

Spring 2014

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Vitality

**ACUPUNCTURE, QI AND  
THE MERIDIAN SYSTEM**

**YOU MATTER TOO!**

**HOW GOOD ARE YOU WILLING  
TO HAVE IT?**

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Trish Suhr with rescues  
Bessie & Truman



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Enjoy Whole Health Magazine, is based in Texas, covering holistic news in San Antonio, Austin, Houston, Dallas, and throughout the Hill Country, Texas Gulf Coast, West Texas, and all around this great big world via the world wide web.

### STATEMENT OF PURPOSE

Published four times a year, the mission of Enjoy Whole Health is to be the resource guide for integrative, alternative, metaphysical and holistic healing modalities, practitioners and wisdom. We intend to present a wide spectrum of resources for improving health, environment and relationships. It is our intention to provide a rich mix of the best ideas, discoveries, modalities, products, experience, techniques, resources and solutions available. The information provided is not intended for self-diagnosis or treatment, nor is it intended to be the only option available. Opinions expressed in this magazine are solely those of the authors and not necessarily those of the publisher or advertisers.

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**Publisher:** Patrick Jackson  
**Associate Editor:** Kelly Jackson  
**The Cover:** Casacading Tree in a Japanese Garden by photosoul

*With each issue, we intend higher consciousness, transformation, prosperity, freedom, hope, perfection, faith, love, wellness, courage, joy, peace, understanding, harmony, kindness, forgiveness, trust, gratitude, vitality and whole health.*

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**Spring 2014**



## You Matter Too!

by Jane H Smith, MD

Talking with my kids in the car yesterday, crystallized something for me. Leave it to kids to carry the answers adults need most. My youngest was telling all of us about his movie that he plans on producing in 4 years. It had

a great story line, amazing characters, and a super plot. Then he said, "Of course, this character will be me." He was the one who would save the day and do brave deeds with a beautiful heroine. All three of my sons have written such stories. I am so proud of them!

While my son spoke, I remembered my early writing training when the "experts" said that inexperienced writers always put themselves in their first story, but as time goes they will learn to write characters that do not involve themselves. I used to think this was smart advice, but now I think, how sad!

What happens to us? When we are kids we draw pictures, write stories, and play games that make us key players. We are the ones to save the day, we draw super-hero capes on us, and remove imaginary time bomb just in time to save our gang from certain destruction. Somewhere along the way we are told to "grow up" and stop being the center of attention. We remove the lights and stars from our pictures, then we stop drawing pictures of ourselves at all. That is just messed up!

It is not mature to make yourself the Cinderella who never reaches the ball, but that is what we are taught in our schools, our churches, and our homes. Movies, on the other hand, crank up our hearts for a few brief hours, saying yes you can be more, you're not trash, you can overcome your past. Then we go home to "reality" and sit quietly on our stool by the stove stoking the coals of insignificance. This is so wrong! We are made for so much more. That's why we go to those inspiring movies - we know we are Cinderella!

Don't get me wrong. Serving and sacrificing for others rocks the house! Giving is one of the greatest honors in life. But it is not the only honor. Becoming who you burn to be is a HUGE honor. No one else on planet earth can be you. It is false humility to make yourself anything less than who you really are. Worse yet, it is selfish.

Yes, you heard me right - selfish. Friends, the world is upside down with the lie of fictional service. Being REAL is the best service you can offer. When you were a kid you knew you had something great in you. You couldn't help but draw and dream about it. Only sometime someone told you it was selfish to dream

and that you needed to grow up and move on. You DON'T move on from you. When you try it creates some of the worst diseases you know: autoimmune disease, cancer, asthma, obesity, anorexia, anxiety, depression, bipolar, suicide, cutting, and the like.

**The TRUTH is your greatness did not go away just because you believed the lie of the ages, that you don't matter.**

**The TRUTH is your greatness is waiting, impatiently, to be ignited again.**

**The TRUTH is your greatness, recognized, will carry you into wholeness.**

**The TRUTH is your greatness, developed, carries an answer to those suffering around you.**

Take it from someone whose been-there-done-that for too long, sitting in the corner being a good little girl, doesn't do anyone any good. Being courageous enough to be who you're burning to be will. History reveals truth. **Where would humanity be if these people sat down and lived small?**

**Johannes Kepler** - despite being legally blind from childhood, searched the night sky for answers, discovering we circle the sun in an egg shaped orbit. He rewrote modern science and helps modern planes fly right.

**Galileo** - despite the threat of punishment, pursued the Truth that the earth circles the sun. He released generations from superstition and ignorance about our marvelous created solar system.

**Marie Curie** - despite being a woman, explored the unseen evidence of x-rays to her own death. Imagine the development of healthcare without her contribution.

**Harriet Tubman** - despite being a woman and a slave, defied cruel masters, faced impossible odds, and brought many to freedom in the North. All this, too, after surviving a brick crushing her skull as a child.

So now it's your turn. Put your name at the end of this list because you matter too! What's holding you back? The only thing I see is a lie between you and your greatness. A stinky, hairy, slimy lie that needs to get flushed in your mental toilet back to the sewer. But don't stop at getting rid of the lie. Here's some greatness stirring steps:

1. Start drawing you doing heroic things
2. Start dreaming of you living out those dreams
3. Make a dream board with specific steps to get there
4. Begin saving for the first step
5. Share your dreams with a trustworthy person
6. Have a heart-to-heart with God about your dreams
7. Find a promise in the Bible that fuels your passion

I encourage you to take the next 7 weeks to jump into a new step - **one new step a week**. You can do this! How do I know?

Because I did it. I was wrecked emotionally from childhood abuse. I was bed-ridden from chronic illness. I hated myself. BUT as I studied history and saw people worse off than me doing more than I could dream of doing, I took the first step. I quit my medical practice to raise my kids. In stirring up their greatness, though, I found my own was alive and kicking. My kids' child-like dreaming blew fresh life into mine and now Papa God's love is pouring gasoline on it. I am going to be the healer I've always dreamed of being even if I don't fit in anyone else's box. I am living the life I burn to live and helping more people by doing it.

Smile, my friend, today is the first day of the rest of your life!  
**Now go get some crayons and start dreaming.** Doctor's orders.

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*Jane H. Smith, M.D., H.M.D. is a Familypreneur \* Organic Rancher \* Medicinal Storyteller \* Homeopathic doctor \* Speaker \* Medicinal Life Mindset to Overcome Chronic Illness. Her special talent is using her medical expertise as a special-needs pediatrician and an integrative physician, as well as her experience as a bed-ridden patient, to teach you back to basics steps to heal your body, soul, and spirit. She's helped children and adults alike find wholeness over 20 years by serving her family, friends, and patients.*

Article Source: [http://EzineArticles.com/?expert=Jane\\_H\\_Smith\\_M.D](http://EzineArticles.com/?expert=Jane_H_Smith_M.D)  
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## A Valuable Lesson

By Christine Kloser

I had an “a-ha” moment recently as I was talking with a colleague recently. She’s a successful business owner who offers training and coaching for entrepreneurs. As soon as I met with her I could feel a heaviness; at first I couldn’t pinpoint what it was, but then I began to see it.

What I saw was someone who was depleted by their business, stressed-out about pressures from a few unhappy clients; someone who missed seeing their kids after school... someone whose business dictated their life, rather than their life dictating their business.

I made this mistake in the past myself; it’s an easy one to make. When you’re inspired to make a difference serving people through your business, you’ll go the extra mile to do that. Right? But it should never be at the cost of your own peace and well-being.

What I discovered for myself (and saw in my colleague) was that no business is worth sacrificing your life for. The truth is I’m in business to help and serve you because that’s what I love doing! But, if I’m doing so at the expense of serving myself and my own well-being, then what kind of service am I really doing anyone?

When I saw this colleague wrapped up in working hard, not seeing her children as much as she wanted, and not very happy... I was sad.

I was most sad because there seems to be a pervasive lie being put out to entrepreneurs – that running a business and making a difference in the world is easy, and even worse that you can make “millions overnight” doing what you love.

People are getting stuck in this trap, sacrificing their souls, their well-being, and in some cases their family, in pursuit of that million-dollar (or multi-million) dollar business. I just can’t stand to see it anymore!

Growing a purposeful and profitable business is not an easy feat. Millions of dollars don’t come overnight and hard work IS required. Don’t let anybody tell you that what you see me or any other “mentor” out there doing is easy. Yes, there are times when the grace I experience in my business is incredible and the flow happens, but not without a lot of

effort on my part. I’ve been an entrepreneur for 23 years... the success you see in me today has been underway for decades. None of it was “overnight.”

OK... the point to all this is to help you understand that while it is important to serve people through your business, it’s important that your business serve YOU first. If you are depleted by trying to be “Superman or Wonder Woman” in the relentless pursuit of “more” you’ll miss out on LIFE along the way.

So the valuable lesson is to put your SELF and your LIFE first, and do not compromise these things in pursuit of business/money. The happier and more joyous you are in your life, the more you’ll be a beacon of light for the people you’re meant to serve.

*Christine Kloser is a Spiritual Guide, Award-Winning Author, and Transformational Book Coach whose spot-on guidance transforms the lives of visionary entrepreneurs and authors around the world. Her passion is fueled by her own transformation in January 2011 when letting go of the last shred of stability and security in her life was how she discovered her truth. From that place, she fearlessly (and faithfully) went on to quickly create the most abundant, impactful and joyous success of her life. She now blends her passion for personal and global transformation with her gifts as a transformational book coach - and as a result she’s impacting tens of thousands of messengers across the globe. Get her free transformational author training at [www.ChristineKloser.com](http://www.ChristineKloser.com).*







## The Beat of a Different Drummer

By Kathy Manney

On a recent morning Jeff is setting up drums in a chair circle at a Nevada community center where he is preparing to coach a class to familiarize the adult attendees with circle drumming. Jeff's class participants will be experiencing the spontaneous creation of music on a variety of drums and percussion instruments.

