

Holistic Networker®

Summer 2004

Your guide to wellness and personal growth

Wellness Expo
October 16 & 17

see back cover

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Introducing a new meditation DVD

Spirit of Water

"This work is a series of relaxing images that capture the spiritual beauty of water, which cannot but heal the viewers. When one sees this DVD, one senses a feeling of longing that the vibration of the images and the actual sounds of water conjure. I recommend this to those who experience a lot of stress in their daily lives."

—Dr. Masaru Emoto, author of "*Messages From Water*"



Inspired by beautiful crystal photographs of water in Dr. Masaru Emoto's *Messages from Water* books, award-winning musician, pilot and aerial photographer, Craig Peyton, set off on a journey to capture the Spirit of Water on film.

Share his vision as you discover the Spirit of Water from high above the clouds to below the tropical ocean depths. Experience this wondrous journey filled with inspiring imagery, music and water sounds. Enjoy the natural forms of water in all its beauty as it exists in nature. View the crystal images that formed when this music was played to water by Dr. Emoto's lab.

Writer, producer, and musician, Craig Peyton's critically acclaimed talents have garnered him international recognition. An instrument rated pilot, he has shot 35mm aerial footage for PBS and major motion picture studios.

Through his company, EarthFlight Media Productions, Craig Peyton combines his love of music and aerial filmography to produce unique, inspiring films that capture the beauty of nature set to soothing and meditative original music.

Spirit of Water DVD contents:

Clouds: Clouds, mist, and ground fog

Waves: Aerials and ocean surf

Crystals: Snow, ice, and glaciers

Falls: Waterfalls

Surfaces: River surface and underwater

Sites and sounds from the Bahamas, Hawaii, Alaska, Hudson Valley, NY, Maine & Canada.

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Regularly \$24.95, special sale price just \$19.95

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Holistic Networker

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Holistic Networker® is Texas' guide for holistic health and personal growth. 35,000 copies are printed quarterly and distributed freely at health food stores, bookstores, cafés, wellness centers and selected retail outlets.

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Advertising Information:

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Subscriptions by Mail: Yearly subscriptions (4 issues) are available for \$6/year or download a free copy at HolisticNetworker.com

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Do you leap out of bed in the morning? Are you excited about your life? Some people eagerly launch into their day and their enthusiasm infects everyone they meet. We lose track of time when we are engaged

in our life's work. We become absorbed in the flow of life and feel energized in a way that no caffeinated drink can supply. We know when we are in the flow—it just feels right. We have loads of energy and we leap—rather than obsess—over obstacles.

Freud is often quoted as saying that “mental health is the ability to love and to work.” Does billionaire Steve Jobs, CEO of Apple and Pixar, need to work? Of course not. His passion and enthusiasm for his creative projects fuel both companies to succeed and creates joy for millions of customers.

I recently met a man who sold his successful company for a small fortune. He took a well-deserved break and now runs a small e-business. He told me, “How much golf could I play?” I sometimes feel that a long retirement and freedom from work would make me very happy. However, I think a passion-filled life with exciting projects and people to love generates more joy than sitting on the beach with a frozen mixed drink.

What is your passion? What would you do if you didn't need money? The answers to these questions are important because when we “follow our bliss” our lives naturally get easier and we find that synchronicity appears. Do you wonder why you are miserable when doing certain things? It is your soul guiding you! Clearly and distinctly, you are always being guided towards your greatest joy and away from that which doesn't feed your soul. We joke around our house that people forget to eat when they are passionate about their life. We say that “life is feeding them.” I know that when I forget to eat, I'm on the right path for me.

I've discovered what millions of small organizations have already realized—that the internet can connect all of us in ways that enhance and enrich our lives. From chat to blogs, auctions and e-business, there has never been so much opportunity to reach out and make a difference in the world.

Which companies are changing the world? Small businesses are finding new ways to connect with customers and colleagues worldwide. I often think that with six billion people on the planet, certainly a tiny percentage will appreciate (i.e., pay you for) your contribution to the world. When you use the internet, you have a much greater chance of reaching that tiny percentage. Your life's work can certainly be joyful and valuable and profitable—“as you give, you shall receive.”

Enjoy your summer!

Tony
Tony Cecala, Ph.D.



For the past several years, my mother has had a dream to have a house on the water. Finally, circumstances allowed my parents to look for their dream home. At first, my mother found a house she loved,

however, it was more money than she and my father were wanting to spend. I suggested to her that she ask the universe that it be that house or one that was even better. She told me she would do this. About 6 weeks later she told me excitedly about an even better house she and my father had found that they were going to buy. She also told me how she had asked for what she wanted and that this house was so much more than she could have ever imagined.

A friend of mine just got a wonderful job that she absolutely loves. She shared with me how at first when she thought about going back to a regular job that all she could think about was what she didn't want. Of course, the job she wanted didn't appear. Then she started to focus on what type of job she did want and it effortlessly became hers. In fact, she said it was everything she had ever wanted and more.

Several months ago, a man named Craig Peyton phoned me and asked if he could share his product idea with me. He told me how he was inspired by Dr. Masaru Emoto's “Messages from Water” books to create a DVD showing water in all its forms—as clouds, ice, waterfalls, waves, etc. and to create music to go along with his photography. It turned out that he was an award-winning musician, pilot and aerial photographer. He said that he would like to create this from his heart, without expectation. I thought this was a wonderful idea. He began working on this project and each time he would send me a new version of the DVD, I felt like I was receiving an incredible gift. Working with him has been such a joy and what he has created is so much more than I could have imagined. It brings me great pleasure to be able to offer this meditation DVD, entitled, “Spirit of Water” to you, for it has truly been a labor of love.

I always feel so inspired when people achieve their dreams—whatever they are—for it helps me to see that anything is possible. I hope that you will ask for and focus on what you want and that your dreams will also come true.

Love & Light,
Felicia
Felicia Weiss, Ph.D.

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Do you have food allergies or sensitivities?

Hidden food allergies have been linked to several health problems including but not limited to headaches, migraines, sinus problems, thick mucous drainage, stomach problems, irritable bowels, colitis, eczema, hives, arthritis, behavior and sleep problems, fatigue, cognitive dysfunction,

ADD spectrum, etc. Traditionally, avoidance and medications are the prime treatment. It usually is found to be extremely difficult and not effective. NAET treatment is a noninvasive, yet very effective method of treatment which helps to correct the sensitivities and abnormal reactions of the body to those allergic and sensitive foods when they are consumed. This helps in resolving the problems by removing the cause factors.

Vara Kantipong, MD is a board certified Allergist whose practice combines the traditional and Complementary Alternative medicine to maximize the outcome of her patients healthcare. Call her at 972-867-7990.



What is CranioSacral Therapy?

This powerful therapy acts on the endocrine (hormone), nervous & immune systems. It is very gentle and is performed with the client fully-clothed, or integrated into a massage therapy session. The practitioner uses very light touch on the head, back, and abdomen, which releases restrictions, both physical and emotional. The result is a deep relaxation, connection to the soul, peace & wonder. This is a very useful therapy for those who suffer from anxiety, depression, migraines, chronic back or joint pain, neurological disorders and learning disabilities.

Kirstie Johnson has spent years learning & teaching people about development. She holds a deep reverence for the body/mind/spirit connection and approaches each person as unique in their healing process. Kirstie has bodywork training from the Asten Center and Upledger Institute and is a state registered Massage Therapist. Please contact her at 214-783-2551, or kirstiescottage@cs.com. Please See bodywork section for more info.



What is Chinese Medicine Health Screening?

Like your "Annual Check-up", we check every system by examining your tongue, pulses, etc. Then we are able to evaluate your body's condition. Is it necessary? Yes, very necessary, for example, through your western medicine doctor check-up, everything may appear fine, but why do you still suffer from the following symptoms: poor sleep, constipation, easily winded, bloated stomach, allergies all year round and so on? (Even if you don't have the above symptoms your Yin and Yang may not be balanced.) Our Chinese Medicine Health Screening can find out what is wrong with your body and prevent major diseases. Based on the findings, we can recommend acupuncture and/or Chinese herbal medicine to fix it.

Dr. Yanhong Ren's acupuncture is not just limited to the cosmetic field, she also specializes in all kinds of women's problems such as infertility, menstrual cramps, menopause, etc. Dr. Ren's main office is located at the N.W. corner of LBJ & Webb Chapel (2995 LBJ Freeway, Suite 230). Her satellite office is located in North Plano. For appointment please call 469-774-1688.



What is that octogen-shaped image mean in Feng Shui?

A foundation of all Feng Shui practices and analysis is the Bagua Map. This magical square contains the mystery and answers of the I Ching, a universe of information. Each sector of the octagon shaped Bagua Map, called a trigram, gua, or kua, has a magnetic direction, a number, a color, an

element, a family member, corresponding organs body parts and body systems. Each also represents personality traits, businesses and industries, and is represented cyclically as these energies move in predictable directions over time. Feng Shui uses the Mysteries of the Bagua Map to analyze and diagnose a property to identify precisely what is affecting you, and how to make the changes that can open opportunities for a better life.

Feng Shui specialist, Karen Ann Tompkins, has worked in hundreds of homes and businesses. Featured on channel 8, WFAA, Good Morning Texas, The Dallas Morning News, D Magazine, Dallas Woman and others, she also teaches classes and is a popular lecturer. She can be reached at 972-669-1595.



