

September/October 2009

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Fire Your Clothes Dryer

by Joelle Novey

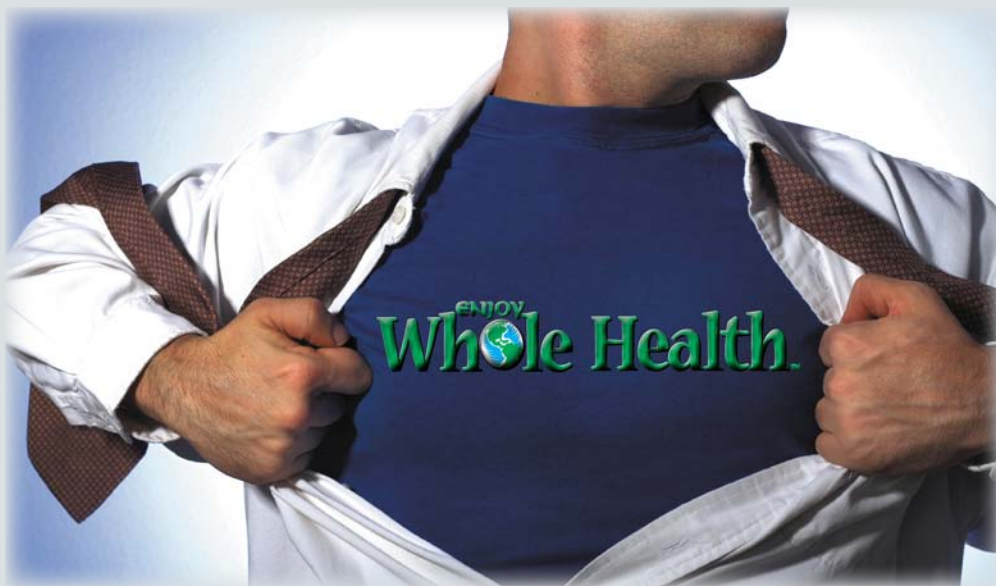
Go Fishing

by Annette Bridges

Take Time For Yourself

by Christine Kloser

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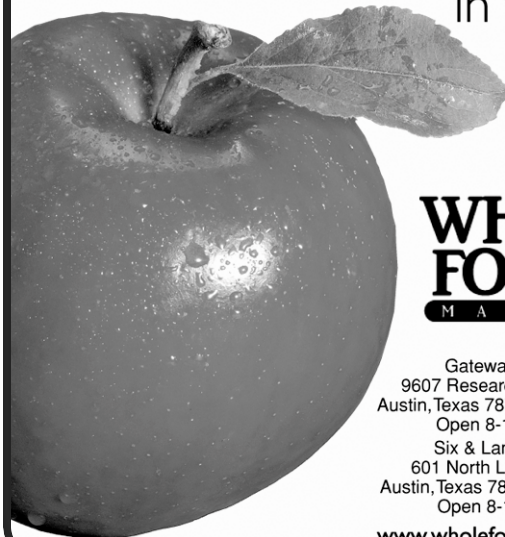


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STATEMENT OF PURPOSE

Published six times a year, the mission of Enjoy Whole Health is to be the Texas 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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Enjoy Whole Health Magazine
2800 Broadway, Suite C-715
Pearland, TX 77581

Phone: 210-272-0731
Toll-Free 866-490-3662
e-mail: info@enjoywholehealth.com

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

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Magazine

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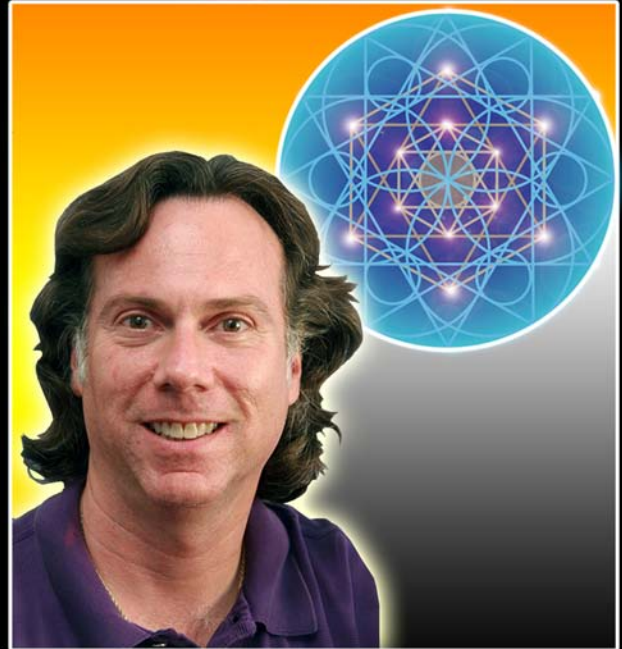


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Unfortunately, its motor is inside playing video games.



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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Go Fishing

by Annette Bridges

Fishing may be one of those universal sports and hobbies. In fact, fishing resonates with so many people that fishing metaphors abound in all aspects of our lives.

You may say that you are trying to land a job -- and you're casting your line into the big job market. Or your best friend assures you there are plenty of other fish in the sea when your marriage ends. You may tell a brother to drop you a line. Or you say you hit a snag in trying to get approved for a credit card. You exclaim you got a bite when a business responds to your resume and application. Or that you're trying to lure and reel in possible buyers for the car you have for sale. And perhaps your mom says your new boyfriend is a good catch.

I guess we're people who like to talk fish!

What is it about fishing that is so very appealing to so many?

My husband and I recently returned from a trout fishing trip in Colorado. And I must say that few things are more relaxing than sitting beneath an evergreen tree on the bank of a crystal clear mountain lake. The stress of everyday life dissipates to the inconsequential detail it really is. Indeed, there's something about fishing from a quiet shore and breathing serene, fresh air that clears the mind and soothes the soul.

I'm intrigued by the intensity of focus that trout fishing required of me. It captured my entire attention as I baited my hook and cast my line into the lake. I was spellbound as I gazed into the sunny water waiting for my bopper to move and anticipating the bump of a fish taking my bait.

This was no idle time as my daughter thinks -- she's never been mountain lake fishing. There was purpose, vision, determination and expectation. At the day's end after our catch limit was reached and fish were cleaned and cooked, I was ready to rest up for the next day to do it all again.

Before leaving home for our fishing excursion, I had some trepidation about being in a remote area with little to no phone service, nor Internet service. I worried that I would feel disconnected from all that I love. But once I began fishing, I thought of little else.

This mental state of mind is a far cry from my day-to-day experience when home. My normal day involves lots of multi-tasking and many times where I feel like my attention is scattered or over-extended. It's not easy for anything to get my complete focus. And this is sometimes frustrating when I really want to give my total attention to a task at hand.

So now that I'm back home, I'm wondering what it was about fishing that was so all-consuming. And I'm wondering how I can give that kind of focus to other endeavors and interests at home.