Perhaps the most attractive aspect of Jeff's personality is his reassuring certainty that what he teaches is a great way for all ages to discover their creativity. It was while serving in the armed forces, Jeff studied drum circles abroad. His background is also in the medical healing arts.

An inspiring respite from stress, this session was listed simply "Drum Circle Class." It is a one-hour class where no prior musical experience is required. When today's drum circle begins, it is made up of a group of men and women of different ages sitting and playing hand-drum and percussion instruments. There is no head or tail and everyone is made to feel equal. Jeff's objective is to demonstrate how sharing rhythm allows participants to get in tune with others and with themselves.

Music circles were popularized in the United States in the mid-1960s and are unranged and co-created by their drumming contributors. Best of all, no musical experience is required to have fun. With a few rhythm starters, the circle quickly begins to experience the excitement and humor that grouping brings.

Jeff's drum circles are informal and recreational, while promoting music, wellness, education, spirituality, personal growth and more. Participants forge their music as they go, applying both listening and playing to craft musical ties while expressing themselves. Jeff's community music circles are a fun learning experience that welcomes anyone who wishes to take part.

When the Container Park shops opened in November 2013, Jeff was invited by Tony Hsieh, CEO of Zappos.com and the downtown Las Vegas developer and Container Park shops creator too come moderate free public drum circle experiences. Container Park drum circles are currently held daily at sunset. Participation often includes both shoppers and passerby in drumming and listening.

Community drum circles often attract regular and drop-in participants of all ages and can take place just about anywhere. Strict rhythmic perfection or planned structure is not their goal, but the ability to become unstressed and reach the state of a group mind is the purpose.

The therapeutic effects of drumming include hastening physical healing, boosting the immune system, creating feelings of well-being and can even have a calming effect on people suffering from Alzheimer's and painful life experiences. The act of drumming is thought to help partakers express and address emotional issues that might otherwise be difficult to deal with. The drummer is able to create an outward and physical expression of whatever frustration they might be feeling inside.

Indeed, the beat of a different drummer is music to the ears and the emotions. There are many reasons a drum circle is powerful. A circle symbolizes perfection and is classic for wholeness and unity. Who would have thought that a little drumming could lead to all this wellbeing?

Drum circle classes and groups are being offered in many communities and they can be located by searching drum circle and your community's name and soon you too could be moving to the beat of a different drummer and the music to your ears could be your own.

*Kathy is a student of history and takes pleasure in writing about remarkable and little-known aspects of Oregon and the American Southwest history.*

*As the travel columnist for a monthly regional lifestyle newspaper and travel expert-at-large, Kathy has widely traveled within the United States and Internationally. She approaches living as a life-long education and does not write about a destination that she has not visited and photographed herself. Kathy purposefully searches for a different slant for each new article. Bringing a unique perspective to her articles, Kathy would like for her readers to take away something that may not have been covered elsewhere. Her "must see before I die" travel adventures continue, including an adventure of a lifetime trip with her husband to Antarctica in 2007. All of Kathy's travel adventures are filled with enthusiasm. She has had significant life experience living abroad: study tours, culture classes and participating volunteer subculture work in Taiwan and the Philippines. Source: <http://EzineArticles.com/8358540>*



# Sugar - Why and How to Cut Back

by Dr. Martha Howard

Why do these two brilliant cancer research “rock stars” refuse to eat refined sugar and high fructose corn syrup - now such huge components of the American daily diet?

Craig B. Thompson, M.D., President of Memorial Sloan-Kettering Cancer Center in New York. He has done ground-breaking research on a link between insulin “signaling” and cancer.

Lewis Cantley, Ph.D, director of the Cancer Center at Beth Israel Deaconess Medical Center at Harvard Medical School, another top researcher on the insulin-cancer connection.

And why does Dr. Cantley say “Sugar scares me.”

A recent by Gary Taubes reports the history of, and some of the latest research on the connection between increased consumption of refined sugar and high fructose corn syrup and the dramatic increase of obesity, diabetes, insulin resistance, and metabolic syndrome in the United States. His article also describes research by Dr. Thompson and Dr. Cantley, that makes an even scarier connection between these two refined, processed sweeteners and “the big C”—cancer—the reason why the two researchers now do not eat sugar or high fructose corn syrup.

In his impressive nine-page article, Taubes carefully documents the following process:

Large amounts of refined sugar-50% fructose and 50% glucose and corn syrup-55% fructose and 45% glucose—are mainly processed by the liver, and are turned into fat.

This process causes high levels of insulin to be released to process the sugars, and eventually leads to insulin resistance and metabolic syndrome—a combination of high blood sugar, high levels of fats (cholesterol and triglycerides) in the blood, high blood pressure, and abdominal fat. This combination is a source of diabetes, heart disease, and strokes.

The high levels of insulin also trigger an insulin related growth factor—and this is the cancer connection--which

increases tumor growth. Now that we have strong evidence that sugar is an even bigger player that we thought in all the metabolic diseases that involve high levels of sugar and fats in the blood, and in addition, is a contributor to cancer (some people still say the jury is out but I will go with the brilliant Harvard/Sloan Kettering researchers on this one) what do we do?

Here are my “Great Eight” recommendations:

Stop drinking sodas and fruit juice—this kind of sudden, high sugar content, liquid “hit” of sugars is just what makes your liver turn it all into fat, and raises your insulin levels, creating insulin resistance. Eat whole fruits instead.

Drink mostly water. Artificially sweetened sodas and juices are not a solution—aspartame, the most common sugar substitute in them, has been shown to be a neurotoxin. (See Russell Blaylock, M.D.’s *Excitotoxins: The Taste That Kills*. Dr. Blaylock is a board certified neurosurgeon.



Stop eating candy, cookies and baked goods except on rare occasions. If you do eat them, do it as a dessert right after a meal. You will not have such a sharp rise in blood sugar.

Eat a diet that is primarily whole, unprocessed, organic foods.


Get regular exercise. It lowers blood sugar levels. A combination of aerobic and resistance exercise is good.

Learn about “glycemic index” and “glycemic load” of foods. These lists, widely available on the internet, show how much different foods will raise your blood sugar. High, sudden raises in blood sugar are what triggers off high production of insulin, and then insulin resistance. Eat mostly foods that are low to moderate on the glycemic index list.

Refined sugar, corn syrup, and corn sugars (dextrose, maltodextrin, etc.) are all chemically refined, and are increasingly being identified as allergens. They may be a reason why other foods are increasingly allergenic. This is another good reason not to consume them.

Bottom line, if you really want to solve the problem, go with the “rock star scientist” solution—do not consume refined sugar or high fructose corn syrup at all.

*Dr. Martha Howard takes an ecosystems approach to your health, and look at every aspect of your life. I listen carefully, and use more than 25 years of experience in Integrative, Western, and Chinese Traditional Medicine to discover the causes behind your illness and to support you in getting well and staying well. Source: [www.chicagohealers.com](http://www.chicagohealers.com)*



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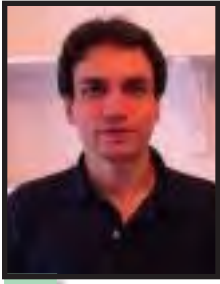


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Do not believe anything because it is said by an authority or if it is said to come from angels or from Gods or from an inspired source. Believe it only if you have explored it in your own heart and mind and body and found it to be true.

—Gautama Buddha



# Acupuncture, Qi, and the Meridian System

by John J Dixon

If you visit a classically trained acupuncturist, it is likely that you will hear the terms qi (pronounced 'chee') and the terms 'meridian' or 'channel'.

For example, a practitioner may mention that the "qi in your Kidney meridian is weak" or "I am treating the Liver meridian".

To the modern mind, these expressions may seem archaic and 'unscientific'. However, this is the traditional language used to describe a system of medicine which dates back over 3000 years. A system - which if it was ineffective, would have died out centuries ago. Instead, today it is practiced in thousands of private clinics and hospitals around the world.

For the acupuncturist, an understanding of the flow of Qi and an intricate knowledge of the meridian system, which contains the acupuncture points - is essential to really understand just what is going on in the patient's body without the use of technological diagnostic equipment such as scans or blood tests. In this article, we will give a basic introduction of qi and the meridian system, with some practical examples of how imbalances in the flow of qi and weaknesses in the meridians show up in disease.

## Qi

Qi is also referred to as life force, vital force, energy or prana. It is a form of energy that makes up the universe and everything in it - that includes us. Everything is considered to be made up of qi. It has many forms. For example, in the body, the breath is a form of non-substantial qi. The blood is another form of substantial qi. Both of these can be measured by Western diagnostic tests. In Chinese medicine, there is another form of qi which flows through the meridians in a circuit which provides the power to the organs and the bodily functions. This energy is unsubstantial and cannot be measured, but it can be felt by the practitioner, the patient and by people who practice certain energy medicine practices for a long time such as spontaneous qigong or meditation.

When this qi does not flow smoothly in a particular meridian, it indicates that the meridian is diseased. We know this because each meridian governs a particular function of the body and are prone to very specific symptoms when they are not in good working order.

One very simple example is when someone craves sugar excessively; this is a classic sign that the Spleen meridian is weak.

Take the Lung meridian for example; the Lung meridian influences the lungs, nose and skin. If the flow of energy is weak in this meridian, certain symptoms like cough, colds and breathing problems like asthma may occur. Skin problems like acne may also occur. If the Stomach or Spleen meridian is weak, symptoms related to digestion such as loose stools or abdominal pain may occur. Treatment will involve balancing the energy in these meridians. Another example is shoulder stiffness. The Small Intestine meridian passes through the shoulder area. This kind of pain indicates a stagnation of energy or blood in this meridian and treatment may involve moving the flow of qi in this meridian using points on the shoulder with either needles or burning herbs on it.

Acupuncture needling has an effect on qi. It either gathers and strengthens it or moves or 'disperses' it. A smooth flow of qi leads to better health and bodily function and is one reason why people who practice the energy exercises - tai chi, meditation, qi gong, or yoga for many years appear younger, more flexible and healthy into their later years. Their muscles are more pliant and relaxed allowing a smooth flow of energy circulation in the body and internal organs.

