

HOLISTIC

SUMMER 2009

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your guide to wellness

Mercury Toxicity and You

interview:
World Renowned
Scientist & Mystic
David R. Hawkins

interview:
Practitioner
Kim McLaughlin

book review:
Healing &
Recovery

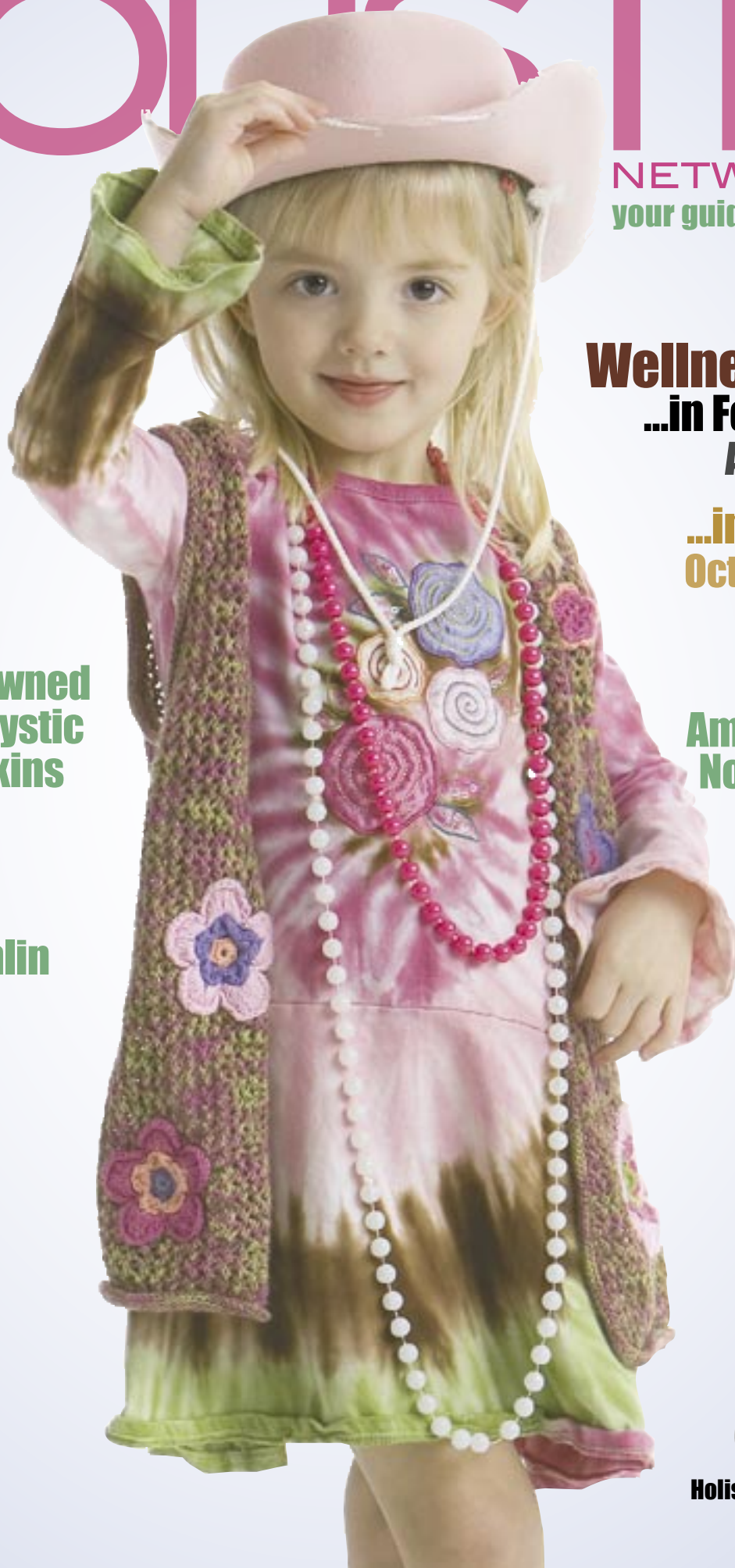
**Divinely
Inspired Art
by Nicole**

**Your Summer
Astrology**

**Wellness Expo®
...in Fort Worth
August 8-9**

**...in Addison
October 17-18**

**Amma Visits
North Texas
page 6**



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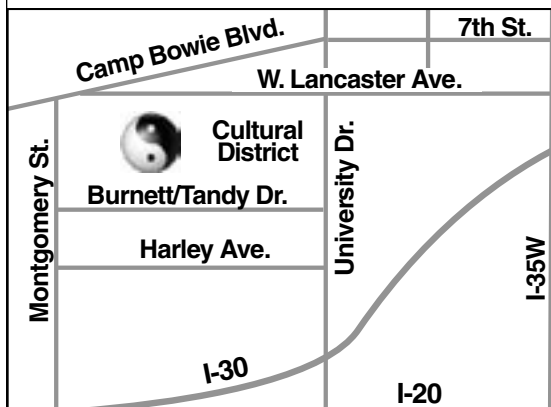
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**Flowering Fruit Tree or
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Paul John Roach

The Art of Power: Parts 1 & 2
Dr. Gary Berman, PhD, DC

Spiritual Connections
Gary Champion

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Donna Reis, Certified
Chromatologist, CNHP

Optimal Living
Dr. Tom Goode, ND, DD

Meditate the Easy Way
Dr. Elizabeth Busch, PhD

Meet Your Guardian Angels
Carol Lee, CHTP, CQTP/Instructor

Views from the Other Side
John Capello

**Summer into Fall: Your Child's
Best Back-to-School Health**
Jennifer Crain, LAc

Astrology & You
Cynthia Novak

**How to Connect with Your Guides &
Loved Ones in Spirit**
Carole Layman, LMSW, CHt

Connecting to Other Realms
AnnMarie Touchette

Does Your Soul Actually Speak?
LaRue Eppler

**See pages 19-22 for the
complete speaker schedule.**



HOLISTIC

NETWORKER

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Tony Cecala, Ph.D.
Felicia Weiss, Ph.D.

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this radical transparency can be frightening from a privacy perspective, I believe the benefits are transforming society for the better. Have you considered how greater transparency affects your life? Your career?

No area of the economy has been as dramatically shaken by transparency as e-commerce. Not only do price engines help you find the best deals, but user-generated reviews take the risk out of buying online. Before Amazon, buying a book required driving to a bookstore and quickly skimming some pages before purchasing. Today, Amazon gives you a glimpse inside the book, and offers you dozens (sometimes hundreds) of reviews written by other readers. If a book (or product) doesn't live up to the publisher's hype, you will know.

Radical transparency is also affecting your career whether you are aware of it or not. Just a few short years ago, a resumé was the center of the job-search universe. This document told the story of your professional career. Today, potential employers depend on the search engines to discover a more complete story about you. What do you look like on the internet? Have you posted anything of value? What has been written about you? What do you write about others?

Your online and offline life are no longer separate. Recommendations, praise, comments, and criticism of you and your business are being posted to blogs and microblogs (Twitter), social media, and business rating sites (Yelp.com has over 6 million local restaurant reviews). If you participate in online forums, then you're already familiar with rating systems that filter out "trolls" from "good Karma" users who consistently post helpful information and supportive advice.

These online ranking/comment/review systems all contribute to a transparent society where your recommendations are readily available to potential friends, colleagues, and employers. If you are a person who provides value to the world, and treats others with respect, you will certainly benefit from these new "Karmic" review systems.

Best regards,

Tony Cecala
Tony Cecala



It has been my great pleasure these past 17 years to publish the Holistic Networker with Tony and for the past 15 years to be producing the Wellness Expo. It has brought us in touch with so many

wonderful people, with such valuable products and services to share. We have also gotten to know many of our readers and attendees, who are responsible people, wishing to evolve and grow.