While it is true that on my mountaintop, there were no interruptions -- so there were no other choices than my single task of catching fish. At home there are many decisions and choices to be made. And they do sometimes seem to be in competition with each other for my attention.

But the truth is that regardless of the number of items on our to-do list each day, we can only give one thing -- or person -- our full attention in any given moment.

What a revelation this is for me!

I can only imagine how the quality of my projects or time shared with loved ones can improve by understanding that each





the author gone fishin'

requires and deserves my full attention in each moment. And it is possible to give my full attention as I take one moment at a time and give my all to that moment.

I also can't help but think about Peter's pronouncement, "I go a-fishing," during those days following Jesus' crucifixion and resurrection. (John 21:3) I'm sure there was a lot to absorb mentally as Peter tried to understand spiritually the significance of what he had just witnessed. Maybe he needed to get away for a little while.

There is something about fishing that allows us to take a timeout from thinking about our troubles and big decisions -- even when we don't get a bite. Inevitably, a fresh perspective comes into view when I return home after such a break.

So, my friends, focus on one moment of your life at a time -- give your whole attention to it. And when you feel the need for a break, go fishing and see what new point of view you have when you return.

Annette Bridges is a freelance writer who lives on a north Texas ranch with her husband, John. Her columns are published weekly on United Press International's ReligionAndSpirituality.com, Examiner.com and numerous other websites and newspapers. Visit her website and participate in her blog at www.annettebridges.com and send her an email at annettebridges@gmail.com.

Tell them you saw it in
Enjoy Whole Health!

Dear EarthTalk: Since Obama took office, have any new incentives been put in place for homeowners looking to increase energy efficiency and reduce the overall environmental footprints of their homes? -- Rob Felton, Little Rock, AK

In fact, yes. Homeowners can get up to \$1,500 back from the federal government for any number of energy efficiency upgrades at home. If you upgrade to energy efficient insulation, windows, doors, heating, air conditioning or water heaters between January 1, 2009 and December 31, 2010, you are eligible for a tax credits of up to 30 percent of product costs. The credit is capped at \$1,500 combined; meaning it only applies to \$5,000 in total costs. More details are available at the website of the Tax Incentives Assistance Project, a coalition of public interest nonprofit groups, government agencies and other organizations focused on energy efficiency.

Of course, the Obama administration is also thinking long term, and would like to leave its mark in furthering efforts to wean ourselves off foreign oil and increase our production and use of homegrown clean renewable energy. In light of such priorities, tax credits are also available for 30 percent of the cost—with no upper limit—on the installation of renewable energy equipment at home, such as geothermal heat pumps, solar panels, solar hot water heaters, small wind energy systems and fuel cells.

Homeowners won't get the money back when they initially pay for equipment or upgrades, but they can add the credit amount to their overall tax refund, or deduct it from what they owe, when filing their federal income tax forms at the end of the year. Unlike tax deductions, which merely lower the total amount of taxable income, tax credits reduce dollar-for-dollar the amount of tax owed.

Homeowners should know that they can also get federally backed mortgages to pay for a variety of energy efficiency measures, including renewable energy technologies, on their new or existing homes. The federal government supports these loans by insuring them through the Federal Housing Authority or Veterans Affairs programs, allowing borrowers who might otherwise not qualify to pursue upgrades, and securing lending institutions against loan default.

Don't own a home? Depending upon make and model, you can get between \$250 and \$3,400 back from the federal government for buying or leasing a new hybrid or high efficiency diesel automobile. And the automakers themselves—through their own "Automotive Stimulus Plan"—are giving consumers up to \$4,500 back on the purchase of a new or used vehicle that gets gas mileage of at least two miles per gallon better than their old model.

A number of new energy-efficiency incentives are also available at the state level across the country. The Database of State Incentives for Renewable Energy website provides up-to-date listings of what may be available in your neck of the woods. With so much encouragement, how could you not want to go green?

CONTACTS: Tax Incentives Assistance Project; Automotive Stimulus Plan; Database of State Incentives for Renewable Energy.

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Dear EarthTalk: How are populations of the world's orca whales faring these days? Are we still in danger of losing them all in the wild?

-- J. Witham, Bangor, ME

The largest member of the dolphin family and a major draw at marine parks, orcas (also known as “killer whales”) are highly intelligent and social marine mammals that, because of these traits, have come to be known as ambassadors for nature and marine ecosystems around the world.

But the fact that people love orcas—most of us only ever see them in captivity—has no bearing on how well they are thriving in the wild. Many of their habits are still a mystery to science, as the great black and white creatures, which can grow to 26 feet and weight six tons, are fast-moving and difficult to track (they are the most widely distributed mammals on Earth, besides humans).

Given this uncertainty, the International Union for the Conservation of Nature (IUCN), a nonprofit group that maintains a frequently updated global list (the so-called “Red List”) of endangered and threatened wildlife, merely lists the status of orcas as “data deficient.” IUCN is currently involved in an assessment of orca populations around the world to determine what their status should be.

Orcas may not have a clear-cut conservation status internationally, but the U.S. government is concerned enough about the animals that ply the waters of Washington's Puget Sound and San Juan Islands (known as the “southern residents”) to put them on the federal endangered species list. Chief among threats to orcas there is loss of food supply, mostly West Coast salmon populations destroyed by hydroelectric dams and other human encroachment. Habitat loss, chemical pollution, captures for marine mammal parks and conflicts with fisheries have also each played roles in the decline of the Northwest's orcas.

According to the National Marine Fisheries Service, an arm of the federal National Oceanic and Atmospheric Administration, the southern resident orca population—the best studied wild animal population in the world—has fluctuated considerably since researchers began studying it in earnest some three decades ago. In 1974 the group was comprised of 71 whales, but then spiked to 97 animals by 1996. But since then the population fell below 80 and has remained around that level ever since.

Due to their voracious appetites and their place at the top of the ocean food chain, orcas are very susceptible to pollution and chemicals and suffer from diseases and reproductive disorders accordingly. For this reason many scientists consider orcas an “indicator species” regarding the health of marine ecosystems in general. That is, if orcas are in decline, the rest of the ocean is likely in big trouble, too.

Of course, increased concern about the health of marine ecosystems in recent years is good news for orcas, which are dependent on a wide range of fish and marine mammals for sustenance. The preponderance of protected stretches of both ocean and coasts gives orcas a boost in their struggle to stay one step ahead of extinction. If world leaders continue to value marine ecosystems and limit the extraction of seafood species and contamination by pollutants, killer whales will have a fighting chance to keep on as icons of the sea—and those of us onshore and bobbing on boats will continue to be delighted and amazed by them.

CONTACTS: IUCN; National Marine Fisheries Service.

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Fire Your Clothes Dryer

by Joelle Novey

Make this the year you reduce your energy use (and your utility bill) by air-drying your clothes as often as possible. The news is in: Many of America's clothes dryers may soon be getting a pink slip. One in every three Americans sees the clothes dryer as an unnecessary extravagance.

