your digestion and can cause an acid reaction. Do not mix starches and proteins — you'll feel better.

A change in diet can be a struggle for so many. Comfort foods taken away can cause anxiety if the underlying emotional issues are not healed. Recognizing that it is not always easy, our well-being, or lack there of, may be due to food allergies or sensitivities. Sometimes these sensitivities are overlooked because you won't have all the usual symptoms.

Sometimes we are out of touch with how we feel because we've suffered enough trauma in life through loss or other changes. Often we no longer notice how we feel because we think it's normal not to feel well.

The cause of symptoms for many of my clients were revealed without invasive testing but by the Shamanic journey and Soul Retrieval, which gets to the heart of any issue while empowering us. When we discover the emotional issue(s) at the bottom of the digestive troubles and it is resolved, the change of diet is not a struggle.

Many times exposure to environmental toxins producing parasites, which invade your body creating inflammation in the liver, is the problem. The elimination of dairy, sugar and wheat or gluten products will greatly ease this inflammation and acid environment. There are cleanses and minerals that will also help balance the organs when the environment is a causative factor.

We can learn many things from change, including how empowering it is to reach out for help. You are not alone and never have to be.

Kathleen Downey is a Shamanic Counselor, Past-Life Therapist, Nutritionist and author of Healthy is Delicious — More than a Cookbook. She is available for private sessions worldwide and is holding Retreats for Safe Detoxing in Hawaii January 2014, Soul Retrieval Training in Hawaii February 2014, Past-Life Therapy Training in Niagara Falls March 2014. Details at www.corelevelhealing.net

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You Can Change the World

By Guy Finley

A great secret rests inside the heart of every human being: **Each of us is created with the power to change the whole world.**

Every human being is born into this world with a nascent interior light. We can think of this light as the power of *higher conscience* by whose compassionate intelligence we learn to discern what is helpful from what is harmful — to intuitively know the difference between what is good and true, and what is dark and destructive.

When we do our part to make this power active within us, we begin to realize the great truth that *nothing on Earth has the power to hurt us*. After all, how can any negative force prevail if the light of conscience reveals its unsavory character *before* it begins its punishing action? Just think of the promise in such a power! Fear, stress, worry, anger, regret, and resentment could hold no sway over our hearts and minds. We are liberated to do what is right and loving in any moment we choose — no matter the circumstances life brings our way.

Now, you may ask, “That’s a wonderful idea, but what does my own higher conscience have to do with changing the world?”

In a word, *everything!* Consider this: Is there any speck of light anywhere in the universe that isn’t part of all the light in the universe? The answer is “no.” Our own common sense, ancient wise philosophers and sages, and modern Quantum physicists will all agree: Light is timeless and indivisible.

Building on this truth, let’s ask another important question: Is there any speck of darkness anywhere in the universe that isn’t part of darkness everywhere in the universe?

Again, the answer is evident. For instance, is the dark hatred or fear that consumes a soul in Britain any different in nature from a similar dark state that consumes someone in Brazil — even though the two are thousands of miles apart? We can clearly see that they are both part the same darkness.

Now, here’s why this idea is exciting to those of us who truly wish to change the world: If we bring light into any darkness *anywhere*, is not darkness *everywhere* made less? Must not even the tiniest bit of light added to even the greatest darkness leave that same darkness not so impenetrable? The answer is a brilliant yes!

Once we agree to actualize the Living Light in our own individual life, *everything* around us, including things beyond the sphere of our awareness, is altered in its fundamental makeup. Negating even the smallest negative *positively* changes the whole of reality. All that’s required to realize this promising fact in our life is that we first understand the possibility of changing the world, and then make the specialized interior effort to effect this grand transformation of life...

And here is exactly how we do it: we no longer allow ourselves to identify with any negative state, regardless of *why* that state tells us we must embrace its painful presence. We must become as ruthless in detecting and rejecting dark thoughts and feelings as they have been ruthless in wrecking our lives. Here is why this instruction is such an imperative if we wish to know the bright life.

Each time that we say “I” to what is destructive or corruptive in us; *we actually incorporate and reinforce* that same dark state. For example, when

we say, “I am angry,” or “I am stressed out,” we literally give consent for the dark force of anger or stress to live inside of us. We become the embodiment of the negative state, and it strengthens its hold on our heart and mind. I know this may seem like a radical idea, but if we observe this process in action, we find that it’s absolutely true.

Whenever we identify with negative forces, we unknowingly provide them with two conditions they can not otherwise have: First, we give these chaotic states a place to appear within a plane of reality to which they ordinarily have no other access. And second, at the same time, we lend the vital life energies they must have to sustain their life-draining presence within our psychic system.

There is great power contained in this new understanding, for when we refuse to supply negative states with the vehicle *and* the life force they need to survive, they cannot flourish. Withdraw water from where weeds grow, and they will wither; it’s a natural law. So, if we wish to end the relationship with what compromises us, we are only required *to do one thing*: we must no longer lend ourselves to the will of any dark state looking to use us as *its* vehicle.

This means in moments of trial, our first task is to wake up, become fully aware of ourselves, and then dare to *do the light thing*. Here are five simple exercises that you can use to prove this powerful universal principle to yourself:

1. Help to make the life of someone else go a little easier in spite of it making yours go a little harder.
2. Refuse to criticize yourself, or anyone else, for not



living up to your expectations.

3. Give no voice to any part of you that wants to complain about anything.

4. Catch yourself in a dead run to get something done and voluntarily drop out of the race by deliberately assuming a casual pace.

5. Take one difficult moment and use it as a place to start all over instead of a time to sink into self-pity.

By practicing these 5 exercises, you’ll discover the great power behind the principle of not giving a life to negative states. You’ll begin to see how, when we do the work to change ourselves, the whole of life begins to the change for the better. Our health improves, our relationships improve, and we begin to realize our part in the great work of becoming a brighter and brighter embodiment of the light of the world.

Excerpted from Let Go and Live in the Now by Guy Finley (Red Wheel/Weiser)

Guy Finley is the bestselling author of *The Secret of Letting Go*, *The Courage to Be Free*, and 40 other works that have sold over a million copies in 20 languages worldwide. He is the founder and director of Life of Learning Foundation in Merlin, Oregon.

On Sunday, November 10 at 1:30 pm Guy will be giving a talk at the Newport Beach Civic Center Community Room entitled “*The Secret That Makes All Negative States Afraid of You.*”

For more information, see his ad on page 11 or visit <http://www.guyfinley.org/>

My “Inward Journey” Vacation

By Ann Nelson

After weeks of contemplation regarding where to go for a well-deserved vacation, I decided to stay home and spend the travel money I’d saved on an “inward journey”. The inspiration for this idea came after reading *Warrior Pose*. In his book, Brad Willis, aka Bhava Ram, talks about witnessing the world’s worst atrocities as a twenty-year, award-winning war correspondent for NBC News.

After experiencing a terrible accident, followed by chronic pain, drug dependency, advanced-stage cancer the loss of his job, Bhava Ram’s book focuses on turning his life around through the practice of yoga and meditation. Reading this book was a stark reminder of the profound effects a regular yoga and meditation practice can have in your life. It proved to be a wake-up call for me. I could no longer deny that I’d been slacking off on this critical ingredient in my life and knew I needed to get started again.

I made the decision to stay in town and hire a yoga and meditation coach. After months of putting off my yoga and meditation practice, I knew I needed to be accountable to someone. The “I’ll start tomorrow” plan wasn’t working. After a few hours of phone calls, I found the perfect person who actually made house calls.

Choosing Shauna MacKay to energize and renew my yoga and breathing practice was an easy decision. Prior to studying Yoga Therapy for Cancer at Duke Integrative Medicine, Shauna spent ten years as a Health and Fitness Consultant. Her advanced courses include work in Deep Relaxation, Meditation and Healthy Back. In addition to making house calls,

Shauna teaches group classes throughout Southern California.

When I made a decision to hire a coach, I was well aware that procrastination was out of the question. Shauna helped me to stay on track as she guided me through easy, practical breathing and stretching practices in a patient and gentle manner. I learned to exhale when pulling towards my body in a yoga pose and inhale when I was expanding in a posture. Shauna suggested I place a pillow underneath my back for an intense stretch before getting out of bed in the morning. Her simple tips made a huge difference!

After completing four private sessions at home and practicing yoga and meditation for a month on my own, I decided

ra. The concept of the program is simple.

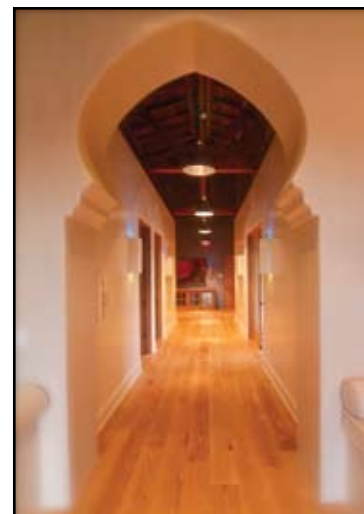
Most of us, including me, are stressed out. We are well aware of the negative effects stress plays in our everyday lives, but what I didn’t know is that stress impacts every organ in our body. The program at the center is specifically created to gently cleanse and nourish the organs with yoga exercises and an organic diet.

Founder Emma Narachi, a cranial sacral practitioner and reiki master, was inspired to develop an optimum health destination after a visit to an award-winning wellness sanctuary and holistic spa in Thailand. She returned to Santa Barbara and set out to create a healing center with real substance, one that would have a lasting impact on the visitors.

When I walked into The Alchemy, I immediately knew I had chosen the right place for my “inward journey”. I wasn’t looking for a spa with expansive grounds and lots of pampering. My needs were simple. I was seeking guidance and support from a professional staff, along with healthy food.

Executive Chef, Erik Stenberg deserves a thousand gold stars for his healthy, organic kitchen creations. Erik, a graduate from Johnson and Wales University’s culinary arts program, believes that if we live a balanced life and listen to our cravings, we’ll feed ourselves exactly what we need.

The brain cleanse curriculum ranges from 3 to 7 days. The schedule begins with a free consultation with wellness director, Eric Baumgartner. Eric is well indoctrinated



Hallway leading to The Alchemy.



Chromolift holistic face lift.