Are there toxic energies in my home or office?

Yes, there most probably are. And they can affect the way you feel on all levels — your health, joy, energy, motivation, productivity, prosperity, relationships and more. These detrimental energies emanate from a variety of sources: Geopathically from underground; inside and outside from electrical equipment and appliances; and from energies that we release. What to do? Biogeometry and more enable us to detect, measure and transmute these energies so they are positive and life-enhancing on an ongoing basis. Plus, we can also energy balance your space to generate measurably higher levels of positive energy for even more benefit.

Ann DeRulle, founder of LIFE CHANGES UNLIMITED, is the developer of QUANTUM SOLUTIONS, an integrated technology of leading-edge energy techniques that easily create extraordinary positive change for any issue. For beneficial demonstrations, economical growthshops, private consultations and remote/long distance work, call 972-733-1719.



How do I become more passionate and joyful?

We're so easily distracted by technology and the business of life that we are becoming less and less in touch with our bodies. Bioenergetics helps us to be aware of our bodies, our breathing, our grounding so that we can make more conscious choices about what we want in our lives as well as what we don't want.

Sherri Lackman is a Master's Level Licensed Professional Counselor. She holds membership in the American Counseling Association, the International Institute for Bioenergetic Analysis, the Dallas Society for Bioenergetic Analysis, and the Heart-Centered Therapies Association. Sherri treats Depression, Bipolar, Anxiety, and Eating Disorders. Her office is located in Richardson, 972-231-4466.



What is Thai massage?

Thai massage is a blend of massage, acupressure and yoga stretches. The client wears comfortable clothing and lies on the floor on a soft mat. Benefits from a session include: releasing tight joints, stretching muscles, increasing range of motion, and reducing stress. Here's what one of my clients, Stacey Johnson, has to

say about this ancient form of bodywork: "Thai massage seems to be the key to keeping things in sync for me. I recommend it to anyone who wants to find relaxation, flexibility, pain relief, and a greater sense of self."

Suzanne Miller, RMT, CYT and APP, provides therapeutic massage, acupressure, and gentle yoga. Her office is in Dallas and she can be contacted at: 972-319-3661.



Looking to Enhance and Rejuvenate your Appearance and Manifest a Pain-Free Body?

Young Yi LAC of Yi Acupuncture & Herbal Skin Care Clinic, offers healing of body, mind and spirit using the highest blend of Eastern and Western techniques. Using the most sophisticated and advanced techniques such as: Zen Facials, to tone and relax, with a natural face-lift; Microdermabrasion, various Chemi-

cal Peels, to maintain youthful, vibrant skin; and VascoTouch, to gently remove vascular blemishes and skin tags. Traditional eastern techniques such as Tuina and Chinese Massage, lift, tone and relax the facial muscles. Combined with Acupuncture, the whole health care system based on natural energetic laws, will create a deep sense of relaxation, takes you to a new level of well being. You will feel physically uplifted and can see immediate glowing results.

Young Yi, LAC, Licensed Herbalist, Licensed Aesthetician has over ten years of experience in Acupuncture and Herbal medicine. She has now expanded her medical services to include skin care and sophisticated facial care treatments, which complements the overall well-being of the body. Call for appointment at 972-713-7276.



Why does a particular pain "reappear" at certain times?

We are individuals because of our own unique life experiences. Your body stores every life experience in the muscles and connective tissue. These experiences generally have emotions that accompany them. The pain can "reappear" at the most unusual times, besides weather changes, because something has triggered them; a reoccurring memory of a difficult time, a scene in a television show, a smell, a certain food, etc. All of these things activate a response in your body and thus the associated pain is "activated". BodyTalk™ is a technique that works with the body's innate healing wisdom to peel away the layers, find the triggers and dissolve their impact on the body. The changes a person may experience after a session can be very subtle, yet have a very profound effect on them.

DeeAuna Lamare is a Certified BodyTalk™ Practitioner with Advanced courses and Advanced Protocol experience. She offers sessions by appointment and is located at 1508 E. Beltline Rd., Ste 201, Carrollton 75006. She also offers a variety of classes and free BodyTalk™ presentations. Her contact number is 214-704-2057.

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How can Iridology help detect underlying health problems?

The Science of Iridology is based on the analysis of one of the most complicated tissue structures of the whole body, the iris. It is a method whereby the health practitioner can tell, from markings or signs in the iris, the reflex condition of various organs and systems of the body.

These markings represent a detailed picture of the integrity of the body; its constitutional strength, areas of congestion, or toxic accumulations and inherent strengths and weaknesses. Nature has provided us with an invaluable insight into the vital status of the health of the body by transmitting this information to the eye.

Iridologist, Dr. Edna Craven, D.C., BCNP, BCI, director of The People's Chiropractic Clinic, has 20 years experience as a Nutritional Consultant and as an Iridologist. She can be reached at 972/256-0004; drecraven@earthlink.net.



What do you mean by "Family Medicine?"

We at Coppell Associates in Family Medicine want to be the only doctors your family ever needs, from birth to adulthood. We provide a full range of services, from full OB/GYN and childbirth services, to pediatric health, into adult medicine. Of course, we know who to refer you to if specific specialization

is needed, but with our full compliment of integrative medicine modalities (such as herbs, nutrition, aromatherapy, acupuncture and homeopathy) we hope to provide "one-stop-shopping" for all your family medical needs. Come let us nurture YOU.

Dr. Nina Cahan graduated in 1980 from Dartmouth Medical School and has a BS in nutrition from MIT. She started her practice in Coppell 15 years ago, and now shares her practice with two other doctors. www.CoppellFamilyDocs.com 972-393-5559. Just about 1 mile north of LBJ Freeway @ Beltline Road (west of I-35).



What is CranioFascial Integrative Therapy?

This therapy recognizes the importance of the integration of the fascial and CranioSacral systems and works to gently release restrictions that may be causing pain, or problems in the immune, nervous, digestive, endocrine or other body systems. Using a very light touch the therapist works to correct the origin of the pain. It has been used to successfully correct infertility, scoliosis, plantar fasciitis, ADD/ADHD, carpal tunnel, fibromyalgia, sports injuries, arthritis, and pain in any area of the body, including migraines.

Frankie Burget is a licensed Occupational Therapist and Fellow with the American College of Wellness who has practiced in the DFW area for over 20 years. She has extensive training including Barnes Myofascial Release Centers and Upledger Institute. You may view her curriculum vitae on the About Us page of her website, www.windsongtherapy.com. Please contact her at 817-571-8135 or frankie@windsongtherapy.com. Please see bodywork section for more information.



How can Healing with Sound be of benefit to me?

The Language of Light is a vibrational healing technique. During her expression of the Language of Light, Nancy is able to "catch" the sound current to "tune into" the frequency of your soul like a radio. This provides a sound-carrier wave for your intention to manifest. After experiencing the Language of Light, many report

feeling more empowered, having a sense of remembering the essence of who they really are, and experiencing a sense of physical well-being. In addition, some clients have reported a lessening of their depression, an easing of back pain, a decrease in neuropathy pain (for about 3 weeks following one session), and a release of physical & emotional trauma.

Over the last 11 years Nancy has developed an ability to express the Language of Light. To hear a sample of the Language of Light, go to www.HolisticNetworker.com/expo/speakers.html. Come experience Nancy's Healing with Sound at the Wellness Expo. Nancy may be reached at 972-424-1217.



Are you actively moving toward your Oneness?

In life, we yearn to be whole and fully enlightened. The long process we undergo throughout lifetimes works to dissolve our greatest fear; the fullness of our power and its expression. Eventually, movement away from un-love (low vibration) allows the discovery and claim of self love that is unconditional allowing true freedom within. There is no limit to what you will manifest based on self realized power in the form of perfect love. The core of your soul is where deep transformation heals individually and collectively.

Kelle is a Registered Massage Therapist and Direct Channel accessing soul level consciousness for healing via Clairaudience, Clairvoyance and Clairsentience. Her services offer Transformative Release, Synergistic Bodywork and Hot Stone Massage. In alignment with higher will, Spirit works through Kelle to create a rhythm of safe release and clear resolve for awakening this knowing. You may contact her to schedule a session at Tothecore@att.net or 214-457-3229.



I would like to have a session with a Medium, but am afraid to hear bad news.

I hear this concern often. When I started giving readings years ago, I asked my Guides and Angels to assist me in giving credible information. My readings are based on simple principles. First, all information has to be to my clients highest benefit to know. The information

can not interfere with their soul's growth. And, if there is something that is going to occur in their life, and there is absolutely nothing you can do about it, then I won't see it. It is not my place to censor readings so I leave that job up to those in Higher places.

Carla has clients across the U.S. and Canada. She holds monthly Group Sessions on Psychic Development. She is available for Private and Phone sessions. For schedules call 817-379-2211 or www.carlamae.com



What is lymphatic massage? How will it help me?

Lymphatic massage supports the lymph system, and in turn, our body's immune system. Unlike our regular circulatory system which has the heart to pump blood through the body, the lymphatic system has no pump. Lymphatic flow in the body is affected by how active and healthy we are.

When lymphatic flow in the body is impaired, we can run the risk of becoming ill because our immune system is not functioning at an optimal level. Therefore, lymphatic massage is good for individuals who have experienced periods of inactivity, are feeling tired or run-down, or who are recuperating from an illness or surgery.