Every few years, the Pew Research Center asks about 1,000 Americans what they think about various appliances. Three years ago, 83 percent of respondents said a clothes dryer was a "necessity."

Since then, something striking has happened—the people that Pew surveys have begun to think differently about energy-intensive appliances: the percentage of respondents who describe a clothes dryer as a "luxury" has more than doubled in just three years to 33 percent.

About a third of Americans have figured out that it takes a huge commitment of energy to run a dryer—all to do something that our great-grandparents knew that the air, given a little more time, could do for free. In many other countries, this wisdom is more widely shared, and drying clothes on a line or a rack is the norm. Whereas 75 percent of households in the US own a clothes dryer, for example, only about half of households in Europe own one, according to the Netherlands Statistical Office.

If you haven't already, join the trend and make this the summer that you reduce your clothes dryer use and return to old-fashioned, free techniques for drying laundry. You can air-dry clothes no matter where you live, and this green step will cut your energy bill, reduce your carbon footprint, and preserve your favorite clothing longer.

Save Energy and Curb Emissions

Given the seriousness of the climate crisis, it's time for Americans to get serious about cutting out "luxury" energy use. Each watt of electricity our homes are using that isn't necessary wastes money and drives the expansion of dirty coal-fired power plants. Green America's Climate Action Program calls for everyone to cut energy use in houses in half over the next five years. Reducing your energy use by 50 percent is doable—it's a reduction of only ten percent every year, for five years in a row.

"Firing" your clothes dryer would likely achieve that first year's ten percent reduction all by itself, because in many households, the dryer is the third-most energy-hungry appliance, after the refrigerator and washer. Air-drying your clothes can reduce the average household's carbon footprint by a whopping 2,400 pounds a year.



Save Money

These days, not many people can afford to spend any more than necessary on energy bills, and many households pay more than \$100 a year on the electricity claimed by their "luxury" dryer.

While the racks, clotheslines, or clothespins you may need to purchase

to shift to air-drying may cost something, firing your dryer will pay for these accessories in energy savings. Most households will likely have less than a year of payback time for purchases that enable air drying.

Durability, Safety, and Flexibility

There are lots of added benefits of air-drying your clothes:

All that lint you scoop out of a dryer's lint trap after each load is evidence of your wardrobe literally wearing away. The dryer shortens the life of your clothing by over-drying items and thinning them out. So firing your dryer is also a great strategy for conserving your favorite clothes longer and saving the cost of replacing them before their time.

Also, anyone who's had to wait around the laundromat or delay an errand to fold clothes right when the dryer finished will appreciate the flexibility of air-drying clothes. While it may take longer for clothing to get dry—from a few hours to about a day—you don't have to be present to fold them to prevent wrinkles or leave a shared dryer for someone else. You can hang your laundry on the rack or line and go about your day, then come back to fold whenever you get around to it.

Another perk to "firing" your dryer is that it eliminates the risk that your dryer could ever start a dangerous fire. According to a report by FEMA, clothes dryer vents can become clogged with lint, causing more than 15,000 house fires every year.

Air-Drying Clothing Outdoors

A natural option, especially in summertime, is to hang clothes out to dry outside, on a line or a rack. A clothesline enables you to spend some of your laundry time enjoying the outdoors, your clothes smell “sunny” when they come back in, and drying in the sunshine helps to naturally disinfect clothes, and to gently bleach whites.

It’s worth noting, too, that walking around an outdoor clothesline hanging up the clothes is a moderate form of exercise. An Australian named Karen Gatt has written several books about “The Clothesline Diet,” which helped her get in shape by power-walking around the clothesline in her backyard; she’s since founded a network of Clothesline Diet Clubs.

You can purchase a variety of racks and lines for outdoor air-drying of clothes. Some fold out into a rotary umbrella shape; others stretch multiple lines between two “T” posts. (Find more items for outdoor clothes-drying here.) Gaiam’s Real Goods offers a \$20 retractable clothesline that can mount to a post or the side of a house (www.realgoods.com). The innovative Cord-O Clip is a time-saving clothesline with built-in clips that close automatically when people place clothes on the line and push, and open automatically as the line is pulled around once the clothes are dry (www.cordoclip.com). One Green America member gets her active family’s clothes—including cloth diapers for two young children—on or off the line in less than ten minutes with this device.

Air-Drying Clothing Indoors

If you have pollen allergies, don’t have an outdoor space for hanging up clothes to dry, or expect the weather in your area will be too rainy or cold for a successful outdoor clothesline, forego the outdoor approach and use an indoor drying rack instead.

Many online retail stores, including members of Green America’s Business Network™, offer racks and other accessories for air-drying your clothes indoors. Many of these creative items store flat or retract to save space when not in use. Gaiam’s Real Goods, for example, offers a pine drying rack made in Maine that can handle a full load of laundry, with 50 feet of drying space, and it folds flat between uses (\$89 at www.realgoods.com). Other drying racks perch over a bathtub (\$31.95 Leifheit Pegasus V), in a shower (\$79.95 Leifheit Tower 195), or lower from the ceiling to which they’re bolted (\$135.99, Stewi Lift Ceiling Dryer)—all available here.

Large items like sheets and towels can dry draped over a door, banister, or a shower rod; and tablecloths generally dry happily right on the tables they cover (use your best judgement as to whether a damp tablecloth will affect the finish on your table or not). Socks and other smaller

items can air-dry using hangers lined with clips (such as the \$19.99 Stainless Steel “Lingerie Dryer” with 14 hooks at www.containerstore.com).

Nancy Hoffmann in New York City has been drying her clothes indoors in her apartment for years. To speed up the process, she turns a floor fan on a low setting facing her drying racks. She reports that “most of my clothes dry in a couple hours, max” with much less electricity use than a dryer would require.

Drying clothing indoors can also have an added perk when it helps to keep indoor winter air moist, a kind of low-tech humidifier.

Speak Out for the “Right to Dry”

Households that do commit to hanging laundry outside in a yard or on a balcony may discover an unlikely obstacle—their homeowners’ association. Unfortunately, many community associations prohibit clotheslines and other efforts to let the sunshine dry residents’ clothes.

Project Laundry List is a nonprofit that has helped to fight anti-clothesline ordinances in many neighborhoods, often by passing city or state legislation that invalidates such ordinances. To find out which cities and states have the “right to dry” and to sign a petition for a national law—and to urge the First Family to line dry their clothes occasionally on the White House lawn—visit right2dry.org.

Fire That Dryer!

If you haven’t already, make this the summer you fire your clothes dryer, and join the thousands of Americans whom the Pew Research Center found are thinking differently about clothes-drying.

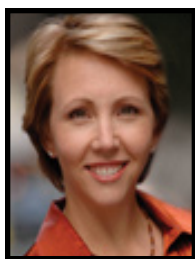
“Simply putting up a clothesline in the back yard and hanging out clothes to dry on a sunny day has reduced our electric bill,” say Green America member Steve Breckheimer from Saluda, NC. “And the laundry smells fresh!”