Healthy organic food prepared in The Alchemy kitchen.

to enhance my “inward journey” by registering for a Brain Cleanse Program at The Alchemy Arts Center in Santa Barba-

in the practice of medicine. His father and grandfather were both traditional medical doctors and Eric seriously considered heading in the same direction.

After spending a few years in pre-med school, he had a gut-level feeling that he needed to explore various options. After traveling to India, Indonesia and other countries, Eric could not ignore his true calling—Chinese Medicine. Eric presently holds a Master’s degree in Traditional Oriental Medicine and practices Acupuncture, Herbalism and Nutrition. He is well versed in the treatment of fatigue, weight-loss and hormone imbalances.

Signature treatments offered at The Alchemy are designed to move blocked-energy and restore feelings of well being and balance. I chose to experience treatments that were new to me: The Chromalift is a holistic face lift created from a perfect blend of Swiss skin-care technology with the principles of Traditional Chinese Medicine and power of light therapy.

Craniosacral Therapy assists to reintegrate parts of the body-mind that have been disconnected with a gentle hands-on procedure. There really are no words to describe how I felt after these treatments. I’ve visited dozens of spas. This is simply the best!



Photos courtesy of The Alchemy

The Alchemy's relaxation area.

The daily yoga classes taught by Siddhi were powerful and unique. I've never experienced such intense purging exercises in yoga and certainly was not anticipating a homework assignment. But, I had to remember, this was the first time I had signed up for a "Brain Cleanse Program". Our homework was to be discussed in the next class: write our fears in one column and write what would happen to our fears if they would be transformed into courage in the other column. Siddhi's understanding and nurturing style was perfect for teaching this program. Though her home is in Santa Barbara, she teaches yoga all over the world.

Since I wanted my visit to Santa Barbara to be simple and uncomplicated, I left my car at home. When the train arrived, I walked to The Santa Barbara Hotel, a short distance away. This classy, historic hotel, with the old-fashioned "do-it-yourself" elevator was located in the middle of the restaurant and shopping district, and a one- and-one-half block walk to The Alchemy.

This simple vacation has reminded me of the importance of tuning into silence for few moments each day. After hiring a good coach and spending a few days at The Alchemy, I feel rejuvenated and lighter. I highly recommend treating yourself to an "inward journey". It is the perfect gift to give to yourself!

CONTACT INFORMATION

Shauna MacKay Yoga: www.shaunamackayyoga.com or call: (858) 699-9118
Alchemy Arts Center: www.alchemyartscenter.com or call: (805) 899-8811
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Ann Nelson is a freelance writer residing in San Diego.



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Holistic Treatment for Irritated Bowel Syndrome

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

According to the National Digestive Disease Association, it is estimated that 15 to 20% of Americans suffer from Irritated Bowel Syndrome (IBS). And yet, only one third of them seek diagnosis and treatment.

Irritated Bowel Syndrome (IBS) is not a disease. It consists of a cluster of digestive tract symptoms including alternation of constipation and diarrhea, flatulence (gas), gas pain, extreme fatigue, foggy mind, depression, etc. Though many researchers claim the cause of IBS is “not well understood,” through my several decades of clinical experience, I have observed that major causes of IBS are overgrowth of yeasts and parasites, and of chronic stress.

Physical Causes of IBS:

Poor Dietary Habits

Physical causes include indulgence in yeast-favorite food (Standard American Diet – SAD) containing sugar, dairy, wheat, yeast, alcohol, caffeine, nicotine, and chemicals. When my clients eliminated or reduced these allergens and stayed on non-allergic food, usually their symptoms of IBS were reduced substantially or they completely subsided.

Excessive Use of Antibiotics

Excessive use of antibiotics often killed all kinds of bacteria floras in the intestines, including friendly bacteria flora. Thus, your small and large intestines lost the ability to eliminate smoothly.

Never doubt that a small group of thoughtful people can change the world. Indeed, it's the only thing that ever has.

— Margaret Mead

Lack of exercise

Sitting in front of the computer for too long is a common habit for people in modern society. This in turn, reduces the peristaltic function of intestines, and causes constipation.

Pre-existing illnesses

Pre-existing illnesses preclude you from exercising with comfort and regularity; consequently, lack of exercise and improper physical functioning become a chronic condition for constipation or diarrhea.

Sexual Contact

Yeast and parasitic infections are sexually transmittable. Exchange of body fluids can give infections back and forth between sexual partners. If yeast and parasitic infections are untreated, they can cause symptoms from head to toe, including IBS.

Psychological Causes of IBS:

Unfinished business

IBS is a symbol that your life is out of control. Coined by Frederick Perls, the phrase “unfinished business” denotes that an individual has been in and out of the emotional garbage pail and does not resolve the inner conflicts. These inner conflicts can stem from relationships with parents, parent-surrogates, children, spouses, siblings, friends, relatives, partners, and co-workers. When your existence is haunted by unfinished business, you are likely to carry negative emotions such as anger, resentment, grief, regret, and guilt. Your life can be in consistent crises and out of control, so as your bowels!

Boredom

Boredom can slow down both mental and physical activities, and in turn, depresses

the immune system. When the immune system is sluggish, opportunistic organisms such as yeasts, bacteria, viruses and parasites will have a greater opportunity to take over.

Busy-Taking-Care-of-Others Syndrome

Some people have developed a habit of taking care of others and neglecting their own welfare. Usually these people knowingly or unknowingly suffer from low self-esteem or insecurity. When they were busy taking care of others, they had a sense of control. When they were out of a caretaker's role, they lost the control of their life and bowel movement.

All the possible causes described above can cause the breakdown of the immune system, especially the psychological stress, because psychological stress is the primary cause of yeast and parasitic infections. Why? Psychological stress depletes your immune system, thus allowing opportunistic organisms to grow.

To effectively treat Irritated Bowel Syndrome (IBS), I suggest using a holistic approach including an anti-yeast nutritional program, herbal therapy, and stress management.

Anti-yeast Nutritional Program

Adopt a yeast-free nutritional program that contains no sugar, dairy, wheat, yeast, alcohol, caffeine, nicotine, and chemicals. The above no-no's are “Dr. J's Eight Commandments” as detailed in my cookbook, *Healthy & Tasty: Dr. J's Anti-Yeast Cooking* (The book may be available in your local libraries). A yeast-free nutritional program will nourish your body and starve the yeasts and parasites — your little enemies within. When your en-



emies are less active, your IBS will improve.

Herbal Therapy

Use an herbal detox program to remove all excess and harmful yeasts and parasites, and allow your body's innate intelligence to heal you. It is important to cleanse your liver and kidneys so that toxins will not build up in your body. You can also add formulas rich in plant-based protein, to nourish your body that is starving for nutrients.

Stress Management

You need to learn to effectively manage your stress and have a different outlook on life. In my book: *Breaking the Yeast curse: Food and Unconditional Love for Magic Healing*, you can learn valuable techniques such as a 10-minute Meditation, Deep Emotional Releasing Technique, special prayers, and affirmations to reduce your stress (The book may be available in your local libraries.)

Remember, Irritated Bowel Syndrome (IBS) is not a disease. It's a cluster of physical symptoms that reflect your emotional and spiritual states. Once you learn how to balance your life situation, IBS can be controlled!

Dr. Juliet Tien (Dr. J) is a leading expert in treating yeast and parasitic infections and related illnesses. She is the author of several books, and was a radio and TV personality in her specialty area. Recently she became the co-owner of Dr. J's Vibrant Café in downtown Los Angeles (at corner of the Main and 4th St.) — a Vegan and Anti-Yeast Nutritional Restaurant, the first of its kind! For more information, please contact: Academy of Vibrant Health, 541 S. Spring St., Los Angeles, CA 90013. Tel. (213) 489-1712. Visit: www.drjsbest.com

What Are Miracles?

By **ULRIKE**

Thinking about miracles will surely bring such 'supernatural' occurrences (we can ask ourselves what is supernatural?) such as the bleeding of Therese Neumann, a German Catholic mystic, who exhibited the nail markings of Christ and bled every Friday, or the case of Saint Juan Diego's reported vision of Our Lady of Guadalupe in 1531, more currently maybe even the healing of a terminally-ill person, or maybe a lottery win before financial disaster comes to mind.

What about looking at nature and seeing the wonders of the sprouting of a seed, or the birth of a child? Many things can be looked at as miracles. But it is all in our perception. Again we perceive life individually and therefore experience even miracles differently.

Our essential being, our core, is inward and as such strengthens from within, not from without. All we hear, see, touch, taste, and smell in this outward world is an internal reflection of the mind of man, thoughts and feelings manifest. We ignore this inward soul-connection most of the time, but the wise man (Understander) thinks and manifests his desires easily.

We barely notice our natural universal relationship and neglect our responsibility to it through ignorance of the law. This innate core of being has lain bare and unused since we were born. Why? Because we didn't know better! Remember the old saying 'if they knew better, they would do better,' indeed... but now is the time to wake up and start taking responsibility.

So let us be wise and learn how to use this positive life energy in our daily lives, because knowingly or not, it has produced our experiences ac-

ording to our mind convictions; right or wrong.

Now that we are on the path of awakening and are consciously striving to lift this veil of ignorance and deception, we are glimpsing the Truth and seeing miracles. Once understood as truth, and as simple workings of the law or mind projections, they are mere reflections of new and improved thought convictions and therefore cannot be called miracles anymore. A miracle as Webster defines it, is 'an unusual or wonderful event believed to be caused by the power of God' and/or 'a very amazing or unusual event, thing, or achievement'.

A miraculous occurrence will only seem so to the uninformed or unaware individual, but the Understander accomplishes all desires instantaneously through knowing the truth. He allows the divine power to flow through him. Therefore the Understander comes out of the dark corners of his soul, which stores self-pity, defeat, fear, doubt, and among many other negative emotions and embraces his true heritage which is the light of love, joy and harmony. An acknowledgement of these powers is what makes a miracle an everyday occurrence.

Think about this! The life of the five senses, which is the life you live now, has not satisfied you up to this point. Earthly pleasures only last so long, fading away quickly, and you cry out for more. As more is bestowed upon you, you again long for additional pleasures, ever trying to fill the empty hole inside of you. When will all humanity awaken to this fact? When will the cries for spirituality start and when will people see that 'the kingdom of heaven is at hand'? When will we act on our in-

stinctive longings for more peace and fulfillment? When will we provide ourselves with enough Soul-food and share this new feast of the Spirit with our brothers and sisters?