Kandice Den-Rowland, RMT, MTI, is the owner of Spirit's Haven. Kandice combines therapeutic massage and energy work to provide a nurturing retreat for the body, mind, and spirit. Trained in a wide-range of massage techniques, Kandice also teaches classes for other area massage professionals. For more information, call 972-370-2061, or visit www.spiritshaven.com.



Who gets psychic readings?

Everyone at some point may feel the need to meet with a professional psychic. Why? For confirmation and a better understanding of Life, Death and Beyond. One Private Reading is usually all you need. Psychic Readings and Tarot Cards are fun and informative often surprising even the most skeptical. I believe

the rich and famous are very intuitive and have followed their own instincts; a gut feeling can change your life...follow it!

Sandy Winnette, former instructor of FunEd learning center in Dallas. Classes/seminars in Self Hypnosis, Past Lives, Tarot card classes, auras & psychometry over 20 years teaching the many multilevels of the psychic mind and helping people help themselves. Private appointments and classes offered. Irving, TX. 972-399-3522. www.myfavoritepsychic.com Visa/Mastercard accepted. See Sandy at the upcoming Wellness Expo!



What can I do to make my relationship better?

1) Discover what you may be doing to minimize showing appreciation and admiration for your partner. Surprisingly, research shows we recognize being in love primarily from what we do towards others, not from what they do towards us. 2) Learn how to grieve effectively. Without grieving we can't

forgive, and without forgiveness we can't love. 3) In over half of all divorcing couples at least one partner is clinically depressed, making them irritable, avoidant, non-responsive. Depression is a treatable, and often overlooked illness.

Graham Maxey, M. Div., M.A., has been a Licensed Professional Counselor for 21 years, and has helped thousands of couples and individuals to increase their relationship satisfaction. He also works with blended families, and individuals with grief and trauma experiences. He and his wife, Shannon Maxey, a noted psychic medium, can be reached at Inquire Within Counseling & Development Center. www.inquirewithin.net. zephath@swbell.net. 817-425-1025.

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Harvard Medical School research shows that acupuncture calms the areas of the brain associated with mood and pain within seconds. March 2004

Research in the September 2003 Journal of Clinical Psychology shows acupressure to ease phobia responses in as little as 30 minutes.

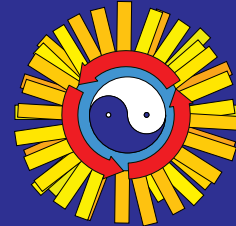
Research involving over 29,000 patients in South America showed acupressure superior to cognitive-behavioral therapy and medication for a range of emotional distress.

Steve Reed has developed the REMAP process, the leading-edge in acupressure based psychotherapy.

He has trained staff at Ohio State University Medical School and presents his work internationally, including major presentations at energy psychology conferences in the U.S. and Canada.

Effective Treatment for:

- Traumatic Incidents
- Anxiety -Fear
- Panic -A Painful Past
- Stress -Overwhelm
- Wounded Self-esteem
- Relationship Pain
- Divorce Recovery
- Loss -Sadness



DIRECTION
SEEKING MORE DIRECTION, PASSION, & PURPOSE?

FIND IT WITH A LIFE COACH.

WHAT IS LIFE COACHING?

Life Coaching helps you get clear about your heart's desires, create purposeful life direction, and sustain motivation as you reach your dreams! It offers the temporary, yet powerful support needed to move from where you are - into the future you really want. You will achieve personally meaningful results in most life areas

- ◆ PROFESSION
- ◆ HEALTH & WELL-BEING
- ◆ PERSONAL GROWTH
- ◆ RELATIONSHIPS
- ◆ FINANCES
- ◆ CREATIVITY/SPIRITUALITY
- ◆ RELAXATION & FUN



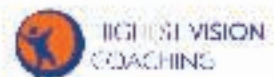
Michele Wahlder, M.S., L.P.C.
CERTIFIED LIFE COACH



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- Hot flushes, night sweats
- Insomnia, vaginal dryness
- Irritability, anxiety, mood swings
- Headaches, allergies
- Weight gain, water retention
- Depression, low sex drive
- Irregular/heavy bleeding
- Fibromyalgia
- Endometriosis
- PCOD/ovarian cysts
- Fibrocystic/tender breast, uterine fibroids
- Fear of osteoporosis
- Breast cancer/heart disease
- Foggy thinking/memory lapse
- Fatigue, sugar craving
- Cold hands, feet
- Heart palpitations

WE SPECIALIZE IN:

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- Hormonal balancing
- Weight loss
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- Urinary tract problems F/M
- Digestive problems
- Autoimmune conditions
- Skin problems
- ADD, AUTISM
- Arthritis
- Migraines

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CUSTOMIZED PROGRAM MAY INCLUDE:

- Nutritional adjustment
- Medicinal herbs
- Essential Oils
- Vitamins, minerals
- Amino acids
- Tissue cleansing
- Detoxification
- Emotional release
- Electro-acupuncture
- Exercise plan



Lana Petrunin, ND

Doctor of Naturopathy, FMD, RN
 Certified Iridologist
 Certified Nutritionist
 Certified Holistic Practitioner
 Member,
 American & Texas
 Naturopathic
 Medical Association
 and
 American Association
 of Drugless Practitioners
 More than 20 years of experience
 in the health care field.

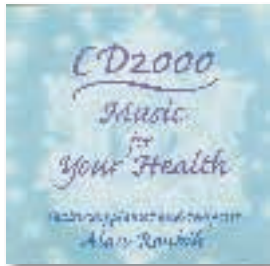
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This CD was created specifically for pain relief, relaxation and stress relief. Featured in *Messages from Water: Volume 1*. One CD.

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Carla then began her career as a psychic medium via the internet as a volunteer for the Grief Aid website, which was dedicated in assisting others in healing after the deaths of their loved ones. Carla uses the same basic principles today that changed her life in assisting others

in regaining control and direction of their own lives. Teaching weekly classes and personal sessions, Carla makes people aware of their own abilities by re-connecting them to their guides, angels and loved ones on the other side - beginning the inward journey back to their true Spirit, surrounded in Joy.

Carla gives live appearances around the country both live and over radio broadcast. Carla also makes regular appearances on the Tampa, Florida radio station - Q105 New Country on the "AW Pantoja Morning Show," where she was named his "Official Psychic/Medium."



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The first time I called, I was sure not to tell her a thing. She knew nothing of my past or relatives that had passed away, so she knew nothing. **The shock came when she told me about everyone there and how they passed. I had a grandfather pass away from emphysema and I literally heard her voice getting somewhat raspy and she kept having to clear it. That's when she explained someone was with her who died of some sort of respiratory problem, and that's why her voice was the way it was.**

That was just the start. She told me things that I had no idea what she was talking about. **So I had to go to my parents and repeat the things only to have them shocked because they were things only they would know!**

I've called her since to see what she knows about my future and she hasn't been wrong yet. I've been so amazed with her gift that I've told family and friends who are now lined up waiting to get a reading from her. The ones that already have are like me and can't wait to talk to her again.

Really the most amazing thing is Carla herself. Most people are scared or don't believe in her gift but it only takes one call to feel differently. It's great to be able to just talk to passed relatives whether to find out unanswered questions or just to have the comfort to be able to talk to them again. **Comforting is the best word for it all.**

I could easily write pages and pages of how wonderful the whole experience is but hopefully after reading just this bit will build either the courage or curiosity to call her and be convinced on your own.”

- Kristi H., Virginia

Life is ... “Changing.”

In a recent session, I told my client that her husband would be experiencing a job change with his work in the upcoming year. Her first reaction was to say, “Oh No!” and then she groaned. I then told her that it was not a bad change that I was seeing and it would ultimately lead him into the dream career he had been longing to have for years.

I was seeing his dream career being a more rugged, hands on type of skill. He was currently working at an insurance call center, so obviously his job was going to take at least one major change to make the transition. I told her not to worry, “they would always have plenty of money.”

“The next time your life starts to bend and change, choose to look at it in a positive light ... it's one more step in your journey of life.”

She then admitted that he had always dreamt of opening up a hunting guide business and possibly a sporting goods store. We wrapped up the session on a high note, but her reaction to my job change prediction stayed on my mind.

“Change” is a word that comes up often in my sessions. I have found that humans fear it GREATLY. Change is with us from the moment we are born and follows us through life at every step. Without it, we could not live. It is the fuel

that propels us through life. Growth would be impossible without it, leaving us as helpless, dependent babies. We literally depend upon change for our evolution, yet we fear it.

I think the actual idea of life changing is sometimes worse than the action itself. How many times have you dreaded a change, then realized it was just what your life needed.

Many of my students and clients wish to have a deeper connection to their Guides and Angels, so they can benefit from their assistance. However, some don't realize that when we ask for help, often times our lives must then change to accommodate our requests.

The next time your life starts to bend and change, choose to look at it in a positive light. At the very least, it will help ease you through the experience without more chaos than need be. Every change is a good thing, because it's one more step in your journey of life.