Modern day life does not encourage a smooth flow of qi in the body. For example, many modern jobs restrain the qi. Some jobs involve spending 8-10 hours a day sitting down, be it an office worker or a HGV driver. People who do these kinds of jobs can suffer from back ache or shoulder stiffness because the energy in the back and lower limbs is not encouraged to move. The muscles are held in a constricted pose for many hours and energy gets stuck in the upper body causing shoulder stiffness or it gathers in the buttocks, leading to weight gain in this area.

The antidote to this is movement to get the energy moving through these meridians. It does not need to be the yang type physical exercise like going to the gym and lifting weights. Actually, in some cases, these kinds of exercise can cause stagnation of energy flow in the muscles and can strain the joints. It can be simply going for walks in the park, swimming, dancing - even housework or gardening work can make huge differences if done regularly.

## Emotions and Energy Flow

It is worth being aware that stagnation of energy can also be caused by emotional distress. Sadness or grief 'pulls' the qi. We see this with depressed people. At its worst, their shoulders will hunch forward and the head hangs downwards. Life's problems literally weigh heavily on their shoulders. If you artificially hold this pose, you'll notice that it affects your mental state. This depressed qi also reflects in the voice. The voice may have a sad, even crying-like quality to it. It may be weak or suppressed. Consequently, this pose, restricts the breath and depresses the qi in the chest area even more. This can create a vicious circle because it leads to shallow breathing and less oxygen in the body which also leads to a lower mood and exacerbates problems like depression.



Anger makes the energy fly upwards and outwards. But before it does crash out, it is often suppressed for a long time. Suppressed anger may manifest as apathy or depression. We can see that in relationships between a husband and wife. The husband is under pressure at work or with money problems and in typical male fashion - holds his emotions to himself. He holds his qi inwards - suppressing it. He becomes quiet, moody and unresponsive. He spends a lot of time by himself perhaps surfing the internet or smoking or drinking excessively. He cuts himself off from his family. His wife feels neglected or senses something is wrong and feels hurt and upset. She starts to nag and nag at him - complaining about little things. The husband tries to suppress the qi more and try to argue rationally. The nagging continues and eventually she pushes his buttons too much and boom! - The suppressed anger flows out into a terrible argument. He shouts loudly and maybe he smashes furniture. He may have a red face. The qi explodes upwards and outwards. The neighbours call the police.

Worry knots the qi. When something bothers us - an upcoming bill, sickness or some other problem - we start to worry about it - going round and round in our head - imagining the worst. The energy stops flowing smoothly, we find our body clock goes off; we find it hard to settle at night and can't sleep. We start sleeping late and waking up late. Our energy declines and we start craving sugary or salty foods. Excessive worry causes a slow weakening of our body's qi.

Again, all of these emotional imbalances will eventually show up on the related meridians and may cause the manifestation of other physical symptoms. Again treatment is about rebalancing the meridians and if you get it right, then emotional distress can also improve.

Certain emotional states are related to certain meridians. If a meridian is weak, a certain emotional problem like anger, irritation, overexcitement, sadness or depression can occur. Sometimes it is the mood which causes the weak meridian. Sometimes it is the weak meridian, which causes the emotional problem. A case of chicken and egg. Either way, a very good sign of effective acupuncture treatment is if a certain emotional mood starts to change, even if the physical symptoms do not improve. The mind is very important and can be the source as well as the salvation to recover from many problems.

## Meridian System

A common practice in modern Chinese medicine treatment is to insert needles into the site of a physical problem. For example, if someone suffers headaches, typically several needles may be inserted into the scalp or around the temples. This would be classed as a local treatment. This kind of treatment makes a lot of sense to a patient. The problem is in my head, so treat my head. But by itself, this may not always be effective.

In a more complete treatment, other points may be used on the foot or legs, arms, back or abdomen. A patient may ask why a point is being needled on the foot when the problem is located on my head. One of the answers to this question can be found by having an understanding of the meridian system of oriental medicine.

The meridian system is a series of energetic pathways which traverse the body from the toes and finger tips through the limbs and torso and into the head. These pathways travel superficially along the surface as well as deep through the

See DIXON, p. 18

**Should those of us who care about our health and the planet be concerned about the new trend in genetic engineering called synthetic biology?**

-- Chrissie Wilkins, Bern, NC

“Synthetic biology” (or “synbio”) refers to the design and fabrication of novel biological parts, devices and systems that do not otherwise occur in nature. Many see it as an extreme version of genetic engineering (GE). But unlike GE, whereby genetic information with certain desirable traits is inserted from one organism into another, synbio uses computers and chemicals to create entirely new organisms.

Proponents of synbio, which include familiar players such as Cargill, BP, Chevron and Du Pont, tout its potential benefits. According to the Synthetic Biology Engineering Research Center (SYNBERC), a consortium of leading U.S. researchers in the field, some promising applications of synthetic biology include alternatives to rubber for tires, tumor-seeking microbes for treating cancer, and photosynthetic energy systems. Other potential applications include using synbio to detect and remove environmental contaminants, monitor and respond to disease and develop new drugs and vaccines.

While these and other applications may not be widely available for years, synthetic biology is already in use for creating food additives that will start to show up in products on grocery shelves later this year. Switzerland-based Evolva is using synthetic biology techniques to produce alternatives to resveratrol, stevia, saffron and vanilla. The company’s “synthetic vanillin” is slated to go into many foods as a cheaper and limitless version of real vanilla flavor. But many health advocates are outraged that such a product will be available to consumers without more research into potential dangers and without any warnings or labeling to let consumers know they are eating organisms designed and brought to life in a lab.



“This is the first major use of a synbio ingredient in food, and dozens of other flavors and food additives are in the pipeline, so synbio vanilla could set a dangerous precedent for synthetic genetically engineered ingredients to sneak into our food supply and be labeled as ‘natural,’” reports Friends of the Earth (FoE), a leading environmental group. “Synthetic biology vanillin poses several human health, environmental and economic concerns for consumers, food companies and other stakeholders.”

For example, FoE worries that synbio vanilla (and eventually other synthetic biology additives) could exacerbate rainforest destruction while harming sustainable farmers and poor communities around the world. “Synbio vanilla...could displace the demand for the natural vanilla market,” reports FoE. “Without the natural vanilla market adding economic value to the rainforest in these regions, these last standing rainforests will not be protected from competing agricultural markets such as soy, palm oil and sugar.” Critics of synbio also worry that releasing synthetic life into the environment, whether done intentionally or accidentally, could have adverse effects on our ecosystems.

Despite these risks, could the rewards of embracing synthetic biology be great? Could it help us deal with some of the tough issues of climate change, pollution and world hunger? Given that the genie is already out of the bottle, perhaps only time will tell.

CONTACTS: SYNBERC, [www.synberc.org](http://www.synberc.org); FoE, [www.foe.org](http://www.foe.org); Evolva, [www.evolva.com](http://www.evolva.com).

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Dear EarthTalk: What are “dirty fuels” and why are they so called?  
-- Bill Green, Seattle, WA

The term “dirty fuels” refers to fuels derived from tar sands, oil shale or liquid coal. Just like their more conventional fossil fuel counterparts such as petroleum and coal, they can be turned into gasoline, diesel and other energy sources that can generate extreme amounts of particulate pollution, carbon emissions and ecosystem destruction during their lifecycles from production to consumption.

“Because tar sands [have] more sulfur, nitrogen, and metals in [them] than conventional oil, upgrading and refining [them] causes a lot more air and water pollution and greenhouse gas emissions,” reports the Natural Resources Defense Council (NRDC), a leading environmental non-profit. “On a lifecycle basis—that is, extraction all the way through combustion—tar sands cause about 20 percent more global warming pollution than conventional oil,” adds NRDC. “Oil shale and liquid coal are even worse, causing nearly 50 percent more global warming pollution and over double the lifecycle emissions of conventional oil...”

In North America, the majority of such fuels come from Canada’s vast boreal forest, to where tens of millions of birds flock each spring to nest. “Tar sands oil development creates open pit mines, habitat fragmentation, toxic waste holding ponds, air and water pollution, upgraders and refineries, and pipelines spreading far beyond the Boreal forest,” reports NRDC. “This development is destroying habitat for waterfowl and songbirds that come from all over the Americas to nest in the Boreal.”



Beyond impacts at the extraction sites, dirty fuels cause pollution problems all down the line. For this reason, environmental leaders are opposed to the proposed Keystone XL pipeline which, if approved and built, would transport tar sands fuels through the Midwestern U.S. to refineries in the Gulf of Mexico.

“Refinery communities like Port Arthur, Texas...are already unable to comply with their air pollution regulations, so dirtier fuel is the last thing they need in their refineries,” adds NRDC.

And while dirty fuels may reduce our reliance on foreign oil, they won’t help reduce gas prices as they are so expensive to produce that gas prices would have to be higher than they already are in order for them to be profitable. “They also can’t help with stabilizing gas prices in the case of a disruption to oil shipments because each new tar sands project requires huge infrastructure and capital investments, so it takes years for new tar sands projects to come on-line—it’s not as though there is loads of spare tar sands oil just waiting to be put through the pipelines,” says NRDC’s Elizabeth Shope.

“The fact is, we don’t need these fuels,” she adds. “We can reduce oil consumption by increasing fuel efficiency standards, and greater use of hybrid cars, renewable energy and environmentally sustainable biofuels. What’s called ‘smart growth’—how we design our communities—is also a very important element in meeting our transportation needs.

“North America stands at an energy crossroads [and] we now face a choice: to set a course for a more sustainable energy future of clean, renewable fuels, or to develop ever-dirtier sources of transportation fuel derived from fossil fuels—at an even greater cost to our health and environment.” CONTACT: NRDC, [www.nrdc.org](http://www.nrdc.org).