Over the years we have heard a lot of gratifying stories of how the Holistic Networker and Wellness Expo have touched people's lives. Some have told us that it has brought them the answers they seek—spiritually, mentally, physically and/or emotionally. Others have been led to new careers or been inspired to make other positive changes in their lives. Many new friendships and business relationships have formed that have been truly life-changing.

Expanding the Wellness Expo to Fort Worth has already led us to connect with many new and talented people and we are excited to be able to introduce you to them.

We appreciate our role in helping others to find the answers they seek and to enrich their lives. We are looking forward to the Fort Worth Wellness Expo on August 8-9 at the Will Rogers Memorial Center and feel it is going to be a very special event. We expect many new and valuable connections to form, much helpful information and products to be shared, and a lot of joy to be experienced.

For those of you who have been to one of our previous Wellness Expos, you will enjoy the opportunity to see some of your favorite exhibitors and speakers. You will also find many new professionals, with much to share. For those of you who have never been to a Wellness Expo, you are in for a real treat. Here you will find something for every body, mind and spirit.

We hope you will join us and that it will aid you on your journey and help to inspire your life.

Love & Light,

Felicia Weiss
Felicia Weiss

*As soon as you trust yourself,
you will know how to live.*

—Goethe

HolisticForum



How can CranioSacral Therapy help my life?

Whether your problems are structural, organic, emotional or neurological, this powerful therapy can facilitate your healing on all levels at once. Its many modes include gentle manipulation of the cranio-sacral system surrounding the central nervous system, including

membranes of the skull to relieve any compressions that can cause a myriad of symptoms in the head; using energy via the fascia to restore structural integrity of the body and unwind tension patterns; and using energy combined with positioning and dialoguing to release stored energy from physical and emotional traumas. Best of all, most clients enjoy a much deeper relaxation than with massage.

Sandy Hanne, R.M.T., has helped thousands of clients change their lives using CranioSacral Therapy. An advanced practitioner, she has studied extensively with Dr. John Upledger, founder of the technique. 469-438-8634.



What is Iridology and how can it help me?

It has been said that the eye is the mirror of the soul, and that it discloses the different mental and physical conditions of the body; we generally speak of the 'vivid clear eye' of the well person, of the 'anguishing, glaring eye' of the consumptive; of the 'broken eye' of the dead-sick.

Various nervous diseases are disclosed by the decreased mobility of the pupil; frequent disturbances of the sight point to diseases of the kidneys (diabetes), as does also the falling out of the eye-lashes. By analyzing the iris of the eye, it is possible to determine the condition of your body by reflex markings found in the corresponding fibers of the iris. Iridology analyzes the iris of the eye to determine the cause of your ill health, in what state it is in, how it arrived there, how to free your body of it, and most of all, when you have freed it.

To help you find out the root of your health problem call Iridologist, Edna Craven, DC, BCNP, BCI at 972-256-0004 / dreocraven@earthlink.net (29 yrs. experience). 10% discount with this ad.



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 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 a naturopathic physician?

Naturopathic medical doctors (NMDs) are primary care physicians whose philosophy is derived from a Hippocratic teaching more than 2000 years old: Vis mediatrix naturae—the healing power of nature. Their training is based on the same basic and clinical biomedical instruction allopathic medicine

is; however, natural medicines are emphasized. Naturopathic physicians utilize physical examination and conventional diagnostics, and assist patients by using mostly integrative and holistic modalities such as clinical nutrition, herbal medicine, homeopathy, and counseling. This approach has proven successful in helping both chronic and acute conditions.

Dr. Kimberly Wilson, NMD, is a licensed, board certified naturopathic physician with a private practice at Innovations Wellness Center, 6546 Preston Road, Plano, TX. www.innovationswellness.com (972) 608-0100.



Is there a Divine Design for me?

Yes, most everyone wishes there is something special for he/she to do in life, but feel that they have been left out. No one has been left out. We each hold a very special piece to something better. Do we need to remove the glop that filters us from seeing the bigger and much more beautiful picture?

Yes! We will remove the glop, open the heart, move into forgiveness and live a better life for it.

Beth Carpenter, N.D. loves intuitively guiding God's children in health and happiness. She is a traditional naturopath, medical intuitive, Reiki Master, author, public speaker, psychic and angel communicator with over 20 years experience. Beth works full-time in natural, complementary and energy medicine. She has helped thousands achieve health, balance, peace, abundance and understanding in their life and directions. Will you say YES to permitting Beth to help you too? www.healthylife4u.com, 512-707-9886



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.



What are the Five Levels of the Soul?

Nefesh is the body which our Soul is attached to during incarnation. Ruach is the Spirit energy through which we experience emotion. Neshamah is our moral consciousness. When we feel compelled to do something right or good, it is through Neshamah that

we sense this. Chaya is our community consciousness and is our source of sixth sense. Yechidah is the part of our soul that is our direct channel with the Divine and is the source of Prophecy.

Terri is a Psychic Medium and ardent student of Kabbalah. She maintains an unshakable faith the Creator which allows her to provide an in-depth assessment of your physical, emotional and spiritual health and assist you in seeing your own path more clearly. As a Medium Terri is able to connect with those who have passed over. Having identified the energy she is connected to as authentic she communicates with your loved ones in a way that leaves no room to doubt that life never ends. Terri can be reached at 817.636.2921 www.songsPELL.net



What is Thai massage?

Thai massage is a blend of acupressure, gentle yoga stretches, massage and energy work. The client wears comfortable clothing and lies on the floor on a soft mat. Benefits include: stretching muscles, feeling relaxed, increasing flexibility and reducing stress.

Client testimonial: "Thai massage with Suzanne moves you to the center of your own senses...the center of intuition...to the place where you become exactly who you are...Love. -Libba Davis"

Suzanne Miller is a Licensed Massage Therapist and Certified Kripalu Yoga Teacher who has a practice in the Dallas area. She has traveled in the US, Thailand and England to enhance her training and studies of Thai massage. To schedule an appointment, please call 972-319-3661.

HOW TOXIC ARE YOU?

Symptoms

- Fatigue
- Depression
- Memory Loss
- Immune Dysfunction
- Muscle Weakness/Aching
- Skin Rashes
- Anemia
- High Blood Pressure
- Tremors
- Headaches
- Autism
- Hyperactivity

Sources

- Aluminum pans
- Amalgam Fillings
- Drinking Water
- Air Pollution
- Seafood
- Pesticides
- Medications
- Fertilizers
- Old Paint
- Anti-Perspirants
- Tobacco Smoke
- Cosmetics

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- | | |
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| ✓ Low Sex Drive | ✓ Sleep Disturbances |
| ✓ Hot flashes | ✓ Anxiety |
| ✓ Foggy Thinking | ✓ Depression |
| ✓ Stress | |

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www.KarenAsburyMD.com

AMMA, Celebrated Humanitarian and “God’s Love in a Human Body” to receive thousands in North Texas June 27-28

A tireless humanitarian, Mata Amritanandamayi, better known as “Amma” or “Ammachi,” visits Addison, on Saturday June 27 and Sunday June 28. She will receive thousands with her blessing – a healing embrace.

Considered a living Saint in her homeland, Amma, 55, has quietly gained an extraordinary reputation over the last 30 years as a result of the extensive charitable institutions she has established, and for her personal outreach. Sleeping merely a couple hours per day, she teaches by the constant example of her own life, emphasizing selfless social service.