Waking up to the Truth, we watch poverty turn into riches, sickness into health, healed relationships and happiness return through our newly-found, and diligently-applied, creative energy. These improved conditions will look like miracles. "I never imagined that I could accomplish that" you say, or "Can you believe I was healed?" Yes, I do believe, because as we open ourselves to this Truth-substance and accept its full power, we draw this mighty energy into our lives. Wondrous happenings, unexplained healing, and all

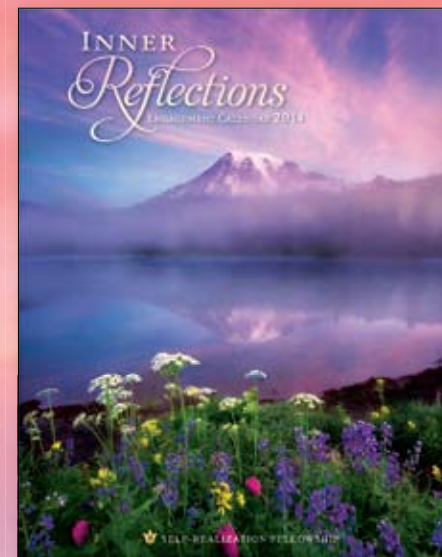


good desires are mere workings of Universal Law — if understood.

So let me ask you, my dear reader, what do you think are miracles? Contact: modernthoughttheories@gmail.com

ULRIKE is an Austrian author who focuses on teaching the art of Right Thinking. Based in Los Angeles, she has been studying and teaching metaphysics for thirty years and has diligently pursued the search for the Truth. She teaches her workshops Transform Your Thoughts and her books ...because you can! Inspire your Day and The Seeds Will Sprout Somewhere are available at Amazon.

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The Secret Life of Walk-Ins

By Scott Blum

One of the first concepts one must accept “on faith” when embarking on a spiritual path is that of a soul being separate and distinct from the physical body that contains it. Not only is this one of the fundamental similarities shared by many of the established religions of the world, but it is also one of the few places where the New Thought movement is wholeheartedly in agreement with the religious establishment.

There is so much discussion surrounding how and when a soul enters the body during birth, and ultimately what happens to the soul after death, but there is a general agreement that the separation of soul and body is both fundamental and regarded in a positive manner.

However, there is substantially less agreement surrounding the fascinating subject of what happens when more than one soul inhabits a single phys-

ical body. Part of the reason for this dissent is the negative connotations associated with the concept of possession. For years, Hollywood horror films have sensationalized the event of a body being taken over against its will, which is akin to a forced metaphysical assault.

The kinder, gentler sibling to possession is known as a Walk-In. It is accepted that a Walk-In stems from an agreement between two souls, oftentimes made before a physical body is born. From a human perspective, what this means is that a body is “taken over” when the previous inhabitant is finished with their time on Earth and is no longer interested in continuing on.

Those familiar with Walk-Ins describe the initial experience as a distinct shift of personality or thought patterns following a traumatic event or miraculous recovery from a severe illness. The subject is subsequently less concerned with their own challenges, and uncharacteristically begins to show a preoccupation with the burdens of others.

Walk-Ins are described further as having an inner poise or

quiet radiance and are genuinely interested in helping humanity, without establishing overly close ties with individuals. They tend to emotionally distance themselves from previous friends or loved ones.

It is understood that Walk-Ins come to a host body for two fundamental reasons: the first is to help the individual complete their tasks on Earth that they were not willing or able to do; and secondarily, to accomplish the Walk-In’s own work on this planet. This work is typically more focused than a traditional soul’s work, which is why utilizing a body that is already mature is desirable for a Walk-In.

And although the learning opportunities inherent in being born, developing language and motor skills, and accumulating childhood experiences are significant, it is believed that Walk-Ins tend to fast-forward past these experiences in order to “get on with it” and begin their work without enduring the nascent lessons of being human.

When Ruth Montgomery published her seminal book, *Strangers Among Us*, in 1979, she stunned the spiritual community with the assertion that not only was this previously fringe concept more common than had been imagined, but people in prominent positions of power were the subjects of Walk-In experiences.

In her book she has named Christopher Columbus, Gandhi, and Benjamin Franklin, among others, in a long line of influential Walk-Ins. She goes on to explain that not only are Walk-Ins attracted to substantial positions of power, but many are working quietly among us in all levels of our society.

What’s ironic is although

some religious organizations denounce Walk-Ins as having malevolent intentions on par with possession, the very same organizations tout a fundamental shift in consciousness that happens to their followers when they begin to perceive a soul within their body that is previously unfamiliar to them. For example, in Christianity this experience is named awakening, Buddhism calls it bodhi, and Hinduism refers to it as moksha.

And although these experiences are described in unique ways, what is common is that there is a profound shift in consciousness when the mind acknowledges the existence of a soul that was not perceived before. In fact, Christianity asserts that pivotal event stems from the act of “inviting Jesus Christ into your heart,” which could be perceived as similar to the “agreement” that is made with a Walk-In.

There is much work to be done in the field of metaphysics to help us comprehend how experiences common to us all can be understood and shared with one another. This is one main reason I was compelled to write and direct the feature film *Walk-In* (Hay House DVD).

I am fascinated by how these occurrences define our relationship with ourselves, our loved ones, and ultimately the world around us. I hope to provide a catalyst for discussion about one of the most profound challenges that affects us all: how to come to terms with having a spiritual experience in a physical body.

Scott Blum is an award-winning filmmaker, a best-selling author, and the co-founder of the popular inspirational website DailyOM. His new film, Walk-In, was recently released on DVD and VOD by Hay House. Visit walkinthemovie.com for more information.

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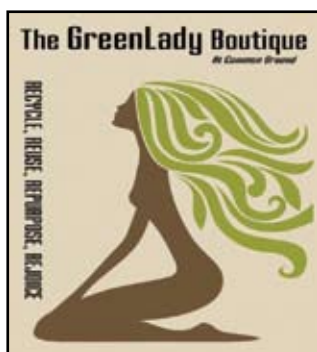
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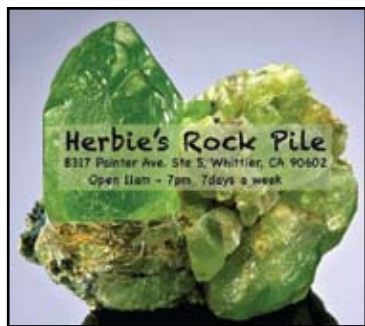
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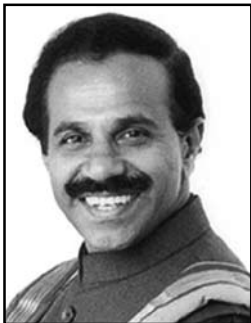
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Raw Living EXPO

LOS ANGELES 2014

By Susan von Seggern

After a very successful event last year in Sedona, Arizona, the world's premier raw foods lifestyle event, the Raw Living Expo comes to Southern California. Taking place January 31 to February 2, this annual gathering brings a global group of enthusiasts to the Hyatt Westlake Village for 3 days of panels, demos, meals and parties.

With over 40 presenters the Raw Living Expo features professional chef demos, keynotes, workshops, the Best of Raw

Awards gala, receptions, after parties, films, a mini conference for raw entrepreneurs, and more. There will also be an exhibit hall with over 50 top raw and other companies sampling and vending.

A highlight of the Raw Living Expo's opening day is the Best of Raw Awards, a "green carpet" raw celebrity gala event and formal dinner. The event is the annual highlight for the plant-based raw foods movement.

With a mission to "invite everyone to add more raw, organic plant food to their diet to increase health, decrease their eco footprint, and raise their spirits," these 'Rawscars' as the awards are affectionately known, bring much deserved attention to the exciting personalities, companies and products in this billion dollar segment of the food industry.

The event will feature a sit-down dinner orchestrated and designed by noted raw chef **Jillian Love** who will be training the Hyatt's staff in raw preparation specifically for this event.

Presenters include **Victoria Boutenko**, noted author, mother of "The Raw Food Family" and leader in the popularization of the "Green Smoothie;" world-renowned Icelandic raw chef **Solla Eiriksdottir** who

will be creating the After-Party dinner; and longevity through raw expert, author and at 74 incredible example **Mimi Kirk**. Other noted speakers and chefs include: **Dan "Life Regenerator" McDonald**, **Dave "Raw Food Trucker" Conrardy**, **Cherie Soria**, **David Rainoshek**, **Kristina Carrillo-Bucaram**, **Jeffrey Smith** via Skype and many more.

Sponsoring exhibitors include Divine Organics, a Marin County-based leader in sourcing and providing company-owned, sustainable farm-grown superfoods and cutting-edge wellness products including their award-winning Chocolate Brittles made with certified organic, fair trade, raw "Rio Arriba" Cacao; Healthforce Nutritionals, the number one source for raw, vegan, bio-compatible nutritional superfoods; and Living Intentions who focuses on great tasting, super healthy sprouted food.

Raw Living Expo founder Laura Chiraya Fox notes, "We have selected the Hyatt Westlake Plaza Hotel as the gathering place for the Raw Living Community in 2014! The staff of this hotel is absolutely into our event and are pulling out all the stops to ensure that we have an awesome experience!

The Hyatt has given the Raw Living Expo a great room rate of only \$125 per night. Up to four guests can share a room. This hotel is a Mediterranean Oasis just north of Los Angeles in Thousand Oaks, CA, conveniently located off the 101, it's just a \$26 shuttle ride from Los Angeles International Airport (LAX) and a \$35 shuttle ride from Bob Hope Airport (BUR, in Burbank). www.rawlivingexpo.com/hyatt-westlake-plaza/

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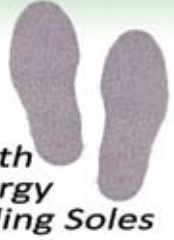
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www.harpmagic.com

Perhaps more than any other instrument, the harp is the most evocative of angels and the heavenly realm. For harpist and multi-instrumentalist Peter Sterling, this realm has had a profound influence in his life and music. In fact he has recently authored a new book entitled *Hearing the Angels Sing*, a factual account of his real world (and other-worldly) experiences. His new CD is a follow up to his well-received *Patterns Of Reflection*, which was nominated for "Best Contemporary Instrumental Album" by Zone Music Reporter in 2012.