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**Dear EarthTalk: What is the latest prognosis for wind energy to command a larger piece of the renewable energy pie?**

**-- Peter M., Akron, OH**

Hydroelectric sources of power dwarf other forms of renewable energy, but wind power has been a dominant second for years, and continues to show “hockey stick” growth moving forward. According to the Global Wind Energy Council (GWEC), global cumulative installed wind capacity—the total amount of wind power available—has grown fifty-fold in less than two decades, from just 6,100 megawatts (MW) in 1996 to 318,137 MW in 2013.



And the future looks brighter still. Analysts from Bloomberg New Energy Finance (BNEF) predict that wind will account for the largest share—30 percent—of new renewables added to the global power grid by 2030. That new renewables are expected to account for as much as 70 percent of all new power sources over the next 20 years means that wind is poised to become a major player on the global energy scene.

Here in the U.S., energy generated by domestic wind farms has nearly tripled in just the past four years, despite a brief hiccup due to a lapse in the Production Tax Credit, a renewable energy production incentive that effectively subsidizes the creation of more wind farms. But even despite this, wind represented about a third of all new power added to the U.S. grid over the past five years. The Natural Resources Defense Council (NRDC), a leading environmental non-profit and wind power advocate, forecasts that the U.S. will derive some 20 percent of its total electricity production from wind by 2030.

“The U.S. industry has many reasons for favorable long-term prospects,” reports the American Wind Energy Association (AWEA), a non-profit trade group representing the wind industry. “In addition to the record activity at the end of 2013, wind energy helped keep the lights on and insulate against temporary price spikes during the recent ‘polar vortex’ cold weather snap, demonstrating the value of wind power in a balanced energy portfolio.”

AWEA also points out recent reports showing how incorporation of wind energy lowers costs for electric consumers. “And critical to some parts of the country facing continuing drought, wind energy uses no water in its production, as well as releasing no emissions,” adds the group.

The fact that wind energy in the U.S. avoids some 100 million tons of carbon dioxide emissions annually is also good news. AWEA adds that that number will grow as wind energy scales up to 20 percent of the grid and beyond “making the addition of more wind power one of the fastest, cheapest, and largest-scale ways for states to meet the Administration’s new goals for reducing carbon pollution from power plants.”

While wind continues to grow fast, solar may finally be catching up. According to BNEF, some 36.7 gigawatts (GW) of new solar photovoltaic capacity were added worldwide in 2013 compared with 35.5 GW worth of new wind power installations. BNEF adds that global demand for wind turbines may actually shrink in 2014 (by five percent), representing the first such decline since 2004. But Justin Wu, head of wind analysis for BNEF, says it’s just a temporary blip: “Falling technology costs, new markets and the growth of the offshore industry will ensure wind remains a leading renewable energy technology.”

CONTACTS: BNEF, [about.bnef.com](http://about.bnef.com); NRDC, [www.nrdc.org](http://www.nrdc.org); AWEA, [www.awea.org](http://www.awea.org).

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**Dear EarthTalk: What is the Obama administration's America's Great Outdoors initiative and what does it hope to accomplish?**

**-- Doug St. James, New York, NY**

President Obama signed a Presidential Memorandum in April 2010 establishing the America's Great Outdoors Initiative to promote and support innovative community-level efforts to conserve outdoor spaces and reconnect Americans to the outdoors. The Memorandum calls for collaboration among the Departments of Interior and Agriculture as well as the Environmental Protection Agency and the White House's own Council on Environmental Quality in leading the initiative. Eight other federal agencies play a supporting role—and literally thousands of other partners from state, local and tribal governments, non-profits and the private sector are involved as well. Getting young people, especially city kids, into the outdoors to experience our country's unique natural heritage is a top priority of America's Great Outdoors.

Before pursuing any specific strategies, initiative leaders solicited feedback from everyday Americans as to what mattered most to them regarding conservation and access to the outdoors. Some 105,000 written comments and many more spoken ones from "listening sessions" held coast to coast streamed in and were crucial to the development of programs. Public feedback continues to shape the initiative's agenda.

Some of the programs that fall under the umbrella of America's Great Outdoors include: the Veterans Fire Corps, which employs veterans in forest fire management; the National Oceanic and Atmospheric Administration's program providing technical training and work opportunities for underserved youth in habitat restoration and fisheries monitoring; and the establishment of a new network of "water trails" coast to coast to increase everyone's access to the outdoors.

America's Great Outdoors was in the news recently when Interior Secretary Sally Jewell announced the launch of 21st Century Conservation Service Corps as part of the program. "21CSC," as Jewell calls it, aims to be a modern incarnation of the Civilian Conservation Corps (CCC) that President Franklin Roosevelt used to help put Americans back to work during the Great Depression. Jewell envisions a 100,000 person strong "CCC 2.0" that will provide opportunities for



thousands of young Americans—6.7 million of whom are currently unemployed or not in school—and veterans transitioning back to civilian life to serve their country, feel proud of what they are accomplishing and improve their own lives and the lives of others around them.

Part of what makes America's Great Outdoors unique is that partners from every sector of American society—not just the federal government—are encouraged to help. 21CSC is partially funded by a \$1 million dollar donation from clothing retailer American Eagle Outfitters, and Jewell is in search of another \$19 million from other private

sector partners to turn the program into a potent force for reducing youth and veteran unemployment while giving our endangered lands and waterways some much-needed attention.

Environmentalists may be disappointed that the Obama administration hasn't been able to muscle through mandatory greenhouse gas emissions cuts and put sustainability concerns at the forefront of the policymaking process, but getting unprecedented numbers of Americans involved in conservation projects that protect the nation's treasured natural heritage is a worthy conservation legacy in its own right. The program is sure to positively impact generations of Americans for decades to come. CONTACTS: America's Great Outdoors, [www.doi.gov/americasgreatoutdoors/](http://www.doi.gov/americasgreatoutdoors/); 21CSC, [www.doi.gov/21csc/](http://www.doi.gov/21csc/).

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muscles and flesh and the internal organs. In total there are 72 meridians in the body although in standard acupuncture treatment, 12 main meridians are used alongside 8 extra or 'special' meridians. The meridians are an interconnected whole and there are many connections between them, although certain meridians tend to have closer relationships to others. It is on the meridians that the acupuncture points are located.

In modern Chinese medicine theory the 12 major meridians are predominately named after a particular organ which they travel through and have a predominant effect upon. So for example, the Liver meridian is so named, because it passes through the liver organ. The Kidney meridian passes through the kidneys. The Gallbladder meridian passes through the gallbladder. However, the Liver meridian and the liver organ are still two separate entities. If an acupuncturist says, oh your Liver meridian is weak - this does not mean the liver organ is weak. It means the energetic pathway of the so called 'Liver' meridian is weak. It does not mean you should go out and have liver function tests. These tests will most likely not find anything abnormal. Acupuncturists can treat an organ directly if it is sick or under-functioning, but there will be emphasis on the meridians. There is some confusion over this issue, which is part caused by translation of the ancient texts as well as the modernisation of the acupuncture system to bring it in line with modern scientific medicine and its combination with Chinese herbal medicine.

These meridians traverse the body. So for a problem like low back ache, the Bladder meridian that passes through the low back also travels through the back of the knees and the outer side of the ankle. An acupuncture treatment may involve needling the knees and outer ankle because it will have an effect on the whole meridian and the lower back. The Small Intestine meridian which passes through the shoulder goes to the hand. So for shoulder pain a point on the side of the hand will be used. A more recognisable sign of the meridian system can be seen in heart problems. A common observation for people suffering a heart attack is a tingling feeling that runs down the arm to the little finger. This pathway exactly follows the Heart meridian which connects from the heart organ, through the axilla (armpit) and travels down to the little finger. Sometimes, it is often a related meridian that is the source of the problem and not the main meridian that runs through the area where the problem is located.

Other times in acupuncture treatment, it can be better not

to treat the problem locally i.e. at the site of the problem. The ancient classical texts do make a recommendation that if the problem is above, then treat below. If it is below, then treat above, if the problem is on the back, then treat the front. It is also possible to get good results by treating the right side if the left side is diseased and vice versa. One practical application of this is where there is a patient with a cast over one arm. You cannot directly treat that arm, but it is possible to treat the relevant points on the opposite arm. The meridians are a mirror. Treating one side will affect the other. You may have to explain this to the patient, who will probably think you weren't listening when she told you her right arm was broken not the left!

One rationale is that you want to move the energy. One part of the body has too much energy. Another part has too little. One side is healthy. One side is diseased. Therefore, we should balance the sick side with the healthy side. We should balance the excess side with the deficient side. Never forget, that the body is a connected whole. We must never try to compartmentalise it. It is tempting to think that the problem is in my right leg, so only my right leg is sick. Or the problem is in my knee so my knee is sick. The problem in my leg may be caused by the digestive system. The knee pain could be caused by a problem in the back or hip. And some problems may be caused by the emotions.

Using current scientific techniques, it is difficult to detect the existence of the meridians. Although, some research shows that there are electrical differences in the areas of the acupuncture points compared to non acupuncture point. Fortunately, it is possible to develop sensitivity to the meridians and to actually feel changes along them. I have read that some Taoist monks are even able to see the pathways with their third eye although I have not met anyone who is able to do this yet. But what I have seen in clinical practice is people with areas of pain or a rash on an arm or limb that seems to follow exactly the meridian pathway. I have also seen huge depressions along acupuncture points on meridians that are related to their health problem. When people are needed, they may feel a tingling or flowing sensation that follows the trajectory of a meridian pathway when asked to explain the sensation.

### **Acupuncture Points**

The acupuncture points on the meridians are known as openings where the qi of the meridian flow close to the surface and can be accessed by finger pressure, burning of the herb - moxa or acupuncture needles. There are 365 classified points. 365 to correspond to the days of the

calendar. The Chinese were influenced by nature and the seasons and this set number corresponds to the number of days in the year. However there are many more points than this and it is possible that any point on the body has the potential to be an acupuncture point. All of the main points have been mapped out and can be located by following very clear anatomical descriptions.