Through her extraordinary acts of love and self-sacrifice, Amma has endeared herself to millions. She tenderly caresses everyone who comes to her, holding them close to her heart. Darshan is a Sanskrit term describing “audience in the presence of a holy person”. In a radical departure from Indian tradition (particularly for a woman), Amma’s darshan consists of a long tender embrace. In India, vast crowds usually assemble to the point where Amma may individually receive and hug over 40,000 people in one day, sitting continuously. She will never turn anyone away, nor charge any money. It is estimated that Amma has given over 26 million hugs in her life.

Amma’s compassion crosses all barriers of nationality, race, caste and religion. Amma teaches that the Divine exists in everything – in every person, plant and animal. Perceiving this unity is the essence of spirituality and the means by which to end all suffering. Through this simple, yet powerful message Amma is transforming our world, one embrace at a time.

As Dr. Jane Goodall, while presenting Amma with the 2002 Gandhi-King Award for Non-violence said, “She stands here in front of us: God’s love in a human body.”

“She has been compared to Mother Teresa and Mohandas K. Gandhi...”
—Washington Post

With official NGO status granted by the United Nations, Amma oversees a vast network of charitable activities of three distinct types: 1) direct aid to the needy 2) educational institutions designed to help the underprivileged help themselves, and 3) social programs that serve broader society and the planet.

In recognition of her humanitarian endeavors, most recently in the area of disaster relief, Amma received the James Parks Morton Award in 2006. In 2002, Amma was greeted by a roaring standing ovation at the U.N. in Geneva, upon being recognized with the Gandhi-King Award for Non-Violence, an award previously given to Nelson Mandela, Kofi Annan, and Dr. Jane Goodall. Amma was the closing plenary at the 2004 Parliament of The World’s Religions in Barcelona, wherein she emphasized the importance of harnessing “spiritual power” in an effort to rise above religious differences.

It is inspiring to be reminded of what is beautiful and deep about the human spirit.



Program Schedule June 27 & 28 Dallas, Texas, Hyatt Regency at DFW Airport:

Free public programs will take place beginning at 10am on Saturday, June 27, with a brief meditation, and then Amma’s darshan, which continues into mid-afternoon.

Sunday evening, at 7:00pm, the program starts with a talk, and music led by Amma. Darshan begins around 9:30 pm and goes late into the night; Amma will not leave until everyone who wishes to have her personal blessing has been received.

The morning sessions, begin at 10:00 am, with a brief meditation, and then darshan, which continues into mid-afternoon.

The “Devi Bhava” program, also free and open to all, begins at 7:00pm on Sunday evening.

This program also includes a 1-hour ceremony honoring the Divine Mother, and personal blessings from Amma for those present — these blessings continue until the early hours of Monday morning.

Website Info:
www.ammadallas.org

Dallas Program Information
1-888-4-AMMA-09



AMMA

Come meet Mata Amritanandamayi, renowned humanitarian and spiritual leader.

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DEVI BHAVA

June 28

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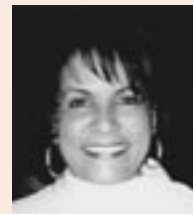
This free report reveals a natural procedure that is giving chronic pain, chronic fatigue and fibromyalgia sufferers their "lives back," with miraculous results for many. If you suffer from chronic pain, chronic fatigue or fibromyalgia you need this revealing free report that is giving hope to people everywhere. For your free copy, call toll-free 1-800-760-7477, 24 hr. recorded message.

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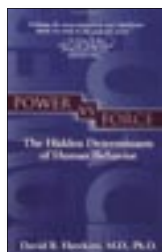
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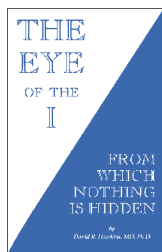


Power vs Force

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.

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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. 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 calibrates at 980.

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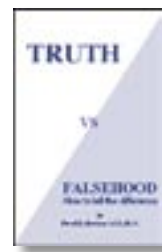
I: Reality and Subjectivity

The third book of the Trilogy, I: Reality & Subjectivity, provides quintessential information for seekers of enlightenment.

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.

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Transcending the Levels of Consciousness explores the ego's expressions and inherent

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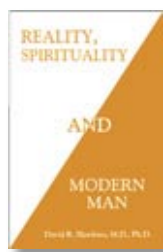


Devotional Nonduality

This is the sixth book by Dr. Hawkins and finalizes and further clarifies the true nature and core of the condition termed

"Enlightenment." Although it draws on consciousness research for explanation and contextualization, it is primarily an instruction manual for the serious spiritual devotee and reveals information that is known only by those who have transcended the ego to reach Divine Realization.

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Reality, Spirituality and Modern Man

This is the seventh book in a progressive series based on the revelations of consciousness

research. It describes in detail how to discern not only truth from falsehood but also the illusion of appearance from the actual core of inner reality.

The text explains how to differentiate perception from essence and thereby enables the reader to resolve the ambiguities and classical riddles that have challenged mankind for centuries and baffled the best minds in history.

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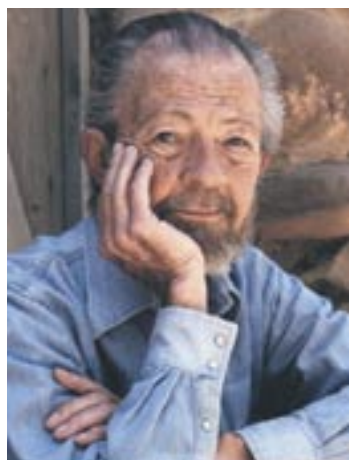
These holistic lectures were first presented to a variety of recovery organizations and clinicians from diverse backgrounds.

The emphasis is on recovery in its fullest sense - mental, physical, psychological and spiritual. To "heal" means to make whole, in contrast to "treating" which is limited and short-sighted.

The author draws from a diverse clinical background of over 50 years as a foremost leader in the field, as emphasized in greater detail in a series of over eight books on the subject of human consciousness itself, which is intimately intertwined with health, as well as behavior and the psychological underpinnings of human existence.

This companion to all the lectures is a compendium and dedication to the relief of human suffering in its various expressions. To truly heal is to "make whole" on all levels.

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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.

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The first Fort Worth Wellness Expo is shaping up nicely. I'm very excited to be a part of it. We have over 60 vendors. The variety is wonderful! You'll find everything you need to live a holistic lifestyle and a speaker for just about any topic. Gather up your closest friends and come spend the day with us at the Will Rogers Exhibition Hall on August 8th and 9th.

It is exciting to see the growth of the Holistic Networker in Tarrant County as well. Availability has more than doubled in the past couple of months and continues to expand. Soon you'll see more practitioners, interviews and articles about life West of 360.

I would love to enlist your help in expanding the growth. Here's how:

1. When you find the Holistic Networker, take two. Keep one and give one away.
2. Talk about the Fort Worth Wellness Expo to friends and neighbors. Send me an email and I'll make sure everyone gets a \$1 discount for tickets to the show.
3. If you come across an office, store or other venue that doesn't have the Holistic Networker and seems like a good fit, send me an email.

Together we can create a buzz about the holistic community in Tarrant County. Let's give 'em something to talk about!

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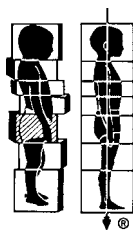
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Interview: Kim McLaughlin

The Center for Healing Arts

by Dena Kirk

Winding your way through the transitional neighborhood that houses the Center for the Healing Arts is interesting; beautiful Victorians mixed with run-down factories. However, when you step into the house-turned-office, you know you are in a healing space.

Upon entering the Center, I found the staff preparing for a party. A 27-week birth kept a patient from her baby shower. This caring group of professionals was banding together to remedy the situation.

The practice consists of Kim McLaughlin, Barbara Borchardt and Emily Kuentz, each an acupuncturist with a different specialty, along with Mona Perez, massage therapist, reflexologist and Reiki practitioner.