Whether you hope to hang up your laundry inside or outside, you can share tips and strategies for shifting to air-drying clothing at Project Laundry List’s blog, “The Clothes Peg.”

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Continued on pg. 17.





Take Time for Yourself

By Christine Kloser

In today's fast-paced world (a world that is changing by the minute), one of the most important things you ought to be practicing is taking time for yourself. Especially if after reading that first line, there's a voice in your head saying, "But I don't have time. There's too much to do. I'm so far behind. I can't get everything done. Where will I find the time? I can't afford to take time for myself. I've got to keep driving forward. I'll take a break once I get through these projects."

Pardon my directness here, but that's all B.S. Those voices in your head that say you can't take time for yourself are not driven by your Higher Self. Those voices come from your ego; from that place inside you that believes in lack, scarcity and fear.

If you were to listen to the voice of your Higher Self, it would be saying things like, "Give yourself a break. You deserve to take time for yourself. You don't have to get everything done today. Nothing is as pressing as it seems. You don't have to do it all alone. You are supported by visible and invisible sources. Relax, release, let go and allow grace to guide you."

If you desire to hear more of your "Higher Self voice" than you do your "ego voice" (which I trust you do) then it's imperative that you take time for you. It doesn't have to be time alone, it just has to be dedicated time for you to be asking and answering some deeper questions for yourself. The clarity and knowingness you crave will come from this time you take for you.

The only way I can share this with you is because it's what I've been doing for myself. I've enjoy time journaling, meditating, quietly contemplating, praying, and in retreat. In fact in a few short weeks I'll be spending time at a back to back retreat and spiritual intensive. It's not the most logical time for me to be taking this time for myself, but it's necessary. And, I am clear that if I don't take this time for myself in retreat that I'd end up working harder than I have to, focusing on projects that I'm not meant to be doing, and struggling more than experiencing a state of ease and flow in every area of my life.

So, if you'd like more ease and flow in every area of your life, here are some suggestions based on my personal experience that can help you take time for yourself:

Give Yourself a Break Everyday

Each and every day; dedicate a certain amount of time to yourself. This isn't time to brainstorm on your upcoming business project, rather it's time to sit with

yourself, to contemplate what's occurring in your life, to notice what might not be working so you can shift it, to experience what you're feeling and to allow grace to guide you to more love and more ease.

Lately, I've been enjoying between 1 and 2 hours every morning taking time for me. I usually begin by listening to inspiring music to get centered and grounded as I breathe and feel myself in my body. After a few songs, I'll sit quietly in meditation, and then I'll come out of meditation to do some journaling followed by a beautiful (and rigorous) walk up and down the neighborhood hills and a healthy breakfast. After taking this time for myself, I feel relaxed and clear as I go about the tasks of the day.

How do you give yourself a break everyday? And, if you're not doing it now, when will you start?

Engage with Like-Minded People

Another fantastic way to take time for yourself is to engage with like-minded people. I know this may sound backwards. How can spending time with like-minded people be taking time for you? Well, the kind of time I'm talking about isn't simply sitting around drinking wine and talking about the latest movie or gizmo. Full engagement with like-minded people always lifts you up, shows you more of yourself, helps you learn what you need to learn, and gives you the experience of giving and receiving love and support. And, that IS one of the most soul-nurturing things you can do for yourself.

For me, I participate in two women's circles in which we gather for the sole purpose of experiencing our Highest Self and being there to help other women experience theirs. Additionally, the work I'm doing with my spiritual mentor requires very active participation with everyone in our group... constantly focused on making the shifts we need to make to experience total freedom in our lives. When I take time to engage with these like-minded friends, I feel totally fulfilled, loved and connected.

Who do you engage with at this level? And, if you don't have people right now who are able to have this level of engagement with you, what will you do to bring these types of relationships into your life?

Get Away from Your Daily Routine

This one is a biggie! The gifts that await you when you step out of the hectic pace of your life and step into a dedicated time/space for contemplation, clarity and expansion... are miraculous. If you've ever gone on retreat, or participated in a mastermind (that's about more than just



business), or have a spiritually-based “girls weekend” (or guys weekend), then you know the value of this time away. The openings that occur when like-minded people gather together in an intimate setting with a common purpose are powerful beyond measure.

Since 2006 I’ve been consistently participating in Mastermind groups where we gather for a few days. It’s so valuable for me to step away from my daily routine and place myself in the environments where transformation and clarity abound. And, since 1997 I’ve been creating space for others to get away and give themselves the gift of time necessary for important contemplation, release and expansion. It’s hard to believe I began this work a dozen years ago, but that’s what I did with my Vision Weekends and continued with my Conscious Business Retreats and now with my Freedom Circle Mastermind.

When was the last time you got away from your daily routine for more than a day to focus on YOU? And, if you haven’t done this for a while (or ever), where will you go, when will you go and with whom will you go?

These three strategies have been vital to my growth as an entrepreneur, and more importantly to my growth as a human being. Choose at least one of these suggestions to get started with today and you’ll begin to experience great shifts in your business and your life. And, if you’re really ready for a huge shift and upleveling into more of your Self, then get started on all three! You’ll put yourself on the fast track to aligned and expansive success.

[NOTE: Since so many of you have been resonating with the concept of expansion through simplification (and these three suggestions are a powerful way to do that), I’m working happily this week to introduce a new service that’ll help you implement all three of these suggestions with my personal help. I’ll keep you posted as things unfold.]

© 2009 Christine Kloser

Christine Kloser, author of The Freedom Formula, helps entrepreneurs put soul in their business and money in the bank. If you want to thrive in your purpose-driven, profitable business (while enjoying a soul-satisfying life), send for my special report, How to Avoid the 3 Massive Mistakes Made by Most Conscious Entrepreneurs and my audio, 7 Strategies Entrepreneurial Authors Need to Know... Before Writing a Word, both of which you get (at no charge) when you request my Conscious Business Success Kit at www.LoveYourLife.com.



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*“To let real life flood in,
pull yourself out of the flood of self-wants
that promise a future pleasure,
but only deliver a present pain.”
- Guy Finley*

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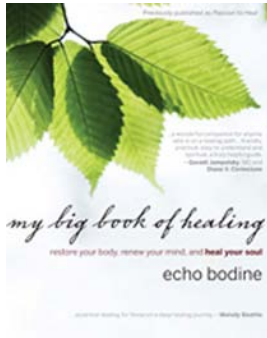
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Book Reviews:

by Kate Faris



My Big Book of Healing

By Echo Bodine

HAMPTON ROADS 2008, \$18.95

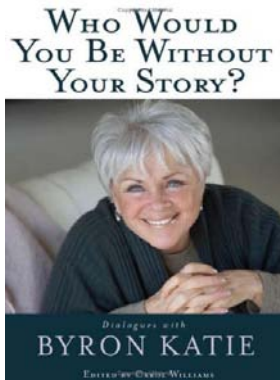
Renowned author and spiritual teacher Echo Bodine shows readers how they can heal from eighteen illnesses, addictions, and “distractions”, including: chemical dependencies, stress and depression, fear and resentment, loss and grieving.