Another factor is that some acupuncture points are 'active' and dynamic and others will be 'inactive'. They change their quality. To give an example, if someone has severe stomach problems. Maybe ulcers or a very weak digestive system for many years - if we palpate the Stomach and Spleen meridians - which relate to the digestion, we may find that some of the acupuncture points feel very weak or feel painful to the touch. As we stroke along the channel to a known acupuncture point, our fingers may drop into an obvious depression, or may stop at a very soft weak area where the acupuncture point is. Any particular reaction along the pathway like a perceptible weakness, a dullish pain or sharp pain or depression tells us that this acupuncture point is 'active' and needs to be treated. The observation that acupuncture points can change their qualities from one patient to another does make it hard to carry out standard research methods except for the relatively simpler conditions like osteoarthritis of the knee and back. The active points are not always the same for everyone. Because there are various meridians running though any particular problem area, it is always necessary to feel for the most reactive points, because these are the points which manifest disease.

Another issue, is that very rarely is there only one meridian affected. Quite often, two or three will be in various states of weakness or deficiency. The human bodies are dynamic - ever changing as we age. Disease in the body is also dynamic and will change its location and nature over time as it runs its course. Some imbalances in one meridian over time will start to affect other meridians manifesting as new diseases and symptoms. The body becomes a landscape. Everything is connected. Even the smallest sign or symptom will have some relevance. It is up to the acupuncturist to take all this information and evaluate it and see how it makes up the bigger picture of your body and your life. In this way, true integrative healing can occur.

*John Dixon is an acupuncturist practicing in Islington in London, U.K. He was trained in Traditional Chinese Medicine and Japanese Meridian Therapy Acupuncture. If you want to contact him or read some of his other articles, visit his website at: <http://www.johndixonacupuncture.com> Article Source: [http://EzineArticles.com/?expert=John\\_J\\_Dixon](http://EzineArticles.com/?expert=John_J_Dixon)*



Unfortunately, its motor is inside playing video games.

Kids spend several hours a day playing video games and less than 15 minutes in P.E. Most can't do two push-ups. Many are obese, and nearly half exhibit risk factors of heart disease. The American Council on Exercise and major medical organizations consider this situation a national health risk. Continuing budget cutbacks have forced many schools to drop P.E.—in fact, 49 states no longer even require it daily.

You can help. Dust off that bike. Get out the skates. Swim with your kids. Play catch. Show them exercise is fun and promotes a long, healthy life. And call ACE. Find out more on how you can get these young engines fired up. Then maybe the video games will get dusty.



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# Astrology and the Law of Attraction

by Donna Page

Can the principles of the secret and the law of attraction coexist with astrological principles? There is a seemingly contradiction between astrology and the laws of attraction. If we indeed are the author of our own reality and can attract and create the life we want then how is it that our astrology chart shows what will happen? How much of our life is predestined and determined and do we create our own reality?

It is possible to look at your astrological chart and be able to see much that has happened in your life. Even more inexplicable is the ability to see when events will unfold. How can this coexist with the principles of creating our own reality?

The astrological chart is the thumbprint of your souls' destiny for this particular lifetime. It will reveal different paths you incarnated to experience. For some individuals issues around money may be more difficult, for others relationships, career fulfillment, or health may be their challenge. Even though you may be destined to have certain challenges your chart does not say you are destined to continue with problems. In fact it is your higher self's desire to move beyond the karmic imprint and pattern that you came in with and to learn how to eliminate and transcend the problematic imprint.

For millennium sages have said that we can have whatever we want and if we can think it we can achieve it. Your chart shows multiple realities but it will not show you creating a reality that is not true to your inner core. Every person has his or her own dream. Your dreams and desires can be much different than the dream of your brother or sister, or of a political or Olympic hopeful.

For one person their ideal life may be to have a beautiful home, loving family and a successful business, whereas for another that reality may be frightful and their dream would be to backpack around the world sleeping in a different place every night. In that sense your astrology chart can show your destiny, because it points to what your higher self wants for you to fulfill your desires and dreams in this life.

The law of attraction states that you will attract into your life what you think about. When your thoughts are charged

with emotion you will draw to you that experience quicker and with more force. Your chart indicates how you are programmed to think and feel.

Conscious understanding of your inner being through astrology is no different than understanding yourself through any other means whether it is therapy, meditation, dreams, or journaling. Using astrology as a tool when working with manifestation principles will give you immediate shortcuts to charging your emotional body and understanding your thought processes.

You do not need years of introspection to discover the emotional and unconscious vibration you are sending to the universe; it is revealed in the chart. It is a shortcut however you still need to do the work to alter and step into higher consciousness.

One of the main tenants of the law of attraction is that we attract what happens to us whether we want it or not. The universe is only fulfilling the order that we are sending out. The astrology chart will show what it is you may unconsciously be attracting.

The moon in a chart represents our emotions and what we need to feel safe and secure. For example if you have your moon in Cancer there is an underlying need to be close and connected yet there is a fear that you may be abandoned. Therefore when a difficult planetary influence enters into your life the astrologer can indeed "predict" that someone in your life will leave you and be quite accurate.

This is because the vibration your moon has been emitting comes from thoughts and fears about being abandoned and therefore you attract that reality. Understanding the emotional needs of your moon will empower you to consciously choose a higher level of your moons vibrational pattern and therefore alter the outcome of your future.

For example, let's say your moon is in Scorpio; that means that your internal need to be able to feel emotionally safe and secure is to have people in your life you can trust. There is nothing wrong with trust, sounds good and who doesn't want trust in their relationship? However underneath that need for trustworthy relationships is a fear of being betrayed.

Yet if your moon is in Scorpio it has a magnetic vibration and underlying chronic questioning of "is that person

trustworthy?” and “Will they betray me?” What happens is that unconscious vibration will attract into your life a situation where you will be betrayed or face issues of trust and betrayal, (perhaps by falling in love with someone else while you are in a relationship and therefore facing your own inner definition of trust and betrayal). As the betrayal enters into your life a crisis occurs forcing you to understand how your thoughts, feelings, and actions have led you to the point you are now at.

The trained astrologer can easily see when these events will happen therefore it can appear that your chart and your life are predestined or fated. By becoming conscious of your inner self you can change the pattern and create different outcomes.

Financially your chart will show your financial conditioning and what thoughts and feelings you are sending to the universe and hence whether you are attracting financial abundance into your life. Your house of money may have Saturn in it. This indicates fear and limitation around money.

Saturn in the second house does not mean you are destined to always be fearful and limited financially but it does mean that you are destined to face your fears and the negative imprint from authority figures (Saturn) that have influenced your subconscious conditioning about money. You will attract circumstances in your life that fulfill the limitation and fear belief.

Having an affliction to your house of money in your astrological chart does show that you are predestined to face problems concerning money. It also indicates the need to become aware of past conditioning that if not confronted will create your financial future with monetary struggles and limitations.

Your relationship and love life also appears preordained from your chart. The vibrational frequency of your Venus (indicating what you love) will send out to the universe a resonance that emits a call for what your Venus represents. If you have Venus in Gemini then it is a call to attract someone who you can communicate with. The universe will respond and send you someone that is a good friend and you can chat about anything with that person. Yet Venus in Gemini has an uncanny ability to doubt if that person really is your twin soul, and will question whether or not someone

else might be your soul mate.

Therefore the reflection from the universe will obey your thoughts and your new love may open a conversation with “I want to be your friend but I just don’t think you are the right person.” When that transpires it is the fulfillment of the unconscious thoughts and feelings of your Venus manifesting against your conscious wishes.

Who hasn’t considered the thought of why did this happen to me? I didn’t choose this, are you crazy? Why is it that you can see illness, abuse, financial woes, and difficulty in love in your chart? The fact that your chart was created from the moment in time and the location when you took your first breath it would appear that your life in some way was written. On some level it is but it is the outline from which you get to fill in the blanks and take the story line in the direction that you want.



You may have been given the assignment of scripting a story of a great artist, you can have all the creative leeway you need in developing that story, but it is the story of an artist. It is not the story of a warrior; the warrior was given another notebook from which to write in.

Accepting the beauty of the gift of who you are will free you to create the life of your dreams. Follow your heart and the inner knowing of what brings your spirit joy. In doing so you will work with

the secret of the universe; not in opposition to what your astrological chart indicates but in tandem to the highest spiritual manifestation of the gifts you came onto the planet to share.

*About the Author: I am a professional astrologer who has studied astrology extensively to bring a wealth of knowledge and resources to your astrology reading. I live in Atlanta GA for part of the year although nearly all of my clients are from other states and countries and one might consider me an online astrologer as all of my sessions are phone or personally recorded and sent to you.*

*Astrology is a complex subject and a tool that you can use to grow spiritually and personally. A good astrologer needs to have a strong foundation to provide deep and meaningful astrology consultations. The best astrologer for you will be a combination of finding a well qualified professional astrologer along with someone that you intuitively feel is right for you.*



## Moving Forward Without Fear - the Easy Way

by Tama Kieves

I am going to tell you about cleaning up my clutter, baby.

I'm really telling you the secret of making seven figures in the work you love. I'm telling you how to get to Bali. Or figure out who you are, now that you no longer fit in your skin. I'm telling you how to move on from the one whose name must never be mentioned, though you mention it way too much. Really, this is about going past the 'all or nothing' syndrome and onto the easy track of having everything, well, eventually. So...

My home office resembled a nice, homey, junkyard for years, accented with tasteful teal walls. I'd answer the phone acrobatically, thank God for yoga. I knew exactly where the slip of paper with the red dot was, though to others my desk looked like the remains of a parade, after the windstorm, tornado, and apocalypse. I am a lover of potential. Others say, a clutter freak. But we're splitting hairs.

For years, I swore I'd sift, sort, and jump into current time. One Friday night, armed with meditation and gospel music, I finally decided to tackle a fat pile and the contents of a desk drawer. I dumped everything on the floor. It looked like a whale or planet had thrown up. The debris was CD covers, half started articles, a ring I meant to fix, scraps of images for art projects, bank statements and disintegrated "important" phone numbers. I was doing fine, until I had the thought, "this is going to take so much longer than I thought."

Then I was sorry I had started. I felt bad that I'd believed I could do it.