Q: The Center for the Healing Arts has the attention and respect of the Western medical community, which isn't always the case with alternative health care. Why?

I think there is a tendency for both Western and Eastern practitioners to believe that their way is the only way. Because of my background as a Pharmacist, I have knowledge and respect for Western medicine.

I worked as an acupuncturist in Dr. Joseph McWherter's office for six years. Although he has a traditional gynecological practice, he is open to and uses natural remedies and Eastern medicine. My partnership with him solidified my belief that Eastern and Western medicine can work in concert, achieving the best result for the patient.

Many of our patients come to us after they've run the gamut of Western medicine. When they get results it is a testament to acupuncture and energy healing.

Q: What do people ask first when considering acupuncture?

Usually they ask if acupuncture can help their particular issue. They're rightfully skeptical, since they've been from doctor to doctor with no relief. We explain that the body is an energetic entity and that correct-

ing energetic imbalances allows the body to heal on its own.

Often they have heard about using acupuncture for the treatment of pain. There is a Chinese saying, "Where there is no stagnation, there is no pain." We locate the area of pain, thereby locating the area of stagnation, and then release the pent up energy. Sometimes we do that directly, treating the area of pain, and sometimes we do it indirectly, drawing the pain away. Sometimes we use needles and sometimes we use massage or cupping or infrared heat to loosen the area. The stagnation then releases.

The next thing they ask is if it hurts. Most of the time there is no pain sensation. Occasionally someone will feel a little sting with penetration. Often you'll feel a dull ache or a tickling or warmth as the energy begins moving and opening up.

Q: What treatments are available at the Center for the Healing Arts?

We use a wide variety of treatments. Mona offers both Swedish and deep tissue massage, Reiki, lymphatic draining, reflexology and guided imagery. Barbara treats pain, infertility, allergies, emotional release and ear stapling for weight loss. Emily is our resident infertility specialist. I like to work with challenging cases and with people who are interested in working on their whole selves: body, mind and spirit. But each of us is trained to treat everything. The beauty of Chinese Medicine is that it treats the body as a whole. We make use of acupuncture, detoxification and infrared saunas, Chinese herbs, homeopathy, essential oils and flower essences.

This isn't an exhaustive list. We can treat just about anything for which you'd go to a physician: allergies, hormonal issues, depression, anxiety, nervous system issues, chronic illnesses; really anything except for emergency room type issues.

Q: With all these treatments available, how do you diagnose what's needed?

I start with talking with the patient and asking about their symptoms. With that information, I start to get a picture. After that, I check the tongue and pulses, which carry a wealth of information. Usually, my intuition kicks in during this process and I start to narrow the search for the underlying issue. I make use of kinesiology, or muscle testing, to get to the bottom of the problem. Most of the time we can help the person overcome their issues. However, there are times when our vast resources aren't what the person needs and I refer them to another practitioner. For instance, to a chiropractor for an adjustment or a physician for a prescription. The most important thing is to get the patient the right kind of help.



Kim McLaughlin has over 25 years in the medical field, first as a Pharmacist, and now as an Acupuncturist and Chinese Herbalist. Kim blends her

Western Science and practice of Eastern Medicine to diagnose and treat patients as holistically and comprehensively as possible. She practices not only Traditional Chinese Medicine, but also allergy elimination techniques such as NAET, NMT and Bioset as well as the Kauffman technique.

Kim will speak about "Energy Healing" on Saturday, August 8, at 4:30 p.m. at the Fort Worth Wellness Expo. See details in the Expo Program Guide. The Center for the Healing Arts will be exhibiting at the Fort Worth Wellness Expo. Please stop by and meet the staff.

The Center for the Healing Arts is located at 312 West Leuda Street in Fort Worth 76104. The phone number is 817-882-9750 Visit www.centerforthehealingarts.net

Wellness Expo *in Fort Worth*

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Program Guide



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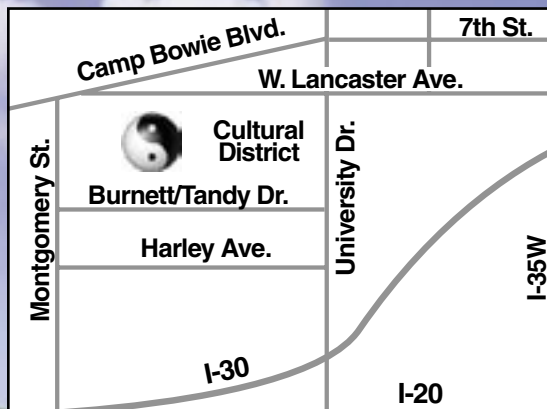
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SATURDAY: Lectures & Demonstrations

11:30 AM

Healing with Sound

Nancy Byers
972-424-1217
Nancy will demonstrate the Language of Light, which is a vibrational healing technique. 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. Over the last 20 years, Nancy has developed an ability to express this language. She has helped hundreds of people all over the world with her gift.

12:00 PM

Meditate the Easy Way

Dr. Elizabeth Busch, PhD
817-313-6416
People often have difficulty quieting the mind and accessing meditative states of awareness. This talk will explain how Hemi-Sync audio technology facilitates and enhances meditation experiences. Elizabeth Busch is an accredited Outreach Facilitator for The Monroe Institute and a graduate of their Gateway Voyage and Lifeline programs. She has offered workshops and energy healing in Fort Worth, Texas, for the past 18 years and also takes groups to the jungle and Machu Picchu for adventures in Andean spirituality and personal healing.

12:30 PM

Spiritual Connections

Gary Champion
214-636-7546
Gary will demonstrate actual gallery style readings. He will connect with those who have passed and bring messages you will want to hear. Although not everyone will be read, all can gain from the experience. Gary has received messages since the age of 6. As a professional psychic medium, he passes along what he hears in the hopes of helping someone. He is clairvoyant, clairaudient, clairsentient, and clair empathetic as well as an animal communicator. See www.garychampion.com

1:00 PM

Flowering Fruit Tree or Twisted Thorn?

Paul John Roach
817-423-2965
Our life experience can be joyous and fruitful or sad and sterile depending upon our thinking, our intention and our willingness. This talk looks at ways to make our lives richer and productive experiences. Paul John Roach is the senior minister of Unity Church of Fort Worth. He is the host of the radio show on unity.fm, a writer and local environmental activist.

1:30 PM

Introduction to Fascial Integrative Therapy

Frankie L. Burget, OTR, RMT, CNDT
817-571-8135
A new frontier in whole-body wellness, harnessing the synergy of myofascial release, craniosacral therapy, and somato-emotional healing. Frankie Burget is a licensed and National Board Certified Occupational Therapist and Mastery Level Senior Instructor and Coordinator with Myofascial Release Centers and owner of Windsong Therapy and Wellness, Inc. in Bedford, TX.

2:00 PM

Does Your Soul Actually Speak?

LaRue Eppler
940-365-0200
LaRue will show you how Infinite Wisdom is always communicating to you—even when you think it isn't. You'll learn why you sometimes have difficulty receiving Spirit's communication, and what to do about it. Watch a demonstration of Spirit communicating with an audience member and marvel as it unfolds before your very eyes. LaRue Eppler is the developer of Evolutionary Kinesiology, an international course leader and speaker, popular radio guest, transformational facilitator and co-author of "YOUR ESSENTIAL WHISPER: Six Distinct Ways to Recognize, Trust, and Follow Inner Guidance with Absolute Certainty!"

2:30 PM

The Art of Power - Part 1

Dr. Gary Berman, PhD, DC
972-404-8650
In this special presentation, Dr. Berman explains the dynamics of empowerment and manifestation in his life model called the Art of Power. You will learn how you can change your life in 30 days by reframing your perspective in third dimensional space allowing you to make better choices and achieve better results in your life. Dr. Berman, medical mystic and holistic doctor with advanced and professional degrees in physics, engineering, and chiropractic, has incorporated 24 years of studies in science, nutrition, and metaphysics into transformational new systems and techniques.