According to Peter: "The tracks for *Twilight Serenade* were born out of one long improvisation as I sat at the harp and allowed music to emerge without any agenda." Following this initial outpouring of inspiration, Peter spent over two years orchestrating the harp tracks with other instruments and guest musicians including keyboards, guitar, violin, percussion, flute, voice, and crystal bowls. Subtitled, "Music For Dreaming," Peter calls this "the perfect soundtrack for dreaming awake." *Twilight Serenade* is an enchanting musical voyage that shines with creative energy and "harp magic."

KATHRYN KAYE

What the Winter Said
www.kathrynkaye-music.com

With this being the November/ December issue of Awareness Magazine, the third release by Kathryn Kaye, *What The Winter Said*, seems most

appropriate. It is a seasonal/holiday album — a collection of ten original compositions, as well as four old (16th to 18th century), less familiar but very pretty carols. I appreciate the fact that Kathryn has chosen not to go with the well-trodden classic holiday songs such as "Silent Night," "Sleigh Ride," etc. but breathes new life into less well known tunes from the past. The album includes 15 songs, some of Kathryn's solo piano, and others with accompaniment on cello, violin, French horn, percussion, and various acoustic instruments, recorded at Will Ackerman's Imaginary Roads Studio.

Kathryn is a musician/songwriter who now lives in the mountains of Colorado. She has been influenced by the simple harmonies of the folk-songs and hymns of her childhood in the Appalachians, and by her experience with classical music. The warmth of the sweet melodies on this album is perfect for taking the chill off a cold winter's day.

KRISTIN AMARIE

Notes From A Journey
www.amariemusic.com

Norwegian-born vocalist Kristin Amarie is truly a "global citizen" and her music reflects the incredible diversity of her life experience and the far corners of the world she has inhabited. *Notes From A Journey*, which features a guest appearance by pianist David Lanz, provides the perfect vehicle for her to express the full spectrum of her talent — from angelic Enya-like incantations to singing in a number of different languages over lushly-orchestrated compositions rem-

iniscent of David Arkenstone.

The range of musical and vocal styles on this album is staggering. As amazing as her singing is, I also can not say enough about the opulence of the orchestration on this recording, which is absolutely mind-blowing. The level of musical talent and production quality on this album put Kristin in a class with some of the finest recording artists in the genre. In the words of David Lanz: "It is time for the world to discover this compellingly beautiful and exciting new voice! Open your hearts and ears for Kristin Amarie... a rising star!"

SHAMBHU

Dreaming Of Now
www.shambhumusic.com

Shambhu's latest release, *Dreaming Of Now* was recorded at two of the top recording facilities in the world — the famed Fantasy Studios in Berkeley, California, and Imaginary Roads Studio in Vermont, owned by Grammy-winning producer and Windham Hill founder Will Ackerman. Although there are too many to name here, the list of stellar session musicians who accompanied Shambhu is no less impressive. In addition to being an accomplished guitarist in his own right, one of the things that impressed me the most about Shambhu is his ability to generate such elegant instrumental songwriting, full of unexpected chord changes with melodic twists and turns. His orchestration and arrangements are absolutely stunning, and reflect a flawless sense of when to allow space for the music to breathe and when to bring it all together for dramatic effect.

Dreaming of Now excels on so many levels that it's hard to describe it without over-using superlatives. But ultimately, the music speaks for itself. Shambhu has created a musical masterpiece that sets the standard for music in this genre.

RICKY KEJ

Shanti Orchestra
www.rickykej.com

According to Ricky Kej of India, the word "shanti" means "peace" and "equilibrium," and his music is a living example of international cooperation and harmony, representing a collaboration with over 20 musicians from around the world. The music artfully integrates Indian and world music influences with lush orchestration and an aura of enchantment. I especially appreciated the skillful blending of traditional instruments with more ethereal synthesizer-based sounds, and the tasteful use of innovative contemporary beats, samples, and sequences.

I found the music of *Shanti Orchestra* to be very visually evocative to the mind's eye. Listening with eyes closed conjures beautiful imagery and can whisk one away on a dream-like magic carpet ride to exot-

(Continued on page 32)

WHITE SWAN RECORDS PRESENTS

Turiya Nada

ARAKARA
Ecstasy of the Awake
Turiya Nada

Ritual trance and harmonic beats blended with Nandhi's authentic devotional chants create a sonic environment that is at once trance-incuding and electrifying.

TURIYANADA.COM
WHITESWANRECORDS.COM

MUSIC Reviews

(Continued from page 31)

ic inner vistas. This entrancing quality is one of the reasons the album could have tremendous mass appeal, in a way that a film like *Avatar* does. To say I am impressed with the music of Ricky Kej and *Shanti Orchestra* would be an understatement of the highest order. This is truly a magical listening experience that I can't recommend highly enough.

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

MUSIC

Reviewed by Donna Strong

**ARAKARA
TURIYA NADA**

Ecstasy of the Awake
www.whiteswanrecords.com

This is Red Lotus Creatives' first recording to be released

on the White Swan Records label. With two other successful recordings launched, this is another unique contribution to bring mantra into the mainstream.

The recording producer and mantra chanter is Turiya Nada (aka Nandhi), an Indian born yogi steeped in Siddhar tradition, a venerable lineage of the sages from Southern India. Yogi Nandhi has a voice that is as resonant as a singing bowl. The reverberating tones of this Siddhar ambassador evoke a clear sense of devotion to the divine.

The eleven musical mantra pieces on this recording meld diverse layers of instrumentation; cello, zither, guitar, bass, Native American flute, keyboards, Tibetan bowl and butterfly harp. Award-winning Howard Lipp and multi-talented musician Edwing Sankey, both of Los Angeles, produced and arranged the work on this recording.

True to their path of practicing tapas, these devotional tones light the inner fire of expanded awareness, of the Source that perpetually dwells within. While still quite new in the West, these chants express deeply moving sacred sound to foster compassion and a community of Oneness in our world.



Voices of Hope

By Audrey Hope

T.O. ANGELS

Not for riches, fame or
manifesting wants,
Not for myself or my dreams,
But to hold the flame, sword
and scepter
To take over a darkened land.

The real purpose of it all—
The pain, healing and
growing,
The seeking, learning,
changing,
to raise our God Light
frequency,
And triumph in sacred
destiny.

Did you really think we came
for houses and things?
Did you think it was about
you?
Did you get lost in 3d reality
and forget the plan?
No more victory for the black
legions!

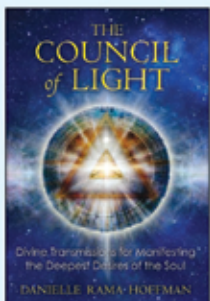
End their tricks, hate and fear,
Their woven tales of dire
happenings:
The earth ending, the solar
flaring,
The stocks falling.

Go forth — The real mission
is at hand!
Preparing forever for the
now...

Never this many,
Never all at once,
Never the time.
Never in full position
Till today.

Calling knights, soldiers,
goddesses and kings!
Graduated angels, trained as
Jesus did,
Choose the fight by sword,
stance or love —
But, do what you must.
Do what you came to do.
TAKE OVER — ANGELS!

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 available on amazon.com



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DANIELLE RAMA HOFFMAN

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The Anunnaki and the Search for Immortality

ZECHARIA SITCHIN

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BOOK Reviews

By *Sonia von Matt Stoddard*



TRUE ANGEL STORIES

777 Messages of Hope and Inspiration
By *Diana Cooper*

Angels can transform your life, every single day, as long as you are open to the wonders of angelic forces and realms. This book contains hundreds of real-life experiences taken from people's daily lives, including how to tap into angel forces such as guardians and comforting angels, finding them in animals like horses, cows, birds and insects, as well as our own pets.

Visualization exercises and tips for angel awareness are here to remind us that angels exist in every area of our lives, in places like train stations and planes. By learning to read the many signs and signals, and opening up to angel signs, you will tap into the unexplained forces and phenomenon, and find guidance, comfort and salvation in many areas of your life.

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

ON ANGELS' WINGS

My Life as A Healer
By *Pamela and Barry Russell*

Written by a mother and son team, these authors' lives are full of the wonders of life between the world of angels and that of earth. As spiritual healers, this book is filled with examples of cosmic energy, guided meditations and instructions on how to tap into connections to the world of angelic healing.

Finding the connection to our own personal angels is attainable, if you learn how to open yourself to their presence and practice how to listen to or see the signs of their existence.

Once you are able to tap into their existence in the universe, you will find a direct and positive impact in your life, as well as be able to help others also attain their path and calling.

Published by Ayni Books, this book is available at your local bookstore or www.ayni-books.com

REVOLT OF THE REBEL ANGELS

The Future of the Multiverse
By *Timothy Wyllie*

Continuing the saga of the Lucifer Rebellion, author Wyllie further channels and explains the insights of rebel angel Georgia, a million-year earth watcher. Bringing us up to speed, once again, about the earth's quarantine from other planets, here we can learn how the stage is set for further human redemption, even though we may be completely unaware of the angelic heritage present all around us, at all times.

Included as well are the author's own illustrations as well as some tantalizing tales on the rise and fall of lost civilizations, like Atlantis and the Maya. A massive transformation of consciousness as well as the shape of our planet's ultimate destiny, will help us to reconnect with our planet as well as our selves.

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

WARRIOR OF LIGHT

Messages from My Guides & Angels
By *Kevin Hunter*

Learn to recognize your team of guardian angels around you and your life will be transformed, by channeling in on vibrations, hope and faith and eventual attraction to an even better world. Angel guides are

all around us; we just need to learn how to recognize them.

First, we learn about the nature of angels and how they help us find the warrior within us. Lessons and visualizations for raising our spirit to a higher level are all included, along with breathing and stretching exercises that lift our bodies as well as our minds. Next, if you ever wondered about named angels themselves, like Uriel and Michael, there is a section covering more than a dozen, as well as how to receive messages from the correct one.