Written by Carla Mae - May, 2004

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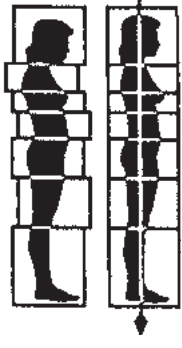
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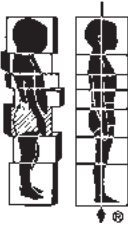


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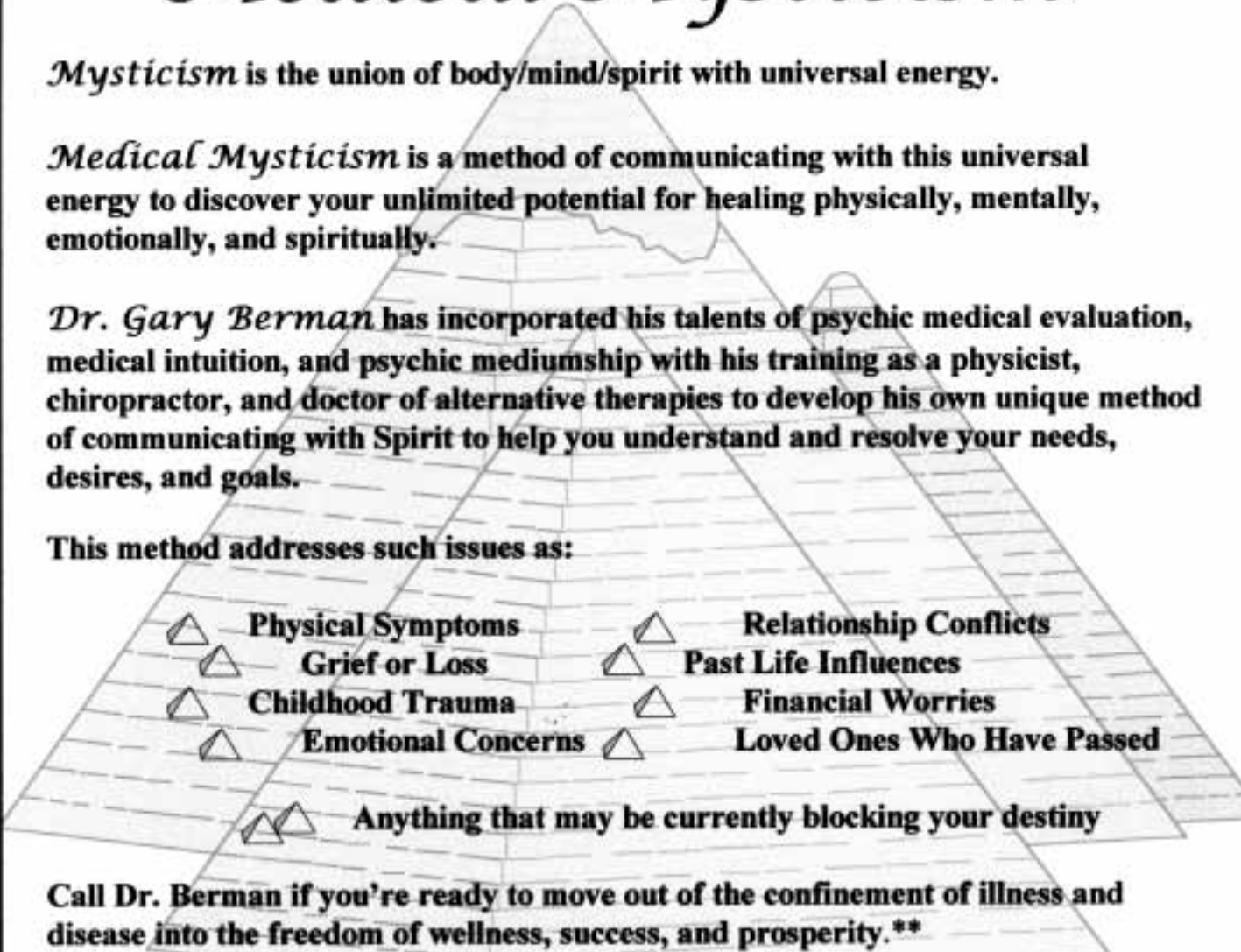
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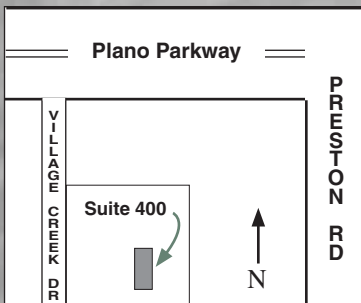
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Your Summer Stars

by Cynthia Novak

Our Future Is Born of Optimism and Vision

Venus traveled across the face of the Sun in June. She slipped by at sunrise here in the U.S. and left us in awe and with only a glimpse of the sacred dance of the planets. We could watch her from satellite images, but did not see her journey firsthand. She revealed her full dance to those in the Middle East. Did you know that Venus will make this journey again in 2012? This is the year that the Mayan calendar supposedly ends. One Mayan scholar interpreted ancient writings on this. He says that this is not the end of time, but the end of how we know time. Possibly Venus is giving us a preview. Perhaps we can begin to see our history in terms of love, joy and growth, rather than in terms of failures and tragic events. Perhaps we will remember the beauty in each day, rather than the stress of the deadline and the potential for disaster. Venus represents love and beauty. She is manipulative and generous. Venus likes to look her best and is not afraid to strut a bit. Venus loves gifts: giving as well as receiving. She is the best and sometimes the worst of feminine attraction and guile. Venus is very strong this summer, particularly in the month of July.

The cradle of civilization holds an infant. The New Iraq is born as Venus begins to move forward. On June 30th Iraq takes its first steps as a free nation. Cynicism is easy and hangs on the lips and shoulders of folks in all walks of life. I'd ask you to consider this: what

if we all graced this new nation with hope and optimism? All it might cost is a little self-righteous ego. Would you rather see them fail? Hopefully, no one wants that. Venus was strong in the birth chart of Iraq in 1958. She returned there just as the interim leaders were selected on June 1st. Venus opens our hearts and softens cynicism. She reminds us that we are all one and may play a big role in the optimism that it takes to rebuild a nation.

As Venus traveled backward in June, we revisited our fears and insecurities. We traveled back through emotions and relationships. As a world we are now asked to move forward: Are you ready? Do you have hope to share? Can you set aside partisan positioning and offer this nation, who has suffered so much, a little hope? Can you offer it to your relationships? Venus brings hope all summer long. It is up to each of us to set aside our past and to embrace the present. It's the only way to build a more hopeful and loving future. You might just liberate your own heart from cynicism.

Have you been looking back? Time to turn your attention to the present. Where you were doesn't matter, but where you are does. Stop waiting for your old job to come back; build a new one. Assess your talents and present them in a fresh new way. July offers exciting opportunities and more will follow as the months progress. Turn your attention to the present and future. Venus likes to look good. Grooming is her forte. Take a long look in the mirror. Are you a man or woman of the new millennium? Time to put yourself into the mode of attraction. If you are on a budget, then do-it-yourself or ask a friend for some up-to-date tips. Magazines are full of practical beauty tips. If you've got the cash, have a makeover or at least a facial. Talk to folks who can remind you of your talents and who will help you freshen your perspective. The full moon on July 2nd helps you see where to tidy up inside and out. Pull yourself together

and move forward. By the new moon on the 17th, we are ready to start new jobs. Momentum grows and business ideas come up at every turn. Don't ignore the inner entrepreneur in you. You might need to start small, but you could create the best job you've ever had on your own. Doubt is still abundant. Don't share your dream with someone corralled in the cynicism of their past.

August may be the best time to push ahead. If Venus stirred a spending spree, you face the bill in August. Time to step up and figure out a way to pay it off. That could be just the motivation you need to get going. The full moon at the beginning of the month offers inspiration. The new moon adds magic. Move carefully. Be sure you are inspiring others and not manipulating them. Anything begun this month by manipulation will fail. This is a big caveat to the political parties. Scandal is everywhere, but it does not work. The people want inspiration and vision. "Tell us who you are, not what your opponent ain't." The candidate that offers these takes off in the polls this summer and should win the election. But is it real? That answer will depend upon us. We the People need to contribute our optimism and energy to the economy. They are our greatest assets. We are co-creators, not pawns. We have vision to invest.

September brings cooperation and begins a new and fertile period. We want to get along and we are pushed to do so. Folks of different tribes unite to create a new force. Expect grass-roots political groups to come out in support of their closest ally. The election is two months away. The candidates get out and plant fresh seeds. Expect world events to pop and push one candidate out in front. I expect Al Qaeda's leadership to be hit hard in September and October. We may learn the fate of Bin Laden. (I suspect he is dead, but kept alive in spirit.) September is a turning-point for many folks. Saturn, a tough task master, has hit the U.S. chart

continued on page 32 >

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continued from page 30

hard for the last 2 and 1/2 years. It's a slow and steady process to rebuild. In September, we get some grace. Now the heaviness is eclipsed by joyful opportunity. Reach ahead this summer so you are ready to embrace it.

The Presidential Race. I looked at the dates for the national conventions. I can't help but wonder if they use astrologers! Kerry should be nominated with Venus strong since Venus is the planet of women and indulgence. She sits in his house of partnership...it could be a woman! Could it be Hillary? I'm not sure; she's pretty strong in New York as a senator. However, if it looks like they could win, then she might just take a shot at making history. Women, in general, and liberal women's groups, in particular, will be out in force for Kerry this summer. Expect fierce and daring campaign messages from them. The convention itself comes just as Venus completes her journey in her favorite constellation: Taurus. At this time, Kerry has just had Venus cross both his Moon and Mars. Mars has to do with perception and passion. If he doesn't look good in the polls by the July convention, then he never will. He will certainly get publicity from his fellow democrats: the Clintons. The convention will be glitzy with lots of fanfare and celebrities. It will be Venus at her most indulgent and it will be a great party.