3:00 PM

Optimal Living

Dr. Tom Goode, ND, DD
817-847-8216
Dr. Goode will discuss how to live from your higher self-perspective. Dr. Tom Goode is a best-selling author of 5 books on holistic living, speaker and dynamic seminar leader. His latest book is entitled, "Breathe and Grow Rich: Self Care for Life Enrichment".

3:30 PM

Forgiveness

Dr. Beth Carpenter, ND
512-707-9886
The definition of forgiveness is cease to feel anger or resentment towards. This sounds simple, but most of us continue to hold onto the hurt. What if we could let go and forgive without years and years of therapy? Beth Carpenter, ND, for over 20 years has worked as a traditional naturopath, medical intuitive, psychic and angel communicator. She has helped thousands achieve health, clarity, peace and understanding of their life and divine direction.

4:00 PM

Past Lives, Dreams & Soul Travel

Eckankar
972-820-0530
This mini-workshop will prepare you to find your true purpose, to find greater love than you've ever known, and to find spiritual freedom. Eckankar, Religion of the Light and sound of God, teaches that each of us is Soul, a spark of God sent to the world to gain spiritual experience. Eckankar teaches simple spiritual exercises to experience the Light and Sound of God.

4:30 PM

Energy Healing

Kim McGlaughlin, LAC
817-882-9750
The talk will describe various forms of healing and energy medicine, including acupuncture and herbs, and explanations of how we diagnose, treat and what happens in the body in response to treatment. With almost 30 years of experience as a pharmacist and over 10 years as an acupuncturist, Kim understands both Western and Eastern medicine. She has a Masters in Acupuncture and Oriental Medicine and combines Traditional Chinese Medicine with other forms of healing and allergy elimination techniques, herbal therapies, homeopathics, flower essences and essential oils. She owns The Center for the Healing Arts.

5:00 PM

Connecting to Other Realms

AnnMarie Touchette
817-528-8841
In this presentation, AnnMarie will discuss Orbs, ET's, Hollow Earth & more. AnnMarie has seen and felt the presence of Spiritual Beings all her life. Having been a shutterbug for years, she takes pictures everywhere she goes, and quite often, many Beings appear in her photos. You will be amazed at these pictures. AnnMarie Touchette is a Metaphysical Hypnotherapist, owner of Change-Works Healing & Hypnosis Center and DFWPsychic.



SUNDAY: Lectures & Demonstrations

11:30 AM

Astrology & You

Cynthia Novak

817-261-2984

Join Cynthia as she shares her insights on how planetary alignments can affect your life. Cynthia Novak combines over twenty years of astrological and spiritual study to bring you practical, heart-centered information.

12:00 PM

Views from the Other Side

John Capello

214-279-0039

Join John Capello...Visionary...as he presents views from the other side. This is a special time when amazing information comes to us from the Spirit World. John is a Visionary, who offers classes, Galleries, parties, Meetups and private readings.
Visit www.VisionaryWorkshop.com

12:30 PM

Colors & Ionization

Donna Reis, Certified Chromatologist, CNHP

817-788-9451

What is ionization? What is it that the Ionic Foot Spas actually do? Does Ionization benefit our health? Why does the water change color? What do the colors mean? Donna will answer these questions and more. Donna is a Certified Chromatologist, CNHP, Certified Ionic Researcher, and Certified in Emotional Release with Essential Oils.

1:00 PM

An Ounce of Prevention is Worth a Pound of Treatment

Gayle Mays & Dr. David Waters, DC

817-735-4100

Learn how to balance and maintain the body naturally to keep yourself feeling well and sickness at bay. Dr. Waters specializes in allergy elimination, pain management, Psych-K, live blood cell analysis and homeopathic care and is certified by the National Board of Basic Sciences, the National Board of Homeopathic Examiners, the Psych-K Corporation and the National Board of Chiropractic Examiners. Gayle Mays has decades of experience in natural healing, is a certified colon hydrotherapist and founder of Naturopathic Therapies, Fort Worth's leading alternative healing center.

1:30 PM

Energy Medicine

Dr. Rita Louise, PhD, ND

972-475-3393

Since the earliest times, practitioners of Energy Medicine have used techniques such as the laying on of hands to help restore individuals to a state of health and harmony. Discover how "energy" can be used as medicine to heal us physically, mentally, emotionally and spiritually. Host of Just Energy Radio, Dr. Rita Louise, Ph.D., N.D. is a Naturopathic Physician, Medical Intuitive, Clairvoyant and founder of the Institute of Applied Energetics. Author of the book, "Avoiding the Cosmic 2x4", she represents the leading edge of holistic health and mind/body healing.

2:00 PM

Summer into Fall: Your Child's Best Back-to-School Health

Jennifer Crain, LAC

512-413-5743

As the seasons change, so do your child's health needs, strengths, and challenges. Join Mommy's ER founder and holistic pediatrics expert Jennifer Crain as she helps you to determine your child's seasonal constitution, and how to use this information to support and avoid the immune onslaught of back-to-school with acupressure, nutrition, and natural remedies from your own kitchen cabinet. Jennifer Crain is a holistic pediatrics specialist, a licensed acupuncturist and herbalist, and founder of Mommy's ER (an Everyday Resource for natural children's health). She is also the mother of a five-year-old, who gives her practice.

2:30 PM

How to Connect with Your Guides & Loved Ones in Spirit

Carole Layman, LMSW, CHT

817-455-6642

In this talk, Carole will assist you in having a better connection with your guides and loved ones, who have passed. Carole is a Licensed Masters Level Social Worker, who is also certified as a Hypnotherapist. She offers Past Life Regressions, Life-Between Lives Therapy and help with connecting with your guides and loved ones in spirit.

3:00 PM

3-D in Mercury Toxicity

Dr. Ricardo B. Tan, MD

817-274-0350

What are the 3-D's in Mercury Toxicity? Find out how you can overcome them. Dr. Tan is a holistic MD doing alternative medicine for the past 20 years. He was able to help more people than ever before.

3:30 PM

The Art of Power - Part 2

Dr. Gary Berman, PhD, DC

972-404-8650

In the second part of the Art of Power presentation, Dr. Berman explains how our complete sensory system processes information and can be used effectively to carry out our purpose here on earth. As a psychic, he will demonstrate simple techniques to introduce you to sensing/receiving information from your spirit in order to access your own power. Dr. Berman, medical mystic and holistic doctor with advanced and professional degrees in physics, engineering, and chiropractic, has incorporated 24 years of studies in science, nutrition, and metaphysics into transformational new systems and techniques.

4:00 PM

Getting in Touch with Your Own Intuition

Cheryl McMillan & Sandy Winnette, Clairvoyants

469-463-1810

Tune into your own inner vibration. All of us have the ability to hear our own inner voices. Learn how. Cheryl is a Clairvoyant in private practice and owner of the Dallas Psychic Fair. Sandy is a Psychic Reader, Author, and teacher of Psychic Development and Tarot.

4:30 PM

Messages from Your Higher Self

Rev. Pat Raimondo

817-237-7840

Rev. Pat sees the auric energy and hears the voice from your higher self. She will share this information with selected audience members. Rev. Pat Raimondo is the pastor and founder of the Universal Light of Christ Church in Lake Worth, Texas and Melbourne, Florida. She has been doing intuitive readings for 40 years. She's the author of the Teachings of Light series.