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

HEALTHY IS DELICIOUS

The Essential Guide for Self-Healing with a Detoxing and Inflammation-Free Diet
By *Kathleen Downey*

Do you have allergies or sensitivities to certain foods and/or does it seem like nothing you try resembles food that

tastes good? Look no further! As the title suggests, there are easy-to-use recipes that incorporate items you will love, all are free of sugar, gluten, dairy and red meat.

The author, a victim of Lyme disease and cancer, and working with patients with debilitating injuries, like spinal injury, has created a plethora of diet guidelines to reduce inflammation, keep you satiated, healthy, energetic and free of pain. Whether you suffer from arthritis or allergies, injuries or digestive issues, or even an aversion to cooking, this intensive guide will give you a multitude of alternatives, from live food, entrees, juices, soups ... and desserts as well.

A GREAT HOLIDAY GIFT!!

Published by Kathleen Downey, the book is available at your local bookstore or www.corelevelhealing.net

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KID'S Reviews

By Lyda Whiting

THANK YOU, ANGELS!

Written by Doreen Virtue
with Kristina Tracy
illustrated by Patricia Keeler

What do angels do all day? Do they play the harp and lounge around all day on clouds? Most of the time, they are working. They are helping other kids just like you. But first, you have to ask for their help.

Guardian angels can help calm your fears, give you courage, and surround you with protective light. They can help you feel better, whether you have a cold or are arguing with your best friend.

Best-selling author Doreen Virtue has once again written about the subject she is quite famous for — angels. This is her first book for children, and a welcome addition to her long list of must-reads.

This lovely and gentle book is a wonderful introduction to angels for children of all ages.

For ages 3 and up.

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

THE DAY AN ANGEL RAN INTO MY ROOM

Written by Anabelle Valenzuela-Alarcon,
illustrated by Sarah Latham

One night just before bed, a little girl has a visit from her guardian angel. The angel says she became visible to share important secrets. She tells the girl, since there is only one of you in the universe, each one makes a huge difference. Even though children look different, and have different parents, all of us are really family. And each child has a guardian angel. Even children without parents are never alone.

Children will love discovering all of the angel's wonderful secrets. The illustrations of the child-like angel will make children feel comfortable and pull them into the story.

This book opens up opportunities to discuss big ideas with children in a loving and gentle way. For ages 3 to 6.

Published by Strategic Book Publishing and Rights Co., this book is available at your local bookstore.

BEAUTIFUL GIRL: CELEBRATING THE WONDERS OF YOUR BODY

Written by Christiane Northrup, M.D., with Kristina Tracy, illustrated by Aurelie Blanz

You are perfect just the way you are. Your body is like a magical garden, growing and changing and blooming. Treat yourself gently, just as you would that garden. Know your body is a miracle unfolding its secrets as you get older.

Every girl has wonderful gifts to discover as she grows. Boys have their own gifts, too. But this book is about the special gifts that only girls have.

Dr. Northrup has taught and written for women about wellness, health, and their bodies. This is her first children's book, written to help girls develop a positive attitude about their bodies.

The beautiful, richly-colored illustrations create a sense of joy and peace. This would be a lovely book to read together at bedtime, or any time.

Highly recommended for all girls.

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

HOW ROLAND ROLLS

Written by Jim Carrey,
illustrated by Rob Nason

Roland is a wave who loves rolling through the ocean with his friends. Roland made friends with a glimmering wave named Shimmer. The two waves loved rolling together through the ocean. One day they were frightened when they saw land; they thought a wave could not survive the shore. But they kept on rolling, and they crashed on the beach together. They got all mixed up, but it didn't feel bad at all. Suddenly, they realized they were really the whole big ocean, and more. They were in all of the rivers, the puddles, and the ice. They were in everything the whole world over.

This charming book will have children giggling, even as they realize they are like Roland — not little, but connected to everything. The rhyming story is lively, and the funny illustrations keep the story rolling.

Highly recommended for ages 3 to 5.

Published by Some Kind of Garden, Inc., this book is available at your local bookstore.



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www.christinemabille.com Christine Mabille

The illustration shows two cartoon characters, a boy and a girl, standing on a green line. The boy is on the left, wearing a blue shirt and shorts, and the girl is on the right, wearing a blue dress. They are both smiling and looking towards the viewer.

REFLEXIONS REFLEXIONS

By Robert Ross



“Elderly Gentleman” Seeks Employment

“Retirement at sixty-five is ridiculous. When I was sixty-five I still had pimples.”

— **George Burns**

WINTER 2012

Ski Patrol radios for a medic: “An elderly gentleman has taken a fall.” “Middle age! Middle age!” I shout, while standing nearby waiting for help. A *small facial cut and wounded pride, hardly worth all the fuss, but elderly gentleman?*

The cut healed in a day or two, but the emotional scar left a permanent gash in my self image. In my heart I’m forty-something, in spite of how I may look to others, in spite of the calendar. Forty something, that’s it! The following year, when I found myself face to face with the reality of my age, it was quite a wake-up call.

FALL 2013

I have expensive hobbies like skiing and traveling, but a budget that’s currently on life support. The plan was to find work for the coming holiday season. The big question that had dominated my thoughts since last year’s ski accident was: who would possibly want to hire someone who is perceived as an elderly gentleman? After all, elderly gentlemen often shuffle rather than walk, constantly quip: “What? Can you speak a little louder?” And, at times are seen mumbling to themselves. These are not marketable attributes.

The holidays are festive. Shopping, eating, and family gatherings take center stage.

Retailers seek cashiers, the Salvation Army hires bell-ringers; and delivery services, UPS, Fed-Ex, and the USPS, need drivers, sorters, and lifters.

Hiring begins in earnest in early November in preparation for Black Friday, the largest retail shopping day of the year. On the day after Thanksgiving businesses hope to go “into the black,” bookkeeping talk for, “turn a profit for the year.” In early October this elderly gentleman is about to embark on a job hunt, fully expecting to hear: “sorry, go to our web site, nope, website!” Or “good-luck, we’re not hiring.” But with a little persistence, I think maybe ... just maybe ...

THE HUNT BEGINS

After making a few face-to-face inquiries about holiday jobs, e.g., at a retail store, with a Fed-Ex delivery person and the Post Office, the common response was: “Yes, we’ll be hiring for the holidays, go to our web site.” So, I went to a number of web sites. UPS, REI, and FedEx were not, at present, looking for seasonal workers. The online applications were for career positions. “Go to our web site” seemed an easy way to dismiss job seekers.

I googled: “how to find a job for the holidays,” which produced a number of ideas and web sites. For example, there was “How To Get A Seasonal Job” by Forbes magazine, and “How To Find A Holiday Job” by Kiplinger. I tweaked the google search and added the word “boomer,” finding

sites like: seniorjobbank.org and jobover50.com. These sites were a start. After a couple of days of filling out online applications though, two things dawned on me. First, the internet was one way — a relatively safe way — of avoiding rejection. Sit at the computer with a cup of coffee, fill out an app or two, push the send button, receive an automated response, and that’s it. Call it a day. There’s always tomorrow. The second insight was: I’ve got a lot of skills and experiences that could be put to use over the holidays, the problem is, some of these skills were used 30 or 40 years ago, pre-computers, pre-smart phones, pre-everything. Horse and buggy days!

PARACHUTES

Time to up the ante in my search for a holiday job. One of the best career planning and job search books ever written is *What Color is Your Parachute?* by Richard Bolles. Now in its 43rd year of publication, the book is filled with exercises to identify favorite skills, values and desired work environments.

And, after skills and values are identified, Bolles lays out the job search.

I spent the next few days working through the exercises in the book in an attempt to zero in on my ideal skills, work environment, and values. Of course, there’s “ideal” and there’s the reality of the holiday season. Ideal: I want to be at La Jolla Cove, watching the sunset, using my favorite skills of contemplation and reflection. Reality: the holiday season needs someone standing at the door of a giant retail

chain repeatedly blurting out: “Welcome to Walmart!” I can see there are going to be some compromises. The goal is to make money, not achieve Nirvana, I tell myself.

Turning to the book again, Bolles describes the job search as an art, not a science, involving some amount of luck. He goes on to say that “job hunting is always mysterious. Sometimes mind-bogglingly mysterious.” The daydreamer, the metaphysical part of me perks up. “Art, luck, mysterious,” sound like fun, an adventure, off to an unknown destination.

I printed up some business cards with my name, phone number and email address. At the top of the card were the words: November/December employment, full time/part time. This job search was going to be an adventure, a mysterious adventure, where serendipity plays a role.

My new plan would be to get out daily and talk to people, handing out my card, doing an interview of sorts. As Bolles stated: “An interview resembles dating, more than it does buying a used car (you). An interview is two people trying to decide if they want “to go steady.”

I’m ready to go steady!

Robert Ross can be reached by e-mail at: SanDiegoRoss@Yahoo.com
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As daughter and disciple of Master Liu Chi-Jen, Jenny has first-hand experience in Feng Shui.
Please see her article in this issue.



NEVER "Old?"

By Jesse Anson Dawn

Tips for Keeping Mind & Body Young

Jesse Anson Dawn (accurately photographed at age 68), 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, Chapter 9 of your new book, The New Era of Consciousness, strongly reveals what has come to be called The Longevity Revolution. Can your next Awareness column share some of that important information with its readers?"

Dear Readers,

A vital part of the crucially beneficial, ((**Live Vibrantly Longer**)))) movement is explored in "**The Longevity Revolution**," a 491-page book written by Pulitzer Prize winner, Dr. Robert N. Butler. Also, along with writing award-winning books, Dr. Butler founded **The International Longevity Center** (the duly praised **I.L.C.**), an organi-

zation that has done so much to ((uplift)) the human "race," it is surely worth reading about.

For example, during Dr. Butler's ten years as President of the **I.L.C.**, one of its most effective duties was to give twice-weekly classes to an auditorium filled with doctors and medical students — sessions that teach essential facts that medical practitioners really ((**need**)) to know. And the following lecture, (one that was taped and then distributed via the internet), is a memorable sample of one of Dr. Robert N. Butler's (deeply educational), **International Longevity Center** classes:

"Studies show that how long we live has very little to do with the use of medicines or surgery, but it mostly comes from efforts to create a more positive, self-empowered image of the aging process. And along with the help of self-esteem-lifting psychology, lifespan throughout this planet has been greatly lengthened by improvements in basic housing needs for the poor and elderly.