GWB has difficult transits all summer. At the very least he will feel sadness and frustration. These transits may or may not be accompanied by events, but they often leave the person feeling abandoned. Expect more key figures to resign. He may push away cabinet members who have misguided him and may even face the loss of or threat to a family member. Many astrologers predicted assassination or an attempt when Saturn crossed the Sun in the chart of the U.S. Former president Reagan died just as it approached and the nation mourned. Some things are

hard to see. At the same time, Saturn represents the archetypal "father:" President Bush was rebuked by the Pope. Interesting symmetry, but in many ways the events are more symbolic than tragic. W. is indeed blessed. At this writing, he is navigating the most difficult transits of his life very well. Perhaps the universe is wiser than we. I sure hope so.

The Republican convention was scheduled a long while ago for the unusually late date: September. It begins August 30th and ends on September 2nd. Jupiter, old W's favorite planet, moves into a beneficial place in his chart on the 29th of August. Whether it was synchronicity or planning, it is fortunate for him. Unless something really unusual happens this summer, George W. Bush will be reelected. At least that's how it looks in the stars. He is weathering very difficult transits. He may be losing favor in the polls, but Kerry is not winning. Kerry has July to turn things around. In the Democratic primaries, he did just that- he took the lead when his opponents were having really tough Saturn transits. However, unless Bush falls deeply, the summer will not be enough for Kerry to overcome.

Love and Money grow and flow all summer. They meander slowly at times but slowly the Bull awakens as we leave the summer months. Cautious investors will be cautious optimists and will ultimately win. Watch for signs of new creative corporations built as Iraq takes its first breaths. I'm investing my optimism for our future...will you?

Cynthia Novak is a professional astrologer. She can be contacted at metro 817-261-2984. Read Cynthia's daily astrological message at www.HolisticNetworker.com/dailymessage/ or see www.CynthiaNovak.com

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What's Outside Your Boat? by Teri Lonier



Charlie Jones is a sportscaster who has covered several Olympic games in his long career. At the 1996 games in Atlanta, he was assigned to announce the rowing, canoeing, and kayaking events—a situation that left him less than thrilled, since it was broadcast at 7:00 am and the venue was an hour's drive from Atlanta.

What Jones discovered, however, was that it ended up being one of the most memorable sports events in his career, because he gained a chance to understand the mental workings of these Olympic athletes.

Preparing for the broadcast, Jones interviewed the rowers and asked them about conditions such as rain, strong winds, or breaking an oar. Each time the response was the same:

"That's outside my boat."

After hearing the same answer again and again, Jones realized that these Olympic athletes had a remarkable focus. In their attempt to win an Olympic medal, he writes, "They were interested only in what they could control...and that was what was going on inside their boat."

Everything else was beyond their control, and not worth the expense of mental energy that would distract them from their ultimate goal.

Jones writes that this insight made the event "by far the best Olympics of my life" and changed his thinking in other parts of his life as well—as it did for me when I read it. What freedom to realize that, yes, it really isn't worth all the worry.

Like me, you've probably heard such a message before: Don't worry about what you can't control. However, once it is linked to such a powerful visual image and phrase—"That's outside my boat"—it hits home with greater impact.

These days, the question I ask myself: "Is it Inside or Outside my boat?" If it's outside, the issue is quickly discarded. If it's inside, then the focus becomes on how to manage it toward the desired end.

Distilling this to a binary question removes the fuzziness that so easily depletes a soloist's energy. It's also incredibly liberating. And if it's good enough for individuals who spend years focused on achieving Olympic heights determined within the span of a few minutes, I figure I can make it work in my world, too.

The author is Terri Lonier who owns Working Solo, Inc., which is a consulting firm that specializes in the solo, small business, and SOHO (small office/home office) markets. She offers business management and mentoring programs for individuals who want to start or expand their solo businesses. Terri also advises Fortune 500 and high-tech firms on ways to connect with self-employed and home-based professionals. Her web site is www.workingsolo.com

Story courtesy of Sandy Pofahl's Friday Morning Story. Subscribe to Sandy's weekly stories at his web site: www.52best.com

Book Review



The Book of Awakening: Having the Life You Want by Being Present to the Life You Have

by Mark Nepo
Conari Press 05/00
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Reviewed by Tony Cecala

Mark Nepo's daybook is an incredible gift to the world. It has the power to help you to transform your vision, your mood, and your life.

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Poet, philosopher, and cancer survivor, Mark Nepo writes about waking up to who we are. He reminds us to feel and to be greater than the stories we call our "life." Mark writes from his heart about what matters most—he cuts away the inessential and reveals the quintessential. He writes of pain, of longing, of love and compassion.

Each entry concludes with an exercise; a short meditation that transforms his word lesson into your world lesson—an experience with the power to change you.

This excerpt from May 23: "To Be Awake" will give you a taste of this delicious book.

So underneath all our worries about careers and jobs and retirements, our purpose really comes down to living fully, to being alight with who we are beneath all the names and titles we are given or aspire to. [...]

Can it be that our purpose, no matter whom we run into, no matter what we are told, is simply to be awake?

- Sit quietly and meditate on the things that have come to define you.
- Feel what you do with your days and say, "I am more than my job."
- Feel where you sleep your nights and say, "I am more than where I live."
- Feel who you love and say, "I am more than my relationships."
- Feel all you have suffered and say, "I am more than my history."
- Feel your very name and say, "I am more than my name."
- Feel your breath enter and leave your heart and say, without history or name, "I am the flame of life living in this body."

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Colleen completed almost 600 hours of training during Forrest Yoga Teacher Training course with Ana Forrest in 2000. She continues to study with and assist her mentor, Ana Forrest. The pillars of Forrest Yoga are Breath, Strength, Integrity and Spirit. Visit Colleen's ongoing class at Plano Yoga Connection (www.planoyogaconnection.com).

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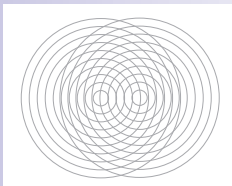
In our modern world, we are bombarded by an invisible storm of electronic emissions. Computers, faxes, printers, cell phones, wireless phones and all electrical appliances generate electromagnetic fields (EMFs). These fields are measurable and more importantly, they can affect the quality of our lives.



Simple, Quiet, and Portable. Concerto will cover an area up to 4000 square feet within minutes. Simply plug in the unit to a wall outlet and turn on the switch. Concerto can easily travel with you to the office; just unplug it and place it in your purse or briefcase. It runs quietly for 36 hours on its special internal battery.

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Human Aura Enhancement. Your body has its own energy field, and Concerto enhances your energy field in the presence of EMF. Kirlean photographs show positive energy changes to the human aura when in the presence of the Concerto.

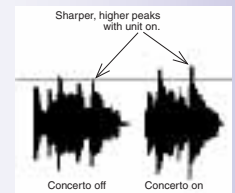


Concerto OFF



Concerto ON

Crisper Clearer Sound. Concerto not only makes your space feel calmer, and enhances your aura, it also improves the sound of music. Computer analysis of identical notes from a Yamaha player piano show a 2 decibel increase in the size of the wave, and less noise. This difference is easily detected by the human ear.



Feel Good Again. Concerto owners love their units. They tell us that they are more productive and can concentrate more easily — they also report feeling reduced eye strain at their computers. Concerto owners find that their environment feels noticeably “less stressful” and many report more restful sleep.

Try Concerto Yourself — Risk Free. Concerto owners know how good it feels to live in a tranquil environment. We're confident that when you switch on Concerto in your space, you won't want to go back to EMF noise. So try it for 30 days. If you can live without it, return it for a full refund.

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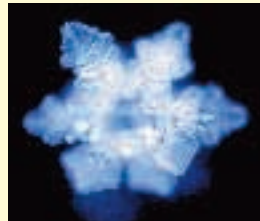


Improve the taste of any beverage in just 5-10 minutes with any of our
Magical Mugs® and Magical Mug Coasters.
Guaranteed!

Water researcher and inventor, Ralph Suddath, has scientifically-designed these beautiful mugs and coasters to energize, restructure and positively enhance your water and other beverages. In addition, he has designed them to reduce the bitterness of beverages, such as coffee, tea and orange juice. These mugs and coasters incorporate magnetism, sacred geometry and blessed words. Intuitive artist, Nicole Mizoguchi, has created beautiful artwork for our Magical Mugs and Coasters. Our durable, long-lasting, 16-oz. Magical Mugs with lids can be used with any hot or cold beverage.



Dr. Masaru Emoto's lab has tested distilled water placed in our Peace magical mug and has obtained this beautiful crystal pattern (to the right), thus validating the technology we have utilized.



It is our pleasure to offer you these mugs and coasters that apply science, art and positive intentions. You can taste the difference!