5:00 PM

Guardian Angels in Action

Carol Lee, CHTP, CQTP/Instructor, Spiritual Consultant

817-426-0305

In this fun-filled interactive presentation the intention is for you to Meet your Guardian Angels. Your Guardians are here on Earth with you every second of the day and it is time to connect and communicate with them. Carol's certifications, training and practice include Quantum Touch Practitioner/Instructor, Certified Healing Touch Practitioner, Certified EFT Practitioner 1, Advance Reiki Practitioner and Medical Intuitive Training. Carol has been an Ordained Licentiate Minister since 2003 and in June 2009 she will be certified in Angel Therapy® with Doreen Virtue.

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Mercury Toxicity and You

by Lewis Cone, DC

I've recently noticed that there are numerous health problems coming from mercury toxicity. I test every person that comes into my office and about 50% of all patients need to detox mercury to improve their health (no matter what their complaint is!). I mistakenly thought I was above having a mercury problem (because I don't have silver/mercury fillings in my mouth), but actually, I was tested two years ago and mercury *was* found to be a part of my chronic back pain that I could never get over. Now I feel fine after I put effort into detoxing out this troublesome metal.

So what are the symptoms of mercury poisoning? You name it. Mercury is a toxin, a poison. Depending upon where it gets stored in your body affects what your symptoms will be. For starters, mercury causes lots of chronic pain- especially pain when you don't have a good reason for it (eg: no accident or perhaps an injury that should have healed a year ago, but still hurts). Mercury can cause headaches, back pain, muscle pain (fibromyalgia), bone pain, foot pain (plantar fasciitis)...really any pain. Mercury can get into our brains or nerves and cause panic attacks, depression, crying, foggy thinking, memory problems, traveling pains, feelings like ants on our skin, numbness or tingling sensations. If mercury gets stored in the tissue around a gland that produces hormones, then it causes hormone imbalances. Mercury frequently has a huge affect on thyroid function. If your thyroid isn't working right you can be tired, have sleeping problems, digestive troubles, hair loss, skin problems, or have trouble losing weight even when on a diet and exercising. Mercury can affect women's menstrual cycles and

cause fertility problems. Just about any weird symptom you can think of can be coming from mercury poisoning.

So where does it come from? Mercury can come from "silver" fillings you have or used to have in your teeth. Silver fillings are actually half mercury and it can very slowly leak out and get into your body. The brain, neck, and thyroid gland are all very close to our teeth so it isn't too hard to see why there are lots of neck pain, brain problems, and thyroid problems with silver fillings. However, you don't have to have silver fillings to have mercury poisoning (like me). Mercury is found in large, ocean fish such as tuna and swordfish. It's in small amounts in all seafood including most seaweed. Mercury is used as an ingredient in a fungicide spray that is commonly sprayed on wheat after harvesting, as well as some fruits (and anything that might rot). So if you have had bread or pasta or an apple, then you might be getting leftover mercury-fungicide into your body. Mercury is released into the air when you burn coal (like here in Texas). Mercury has been used in vaccines. The mercury in a mother's body can get placed into a developing baby during pregnancy. So as you can see, it can come from various sources.

So how do you test for it? There are several ways. You can have a hair analysis or do a blood test. Mercury is frequently stored in fat tissue so it won't show up on a standard blood test. You have to take something to start detoxing it out of the fat for it to show up in the blood 24 hours later. A doctor familiar with this test can order a DMSA challenge and test for it. I much prefer testing through muscle-testing or Applied Kinesiology methods. I use this method because it is fast, non-invasive,

and accurate (patients get better). I see so many positive tests for mercury in my office that I assume you have it until proven otherwise!

So how do you get it out? You can have IV chelation therapy done. You can get some out through sweating (exercise or saunas). In my office I test for what nutritional supplement is needed to help your body flush it out. These supplements range from Vitamin C (in large, supervised doses) to certain amino acids or other simple products. They get the job done. I expect mercury detoxing to take about two or three months with the *correct* detox supplement. It is important to have regular bowel movements during this process since mercury is 75% flushed out through the colon and 25% through the kidneys. Lots of fruits and vegetables plus fiber may be needed if you are constipated. Now don't forget—your body may have more toxins in it than just mercury. There may be lead, aluminum, or other chemicals waiting to come out after mercury is done. Find a good doctor and get tested!



Dr. Cone is a Chiropractor and Nutritionist. His practice primarily focuses on nutrition, ranging from colds to autoimmune disease. He can be reached at 972-880-8541

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INTERVIEW WITH DAVID R. HAWKINS, MD, PhD

By Gina Mazza



Talk about knowing one's dharma: from the time he was a young lad, David R. Hawkins, MD, PhD has had a string of mystical experiences that compelled him to devote his life to nothing less than the upliftment of mankind. A sought-after psychiatrist for decades in New York City, Hawkins left his practice at age 38 after contracting a near-fatal illness. While praying for healing, a bliss state befell him—prompting him to leave behind his “personal self” and merge with “an Infinite Presence of such unlimited power that it was all that was.”

After seven years sequestered in a cabin near Sedona, meditating and studying, Hawkins reintegrated into society and has been astonishingly productive ever since. For nearly 40 years nonstop, he has been writing and lecturing around the globe about higher consciousness. At the core of his research is the radical notion that consciousness can be mapped on a logarithmic scale using behavioral kinesiology, nonlinear dynamics and particle physics. His seminal work, *Power vs. Force*, introduced the concept that truth is subjective and relative to one's level of consciousness.

The following interview took place around the recent launch of *Healing and Recovery* (H&R), the eighth in a progressive series of books based on the revelations of Hawkins' lifelong research. H&R offers clinically proven self-healing methods that can result in complete recovery from any disease. Hawkins, 82, states with certitude that this is his final book.

The Collective Shift

Gina Mazza: It's possible for our calibration to change throughout our life experiences. My question relates to the collective shift in which we're being called to the carpet about things in our lives that are inauthentic. We're being given chances to wake up and change patterns that no longer serve us—or others. I've noticed that when certain individuals reach that that “golden moment,” as you call it, where the potential for a spiritual awakening is ripe, they instead slip into denial and blame.

David Hawkins: That can happen when someone gets the spiritual bug because they become more introspective and self-critical. There may be a period when they go down into guilt because now they're feeling responsible on a different level than before. Before, it was just performance. Now they're getting into intention. They begin to see the intention behind their various actions and getting more sensitive about their motives. This period of painful introspection can be unavoidable.

What if the person closes the door on that period of introspection? They say, “I'm not going there. I want to go to my job, go for a drink Friday night, the gym on Saturday, wash the car on Sunday” and they ignore the part that is yearning to open up. A crisis may crack open the door but the propensity is to keep it shut.

That's correct. Those individuals may go through several lifetimes living on the superficial level. Introspection leads to guilt so they avoid it. A lot of people don't want to look at themselves. If you're seeing your psychoanalyst at \$100 an hour, you're very happy to look at yourself. When you're on your own, there's no point in it unless you're devoted to evolution. When you're devoted to evolution, you question yourself because you want to learn more about your motives.

The Economy

There's no mistake that we're going through a collective recovery as a nation. In fact, Obama's plan is called a Recovery Package. The last time the US went through a recession in the '70s, our nation's level of consciousness was below 200. So it makes sense that we would be going through this current recession in an unprecedented way. Now that our collective consciousness is over 200, how does it relate to what's happening with the financial markets collapsing, the banking and auto industries in peril, high unemployment rates?

Anytime there's a shift of consciousness from one level to another, there's a disruption. If you used to be a crook and you decide you're going to become honest, you're going to disrupt everything around you. What's happening with our economy is a reorganization based on values other than just making money. The economy is really based on greed: every product is an effort to make money. And making money doesn't infer anything having to do with responsibility. Now, we're bringing up responsibility. As citizens, we're asking, “Should these companies reveal what they know?” So there's disorganization based on a current lack of clarity about values.