Filled with anecdotes and exercises, *My Big Book of Healing* provides practical advice in a warm, accessible style.

Who Would You Be Without Your Story?

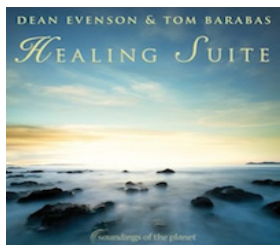
By Byron Katie

HAY HOUSE, 2008, \$17.95



This book is a collection of fifteen dialogues with Byron Katie that occurred throughout the US and Europe. It is based on **The Work**, Katie's ground-breaking method for self-improvement. Some of the people who worked with Katie in this book had illnesses, were lovelorn, or in a messy divorce, or simply irritated with a co-worker, or worried about money. What they all had in common was a willingness to question, with Katie's help, the painful thoughts that are ultimately the true cause of suffering. In every case, we see how Katie's acute mind and fierce kindness helped each person dismantle for him - Or herself what was felt to be unshakable reality.

Their stories are at once deeply moving, fascinating and hilarious, and make great teaching tools for those seeking truth in their own lives. The dialogue between Katie and these volunteers is an external reenactment of precisely the kind of dialogue all readers can have with their own thoughts. The result, even in the seemingly most dire situation, can be an unimagined freedom and joy.



Healing Suite CD by Dean Evenson and Tom Barabas with Natalie Twigg is new age music, healing music and relaxing instrumental music.

Imagine yourself floating on a calm sea of tranquility as this deeply soothing music of Healing Suite carries you to a space of sublime relaxation. Longtime collaborators Dean Evenson and Tom Barabas create refreshing moods as their flute and keyboards flow effortlessly together. They are pleased to be joined by English concert musician, Natalie Twigg, who enhances the mood with her smooth tones of oboe and English horn. Healing Suite contains the Earth Resonance Frequency for deeper relaxation.

These items and others of interest are available at the www.enjoywholehealth.com bookstore.



savoring San Antonio

FAMILY FEATURES

If the words “Texas cooking” mean only barbecue and chili to you, then you’re in for a culinary surprise. San Antonio serves up some local flavor that will leave your mouth watering for more.

Called “the northernmost city in Mexico,” San Antonio is the home of the Alamo, the famous River Walk, a national basketball team — and a whole lot of good food. You’ll find everything from Tex-Mex hangouts and French bistros to chili cook-offs and five-star restaurants.

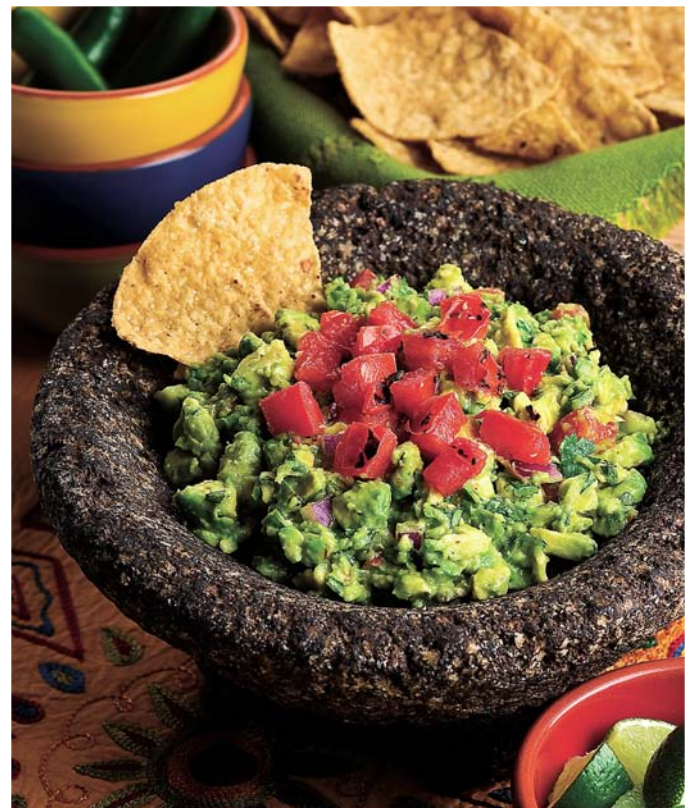
San Antonio chefs have taken advantage of the region’s fresh produce and wild game, as well as the cultural heritage, and created a big culinary buzz throughout the country.

Travel & Leisure magazine rates San Antonio as No. 2 in the country for ethnic food and affordable dining, as well as being a great destination for a family vacation.

And San Antonio finds very entertaining ways to celebrate its cuisine with fun festivals such as April’s Fiesta San Antonio and the San Antonio New World Wine and Food Experience in November.

These recipes offer just a taste of what’s cooking in San Antonio. For more about the city or to start planning a trip, go to www.visitsanantonio.com, or call 1-800-ALAMO-07 for your free San Antonio Travel & Leisure Guide.

For recipes, see pg. 16





Puffy Tacos

Recipe provided by Los Barrios Restaurant
Makes 12 to 15 tacos

- 3 cups corn masa mix (see note)**
- 1 1/2 teaspoons salt**
- 2 1/4 cups warm water**
- Vegetable oil for frying**
- Favorite taco fillings**

Combine masa mix, salt and warm water in large bowl and mix until a smooth dough forms. Pull off pieces of dough and roll into balls about the size of a ping-pong ball.

Cut a quart-size resealable plastic bag open down both sides, to form a rectangle. Use the bag as you shape the tortillas, so they do not stick. Lay one side of the plastic on a clean countertop (or tortilla press). Place a ball of dough in the center and fold the other side of the plastic over the dough. Press out the tortilla with a heavy skillet (or top of tortilla press).

Meanwhile, pour 2 inches of vegetable oil into a large, deep pot and heat to 350°F.

Drop a tortilla into the hot oil, and, using a metal spatula, repeatedly douse the tortilla with the hot oil until it begins to puff up. Flip it over and, using the spatula, make an indentation in the center of the tortilla to form a taco shape. Transfer to paper towels to drain. Repeat with remaining tortillas.

Fill each taco with 2 tablespoons cooked ground meat or shredded chicken, guacamole, beans and cheese, or your favorite filling. Top with shredded lettuce and diced tomatoes.

Caution: Be very careful when making the tacos. Make sure there is proper ventilation and do not allow the oil to get too hot.

Note: Masa mix can be found at Latino markets and some larger grocery stores.

★ Save in San Antonio ★

Travel + Leisure magazine calls San Antonio the country's most affordable city. Save even more on your visit with the San Antonio Vacation Experience (S.A.V.E.). S.A.V.E. offers special rates on budget-to-luxury hotels, theme parks, museums, tours, shopping and adventure activities.