Magical Mug Artwork

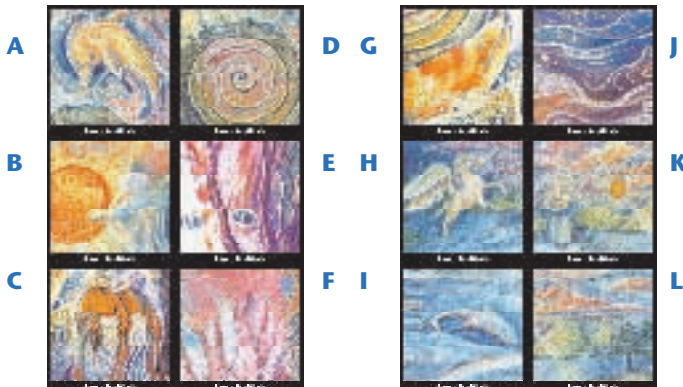
Mix & Match

Choose your favorite artwork from the selections below (A or B) by intuitive artist, Nicole Mizoguchi, and your favorite words from the selection below:

Magical Mug Coasters Artwork

Mix & Match!

Choose your favorite artwork from the selections below (A-L) by intuitive artist, Nicole Mizoguchi, and your favorite words from the word selection below:



- 1. Love • Gratitude
- 2. Wisdom
- 3. Joy
- 4. Peace
- 5. Inspiration
- 6. Prosperity



A. Mother Nature's Sea



B. Sea of Love & Gratitude



Price

- 1 mug: \$29.95
- 2 mugs: \$54.95
- 4 mugs: \$99.95

- 1. Love • Gratitude
- 2. Wisdom
- 3. Joy
- 4. Peace

See more of Nicole's artwork at:
www.nicolemiz.com

Price

- 1 set of 4 coasters \$29.95
- 2 sets of 4 coasters \$54.95

Order your Magical Mugs® and Magical Mug Coasters today!
Call Shifting Frequencies at: 972-378-1211
or go to: www.ShiftingFrequencies.com

Here's what people are saying about the Magical Mugs & Coasters:

I thoroughly enjoy using my Love & Gratitude Magical Mug. When I took my first sip of water, the tip of my tongue literally tingled; and I am able to drink my coffee black as the bitterness diminished. I look forward to using my Magical Mug each morning. I keep it with me all day long. - K.J.

We had our Magical mug only 3 days and I noticed several significant changes. Until I got my mug, the only way I could get my young daughter to drink a little water was to put ice in it. Now she takes the mug away from me to drink water. My husband is remembering to drink water - he is usually forgetful, leaving his drinks all over the house, now he carries his mug with him. As for me, I have noticed more love and gratitude in my life! Something so simple and powerful - it makes me think we really are on the edge of a new civilization. - T.G.

I have had my cat for over 5 years. In all that time, the only way that I had been able to get her to drink water was by leaving the faucet running. I had tried every type of bottled water I could find and had even placed regular tap water in a bowl and still my cat refused to drink any of this. I had purchased a set of Magical Mug Coasters and had the thought to put one of them under my cat's water bowl. Then I placed bottled water in the bowl and, to my amazement, my cat is now drinking out of her bowl. In fact, the other day I had the water running in the sink and my cat walked right by it to get to her bowl of water on top of her "Joy" coaster, where she happily drank from it. I am so pleased. - D.B.

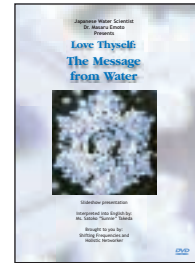
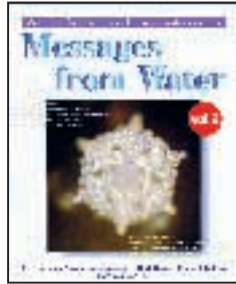
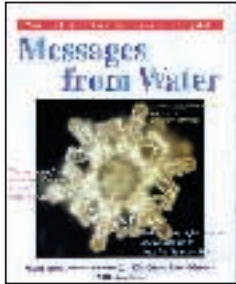
Magical Mug®

Handwash Mugs only.
Please Do Not Microwave.

Messages from Water

by Masaru Emoto

- * See the world's first pictures of frozen water crystals!
- * Find out what water is telling us!
- * Discover that water is alive and that it is affected by words, sounds, prayer, and so much more!



* **In Volume 1** view amazing photographs documenting the quality of different water sources from around the world, the effect that various types of music have on water, how water crystals change their shape based on the words and pictures that are shown to it and how water quality is improved with prayer. Printed in Japanese and English.
Price \$30.

* **In Volume 2** see how water is affected by technology: cellular phones, microwave ovens, and television. Learn what crystals are formed when water is asked about a variety of things concerning the home and society in general. Learn more about how water is affected by a wide variety of music. Discover how words such as "love" and "gratitude" can help to offset some of the negative effects of technology in the world. Printed in Japanese and English.
Price \$30.

* **In Volume 3** view the amazing crystal photographs that resulted when water is shown more words, such as love for humanity, hope and despair, as well as symbols, such as a heart. Discover how water responds to different places, such as Niagara Falls, and to songs. Find out whether it is more powerful to pray while holding hands in a circle or while standing in a circle with palms together. Printed in Japanese and English.
Price \$32. (NEW!)

* **In The Hidden Messages in Water** readers are introduced to the revolutionary work of Dr. Masaru Emoto, who discovered that molecules of water are affected by thoughts, words and feelings. Dr. Emoto shares his realizations from his years of research and explains the profound implications on the healing of water, mankind and earth. He offers proof that water is alive and responsive to our every emotion. 5" x 7" format. Printed in English only.
Price \$16.95 (NEW!)

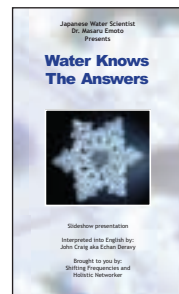
* **Love Thyself: The Message from Water** is a Spring 2004 Dallas, Texas presentation, in which Dr. Emoto shares his stunning crystal photographs and demonstrates how our thoughts, feelings and prayers affect physical reality. He also discusses how energy & vibration affect our health, & the meaning of love & gratitude. The presentation is interpreted from Japanese into English by Ms. Satoko "Sunnie" Takeda. Approx. 100 min. running time.
Price: VHS \$30. DVD \$45. (NEW!)

Two new books by Dr. Emoto!

"As with Galileo, Newton, and Einstein, Dr. Emoto's clear vision helps us see ourselves and our universe differently. Science and spirit unite, resulting in a profound and undeniable quantum leap in how we view our world, and how we can reclaim our health and create peace."
— Marcus Laux, ND, Editor, Naturally Well Today

"The Hidden Messages in Water is magnificent. Through his genius photography and superb scientific skill, Dr. Masaru Emoto has created a book that is truly a mystical treasure. His contribution to research in spiritual consciousness is positively masterful."
— Caroline Myss, author, Sacred Contracts and Anatomy of the Spirit

Also Available
Video of Dr. Emoto's
Spring 2002
Tour Presentation.



* **Water Knows the Answers** is the two-hour video of Dr. Emoto's 2002 Dallas presentation. In it you'll find out how he came to discover his amazing scientific breakthrough. The video is interpreted from Japanese into English by John Craig aka Echan Deravy.
**Price: VHS \$30
Special Sale Price: \$19.95**

SPECIAL! Buy all three Messages from Water books (Volumes 1,2,3) for only \$85!

or

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Awaken to Your Dreaming Reality

The term "lucid dreaming" refers to dreaming while being aware that you are dreaming. This consciousness allows us to guide our dreams and to experience anything imaginable. Lucid dreaming also allows us to confront our fears and to have a better understanding of and access to our dreams.



It is clear that something extremely important is going on while we sleep and dream. We have found that practice contributes to the ability to exert control over our dreams.

People enjoy being lucid in their dreams as the laws of physics and society are repealed. The only limits are the reaches of our imagination.

Lucid Dream Activator



Benefits may include:



- enhanced dream recall
- increased ability for self-guided dreams
- improved sleep quality
- enhanced ability to experience lucid dreaming
- improved ability to access and utilize dream material

Introducing an amazing scientific breakthrough in dream technology called the Lucid Dream Activator!

Using the results of independent studies, Ralph Suddath has developed the Lucid Dream Activator to promote lucid dreaming and dream recall. The Lucid Dream Activator works with your body's natural cycle to spark lucidity and add conscious awareness to your dreams. It does not interfere with normal sleep, in fact, some people have reported that the Lucid Dream Activator has improved the quality of their sleep. It is a powerful tool for anyone interested in making the most of their dream time.

The Lucid Dream Activator utilizes magnetism and sacred geometry. There are no batteries or electricity required. It is simply placed under your fitted sheet, beneath your pillow. It is recommended that you decide, prior to going to sleep, what you wish to dream about as your intentions are very important. It is also helpful to remind yourself that you want to awaken from, remember, and record your dreams.

Here's what people are saying about the Lucid Dream Activator:

Since I have started using the Lucid Dream Activator, I have had clear dream recall of events, people's names, and situations. I have consciously been able to ask questions during my dream state, and the dream moves toward resolution. It has been a fabulous key to self-understanding!
- K.J.