Integrity is the new gold standard and, as we evolve, it is becoming more important than the bottom line.

That's the current headline—people testifying about the integrity of a company, its executives and whether their compensation is within expectations of financial integrity—and the fact that some are well outside the expected norms is causing a great upset in the media: excessive compensation for executives who not only didn't do a good job but did a bad job.

The headline in this morning's news is the AIG execs rescinding their bonuses. CNN just reported that AIG is taking the signage off their corporate headquarters in Manhattan due to hostile threats against the company. I can't recall this sort of public outcry for corporate accountability in my lifetime.

A big part of it is the media bringing these things into our personal experience. We have instant reporting, instead of reading it in a newspaper—which is detached and intellectual. We can now experience a person's personality and hear them talking live to us. So as an executive is testifying in Washington, the country is listening. We're far more involved in world affairs that once were abstract. And the fact that [some corruption] involves taxpayer money and people's personal investments, as in the case of Bernie Madoff, that makes it very personal. Accountability and personal responsibility are becoming quite primary.

Illness Requires Subconscious Guilt

You say in *Healing & Recovery* that illness is a form of unconscious guilt, and this is confirmed by scientific research. You say, "Our belief system... aggravates suppressed emotions... we have some sort of guilt about something in our past consciously or subconsciously."

Yes, illness requires subconscious guilt, which is almost impossible to avoid because we're only human and prone to error. Error leads to guilt. "Why didn't I do better?" Even if you make a million dollars you say, "Why didn't I make a million and a half?" Humans, even those who are quite obtuse, are always dealing with the hypothetical. "Why didn't I avoid that?" "Why did I say that?" It's very hard to avoid this critical self-observation. Our society is focused on winning and achieving. I'm sure those guys at AIG who got a \$50 million bonus were saying "Why didn't I get \$60 million?"

Those individuals who close the door on introspection: are they healthier because they're avoiding it?

They're more comfortable [but] comfort is one thing and health is another. You can be comfortable and extremely neurotic. You can be dumb and glad of it! [laughs] Not looking at yourself brings about greater comfort but also a lack of self-awareness, so you're in a different style of human



existence. If you're not self-aware, you're not as evolved as a person who is aware of their defects.

And a self-aware person learns to let go of the guilt about things.

If we were angelic beings we'd be in a different realm. So accepting the purpose of human life—to evolve—takes away a lot of the guilt. You say, "I'm here to learn, I'm not a super angel." I view human life as primarily purgatorial—not in the religious sense but experientially. It's not heavenly nor is it hellish; it's somewhere in between. We're here to achieve good karma and undo bad karma, as the Buddhists say. We learn from our mistakes and try to evolve to a higher level.

From the outside looking in at a person who is not self-aware and not feeling guilt about what they might have done because they're avoiding that guilt—that person's life may appear to be smoother than the life of a person on a spiritual path, which can be quite chaotic.

Yes, indeed, because you're facing guilt about defects that a person who is not introspective doesn't have to face about themselves. They're obnoxious and hateful and they don't realize it. But they're comfortable.

Definition of Healing

Let's get into a definition of healing. You say in *H&R* that healing begins around 540 [and that] "gratitude alone brings healing."

That's true. The 12-step movement is a very good example. It brings about recovery from a hopelessly dangerous and progressive illness, so a great deal can be learned about recovery from anything and everything by examining the 12-step program. Another

group that makes this very manifest in the physical is **A Course in Miracles**. So no matter what the illness is, look into the **Course** and the basics of the 12-step program. Between the two, you'll have all the tools you need to recover from any illness.

A core piece of both is forgiveness.

Yes, forgiveness of yourself and others. We [have to realize that] we're limited [and] created to be evolutionary. You are what you are and if you could be something else, you would be.

Because we have free will.

Some people confuse free will with magic. Just because you have free will doesn't mean you're going to be a genius tomorrow.

But we can create miracles, like how you tackled a weight problem by reprogramming yourself in only a few days.

Yes, if you make it your number one priority to do that, you can actually reprogram yourself in a matter of days.

Those who struggle with their weight would say THAT is quite miraculous.

It would be a miracle for that person, yes. I took off 50 pounds that way. I just lied down and whatever [cravings] came up, I allowed myself to experience it all. After three or four days, [the cravings] disappeared. I wasn't driven by it anymore.

You used a process that you call "anticipatory eating."

Yes, prophylactic eating! I would eat so that I wouldn't get hungry. I would say, "Now it's time for a cheese sandwich." I still do it. I wait until 11am and eat a high protein meal—that's breakfast and lunch. That holds me through until dinner. It's now a habit.

Why do you think obesity is a national epidemic?

Advertising. The constant barrage artificially propagates desire and hunger. We are constantly being tempted and provoked. The media plays a large part in the human experience now, almost dominant. What people think or believe is dependent upon what they just saw or heard in the media.

And as you say, our existence is about what we hold in our minds.

Our minds are being constantly programmed. The media have great power. Those who control the media are the real power barons

of today's world because they're controlling what people think is true.

Maybe the solution is to turn off the TVs and portable devices altogether.

I don't think you can do that in today's world. It's everywhere. [By contrast,] when I was growing up in rural Wisconsin, billboards were the great influence. We'd drive in the country and read the billboards. I looked forward to the Burma-Shave ads, the ones that said "slow down / and savor / little shavers".

Right! "Nobody knows / the stubble / I've seen."

It was today's television. Now we're used to having our minds fed by constant imaging. We have to know the minute something is happening.

Getting back to the definition of healing, you talk in H&R about "letting go of resisting the sensory experience of an illness, not labeling it, not even using words at all." Explain.

Today I wake up and my toe is painful. Right away my mind says "pain". I let go and experience [that]. Then I only label it as discomfort. Then I stop labeling it altogether. It has no name and no definition. By not focusing on an illness or giving it a name, you decrease its influence and importance. So you're not paralyzed and having to lie down. I can walk around and ignore it and go about my business.

Ignoring it is not the same thing as when you discuss in that same chapter about embracing the pain and going into it.

That's a different technique. Instead of ignoring it, you allow yourself to fully experience the experience. But you don't label it or resist. It's just a phenomenon like the weather. You go about your business and pretty soon you're not thinking about the weather because you're too involved in what you're doing.

You say in H&R to choose the energy field of love, which is healing. Are you essentially asking readers to be in a space of non-judgment?

Yes, that prevailing attitude allows you to handle other things. To be in a state of lovingness means that although you notice the defects of life, you're not in denial about them. They are there. But you don't allow it to interfere with your happiness.

If the TV doesn't work today I don't spend the day being unhappy. I just accept that it doesn't work and I go onto other things. The only thing it's going to interfere with is your amusement. If you don't have that amusement, you'll find another. If the TV's not working, it's a good day to clean out the closet. Part of being happy is being flexible and not insisting that something has to be a certain way, like if there's no peanut butter in the pantry, your whole day is ruined.

The Good News about Growing Old

Let's talk about the aging process, which you also discuss in H&R.

Getting older is a period of great opportunity to sift out the relevant from the irrelevant. Once you know the relevant, you realize that all the things that are necessary for happiness, you actually have. First of all, you ARE, which is a big help, especially when you consider the opposite [laughs]. And if you have love, you say "I am and I have love; what else is necessary?" As you get older, the emphasis is progressively on what is important. If you have relative security, comfort and love, you really don't need anything else—just a few basics, a peanut butter sandwich or something.

Unless you're out of peanut butter [laughs]. And even love is not an external thing.

It's not dependant on what's out there, you become more independent of the world.

So you don't mean to imply that we need to find someone to love—but rather, love is a state of being.