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Chunky Guacamole

Recipe provided by Boudro's: A Texas Bistro on the Riverwalk

Makes 2 servings

- Juice of 1/4 of an orange**
- Juice of 1/2 a lime**
- 1 avocado**
- 1 tablespoon medium diced red onion**
- 2 tablespoons roasted and charred Roma tomatoes, diced**
- 1 serrano pepper, roasted, seeded and diced**
- 1 tablespoon chopped cilantro**
- Ground sea salt to taste**

Squeeze juices into bowl. Add avocado and coarsely chop. Add onion, roasted tomato, serrano and cilantro, and then fold into avocado mixture. Add salt to taste. Result should be chunky not mashed.

The Zesty Margarita

Recipe provided by Aldaco's Mexican Cuisine

Makes 1 serving

- 1/2 of a jalapeño cut into small pieces, de-seeding optional**
- 2 thin slices peeled cucumber**
- 1 1/2 ounces Tequila Partida Reposado**
- 1 1/2 ounces Cointreau**
- 1 ounce fresh lime juice**
- 14 medium ice cubes**
- Lime wedge for garnish**
- Salt (optional)**

Put jalapeño pieces and cucumber slices in shaker glass, muddle (mash gently).

Pour all ingredients in glass cocktail shaker, shake vigorously at least 15 times, and pour into margarita glass. Add salt or chili-lime salt if desired. Garnish with lime wedge.

Reduce Your Dryer Use

Even if you aren't ready to completely swear off the dryer, you can begin by becoming a dryer reductionist. Tumble clothes in the dryer for five-to-ten minutes to eliminate wrinkles, then hang them on a rack or line to finish drying. You can also add a little vinegar to your washing machine's rinse cycle to soften clothes, or an eco-friendly liquid fabric softener like the Sunny Day Fabric Softener from Ecover or the blue eucalyptus- and lavender- scented Natural Fabric Softener from Seventh Generation.

A Greener Spin on Washing Clothes

Look to Green America's tips and resources for greener ways to clean your clothes:

- Hang once- or even twice-worn clothes on a shower rod to air out, and then wear again before you wash. Try to save the hamper for truly dirty clothes.
- If an item gets a single stain on it, see if you can wash it out by hand.
- Be energy-efficient by washing only full loads.
- Look for greener detergents that are free of phosphates, which cause overgrowth of algae and harm marine life. Find Green America business members selling eco-friendly detergents in the "Cleaning Products" category of the National Green Pages™.
- Avoid conventional bleaches, dryer sheets, and fabric softeners, which routinely contain toxic chemicals.
- Washing your clothes in cold water gets them just as clean as washing in hot water, but uses half the energy.
- Use your washer's "suds saver" function, which reuses soapy water from a first load of laundry in the second load.
- If you do use your dryer, use the moisture sensor, if it has one, so that the dryer will shut off after clothes are dry, rather than continuing for longer than necessary.
- Electricity demand goes down at night and begins rising in the morning, peaking at mid day. It is our peak demand that determines the expansion of coal-fired power plants and other polluting forms of energy generation. Someday, utilities may use smart meters to help us even things out, but until then, you can do your own private "load shifting" by trying, whenever possible, to do laundry at night and as far as possible from mid-day.
- When it's time to buy a new washer, choose an energy-efficient front-loading model with an Energy Star label. The ACEEE recommends replacing clothes washers older than ten years with Energy Star models. Read Real Green's advice on energy efficient appliances. (Energy Star does not rate dryers, because they all use a similar amount of energy.)
- For your "dry clean only" clothing items, look for green alternatives that avoid toxic perchloroethylene.

"There's no suffering in the world; there's only a story that would lead you to believe it. There's no suffering in the world that is real. Investigate and come to know it for yourself."

- Byron Katie

CALENDAR OF EVENTS

AUSTIN

ONGOING EVENTS

Texas Outdoor's Woman Network (TOWN), Austin Chapter, is open to women of all ages interested in outdoor activities such as fishing, kayaking, camping, hiking, and more! Join us Tuesday, Sep 22, 6:30pm in conference room 225, LCRA Redbud Center, 3601 Lake Austin Blvd. Joy Emshoff will share the adventure she and three friends experienced as they spent 13 days in Mexico, staying in hostels, traveling by local buses and each living out of a single small backpack. They visited Tulum, Cancun, Chichen Itza and Cozumel and discovered how to see some of the most beautiful parts of Mexico in a very enjoyable, relaxing and inexpensive way. She will share her photo presentation to highlight the details. www.townaustin.org

Mondays/Wednesdays/Fridays, 8:00 A.M. Locations throughout Austin. Outdoor stroller fitness class open to all caregivers/children 6 weeks/up. The first class is always FREE; we're running some great specials! www.momsandtotsfitness.com. Call 512-461-6823.

Nia—I love what it does for me! Carver Cultural Center, 1165 Angelina St. www.ci.austin.tx.us/carver. Mondays and Wednesdays, 10:15–11:15 A.M. Mondays, 4:00–5:00 P.M. Tuesdays and Thursdays, 12:00–1:00 P.M. Saturdays, 1:00–2:00 P.M. FIRST CLASS FREE.

Developmentally appropriate support groups/individual counseling: children/youth with parent with cancer/serious illness. Or seriously ill children/young adults. Free services; Spanish/English. Wonders and Worries, 923 Westbank Drive, Suite C. Meredith Cooper, 512-329-5757. www.wondersandworries.org.

The Crossings is seeking volunteers to assist with our day-to-day operations. Please call 512-258-7243 or view our Web site at www.thecrossingsaustin.com for more information on our Volunteer Service Program.

Footworks in Southwest Austin: One-time FREE rental use of 14,500 s.f. facility to nonprofits for events or fund-raising activities! Cleaning/staffing fees still apply. 7010 W HWY 71, #120, in Oak Hill. 512-288-9577 for details.

SUNDAYS

Sundays 2-3:30 pm & Weds 7:30-9 pm - Transmission Meditation - is both a World Service (Karma Yoga) & a potent technique of personal development (Laya Yoga). No special training or classes are required. There is never any fee to participate. Texas groups are in: Austin, Dallas, Houston, & San Antonio. Details: transmissionMeditation.org or 2austin.tm@gmail.com

Tap into your body's prayer with ecstatic dance! Leave your words and your shoes at the door; come speak with your limbs and feel the current of the dance through your bare soles. Nataraja Ecstatic Dance (NatarajaDance.com) is held every Sunday, 7:30-9:15pm, at the Khabele Studio at 701 W. 7th St. First dance is free, \$6 per dance walk-in, \$5 each with a quantity discount.