**It was like a doctor gave me all the medicine at once instead of in doses. It was too much. The body needs to heal in stages. So does everything else.**

But I had tried to zip through a decade's accumulation of unconscious choices in microwave cooking time.

Later, I cried to a friend with organizational chops. (She's a certified something and can find her car keys in under an hour.) She said, "Oh yeah, you never do it that way. Just take one corner. And set a time limit. Do it for 20 minutes." Incremental change had not occurred to me. I wanted to

power through a decade's worth of inattention. I wanted this discomfort out of my life.

**It was then I realized my "ambition" had another name: self-condemnation.**

It wasn't love that said, "Fine, let's get this done, you freak." It was fury. It was oppression. It was self-hatred parading as enthusiasm.

But change that sticks requires care and patience, and I so hate that. Yet the smart CEO within says, "There is no rush. There is no need to go faster. Take the time you need." This intelligence runs circles around the drill sergeant of fits and spurts. Love operates as serenely as a Quaker sewing circle. This quiet stamina crunches miles, forges foundation, and builds businesses and relationships that last. And there's scientific street cred to back this up, because God forbid we could be nice to ourselves otherwise.

Robert Maurer PhD in his book *One Small Step Can Change Your Life* advises the "kaizen way," a Japanese system of small goals and small steps. He documents how when we approach any big change or departure from our usual behavior, we trigger the amygdala's fight or flight response. The brain shorts out higher thinking in favor of basic survival. We experience this as being paralyzed or blocked. I experienced it as a sudden desire to consume an entire bag of corn blue tortilla chips.

But kaizen teaches that tiny actions slip past the radar. Non-threatening actions or inquiries help us move forward without fear. These small actions are the backbone of progress. When your fear isn't triggered, you have access to your creative, rational and inspired mind. Creating a sense of safety for yourself encourages breakthroughs and accomplishment.

In career change or life change, you have to learn how to move forward in small, continuous ways. You can't willpower your way through a wall. And there will be walls and barbed wire. When you move towards your greatest potential in life, you will flush up resistance.

There is a reason you didn't "choose to act from love" the first time. And that same fear will now show up wearing heavy metal and chugging Red Bull. You will have jiggled the hornet's nest. And the hornets will not have studied the

Bible or Buddhism. They will not turn the other cheek or count their breath. They want to sting your ass.

I've seen my coaching clients resolve to write their books or dare to charge more money. It starts off fun, but then the old foe in the alley, meets them. "You suck. You've always sucked. You should have made it by now, if you were ever going to make it," grouses the voice of the anti-calling. "You're making progress," I tell them. "You're hitting the fear or pain that held you back. This is your do-over moment."

I don't care if they sing well that day or follow up with sales leads. I care that they love themselves. I want them to become unstoppable. I want them to become winners, whether they win or lose. I'm after a bigger result than just the results they think they'd like. And I know that if you want to taste the big life, you have to take continuous, small, life-affirming steps.

No one likes to hear this, but it's true. An inspired life requires tolerating uncertainty. This is a life that will always ask you to go beyond what you think you can do. Because that's how you meet your secret shaman, the part of you that surprises yourself with fresh capacities. Self-discovery is a process that never ends—if you're lucky.

**It's not like you can eat enough so that you never have to eat again. It's better to have trail mix with you on the trail. You're never going to be done with hunger. And you're never going to be done with change.**

I remember talking to a website designer. "It takes forever to do a website," I whined, hoping for some chummy professional agreement. She smiled one of those thirty something smiles and said, "Oh, you'll never get it done." I smiled a thin line. Right about then, I could have used an express exorcism because I could feel the demons snarling and pawing for the microphone within.

She explained, "Just when you get it done you'll have changed your mind and you'll want to do it differently. You'll always be growing." This from technical people, no less.

And there you have it. You'll always be growing. And you're growing much more than you know.

So here's my new focus. I'm in this forever. I have all the time I need. Every step moves me in the right direction. I am not trying to get this done. I am staying in the present.

I am deciding to throw away one pen that doesn't have ink, or file one piece of paper. Or I am editing one paragraph of one page of my new website. Or I am finding one thing I love about my partner, when it seems like our conversation or relationship has turned into a knot.

A client of mine said, "I don't have to change my whole diet today. I'll start by drinking more water." Another reported in, "I'm not going to find my calling this week. I'm going to go to a meet-up group on alternative dispute resolution. Or I'm doing yoga for 6 minutes a day. Then from there, I'll take my next kaizen actions." I beamed, Jewish mother turning Japanese.

I am in love with these dangerous, pragmatic steps. I know that really we are all practicing something so much bigger than the tasks at hand. We are deepening our secret powers, finding ways to slip out of the cage of overwhelm and frustration, into the territory of knowing what to do--- one effortless action at a time.

**This isn't about getting it done. This is about knowing you can handle facing uncertainty or challenge because life is big and broken and wild and wily and not like anything on television.**

I've come to realize that how I clean a desk drawer is also how I'll show up for a friend's fight with cancer. It's how I will deal with the loss of a job, or any other monolithic change.

Taking on one tiny step in the right direction, recycling the newspapers if I want to save the environment, writing for 5 minutes if I want to pen a blockbuster screenplay, this is the frontier of proficiency. This is bypassing the foe, slipping past the guards, skipping off into the land of showing up before the lizard brain realizes something massive has just occurred.

Kaizen is elegant, radical stuff. Going tiny is the new big. I am learning to rise daily in my humanity, serve my creativity, and access incredible bravery through the power of compassion and patience. This is going past my ego and getting things done. It's serving my planet, my soul, and those who will be touched by these actions, some whom I will never know. This is a gold star in self-realization. This is badass Jedi alchemy. This is no drop in the bucket. This is what's on my bucket list.

See Tama, p. 26



# How Good Are You Willing To Have It?

by Patrick Jackson

*(Transcript of talk given at Carmel Temple in 2013).*

**H**ow Good Are You Willing To Have It? That's the thought that flashed through my mind last night when Karl called me to ask me to speak today. Seems a cancellation had occurred and Carmel had an opening for a speaker today.

As often happens, I couldn't think of a reason why not, so here I am. I had nothing prepared to talk about. But I have recently been exploring the thought: how good am I willing to have it?

As most of you know, what we talk about most is what we most need to hear. So, I hope you will indulge me as I tell myself what I need to hear. Hopefully you will hear something, too.

I have been doing a lot of work in counseling and in self-realization, helping others and myself discover this fleeting thing called happiness. After many hours reading, researching and counseling, I have discovered the great truth. There is nothing to get and nowhere to go to.

Happiness is strictly an inside job. It is not dependent on anyone else or on any particular circumstance. It has been said that "happiness is the absence of striving for happiness", and I found that to be accurate.

Happiness is not a thing we "do", it is a thing we "are". Pretty big distinction there.

We have the power to be what we want to be, do what we want to do, and have what we want to have. Notice that it does flow in that order: be, do, have.

The good news is, and this may sound a bit odd: no one is coming to rescue us. No one can be going to "fix" things for us. We are the only ones that can save ourselves.

Don't be worried by that. It's a good thing. We have created our lives to be the way they are right now, and we have the power to create them again in any way that pleases us.

The real neat thing is that the universe is designed to allow

that. We can be happy, joyful, fully self-expressed, loving, open, and honest at any time. That ability is always there.

How many of you have ever felt those feelings of total love, joy, happiness. Isn't it cool? Close your eyes a moment and visualize how that felt. Feel it again. Where do you feel it in your body? For me, it's sort of a warm feeling that originates around about the solar plexus. Feel that for a moment. Where do you feel it, your heart, your head? Spend just a moment with that feeling and really feel it, explore it, let it flow.

What just happened? What changed in that moment. Did the people around change? Did your circumstances change? Look around, what changed?

Isn't it interesting that you didn't do anything to access that feeling, other than change your thinking? That's the power.

It's really about making conscious choices in life. Before, you were just sort of sitting there, listening, letting your mind run, listening to me, or listening to the voice in your head.

Conscious or unconscious? We get to choose. But only 100% of the time.

I can think back in my life to all the times I have simply been an observer of my life. I can see where simply gave my power away. Not intentionally, but unintentionally.

It doesn't take much to see the times where there were things I wished I had said, or not said, done or not done.

I had regrets – that is I used to have regrets. However, I have come to see my life as what it is. An evolutionary process, a learning process. I understand that whatever happened in the past, is exactly what was supposed to happen.

Why? Simply because it is what happened. There is no arguing with that. The past is gone, and simply cannot be changed, no matter how much I would like to do so.

Underlying that is the knowledge that all things work for good. I don't have to understand why things happen or look for any particular meaning in them. I just find it easier that way. Besides, if an event were not supposed to happen, would it?



So, let's go back. Happiness is an inside job. We are solely responsible for our own happiness. If you think someone else is responsible for your happiness, you're confused.

I was confused. I thought happiness only existed outside of me. I thought it could be found in others, in circumstances, in things.

Happiness does not come from what we have.

I found that people, circumstances and things change. The only constant is me. I am the common denominator in my life. I am the one I spend the most time with. I am the one I sleep with every night. I am the one running my show.

There is no one else running it. They may think so, or I may think so, but it's really not true.

I may attach to thoughts, and create beliefs about them, but are they really true? They are just stories I made up about life.

Byron Katie likes to say we do three things in life. We stand up, sit down, and lie horizontal. Isn't that pretty much the reality? That is the basic activity in life. Is the rest simply a story about one of those three things?

I am now, man standing. Am I talking? Your answer depends on rather or not you are listening, doesn't it? If you are not listening, to you I am not talking.

If you wanted to look a little deeper, even if you are listening, am I still talking? I'll leave that for you to ponder.

It would seem then, that happiness does not stem from what we doing.

What then is left? Happiness stems from who we are being. As in the example, we looked at, who I am being is controlled by my thoughts. When I think of those moments from the past when I was really connected, I can create those warm feelings.

Of course, the opposite is true to. When I think negative thoughts, what happens? The mind turns on its projector and all the pictures from the past are displayed, and I can feel that too.