I usually have a fairly active dream life with conscious recall both during and after. I use this capacity to further my spiritual growth, as well as my effectiveness in life; I have had the dream activator on my bed now for months. My brother came to visit last month and used my room, for this was the more quiet room for sleeping. The following morning I asked him how he had slept. He said the sleep was fine, but it was his dreams that were fantastic. I asked what he meant completely forgetting I had the activator on my bed. He said he had had the most profound night of dreaming he could remember. It wasn't until my brother's comment that I realized how I had come to take my enhanced dream states for granted. -CJG

As a researcher in the field of consciousness I have had many opportunities to experiment with a great variety of devices which claim to be efficient in changing one's mental states. Here in Japan there is truly a plethora of such 'gizmos' and yet the results have been consistently weak... It was thus with some forebodings that I began to test the Lucid Dream Activator since I normally dream very lucidly anyway! Well, weeks after starting to place it under my pillow each night a hilarious situation has developed. My wife has been dragging it out from under my pillow saying it was her turn! We took it on a trip to Canada since it is so easily portable and continued to enjoy splendidly clear, movie quality dreams that just go on and on. I have no idea how this could possibly work yet I freely admit that there is a definite and immediate sharpening of dream imagery that totally befits the term LUCID. Indeed one's dreams are activated so that the imagery is much more available to consciousness. I have yet to test the hypothesis that one can ask a question to be answered in the dream state because I am having too much fun with the wildly entertaining movies that I now nightly view. There is no sign at this point, about three or four months since receiving it, that the effects are wearing off. The LDA is perhaps the most powerful and inexpensive gift one could hope to give anybody. I commend the inventor and the distributors for creating such a truly fabulous device. Thank you.

-Echan Deravy, Writer and lecturer, Tokyo, Japan

The Lucid Dream Activator is available in two sizes:

Large Size:

normally \$35
sale price \$29.95
(limited time only)

Regular Size:

normally \$24.95
sale price \$19.95
(limited time only)

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Enlightening Books by David R. Hawkins, M.D., Ph.D.

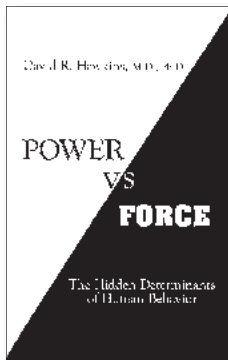
About muscle testing

In muscle testing, a person is asked to resist a force exerted on their outstretched arm while they hold a statement in mind. If the statement is true, then the arm locks and resists the force. If the statement is not true, then the arm goes weak and is easily pushed down. Dr. John Diamond introduced this technique to the natural health field and popularized what is now called Behavioral Kinesiology. It has become a well-established science and it "provides, for the first time in human history, an objective basis for distinguishing truth from falsehood." (excerpt taken from *Power vs Force*).



About David R. Hawkins, M.D., Ph.D.

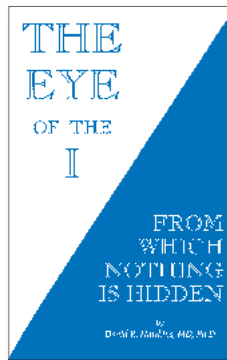
Dr. Hawkins has devoted his life to the spiritual evolution of mankind. He is a widely known authority within the fields of consciousness research and spirituality. Dr. Hawkins has taught worldwide at universities, institutions and to spiritual groups. He writes and teaches from the perspective of an experienced scientist, clinician, and mystic.



Power vs Force

In *Power vs Force*, Dr. Hawkins describes how he used kinesiology (aka "muscle testing") to investigate consciousness. He determined that the human experience can be placed on a scale that he labeled from 1 to 1000. At the low end of the scale are Guilt (30), Fear (100) and Anger (150). Humans experiencing this level of consciousness feel victimized by the effect of the forces of the universe. Higher on the scale are Courage (200), Willingness (310), reason (400) and Love (500). Humans experiencing life at this level feel that they are the source of their lives. At the highest end of the scale of human experience (600-1000) are the qualities that transcend duality. This book calibrates at a level of 850.

price: **\$14.95**



The Eye of the I

In Dr. Hawkins' second book, *The Eye of the I*, he discusses how human consciousness can evolve to a level of 600 and beyond into the realms of the mystic and the sage. Dr. Hawkins himself had a spontaneous awakening experience that rendered him into a bliss consciousness beyond "normal" reality. His reprinted Q&A with students in this book provides valuable insight for spiritual seekers who wish to learn more about spiritual evolution. This book delivers a spiritual experience! It calibrates at a level of 980 on the scale of human consciousness.

price: **\$17.95**



I: Reality and Subjectivity

In the third book of the Trilogy, *I: Reality & Subjectivity*, Dr. Hawkins clearly explains the Path, the Obstacles, the Ego, the Emotions, and the Will. Written in an easy-to-read question and answer format, this book takes the reader as close to the Truth about Truth as can be expressed in words. Future generations will recognize that Dr. Hawkins was the first person in humankind to effectively achieve a knowingness of the nature of God and to accurately convey the Truth of that experience in verifiable words. This book propels any reader into the deeper understanding of reality. *I: Reality and Subjectivity* calibrates at 999.8.

price: **\$18.95**

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16-18 Learn Thetahealing as taught by its developer Viana Stibal. This class combines 2 levels of training. This class is for Healing Professionals of all types. Contact Kathryn Perry @ 817-881-0618 for more info.

17 & 18 Sat & Sun 9-6. Psychodrama Training: Personal Growth Workshop. Psychodrama seeks to use a person's creativity & spontaneity to reach ones highest human potential. Come join us for a weekend of self exploration & renewal of inviting positive change in your life. Call 972-633-9858.

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AUGUST

10 "UPGRADE THE UNCONSCIOUS TO LIVE THE LIFE YOU WANT." See July 8 "Energy..." event.

12, 19 & 26 "CLEARING CLUTTER & CHAOS." Reverse unconscious blocks through leading-edge energy technology QUANTUM SOLUTIONS exclusively offered by LIFE CHANGES UNLIMITED. Economical, three-part series. Discount for advance payment. Contact Ann DeRulle, 972/733-1719.

25 "MANIFESTING FINANCIAL ABUNDANCE." See July 28 event.

SEPTEMBER

9 "ACHES or PAINS ON ANY LEVEL?" See July 8 "Energy..." event.

22 "MANIFESTING FINANCIAL ABUNDANCE." See July 28 event.

OCTOBER

16-17 WELLNESS EXPO produced by the Holistic Networker®. This two-day, indoor/outdoor event will be held on Saturday & Sunday, 11am-6pm, Addison Conference Centre, 15650 Addison Rd, 3 blocks north of Beltline, two blocks west of the Tollway. Call 972-378-3770 or email: expo@HolisticNetworker.com for information about exhibiting or attending. SEE AD ON BACK COVER or see our web page at www.HolisticNetworker.com/expo

JANUARY

Swim in the ocean where the dolphins play on the big island of Hawaii during a transformative workshop on overcoming fear. This course will help you to take the next step on your journey of life. www.dolphinhealingtouch.com 972-239-0690.

ONGOING

Every Tue. & Wed Iyengar/Polarity Yoga: Tuesdays 10:30-11:30am Oaklawn: Wed. 7-8:15pm: Irving. Call Cynthia 214-351-5528.

Tuesdays and Thursdays CONVERSATIONS WITH GOD Study Groups in North Dallas. Call Louise 972-931-5399.

Every First & Third Wed or Sat Grapevine Classes. Topics vary: From Meeting and Communicating with Angels, to Meditating and Chakra Opening, to Haric Line and Auric Body Aligning, to DNA Activating, to Spiritual question and answer discussions. Call for current schedule and fees...817/800-5011.

Every Thursday CENTER FOR SPIRITUAL AWARENESS OF NORTH TEXAS. Kriya Yoga Study and Meditation Group. 7:00-8:15 p.m. Understand what it means to be a spiritual being and learn how to live a fulfilling life. Meeting at: Religious Science Center, 7530-B Glenview, Richland Hills. Donation basis. 817-267-9305 (Ilene). Affiliated with Center for Spiritual Awareness, Lakemont, GA; Roy Eugene Davis, Director. Web site: www.csa-davis.org

Second Saturdays SECOND SATURDAY HOLISTIC FAIRS at the Spiritual Fitness Center from 11am-5pm. Readers of all varieties, and vendors with clothing, jewelry, crystals etc... Admission only \$3. 214-332-0220, map at www.spiritualfitnesscenter.net

Monthly Animal Connection of Texas Non-profit... dedicated to ending animal suffering. Meetings second Saturday each month at 11am, 2900 Live Oak, Dallas www.animalconnectiontx.org. 214-373-7867.

Monthly Multi-Dimensional Healing in Massage CEUs for Massage Therapists/Open to the public. Classes are held each month. Contact Cynthia R. Shaw for workshop details. 972-991-2097 or cynthiarshaw@aol.com

Monthly Ortho-Bionomy® classes in Dallas. TX CEU's Available. www.ortho-bionomy.com 214-763-7601.

Monthly Vegetarian Society of DFW holds monthly fun, educational dinner meetings and potlucks for members and nonmembers alike. 972-306-8763 or www.vsd.org

Ongoing Artist's Way program at Unity Church of Richardson, Arapaho and Custer. Dates TBD. 972-437-3615.

Ongoing Beginning traditional Vedic pranayamas and meditation techniques every second Monday 6:30PM - 8:00PM. Intermediate Vedic pranayamas and meditation every second Saturday 10:00AM - Noon. Amrita Kaye Estell, 817-481-5657.

Ongoing FREE Rudra Meditation as taught by Swami Rudrananda (Rudi). Near Coit/Campbell. Wed. 7pm, Sat. 9am. Hu Resnick 972-669-8798.

Ongoing International Feng Shui Guild - DFW, the first Thursday of month, September to May. Presentations and discussions about feng shui and related subjects. Open to non-members. La Cima Club in Williams Square. 7:00-9:00pm. Contact fengshuiguilid_dfw@hotmail.com or 214-679-9688.