But with all things considered, along with the life-extending effects of quelling overloads of stress-induced tension, a central factor of increased longevity is, quite clearly, increasing awareness of the **true** effects of what we commonly eat and drink. Thus largely due to what has become the widely accepted, American diet, I will again remind you that, during the last thirty years, life expectancy in the U.S. has been rapidly descending, so much so, that it has now dropped to a shameful 48th place on this planet.

However, as long as I am director of the International Longevity Center, I promise to do **all** that I can to bring this country's health and life expectancy back up to international standards. And one way that this institute will do that is, first of all, by funding internationally televised documentaries aimed at increasing this country's shamefully neglected lack of healthcare education.

And along with that, to decrease the outrageously high prices of medical procedures in the U.S., I promise to steadily forward the ability of this Longevity Center to offer **truly** affordable, healthcare services."

And surely Dr. Butler has done a lot to make his intentions a reality, whereby via his leadership, **The International Longevity Center** initiated so many helpful services for the elderly that, to do him justice, I have provided this list that, (quite briefly) describes what it has achieved:

1. The **I.L.C.** has implemented worldwide, free-of-charge classes that teach working ways to overcome the myriad of prejudices that, for many decades, have kept a depressingly ageism-oriented, unhealthy grip on the mentality of so-called "uselessly retired" people.

2. In 2009, the **I.L.C.** strongly urged President Obama to alleviate the disgraceful dilemma that, largely due to the health-budget cuts of George W. Bush, over 28 million U.S. senior citizens lost their medical insur-

ance. But fortunately, due to President Obama's ceaseless efforts to make medical services available to the uninsured elderly, as of January, 2013, that basic human right was officially made into law.

3. The **I.L.C.** has thoroughly reformed dozens of shoddily-run "old folks" homes in the U.S., doing so after studies found that a majority of these facilities, quite covertly, had less than half the number of on-call staff that federal guidelines deem as being minimally necessary.

4. The **I.L.C.** has become an agency duly aimed at alleviating the following, quite disturbing fact: more than 40 percent of suicides are committed by persons 65 or older — a dilemma largely caused by increases in so-called "senile dementia." And yet, according to Dr. Butler's research teams, quite frequently, "senile dementia" is a condition caused by the side-effects of so-called "anti-depressant" pills. But to justifiably counteract that situation, **I.L.C.** attorneys filed criminal charges against pharmaceutical companies that, quite repeatedly, refused to stop selling drugs that frequently induce suicidal behavior.

5. Between 2001 and 2008, to overcome the fact that the Bush administration spent less than 1 cent of every tax dollar on disease prevention, the **I.L.C.** gave nationwide, cost-free, 2-day seminars that teach truly working ways to avoid illness, frailty, and life-threatening bouts of depression.

And that is just a small sample of the steadily ongoing, **LONGEVITY CENTER** services that (hopefully) help people live ((**VIBRANTLY LONG, HEALTHIER AND HAPPIER LIVES**))))

"Youthman Messenger" Jesse will answer any questions (about REAL rejuvenation and ((protection-energy)) by emailing him at jesseisforreal@yahoo.com. Also, by typing Jesse Anson Dawn into the Amazon.com (book-search window), you can receive his uniquely beneficial, new book, THE NEW ERA OF CONSCIOUSNESS. Or you can have a bookstore order it via iUniverse Publications.



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Feng Shui Concepts

By Jenny T. Liu, M.A.

2014 Global Feng Shui Forecast

As the new year approaches, feng shui masters consult the Chinese Almanac, Yi-Jing, and Flying Star Charts to see what energy is in store for us. According to the Chinese Almanac, 2014 is the Year of the Wood Horse.

Throughout history, no other animal has contributed to civilization as much as the horse. Universally known for their power and speed, horses have allowed humans to explore and conquer beyond the restraints of their community. Riding a horse has often been compared to flying. It is no wonder that the horse is considered

a divine creature, and a symbol of freedom, virility, intuition, and triumph all over the world. All of these traits will likely appear in some form during the course of the upcoming year.

Associated with the soaring wind, the year of the Wood Horse blows in like a hurricane. As such, tornadoes and natural wind disasters are imminent. In the 2014 Flying Star Chart, the wood Stars 3 and 4 indicate high winds in the central, north, southwest, and southeast regions of the world. In the United States, this includes such states as Kansas, Michigan, California, and Florida. These regions may be prone to fire disaster, tree loss, crop damage, pollution, allergens, and mass disruption of insect and bird environments.

On the other hand, if harnessed and utilized in a positive way, the powerful force of the Wood Horse provides a surge of energy that spurs the economy. Prosperity and fame Stars 8 and 9 indicate that cit-

ies and countries in the south and north in particular enjoy economic improvement — especially if expert guidance is consulted for long-term benefits.

Associated to the wood element, businesses relating to



Chi Art "Master Paints the Forces of Nature" by Chi-Jen Liu

communications, lumber, paperwork, secretarial services, finance, liver and detoxification, digestion, and produce, do well. Human resources, temp agencies, data basing, digital archiving, on-line billing, investments, telecommunications, advertising, real estate, and food businesses also do well in 2014. GMO (genetically-modified organism) food, enzymes, food cultivation methods, food as medicine (especially for detoxification), healing, and longevity will be hot topics worldwide.

At the heart of the Wood Horse is energy related to the exploration of knowledge, inner power, and spirituality. There will be a great movement to return to school. Since the double Star 4 is in the north, this is especially true for adults and females in northern regions. Learning institutions, on-line schools, college extension classes, vocational schools and informational technology can expect unpre-

cedented enrollment. There also will be a trend of traveling scholars as young adults explore, seek masters, and delve into soul searching. Hermitages, pilgrimages, and meditation retreats into the mountains and forests become highly popular. Travel companies, media, and related services that specialize in this thrive.

Known for their free spirit, the Horse comes and goes as it pleases, bowing to no one unwillingly. The impetuous energies of the Wood Horse can also bring unexpected chaos as challenging Stars 5 and 2 affect countries in the south, southwest, northwest, and east regions. For example, Australia, Chile, Canada, and China may be troubled by unstable currency, embezzlement, audits, fraud, or epidemics. Protests, natural disasters and corruption take a toll on government resources. When confronted with dire situations, rash decisions and hasty paperwork can bring about bitter legal disputes and scandals.

Just like breaking in a wild horse, fighting Stars 6 and 7 in the west, northeast, and east indicate that different viewpoints and new methods may initially feel chaotic — espe-

cially in regions such as the United States and Asia. Conflicts arise from resistance to change, lack of compromise, power struggles, need for control, greed, a lack of moral ethics, and threats of warfare. However, once the opposing sides collaborate, new discoveries will form new directions and create a critical tipping point.

"The horse lends you his strength, speed and grace, which are greater than yours. For your part, you give him guidance, intelligence and understanding which are greater than his. Together you can achieve a richness that alone neither can." These words of famous author and horse trainer, Lucy Rees, capture what my father calls a "win-win-win" situation. It is vital to collaborate and be mindful in your decisions and actions. Do things that benefit not just you and the other person involved, but the whole world. If we can do this, we'll ride the 2014 Wood Horse year into triumph.

Master Jenny Liu holds a BA in Environmental Design from UC Berkeley and an MA in Architecture from UCLA. She is an expert in feng shui who shares her knowledge through seminars, periodicals, and the internet. For more information please see Liu-FengShui.com, or call Jenny at (626) 272-4901.

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Musings

By Mystic Trish®

**Angels we have heard on high
Sweetly singing ore the plains
And the mountains in reply
Echoing their joyous strains**

Originally in bible references the angels were referred to as messengers. That's all they were. They delivered messages to earth from God. If you read and listen to many metaphysical people you might believe angels are supernatural beings who can intercede on your behalf in very difficult circumstances.

In the first sphere of Angels are the Seraphim, Cherubim, and Ophanim; they are the ones closest to God according to numerous sources. The description of the Angelic beings called Ophanim — also called Thrones — is really quiet interesting. They are depicted as having four sets of wheels

with eyes set in the rims and are constantly spinning. They can move in four directions. Too me, this sounds like many descriptions of flying saucers

The Ophanim stand close to the Seraphim who are known as the fiery ones. Their flames are always flickering as they ascend and descend. The Cherubim are not pudgy little putti or small children as depicted in Valentine Day cards. Cherubim protect the Tree of Life in the Garden of Eden and the Throne of God.

They have four faces, one a man, second a lion, third an eagle and fourth an ox. Each corresponds to a cardinal sign of the Zodiac, and also to one of the four cardinal directions, as well as to the Equinox's and Solstices. Each face also corresponds to the four archangels: Raphael of the East, Michael of

the South, Gabriel of the West, and Uriel of the North.

All this information comes from a man named Pseudo-Dionysius the Areopagite. He was a fifth century Syrian Christian, philosopher and mystic who wrote about the hierarchical levels of angels in heaven. He had quite an impact, writing that there are three levels and each level has three levels within it, giving us nine levels of angels. These angels are found throughout all three of the Abrahamic religions — Judaism, Christianity and Islam.

What about the so-called fallen angels? Who were they and what of their offspring? The study of Angology is really quite fascinating and full of all sorts of information, especially about the fallen angels and their offspring. According to lore some of that bloodline is still among us. I have often wondered if offspring would appear to us mere humans or as something that fits the description of an Angel, a Deva or a Fey. All these beings show up in myth and lore throughout human history.

And who are the Fey? Are they related in any way to the angels? Did you know that the original description of Fairies was tall radiant beings with wings and magical powers? It is thought that perhaps the Fey might have been pagan Gods/Goddess of special sacred places in nature, such as springs or mountains. With the incursion of Christianity they became the local supernatural spirits or demons.

According to the teachings of Theosophy, Devas are archetypal living beings, spiritual forces in nature, and each planet has numerous Devas and elementals of its own. If your third eye is active you can see them as well as elementals such as the sylphs, the salamanders, the undines, and the gnomes. Interestingly each elemental corresponds to a cardinal direction and to an Arch Angel.

So are these the Angels who

were singing "Ore The Plains"?