It's simply a choice. Who do I choose to be? It's not about right or wrong, it's about power. I have the power to choose for myself.

Hurt or discomfort of any kind cannot be caused by another person. No one outside me can hurt me. It's just not really possible. It's only when I believe a story I am telling myself that I get hurt. And I am the one hurting me by believing what I think.

Actually, this is good news, because it means I don't have to get someone else to stop hurting me. I'm the one who can stop hurting me. I have the power.

When I relive those painful moments from the past and feel hurt. Where does the hurt come from? Not from what happened, that's over, and probably been over for a long time. I hurt myself by telling myself the story of hurt over and over and over. The actual event was here and gone in the moment of now. I cause the suffering to continue by cueing it up on my mental projector and running the story ad nauseum.

I hurt myself. I insult myself. You say something, I create a negative story about it, believe it and insult myself. All that happened is you said something (while you were standing, sitting or lying horizontal).

You know, I began to realize that I short-change myself, I cut myself off in traffic, I cause the line in the post office, I cause my own suffering.

That's good to know. It's good to know I do all this hurtful stuff to myself. Because the opposite is also true.

I have the power to create my day, every day by who I am being. Why not be the one who has that warm feeling somewhere around the solar plexus? Why not be that all the time? It is possible.

I began to ponder the question: "How good are you willing to have it?" When I am in line at the post-office, or stuck in traffic, what changes to cause me to be upset? I am still standing or sitting down, it's the thought I have that changes.

So if I don't choose to suffer, then what must change? My thought must change. How good am I willing to have it? That's how much my thoughts could change.

What if I had that warm feeling for the others in line or the postal clerk, or the guy that cuts me off in traffic? I used to think that was too much to ask. But, really, how good am I willing to have it?

I am creating my thoughts about it, why not make them peaceful, loving, extraordinary? It's up to me, and it's up to you.

Wow, think about that. Could you handle that? It might be a radical change for some. It was for me, and I am still working on it. I still have my moments, and I'm working on it.

When I am consciously working on having it good, it's amazing what gets accomplished and how life flows. I know for me, what "good" looks like, and I know what needs to shift in the moment to achieve that. What needs to shift, in every case, is my thinking. My thoughts. My thoughts about people, circumstances and things.

And you know the really cool thing? That's the only thing I really can change – my thoughts. My thoughts create my beliefs. Have you ever noticed that people and things are only as we believe them to be?

They don't exist for us in any other way. Who I believe you to be, is likely not how someone else believes you to be, and so on. I can choose to change who I believe you to be instantly. And I don't do so for you. I do so for me.

I change my thoughts for my own peace, not yours. Does that sound selfish? Not really. I can't change you anyway, and who you are is really none of my business.

I have the absolute power over myself. I can choose what I believe. I have come to realize that I really can't know "the truth" about people, circumstances and things. All I can really know is the story and belief I have about them.

Why would I choose to create that in a negative way? Why wouldn't I choose to create a belief that was loving, and peaceful? I'm doing it for me, how good am I willing to have it?

I am willing to have it so good it's scary. So good that I just can't get enough of it. So good that I love every minute, that I can hardly be still without being overcome with love and joy and peace.

I'm not there yet, but I'm working on it. I'm willing to have it, and that's half the battle. In each moment, I know when I am not experiencing that, and I can shift it. I can shift it not by what I have or what I am doing, but by who I am being. I can be love and peace in the moment, and guess what shows up? More Love and Peace. It's that easy.

I don't have to know how to be love and peace, or exactly what I need to create it, but I know what it feels like. It is that warm feeling located around the solar plexus. I can close my eyes for the smallest moment and feel that. I open the again with that feeling, that feeling that allows me to be love and peace.

I am willing to work on it. Why not? I'm tired of hurting myself. I'm tired of self-sabotage. I'm tired of feeling lack in my life. It's exhausting.

Gandhi once said: "If you don't find God in the next person you meet, it is a waste of time looking for Him further."

If I can't see God in the line at the post office or in the guy who cut me off in traffic, where can I?

Is true that everything is God – except that guy? I used to believe that. I don't believe that anymore because separation hurts. I don't have to know anything more than that. It hurts when I believe I am separate from you, and frankly I've had enough of that.

It feels so much better to know that we are all one. No one, no thing is separate. The world is peaceful, loving.

God is good, God is everything, everything is good. No exceptions.

I invite you from this moment to consciously create your life from that perspective. How would that look to you?

Well, how good are you willing to have it?

#### **From Tama, p. 23**

What's one small step towards a meaningful change you want to take this month?

*2014 Tama Kieves. All rights reserved. [www.TamaKieves.com](http://www.TamaKieves.com). Tama Kieves has been featured on Oprah Radio and is the bestselling author of *This Time I Dance! Create the Work You Love* and her latest *Inspired & Unstoppable: Wildly Succeeding in Your Life's work!* She is a sought-after speaker and career coach who has helped thousands worldwide discover and live their true work in the world. Sign up at [www.TamaKieves.com](http://www.TamaKieves.com) to receive the free monthly email newsletter with Tama's latest articles (and events). For daily inspiration, continuous support & great group conversation, join Tama on Facebook and Twitter.*

# Lavender and Its Healing Answers

By Scott Meyers

Since time immemorial, people have been using lavender. Lavender is actually a shrub and its branches grow up to sixty centimeters. Widely alluded to as a natural cure for various ailments and used in herbal medicines, the lavender's name is derived from the Latin word "lavarre" which means, "to wash". It is also indigenous to the mountain zones of the Mediterranean and thrives in stony environment where there is lots of sunlight. In Europe, this herb may be found aplenty in the wild throughout the southern part. The lavender's narrow, grayish green leaves are covered in a silver blanket-like substance and its leaves are usually oblong and attach directly at the base in spiral-like patterns.

The lavender has a reputation of being a useful wound herb and as an effective expectorant. In European folk medicine, it is known for the former. The most common types of healing lavenders include *L. angustifolia* and *L. spica*. While the most commonly used variety is the French lavender, *L. stoechas*. Even the lavender's flowers have also been found useful and can be used to create an array of herbal medicines.

Known to contain tannins, volative oils, coumarins, triterpenoids and flavonoids, the lavender's flowers are usually described as cooling and mainly dry and are well regarded for its ability to promote good bile flow. Moreover, they are also well known as a relaxant, antispasmodic, circulatory stimulant, and antiseptic, a tonic for the nervous system, an analgesic and a carminative. Because it supposedly causes calmness, soothe and anti-convulsive effects, the lavender herb may also be used to treat insomnia, abdominal complaints, rheumatism, anxiety, depression, loss of appetite, and mood disturbances.

Lavender is also popular for its essential oils. These oils are especially popular aromatic essential oils and a lot of aromatherapy aficionados use these. In fact, the mere act of inhaling lavender induces healing! Recommended by herbalists, lavender essential oil can be used to treat a large array of illnesses and ailments and thus is highly suggested as an integral addition to any household first aid kit.

Lavender essential oil can be used to make healing creams. Simply put a few drops of the said oil to a cream that is chamomile-based. The produced cream can be used to treat skin problems like eczema. A few drops of the lavender essential oil mixed with a few drops of water, when mixed, can be used to remedy scalds, burns, and sunburn. This is a handy must-have for beach lovers or people who want to bask in the sun.

The lavender essential oil can also be used as chest rub. All you have to do is add a millimeter of the said oil to 5

drops of chamomile oil, mix them, and rub onto the chest. Lavender essential oil is known to cure bronchitis spasms and even symptoms of asthma.

The lavender essential oil can also be used for massages. The oil can help ease the pain from the muscles and when rubbing it on to the temples and nape of the neck, tension from headache and migraine can also be avoided.

Yet another use for the lavender is hair rinse. When you dilute 5-10 drops of lavender essential oil in water, one can treat hair lice and nit problems.

Despite these favorable uses for lavender, however, people especially pregnant women should still be cautious as high doses of lavender in any form have been shown to be a strong uterine stimulant.

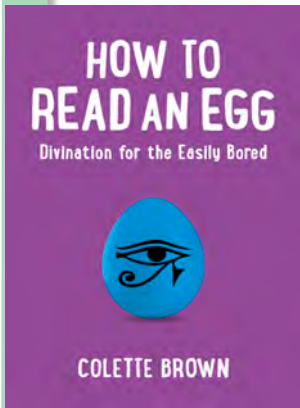
*About the Author:*

*Scott Meyers is a staff writer for Its Entirely Natural, a resource for helping you achieve a naturally healthy body, mind, and spirit. You may contact our writers through the web site. Follow this link for more information on Herbal Remedies. See: <http://www.itsentirelynatural.com>*



## Book Reviews:

by Kate Faris



### **Living a Life of Gratitude**

By Sara Wiseman

DODONA BOOKS 2014, \$9.99

You've tried the tarot, ruminated with the runes and are all angel-carded out! Now try the less well known, the tribal, the forgotten and the truly bonkers! Divination, the art of prediction or psychic insight by use of supernatural means, can be accurate and fun!

Colette Brown BSc MRPharmS answered her calling and gave up working as a pharmacist in 1996. Her dream was to be a full-time clairvoyant and to help others with her insights. She has many local and international clients and is renowned for her accurate and caring readings.

### **Numerology Made Easy**

By Hilary H Carter

DODONA BOOKS 2014, \$9.95

Numbers are everywhere in your everyday life yet most people don't pay too much attention to them. But is there more to number than meets the eye? Author Hilary Carter thinks so.

Do interesting dates such as 11/11/11, 11/1/11, 12/12/12 or 21/12/12 mean anything?

Is 666 really an evil number?

What is the secret behind the mysterious number 23?

What is the meaning of the 11:11 phenomenon?

Why do you keep looking at the clock at exactly 22:22 or 3.33?