Ongoing IonCleanse "The Ultimate Detox" sessions- to schedule a session, ask a question or buy an IonCleanse unit contact Jennifer Prevost. 214-893-3393.

Ongoing Spiritual Development & Ministerial Ordination Classes by Alliance of Divine Love Chapel of Infinite Possibilities beginning Sunday, September 12. www.infinite-possibilities.com or 972-240-6733.

Ongoing Yoga Teacher Training: Namaste USA 200 hour program. Yoga Alliance registered. Monthly training events. 469-441-7064. www.namasteusa.us

SPACE AVAILABLE

Holistic health practitioners, bring your client base to a well established Wellness & Yoga Center in north Plano. Call to discuss rental opportunities as well as opportunities for you to give workshops in your area of expertise. 972-546-3600.

Meeting rooms for rent, up to 1,600 s.f., day or evening. Unity Church of Richardson, Arapaho and Custer (new location!). 972-437-3615.

OFFICE SPACE FOR LEASE: GRAND PRAIRIE & NORTH DALLAS Wellness centers making space available for massage therapists, acupuncturists and naturopaths. Both newly renovated centers will provide receptionists, telephone service, and other costly expenses that will allow for minimal overhead. If you would like a professional work environment without the expense, contact Dr. Laboret at 972-671-5263.

OFFICE SPACE FOR LEASE. This space is ideal for an acupuncturist or other professional who is seeking a holistic setting. We are a well-established chiropractic office, and we have been in S. Arlington for 10 years. Now, we are looking to expand our services by leasing rooms for alternative therapies. Practitioner would have the advantage of potential referrals from two current chiropractors. Room share or full time available. Contact Dr. Milne 817-572-0072.

OFFICE SPACE, new natural health center. Hwy 121 and Dallas Tollway. 214-662-2267.

OFFICE SPACE to rent for Chiropractor/Osteopath at the Spiritual Fitness Center Richardson call 214-332-0220.

ROOMS FOR LEASE, at brand new health and wellness center. Great North Dallas location. Spring Valley and Inwood. Rooms available on a per-session basis (\$10/session). Room for rent/room share/full time. 972-333-6463.

The Spiritual Fitness Center in Richardson, Tx. is a wonderful place to hold your next class or workshop. Space holds up to 70, great location, lots of parking, beautiful, professional environment. 214-332-0220. See photos and map on web www.spiritualfitnesscenter.net

CLASSIFIEDS

Kathryn Perry CH, Hypnosis-EFT-Reiki, Victory Arts Center, 801 W Shaw St #106, Fort Worth, TX 76110, 817-881-0618. Call for your free newsletter. UPCOMING EVENTS 3rd Thursday of each month 7PM. MEET YOUR ANGEL June 26th. 1PM-6PM. OPEN HOUSE Tour the historic Victory Arts Center. Food- New Friends- Demos.

L.I.F.E.4 COACHING OPEN HOUSE. Want to improve or change your life? Sample coaching sessions with Dr. Allen, Sunday, July 11, 2-6pm, www.infinite-possibilities.com or 972-240-6733.

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Holistic Fair

July 10 • Aug 14 • Sept 11

Spiritual Fitness Center
in Richardson 11-5pm \$3.

214-332-0220

www.SpiritualFitnessCenter.net

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Wellness Expo

October 16-17, 2004
Addison Conference Centre

Mark your calendars!

Details on back cover.



ADVERTISING RATES

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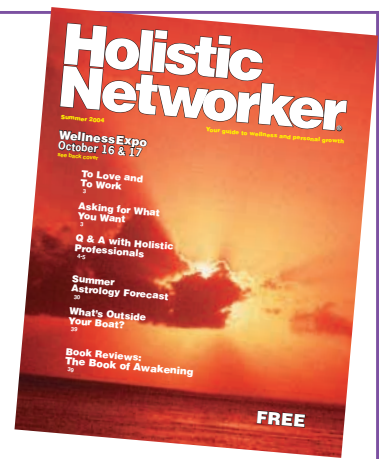
Holistic Networker is Texas' Guide to alternative and natural choices in wellness and personal growth.

It is the most effective and affordable way to advertise to a health-conscious community.

Holistic Networker is published four times a year on the first of January, April, July & October.

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Autumn 2004 Issue: published October 1
circulation: 35,000 (distributed for 3 months)

Early Due Date* August 2
Due Date August 16
Events Due Date August 31

* 5% discount when art and payment are submitted (postmarked) by this date.

QUARTERLY ADVERTISING RATES

SIZE (w x h)	NEW or RENEWAL with changes	RENEWAL without changes	Discount Listing with ad
FULL PAGE 7 1/2" x 10"	\$845	\$775	\$30
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HALF 7 1/2" x 4 3/4" (h) or 3 1/2" x 9 1/2" (v)	495	445	35
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QUARTER 3 1/2" x 4 3/4"	325	285	35
SIXTH 2 1/4" x 4 3/4"	235	195	45
EIGHTH 3 1/2" x 2" (horizontal business card size)	175	155	45
HOLISTIC FORUM <i>send photo and text and we typeset it</i>	155	135	45
TWELFTH 2 1/4" x 2 1/4"	135	125	50

DIRECTORY LISTING* 95 89 75

Add \$7.50 for business name in standard color.

Add \$10 for business & contact name in standard color.

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Payment. Send your submission with **full payment**. Make check or money order payable to **Holistic Networker**. Major credit cards accepted.

* **Directory Listings and Events / Classifieds** are published online at www.HolisticNetworker.com at no extra charge.

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Type the following information for directory listings:

1. category (select one from above)
2. business name / headline
3. contact name (optional), extra names: \$5. each
4. address (optional)
5. phone number (recommended), extra numbers/e-mail/web: \$3. each
6. description, up to 25 free words, extra words: 50¢ each

Add \$7.50 for business name in color, add \$10 for both business and contact names in color. Type listings in plain text format: No *italics*, **bold face**, or underlined styles are used in the listing description. Emphasized words may be typed in UPPER CASE. We count words as any set of letters/numbers separated by a space or a slash. Hyphenated words count as one word.

SAMPLE DIRECTORY LISTING

category	Resources
business name	Holistic Networker
contact name	Tony Cecala, Ph.D.
extra contact name	Felicia Weiss, Ph.D.
address	PO Box 702956 Dallas, TX 75370-2956
phone	☎ 972-403-0940
fax	☎ 972-403-1536 fax
e-mail	✉ info@HolisticNetworker.com
web address	🌐 www.HolisticNetworker.com
description	The definitive guide to wellness and personal growth. Holistic Networker is an effective, affordable advertising service for the holistic community. 35,000 FREE copies are distributed at over 200 locations.

29 words (29 - 25 = 4 extra words): add \$2.

3 extra contact numbers (fax/e-mail/web): add \$9

One extra contact name: add \$5.

New listing price: \$95 (+ \$2 + \$9 + \$5) = \$111.

Renewal listing price: \$89 (+ \$2 + \$9 + \$5) = \$105.

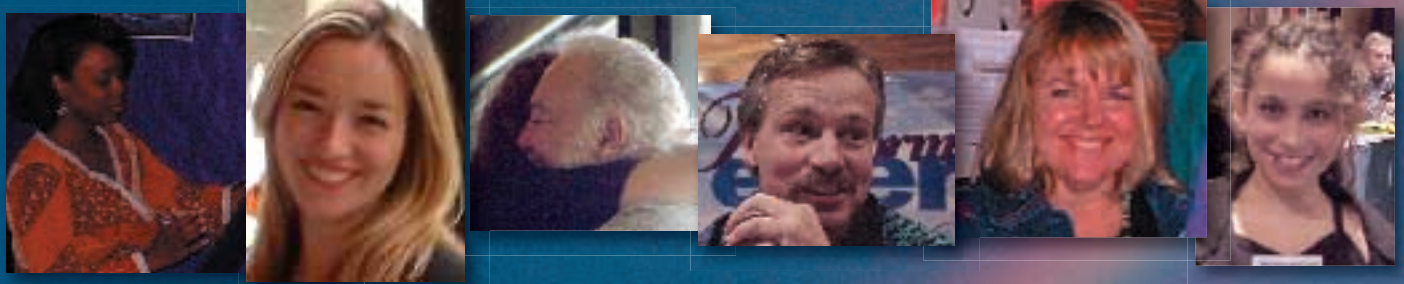
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Natural Hormone Balancing

Lana Petrunin, ND

Creating and Manifesting What you Want through Intention

Jeanie Brosius

The Art of Muscle Testing Yourself

LaRue Eppler

Heal Your Emotions & Physical Health with Cranial Sacral Therapy

Fran Assaf, DC

Healing with Sound

Nancy Byers

Astrology & You

Cynthia Novak

Chanting & Meditation

Ananda Meditation & Yoga Center

Stress & Tension Relief

Ann DeRulle

Medical Mysticism: Messages from Spirit

Gary Berman, DC, PhD

How to Avoid the Cosmic 2x4

Rita Louise, ND, PhD

Connecting with Spirit: Connect with your Departed Loved Ones

Shannon Maxey, Psychic Medium

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- > I-635 to the North Dallas Tollway,
- > go North, exit Beltline Rd,
- > go West 2 blocks to Addison Rd,
- > go 3 blocks north to Addison Circle, [next to the Addison water tower at 15650 Addison Road]