And what about the Mountains Reply? How would those mountains sound now? Speaking of mountains — I read an article about one of our last glaciers in Yosemite National Park. *According to Greg Stock, Yosemite's first full-time Geologist "We give it 20 years or so of existence — then it'll vanish, leaving behind rocky debris. The Lyell Glacier has died and has lost over 60% of its mass and 120 vertical feet of ice. Experts give it 20 more years before it has completely vanished out of existence."* When that happens all of the plant and animal life dependant on it will leave too.

Are Angels singing about that and are our mountains echoing that reply? How would the sound of Angels singing echoing off the rocky debris sound? It would be a sad sound indeed. Do our Angels or Devas or Fey cry for us when they see the mistakes we are making on our planet? Are they crying out? Are the mountains echoing that reply?

So who are our messengers now? Who would you call an angel?

I would like to ask if my readers would send me their thoughts and feelings about whether or not you believe in Angels, Devas or Fairies and if you have had a personal interaction with them.

Do you believe the fallen Angels slept with human women like the Ancient Pagan Gods slept with mortal woman and had offspring? The stories of ancient Greece and Rome are full of these tales. The conception of Jesus Christ is one of those stories as is the story of Hercules. Both men had mortal mothers and Gods for fathers.

Happy New Year and Have a Cool Yule!

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



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Angel Animals in Our Homes

By Allen and Linda Anderson

We were recently asked to submit stories to a national publisher who was doing a book about angels. We sent stories of animals who transformed people's lives and inspired them to greater purpose. According to the editors' definition of an angel, the animals in those stories didn't make the grade. Finally we found out what they wanted — stories of animals that had literally saved people's lives. Only a dog that alerted someone to a fire or a cat that dialed 911 (just kidding) qualified as an angel.

At Angel Animals Network, we think animals are angels when they deliver the message that you are loved. Emily T. Hartmeyer from Florida wrote the following story for "Angel Animals Story of the Week" June 8, 2013 newsletter. She and her husband Bill had recently lost their beloved dog Gizmo. Their home was now lonely and silent. Six weeks later, Bill found a young yellow cat huddled up by their garage. He asked around the neighborhood, but no one knew anything about the cat.

EMILY'S STORY OF JERRY CAT

"Remembering that Bill only had dogs as pets, I never thought he might adopt a cat. But Bill found a cardboard box, lined it with old towels, and invited the lonely vagrant to spend the night in our garage, where he felt perfectly at home. Saturday and Sunday we provided our guest with food and drink, and he visited our neighbors. Bill and I conferred and decided that since we lost Gizmo, we needed a pet.

"Sunday afternoon, Bill left without saying where he was

going. He returned with cat food and a cat carrier on which he placed the sign, "Jerry Hartmeyer". I knew then that we had a cat. Bill explained, "If we are going to keep God's gift to us — which this little cat is — he should get checked out, so let's take him to the doctor first thing tomorrow."

"Although Jerry cautiously entered our laundry room adjoining the garage for meals, he preferred sleeping in the garage at night. Gradually he grew accustomed to indoors, and eventually even slept with us on our bed. He captured our hearts with his antics and his silky golden hair. We loved to brush it each morning as we gave him catnip while playing with him and his cat toys.

"Bill, I said, 'isn't it funny how Jerry's the same color as Gizmo?'

"Yes, and it seems more than a coincidence that Jerry came so soon after we lost Gizmo: I wonder when he left, if his gentle spirit found this poor, lost cat and directed him to us, knowing how Jerry could heal our broken hearts."

Have you had the feeling that a pet angelically guided a new animal family member home to you?

AN ANGEL DOG WITH A MISSION

In our book "Animals and the Kids Who Love Them" we have the story of a dog whose rough start in life could not have foretold what an amazing angelic mission he would have one day. After Dayna Hilton, a firefighter from Clarksville, Arkansas, adopted a neglected Dalmatian named Sparkles, the dog's purpose became clear.

"After adopting Sparkles in

2003 with the sole intention of making her a member of our family, I soon realized that she was a fast learner and enjoyed going with me to the fire station. She loved interacting with the other firefighters. One evening, just for fun, I wanted to see if Sparkles could "crawl low" for me. This is a key fire safety behavior that I was teaching children as part of my school education program.

In a building on fire, the air is cleaner and cooler twelve to twenty-four inches from the floor. "Get out" and "Go to our family's meeting place" are also instructions that parents must give their children for fire safety in the home. With a video camera in one hand and a treat in the other, I asked Sparkles to crawl low for me. It was exciting to watch her follow the command on her first attempt.

"I realized then that Sparkles could be my partner in fire safety education. Demonstrating other fire safety behaviors also came easily for her. She would jump into her bed when I directed her to do so. I would cover her with a blanket, and she would pretend to be asleep. At the sound of a smoke alarm she would jump out of bed, crawl low, and go to the meeting place I had designated.

"Sparkles and I visited Tulsa, Oklahoma, to read from our book "Sparkles the Fire Safety Dog" and make a fire safety presentation for approximately 450 pupils at Celia Clinton Elementary School. Each child that day received the book, courtesy of the Rotary Club of Tulsa.

"The school's principal, Mrs. Tanya Davis, called later to tell me the experiences of



two children, Angelica Riggins and Dystiny Hodges. About Dystiny, the principal said, 'I was walking down the hallway, when one of my third graders came running up and said, 'Mrs. Davis, my microwave caught on fire, and I grabbed my brothers and sisters, and we got out of the house, because we saw smoke. Sparkles taught us to get out quick, so we ran outside.'

"During our follow-up visit to the school, five-year-old Angelica told me her story. She said, 'Firefighter Dayna, I was in bed under the *cubbers*, and the smoke came. I crawled out of bed and crawled low, just like Sparkles showed me. I said, 'C'mon, Daddy, you have to get on the floor and crawl low like Sparkles.'

Angelica's dad had become disoriented while standing in a smoke-filled room in the burning house. Fortunately, he was able to follow his daughter out. The firefighters said the home had flashed over, which means it became totally engulfed in flames, just as they got Angelica's father out the front "

What is your definition of an Angel Animal?

Allen and Linda Anderson are co-founders of Angel Animals Network and authors of a series of books about the spiritual connection between people and animals www.angelanimals.net. Their newest book is A Dog Named Leaf: The Hero from Heaven Who Saved My Life. (www.adognamedleaf.com)

Another world is possible,
she is on her way.
On a quiet day I can hear
her breathing.

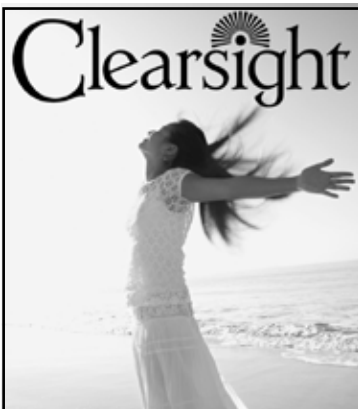
— Arundhati Roy

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Calendars are \$1.00 per word, minimum \$15.00. Phone numbers with area code, websites, and e-mails are considered as one word; hyphenated words are considered as two words. Please e-mail your listing to: info@awarenessmag.com

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WEDNESDAYS — Every third Wednesday. Holistic Chamber of Commerce: Inland Empire Chapter Monthly Meeting, 6:30 to 8:30pm at Natural Magnetism, 8200 Haven Ave., Suite #2110, Rancho Cucamonga, CA 91730. Contact Julie D. Mayo, Chapter President (951) 833-7879 or visit IE.HolisticChamberOfCommerce.com. Everyone is welcome!

NOVEMBER

NOVEMBER 1 — TED TALKS DISCUSSION GROUP. Friday 7 to 8:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 5 — A COURSE IN MIRACLES. Tuesdays Weekly, 12 to 1:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 7 — SACRED HISTORY. Thursdays Weekly, 7:30 to 9pm. Love Offering Common Ground, 550 N. Golden Circle

Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 8-10 — I CAN DO IT! Spend a weekend with some of the most inspiring cutting-edge authors of today including Dr. Wayne Dyer, Louise Hay, Doreen Virtue, Brian Weiss, Nick Ornter, Kris Carr and more! Pasadena Convention Center. www.hayhouse.com/events.

NOVEMBER 8-11 — STAR KNOWLEDGE CONFERENCE. Indigenous Chiefs, Wisdom Keepers and Visionaries sharing ancient knowledge of the Earth, Stars and Ascended Realms for the future of Mother Earth. Chief Golden Light Eagle, Chief Blue Star Eagle, Clifford Mahooty and so many more. Doral Desert Princess Resort, Palm Springs. starknowledgeconference.com, (818) 661-7437.

NOVEMBER 10 — "The Secret That Makes All Negative States Afraid of You!" Did you know that fear, worry, and anger all share the same secret weakness? Learn to free yourself from what punishes you. Best selling, self-realization author Guy Finley will speak on *The Secret That Makes All Negative States Afraid of You!* Sunday, November 10th at 1:30pm. The talk will be held at the Newport Beach Civic Center Community Room, 100 Civic Center Drive, 92660. A \$5 donation is requested, but no one will be turned away. Visit <http://www.guyfinley.org/> for more details.