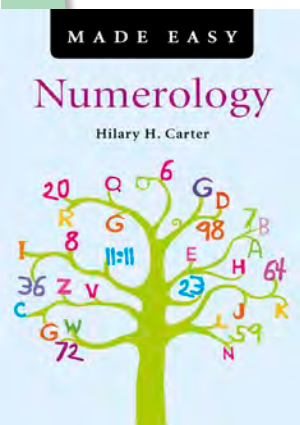
Do you keep seeing number patterns such as 1221 or 123321? Or repeated digits like 555 or 444?

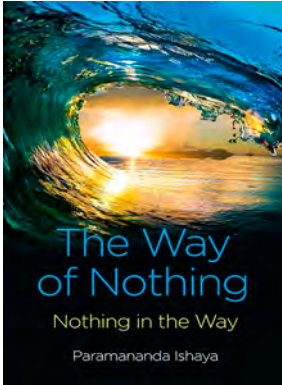
What numbers are hidden within your name? Can you change your name to change your life?

What number are you? Are you a number 5 person, flitting from one thing to another? Maybe you are an inventive and energetic number 1. You could even be a very rare number 22.

You can find the answers to all these questions in this practical and easy to use guide to numerology. You can also learn how to interpret number sequences and how to decode the fascinating and enlightening language of number.

These items and others of interest are available at the [www.enjoywholehealth.com](http://www.enjoywholehealth.com) bookstore.





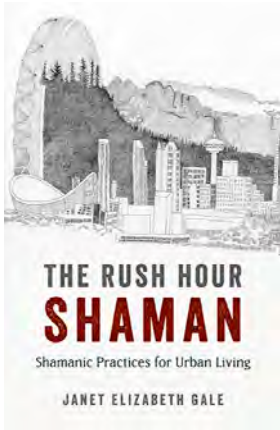
### **The Way of Nothing**

By Paramananda Ishaya

MANTRA BOOKS 2014, \$12.95

Though it is simple and obvious, you may not understand the incredible importance of the way of nothing. When you do see the way, you will wonder, “Can it really be this easy and simple?” And seeing that there was never anything in the way of freedom can almost be embarrassing. “How could I have never seen it?” you’ll ask.

The Way of Nothing: Nothing in the Way explores the obstacles that stop you from reaching your highest desires: enlightenment, eternal peace, or simply ordinary contentment. These obstacles are nothing more than concepts you have that seem real, yet they vanish with insight into the way. It is a wonderful surprise to discover that there has always been nothing in the way of what you want. Best of all, there is really nothing to it!



### **The Rush Hour Shaman**

By Janet Elizabeth Gale

MOON BOOKS 2014, \$9.99

The biggest cause of illness and disease in our lives today is that we have lost connection with the natural world, resisting the nurturing, healing and support that is offered to us. The Rush Hour Shaman is a “how to” book for living shamanically in our modern world. It offers a detailed protocol for reconnecting to ourselves, Mother Earth and all our Helping Spirits, and through that reconnection, find love, healing and meaning in one’s life.

These items and others of interest are available at the [www.enjoywholehealth.com](http://www.enjoywholehealth.com) bookstore.

# Dispelling Six Common Lawn Care Myths

(Family Features) The lawn is the backdrop to the home and essential to curb appeal. While keeping a healthy lawn may seem straightforward (mow, water, fertilize, etc.), don't be fooled by some common lawn care myths.

## **Myth #1: All grass is created equal.**

**Truth:** Grass and their seeds come in many different varieties, all with various maintenance, climate and mower requirements. While some varieties require more sunlight, others may be prone to certain diseases.

The type of grass and scope of land you need to mow will determine how powerful of a lawn mower you'll need. Large lawns with thicker, tougher grass will require a mower with higher horsepower and bigger, taller wheels. Varieties of grass that have thinner blades and slower growth, or a small backyard space, can be maintained easily with a lower horsepower machine. Riding mowers like the John Deere 100 Series come in a variety of models to fit different needs.

## **Myth #2: The shorter I cut the grass, the less often I need to mow.**

**Truth:** For the best quality turf, only remove one-third of the grass blade with each mow. Shorter clippings break down more easily, allowing some of the natural nitrogen to return to the soil. If you cut too much at one time, the long clippings can cause stress on the grass, inhibiting healthy growth.

## **Myth # 3: Bagging it is best.**

**Truth:** Although bagging grass clippings is a common practice, mulching is much more beneficial to your lawn. Mulching returns essential nutrients, such as nitrogen, back to the soil.

As noted above, removing only a small amount of the grass blade each time you mow produces shorter clippings that can decompose more quickly and discourages the development of fungal diseases. If you do decide to bag, be sure to compost your clippings and reuse on site. Look for a lawn tractor, like the John Deere X300 Select Series, which comes with a mulching feature on the mowing deck, to help return the clippings to the soil.



## **Myth #4: Focus on the green.**

**Truth:** While grass is what we see and tend to, the soil is the most essential component for a healthy growth year-round. Soil supplies the roots with necessary nutrients, which in turn yield a beautiful lawn. Consider taking a soil sample to your local university extension program or landscape supplier for soil analysis. This will help determine the best type of fertilizer to use throughout the year.

## **Myth #5: Keep a consistent mowing pattern.**

**Truth:** It's easy to fall into a mowing routine, but frequently cutting grass in the same direction can mat down the turf and inhibit growth. By varying the mowing pattern, you will reduce strain on the turf and encourage a healthier, more beautiful lawn.

## **Myth # 6: You're off duty in the winter.**

**Truth:** Many people think grass "dies" off in the winter so you can take a break from lawn care; however, this is the best time to care for your equipment. Complete mower maintenance such as adding fuel stabilizer, blade sharpening and replacing missing or damaged parts and your mower will be prepped and ready come springtime.

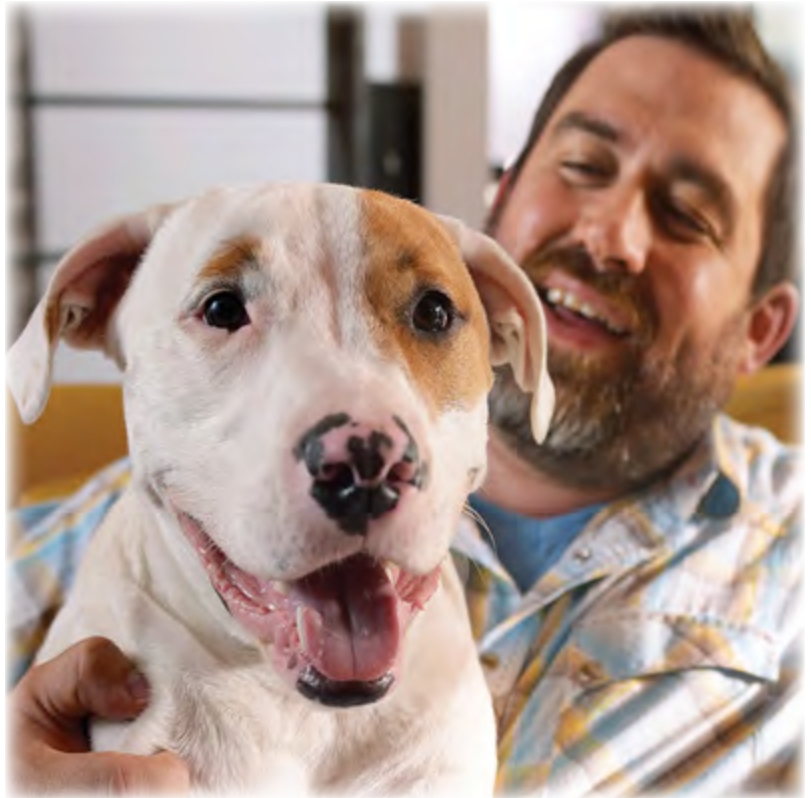
Aside from practicing the proper mowing techniques, having the right equipment is one of the most important factors in maintaining a green and vibrant lawn. The proper type and size for your lawn and lifestyle will help you mow more efficiently so you can spend more time enjoying and less time maintaining your lawn. Visit [www.johndeere.com/residential](http://www.johndeere.com/residential) to learn which type of riding lawn equipment is right for your yard.

*Photo courtesy of John Deere. SOURCE: John Deere*

# Giving Animals a New Leash on Life

(Family Features) With limited resources, animal shelter groups across the country work tirelessly to help animals in need find the homes they deserve.

More than four million dogs enter animal shelters each year - making awareness about these often forgotten animals more important than ever. With this in mind, the PEDIGREE® brand recently launched its See what good food can do.™ campaign. The campaign features real stories of shelter dogs, their caregivers and the dogs' new families - showcasing the impact some extra attention, good food and loving care can make in shelter dogs' lives. Along with fellow dog lovers, such as baseball player David Ortiz, actor Josh Duhamel and recording artist Miranda Lambert, the company is asking people across the country to help transform the lives of shelter dogs.



## Helping at home

There are many ways to show your support for animals in need. Here are some options you can pursue to help transform shelter animals into pets with loving homes within your community.

Consider pet adoption. With so many wonderful pets in need of homes, check out your local pet shelter when considering a new pet.

Tell your story. Every dog owner has a tale to tell, and PEDIGREE® is calling on America to share their stories. Every time dog lovers tell their tale of what their dog means to them, using #DogTales on Facebook, Twitter or Instagram, PEDIGREE® will donate a bowl of food to a shelter in need.\*

Hold a supply drive. Gather your friends and co-workers to chip in for a supply drive for a shelter organization close to home. From chew toys to towels, these facilities are always in need of extra supplies to keep their operations in good standing.

Volunteer as a family. Share the gift of volunteering with those closest to you by scheduling an afternoon at a local animal shelter.

By committing to just a few of these life-saving efforts, you'll be doing your part to support shelter animals that so greatly need your help.

*\*Up to 100,000 bowls; Each bowl equals 8 oz.*

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*SOURCE:  
Pedigree*



# Healthier, Happier, Smarter.



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2. Do better in school.
3. Have higher self-esteem.
4. Have good self-discipline.
5. Feel more capable and confident.
6. Are good problem-solvers.
7. Are more cooperative with others.
8. Are more creative.
9. Feel connected to nature.
10. Are tomorrow's conservation leaders.

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