FREE on Sundays from 12:30–1:30pm at Austin Martial Arts Academy for the Satori Teachings: Life Mastery & Meditation Meetings. Informal question and answer sessions to help you understand the principles of Zen, the Law of Attraction and Living in the Dao, to create a healthy, prosperous and balanced life. Austin Martial Arts Academy, 5000 Bee Caves Road (2 miles east of Loop 360), Suite 210. More info: Call 327-2900 or visit www.austinmartialarts.com or www.allwayszen.com

Eckankar Worship Services, 1st & 3rd Sundays. 11 am. Austin Eckankar Center, 223 W. Anderson Lane, Suite B-206, Austin. Call 512-453-0331. www.eckankar-texas.org.

Free Life Mastery Workshops - informal question and answer discussions with guest speakers that teach how to adjust your thoughts, feelings and intentions to create the life you want to be living. All Ways Zen & Austin Martial Arts, 5000 Bee Caves Road, Suite 210. 512-327-2900, www.allwayszen.com or www.austinmartialarts.com.

Chittamani Buddhist Center. Without Inner Peace, Outer Peace Is Impossible. Classes and Meditation every Thursday, 7:30 P.M. and Sunday, 9:30 A.M. Spiritual counseling by appointment. 512-916-4444. 2919 Manchaca #102A (at S. Lamar). www.meditationinaustin.org.

ZIKR, CHANTING IN THE SUFI TRADITION, reading, practices. 5:00–6:00 P.M. Free. Beginners welcome. Sufi Order of Austin, 8400 Flagstone Drive. Jan Stoddard-Smith, 512-206-0227, jstoddardsmith@austin.rr.com, or Xvarnah D'Obrenovic, 512-280-0584, parvati1199@yahoo.com, towardtheone.com. Call before coming.

MONDAYS–FRIDAYS

5:30–6:30 P.M. Chanted Prayers (Puja) at Chittamani Buddhist Center, 2919 Manchaca Road #102A. 512-916-4444. www.meditationinaustin.org. Open to all—FREE.

TUESDAYS

All are welcome to Oneness Blessing at the home of Meridian Grace ND. We have a dinner at 7:00 and then we begin the blessing at 8:00 ish every Wednesday evening. The blessing is always free and there is a donation bowl if you would like to help with the cost of dinner Please call 512 280-9621 for instructions or email us at awakeninghealth@austin.rr.com



TEXAS OUTDOOR WOMEN'S NETWORK (TOWN) - Austin Chapter - Open to women of all ages interested in outdoor activities. Fishing, kayaking, camping, hiking, and more! Monthly meetings are the 4th Tuesday of each month, 6pm at the LCRA Hancock Bldg., 3700 Lake Austin Blvd. For more information, see: www.townaustin.org

WEDNESDAYS

SPIRITUAL CLASSES – with different Master Teachers/Angels. 1st Wednesday of the month, 6:30PM: pot luck, 7:00PM: Group Begins. Donations accepted. Healing Light Center, 7018 William Wallace Way, Austin 78754. 512-278-0559. www.sashawhite.com. Sasha is a Teacher of the Light, Mystic and Prophet. Readings in person/phone. sasha@sashawhite.com

Summit Lighthouse of Austin - 6:00-9:00 P.M. Stop by and see a treasure trove of spiritual books, inspirational music, and helpful tools for devotions and contemplation. Our Sanctuary is also open for personal meditation, prayer and quiet contemplation anytime between 6:00-7:00 P.M.. All are welcome. 1714 West Anderson Lane. e-mail: austintsl@aol.com or call 512-459-4135.

THURSDAYS

1st Thursday - West End Gallery Night on 6th street. Spend the evening from 6 to 8 pm gallery hopping. Enjoy 8 galleries within walking distance and plenty of parking. www.artaustin.org/westend.htm

Yoga for Diabetes: 2:30–4:00 P.M. Jogi Bhagat from Yoga Solutions presents this workshop through a combination of Yogic postures, breathing exercises/techniques of deep relaxation. Reservation required. Free. 10008 Mount Rainier Drive. E-mail: yogasolutions@gmail.com. 512-963-8364.

Chittamani Buddhist Center. Without Inner Peace, Outer Peace Is Impossible. Classes and Meditation every Thursday, 7:30 P.M. and Sunday, 9:30 A.M. Spiritual

counseling by appointment. 512-916-4444. 2919 Manchaca #102A (at S. Lamar). www.meditationinaustin.org.

FRIDAYS

“Sistah Circle” meets second Friday of every month. Join other phenomenal women-sisters-friends to connect, celebrate, support, share, laugh, cry and just BE! Contact The Center for Well Being for more information and locations. 512-249-5683 or on the web www.thecenterforwellbeing.com (see column, pg. 6)

Chanted prayers (Heart Jewel Puja)/ meditation, weekdays, 5:30–6:30 P.M. Fridays 5:30–6:30 P.M.: “Stop the Week”—Wishfulfilling Jewel Puja with Offerings. Free prayers. Public welcome. Chittamani Buddhist Center, 2919 Manchaca Road #102A, Austin, 78704. 512-916-4444. www.meditationinaustin.org.

Freeform dance. 7.45–9.45 P.M. First class free. Barefoot dancing, nonsmoking. A two-hour dance celebrating/discovering being human, authentic, spontaneous, raw. For those who love to dance. Austin Yoga School, 1122C South Lamar. Web: www.bodychoir.org.

SATURDAYS

Magdalene Circle Gnostic Group meets Saturdays at 4:00 P.M. at a North and Central Location in Austin. Gnosticism and Kabbalah. For more information and directions: www.magdalene-circle.org. 512-663-7637.

Every Saturday evening at 5:00 Meridian Grace ND houses Spiritual Cinema with Adyashanti. This is always free. For instructions on how to get to her home please call or email at 512 280-9621 or awakeninghealth@austin.rr.com

ONGOING EVENTS

SUNDAYS

Celebration Circle – A Creative Approach to Spirituality. Sunday, 11:00 a.m., Jump-Start Theatre, Blue Star Arts Space. Weekly meditations, artful events, retreats combining various faith traditions. Nonprofit Circle: where art/spirituality intersect. Rudi Harst or Zet Baer. www.celebrationcircle.org 210-533-6767.

San Antonio ECKANKAR Center, 1603 W. Lullwood, 210-737-6863. English and Spanish Worship services, Sundays, 11:00 a.m., Literature, Study Materials, and classes. Learn how Past Lives, Dreams, and Soul Travel can help you find God. Free Book—1-800-LOVE-GOD. <http://www.eckankar.org>.

MONDAYS

Transmission Meditation - a potent, scientific, non-denominational, world service meditation. No special training or classes are required. It's always free. Details: TransmissionMeditation.org

Parkinson's Young Onset Support Groups: Discuss patient/caregiver issues. 2nd Mondays, 1:00 P.M. Sunset Ridge Church of Christ, 95 Brees Boulevard, San Antonio. Contact: Dianne Johnson, 210-567-6688, or e-mail diannejohnsonrn@aol.com.