NOVEMBER 12 — REIKI HEALING CIRCLE. Tuesday, 7-8:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 13 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday, 7-8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 15 — Prayer, Healing, and Solutions. Explore the connections! Friday, 7pm. Former meteorologist, engineer, Hubble Space Telescope manager, Mary Alice Rose, Christian Science teacher, explains how to be a victor instead of a victim, through scientific prayer and healing. TOTALLY FREE! (619) 265-6421 Oceanside Civic Center Library,

330 North Coast Highway, 92054

NOVEMBER 16 — DRUMMING FOR WELLNESS. Saturday, 11am to 12:30pm. \$10 per person. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 17 — CHANTING & KIRTAN FOR PEACE, SPIRIT SOUL AND FRIENDS. Sunday, 12:30 to 2:30pm. Free. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 26 — REIKI HEALING CIRCLE. Tuesday, 7-8:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

NOVEMBER 27 — SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER

DECEMBER 3 — A COURSE IN MIRACLES. Tuesdays Weekly, 12 to 1:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 5 — SACRED HISTORY. Thursdays Weekly, 7:30 to 9pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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DECEMBER 8 — HOLIDAY BOUTIQUE & OPEN HOUSE. Sunday, 11:30am to 1:30pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 10 — REIKI HEALING CIRCLE. Tuesday, 7 to 8:30pm. Love Offering. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 11— SPIRITUALIST GATHERING WITH KATHLEEN VANCE. Wednesday, 7 to 8:30pm. \$10 donation. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 15 — CHANTING & KIRTAN FOR PEACE, SPIRIT SOUL AND FRIENDS. Sunday, 12:30 to 2:30pm. Free Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 21 — DRUMMING FOR WELLNESS. Saturday, 11am to 12:30pm. \$10 per person. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 24 — CHRISTMAS EVE CANDLELIGHT SERVICE. Tuesday, 5pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

DECEMBER 31 — NEW YEAR'S EVE SERVICE. Tuesday, 6pm. Common Ground, 550 N. Golden Circle Dr., Santa Ana, CA 92705. (714) 836-5880. www.embracehumanity.com

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FEBRUARY 2-7 — WORLD PEACE DANCE CELEBRATION. Attend this destination event in Sedona, Az. Be inspired to embody peace and learn hands-on peaceful living skills. www.worldpeacedance.com

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Birthday Bash to Benefit Efforts to Restore Peace Sculpture

By Jerry Rubin

Since the theme of longtime peace activist Jerry Rubin's 70th Public Birthday Celebration is "Still Rockin' for Peace", let's make it clear up front that the event theme is NOT referring to a rocking chair. This special benefit event, which will take place on Wednesday, December 11, 2013 at Rusty's Surf Ranch at 256 Santa Monica Pier from 7:00 to 10:00pm with doors opening at 6:00pm. The party will feature a highlighted peace symbol-shaped candle lighting and cake-cutting ceremony led by Michelle Phillips, the popular actress, activist and founding member of The Mamas and the Papas.

The birthday celebration will include a special guest musical performance by Q'orianka Kilcher, talented actress, singer and activist best known for her role as Pocahontas in the film 'The New World' directed by Terrence Malick.

The evening's special guest speaker will be Alexandra Paul, dedicated activist, actress, TV host of 'Earth Talk Today' and former star of 'Baywatch'. Also featured will be lots of rockin' and dancing to the great sounds of L.A.-based Beatles tribute band Ye Olde Beatles. Serving as the event's special guest M.C. will be Chris Carter, popular KLOS FM radio host of 'Breakfast With the Beatles'. Rubin, a longtime Santa Monica resident who is no relation

to the late 1960's activist, says he promises his 70th birthday event will be the most "fun-for-a-good-cause" time that anyone could have anywhere on a Wednesday night... other than a large energetic candlelight vigil or peace rally at the Federal Building. Rubin says he thanks the Conrad family and community for their ongoing and dedicated efforts to save 'Chain Reaction', and feels confident they will ultimately be successful.

All proceeds from Jerry's benefit birthday event will be used to assist community efforts to directly help fund the repair and restoration of the 26-foot-tall 'Chain action' iconic nuclear mushroom cloud warning monument made of large chain links, which was designed, created and gifted to Santa Monica by the late 3-time Pulitzer Prize winning political cartoonist Paul Conrad through a \$250,000 donation by philanthropic benefactor Joan Kroc. The public art peace sculpture, which was unanimously designated on July 9, 2012 as a City of Santa Monica Landmark by the Santa Monica Landmarks Commission.

The birthday "peace cake" is being provided courtesy of Cake and Art, the creative West Hollywood bakery that has

revolutionized the art of cake design and has been celebrating 35 years of "the edible art experience".

Rubin says, "When I make my birthday wish and blow out the candles, I will be inviting everyone at the party

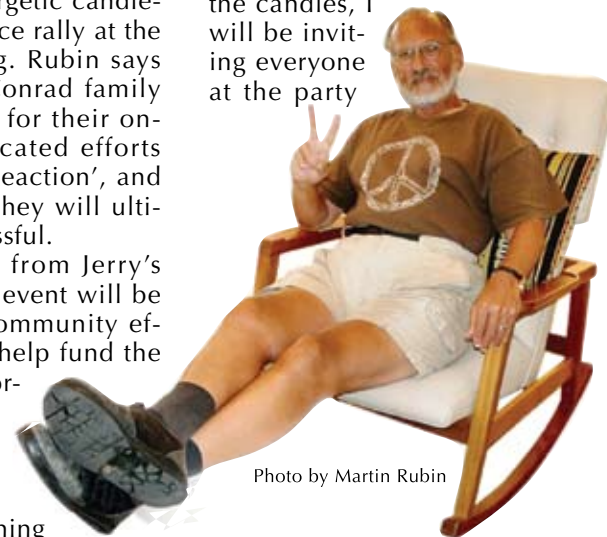


Photo by Martin Rubin

to make their own personal wish as well."

Admission at the door: 70th Birthday Gift Donor: \$70 (tax deductible); General Admission: \$20; Low Income: \$10. All ages welcome.

For those who cannot attend but would still like to donate to restore 'Chain Reaction', visit: SaveChainReaction.com

For further information or to make advance reservations call: Jerry Rubin at (310) 399-1000 or email: JerryPeaceActivistRubin@earthlink.net

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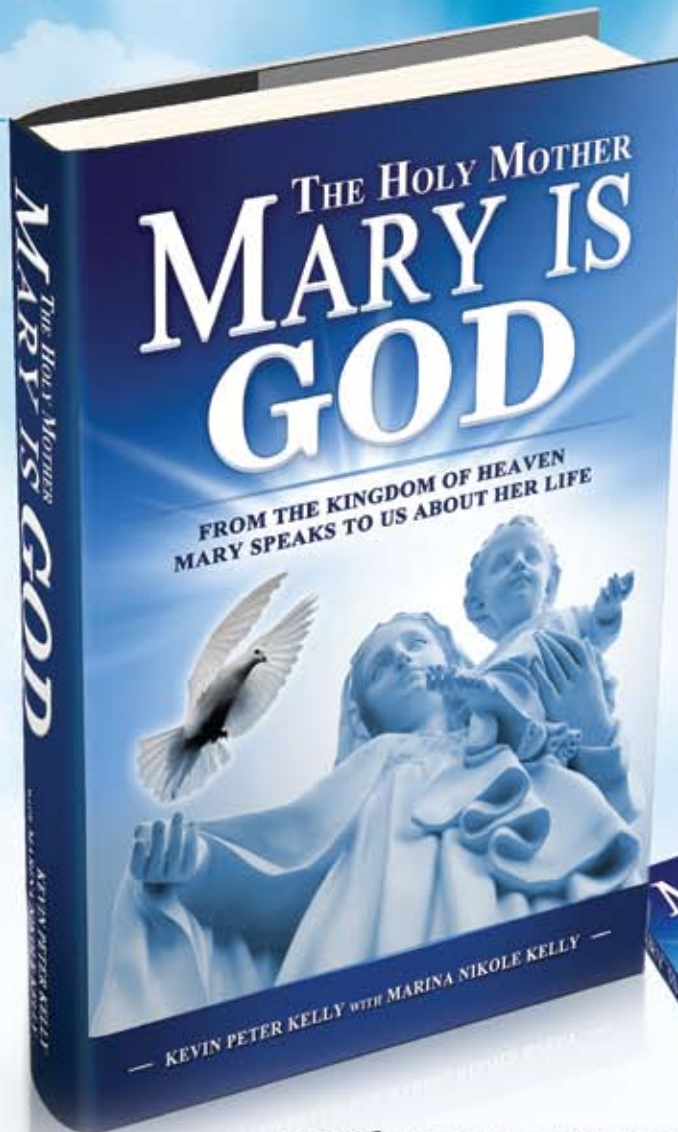
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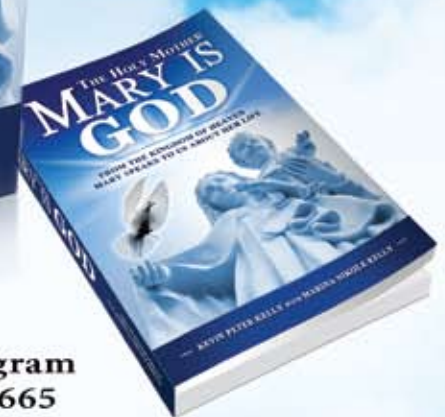
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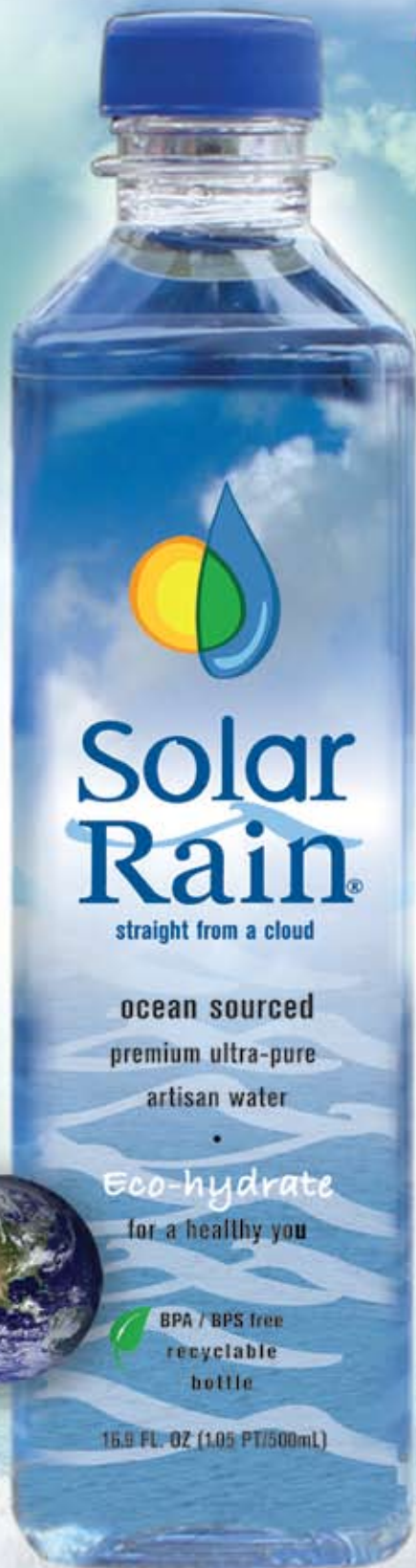
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