TUESDAYS

Séances, Akashic Record Journeys, Free Reiki, Labyrinth Walks and more Tuesdays, Brooks/Garrett Community Classroom, Briana Brooks 210-365-1400, Lori Garrett 210-269-7986, www.brianabrooks.net

Fibromyalgia/Arthritis/Chronic Pain Support Group; HealthLink, 288 West Bitters, phone 210-297-9900. Located on the corner of West Avenue and Bitters next to Hobby Lobby. Fibromyalgia/Arthritis/Chronic Pain: Support Group, 2nd Tuesdays, 6:30–8:30 p.m. Everyone welcome.

SAN ANTONIO



FRIDAYS

Parkinson's Caregivers Only Support Group. 3rd Friday, 1:00 P.M. Warm Springs Rehabilitation Facility, room 132 Resource Center, 5101 Medical Drive, San Antonio, Dianne Johnson, 210-567-6688, 210-651-9835, or e-mail diannejohnsonrn@aol.com

SATURDAYS

Reiki classes each month. Briana Brooks/Lori Garrett, 210-365-1400.

FALUN DAFA/FALUN GONG WORKSHOP with Hongyi Pan. Every Saturday, 10:00 A.M.-12:00 P.M. Free. 210-286-0511 (c), 210-614-6158 (h).

Parkinson's Young Onset Support Groups: Discuss patient/caregiver issues. 2nd Saturdays, 10:00 A.M. New Forest Estates Retirement Community, 5034 New Forest Drive, San Antonio. Cayce Kovacs, cddkovacs@hctc.net, 830-329-3976. DBS (Deep Brain Stimulation) Support Group. Location changes; contact Sandy Farris, sandyfar@omniglobal.net.

HOUSTON

Carmel Temple On-Going Study Groups and/or Workshops:

Sundays 9:30 -10:30 AM - Neale Donald Walsch's book, "Happier Than God" Study Group - Materials provided, with Ngozi Kamau, facilitator, Sanctuary

Sunday gatherings - 11am: Carmel Temple weekly presents speakers on inspirational subjects. 1208 Pennsylvania St. in South Houston, TX 77587. For more information visit: www.carmeltemple.org

Wednesdays 7:00 PM Silent Meditation, Upper Room; 7:30 P.M. Group Sharing and Healing Circle, Sanctuary. CARMEL TEMPLE.

Lone Star Dowsers - 2nd Tuesday of every month. HEB Central Market - Westheimer, upstairs meeting room, 7 PM.



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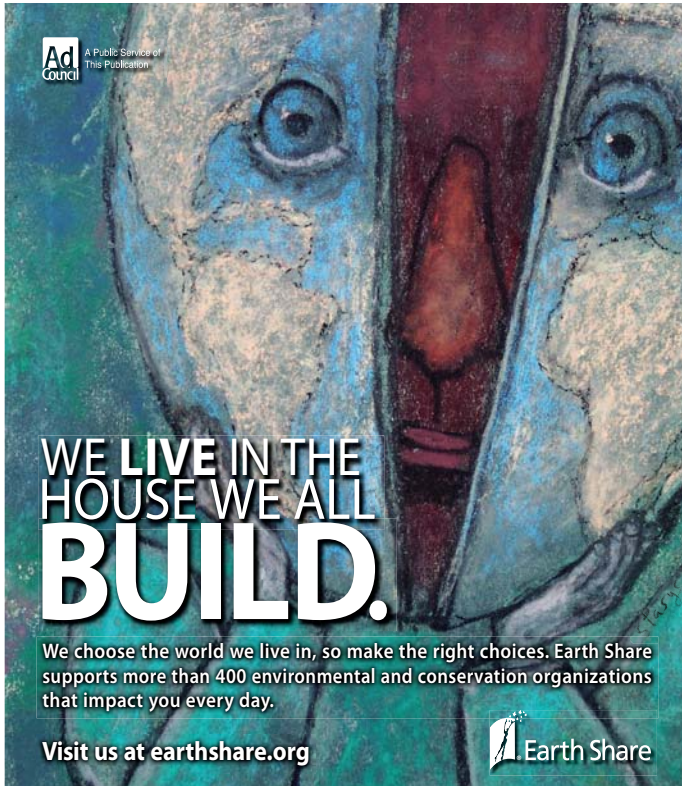


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LEAVING A GOOD IMPRESSION



This directory consists of listings that describe a service, product, or training. If a listing interests you, don't hesitate to contact the advertiser to learn more about what they are offering. Ask about their credentials and experience, and how their service or product might benefit you. The wonderful folks who list here are always happy to talk with you about what they do and why.

Intuitive Guidance & Counseling



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Nature's Treasures of Texas – Bead, Stone and Crystal remedies. Karen Richards and her knowledgeable staff offer guidance and counseling in choosing the best remedy for you. Many specialty gift items available, including: jewelry and gems, salt lamps, crystals, fossils, fountains, tumbled rocks, books, and many, many other items. Natures' Treasures -We Rock! Nature's Treasures, three **Austin** locations to serve you: 1100 E. 5th Street, 512-472-5015; 2307 Kramer Lane, 512-833-7760; and 4300 S, IH35 (Georgetown), 512-864-7574 and on the web at www.naturestreasurestx.com

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Briana Brooks

Briana Brooks is a noted holistic practitioner in the **San Antonio** area. She is a certified hypnotist, Reiki master practitioner and gifted angel psychic and medium. Get the help you want and the answers you need. Call Briana Brooks at (210) 365-1400 or visit www.brianabrooks.com

Schools, Classes & Workshops



The Academy of Oriental Medicine at Austin: Transforming lives and communities through graduate education in acupuncture and Oriental medicine. AOMA's graduate program: 512-492-3017; AOMA Professional Clinic: 512-467-0370; Student Clinic on Anderson Lane: 512-371-3738; Student Clinic on South Congress: 512-693-4373. 2700 W. Anderson Lane, Austin 78757; www.aoma.edu

How to Advertise in the Resource Directory

Resource Directory listings are easy to write and area great value. Write as you would speak to a friend about your work or product. We will size your photo and/or graphic.

The first 70 words are \$20.00 for a one time insertion. That's two months of advertising - or only \$10 a month, and includes photo and/or graphic. Each word is \$.89 thereafter with a max of 85 words. There is a one-time setup charge of \$15.00 for graphics preparation. Price also includes free listing on Enjoy Whole Health website and hot link to your site.

You can pay even less per issue by signing an annual contract and by bundling other services. Call for more information Call: 210-272-0731 or toll-free 866-490-3662, or you can always send your e-mail to: info@enjoywholehealth.com. **The submission deadline for the July/August issue is June 15.**

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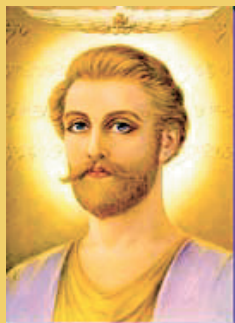
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the gift of life, consciousness,
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