Yes, love is a way of being in the world. It's being considerate of others. That's all, just considerate, patient and kind. Being content and able to enjoy life in all its expressions is more important than anything else as you get older. If you've got Medicare and Social Security, what's there to complain about?

How do you feel about life at age 82 versus 22 or 52?

I enjoy being alive far more at 82 than 22. Just existing is quite gratifying. At 22, you're beset by all kinds of drives and needs, educational and vocational goals, trying to find a relationship that works. Life is a mess at 22! Life gets better as you get older. I have nothing to complain about, frankly. I guess

that should be my main complaint—that I've got nothing to complain about [laughs].

You say in the chapter on death that a conscious person has very little work to do at the end of life—there's no regret, no unfinished business, nothing on the table to deal with.

That's true, a lifetime of spiritual work leaves very little to do at the end. If there's anybody you didn't forgive or if you're still blaming yourself for past mistakes, you'll have spiritual clean-up to do. But life gets better and better because you have time to handle all these problems and defects of character.

As an author, is there more to write or have you reached the end of what you want to share with others?

I've pretty much reached the end of the subjects that I want to share with the world. I feel that I've done what I can do as far as my contribution to society. The primary reason for my existence has been fulfilled. I've felt an obligation [up until now] to share the things I've discovered with the world. I've fulfilled that obligation so I can leave the planet without guilt.

AUTHOR BIO: Gina Mazza is a Pittsburgh-based freelance journalist/editor/writing consultant and author of *Everything Matters, Nothing Matters: For Women Who Dare to Live with Exquisite Calm, Euphoric Creativity and Divine Clarity* (St. Lynn's Press 2008). Contact Gina at inspire@zoominternet.net, on FaceBook, or by visiting www.EverythingmattersNothingmatters.com.

RESOURCES: You can order Dr. Hawkins' books by calling 972-378-1211 or online at ShiftingFrequencies.com

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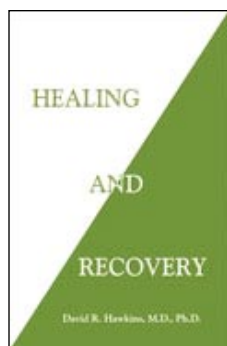
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Healing and Recovery David R. Hawkins, M.D., Ph.D.

In this book Dr. Hawkins draws from over 50 years of clinical experience, as well as his research on consciousness. He applies the map of consciousness, which he derived from kinesiology (aka muscle testing), and which he believes is the only way we can tell truth from falsehood. He dedicates this book to the highest good: physical, mental, and spiritual, and his goal is to help us to heal ourselves on all of these levels.

Dr. Hawkins explains why the body may not respond to traditional medical approaches and why it is important that we include

spiritual practices in healing and recovery. In fact, by doing this, traditional medical practices that did not work before may now work. He offers strategies that can allow us to heal ourselves from any disease. Dr. Hawkins discusses how he himself has used this approach to heal himself from over 20 chronic conditions, including ulcers and diverticulitis. He has also utilized this work to lose over 50 pounds, which he has kept off successfully for several years. He has even used these tools effectively when he came face to face with a rattlesnake, to overcome his fear of heights, and to handle other crises in his day to day life. Dr. Hawkins addresses how we can handle stress and the aging process, worry, fear, anxiety, pain and suffering, as well as depression, alcoholism, cancer, death and even dying. He helps us to see that these principles work, no matter how serious or chronic our illnesses or issues might be. Dr. Hawkins offers practical and helpful information that can easily and successfully be applied to one's life.

I found this book to be an excellent resource for how to live a healthy, happy

and fulfilling life. Not only did I find it to be highly enlightening when I read through it for the first time, I am now able to refer to specific chapters to help me to address whatever issues are most pertinent to me at a particular moment. This makes it an invaluable reference tool that one can utilize on an ongoing basis. It truly is timeless in the information that it offers and the approach to life that it suggests.

I highly recommend *Healing and Recovery*. Although I have greatly appreciated all of Dr. Hawkins' books and I am a big fan of his work, I found this book to be his best. Even if you have never read one of his books, this book can stand alone and be understood. I found it to be truly inspirational and life-changing. Dr. Hawkins is a remarkable man, who has helped me to expand my ideas of what is possible. His work has helped shape how I view the world and, as a result, I feel more empowered and in control of my life. I cannot imagine a more timely and helpful book for anyone.

by Felicia Weiss, Ph.D.

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—Angelee B., Providence TX

The power consumption in my home has been drastically reduced since installing the KVAR unit. My last three bills were down from an average of \$130 per month to \$93, \$73, and \$77 for FEB 08 MAR 08 and APRIL 08 and is currently on schedule for about \$77 for the current month half way thru the month of May. I installed the unit in Feb 08. My home is over 30 years old and has a three year old A/C compressor and a 7 year old heating unit. I have several neighbors who have decided to put one on their house after hearing my results. I am anxious to see what savings they will get also!

—Bill W., Carrollton Texas

My daughter and I have two homes for the elderly which were built only two years apart. Although they are approximately the same square footage the electricity cost was approximately \$450 or more per month in our newer home. I tried to get Wisconsin Public Service to do an audit, but they refused. When we were presented with the KVAR option, I felt we had nothing to lose. Since the unit was installed, we saved more than the cost of the unit in the first few months. We felt the savings to be substantial enough to install another unit in our first home and see what our savings will be.

—Cathy Fosick, Owner/Manager, Cedar Creek Manor

I had the KVAR system installed at my 2500 sq. ft. residence in Yucca Valley, CA in mid-August of 2007. My first bill after installation was over \$100 less than the previous bill. The next bill was the first one that was entirely on the KVAR system, versus the same billing period last year, I used 29.69% less units of energy. That's a lot of savings! With the economy being the way it is this year, the KVAR system may be the best financial decision I've made all year.

—Stephen Armstrong, AFG Realty



Your Summer Stars

by Cynthia Novak

Welcome Summer with long days and an occasional cool breeze. Things do heat up and it's always a blessing to have a little personal space. That's how the planets manifest, too! This summer they are nicely scattered around the heavens. If you find frustration, you'll also uncover compassion, empathy and even humor! There are 3 eclipses: the perfect time to refine your personal relationship with yourself and develop a sense of balance between what you can control and where you need to simply let it be.

For some, the weight of the recession is enormous. For most, it is an opportunity to get finances in order and to give what and when you can. Astrologers often talk about Venus as the planet of love, beauty and money. However, she is also the grace of a compassionate heart and the desire to give. When she is strong in the heavens, we have a choice to stretch beyond self and give to others. If you have no money, give your time and lend your enthusiasm for the cause at hand. We start the Summer with Venus strong and Jupiter, the "optimistic believer", sitting with Neptune, the dreamer, and Chiron, "the wounded healer", who finds his heart is healed by giving. I can't imagine a better summer to let complaints about the heat fade away among queries: where am I needed and how can I make this day better?

Who are these planets? Jupiter is a lucky, happy planet, who may overindulge, but usually can find something to believe in to help him get through life. If Jupiter triggers your chart, you should find the inner strength to pull out of the collective dismay. You might just find a way to be

a big winner of something. Jupiter loves to do. He hates to diet and does better by adding more exercise...preferably something fun. Jupiter is big and wants the double dip with chocolate and nuts...not the plain low-fat version of life. Better get moving if he's paying a long visit to you. No matter how difficult the circumstances are in your life, the gift of Jupiter is hope, faith and enough optimism to draw people and opportunity to you.

Jupiter isn't alone: Neptune joins him in July. Neptune and Jupiter can be great for religion. If the Market flirts with optimism, Neptune can bring surprising highs and can bring up the price of gas and oil. Remember, this comes back around in January 2010. Jupiter with Neptune is innately creative. If it triggers something in your chart, it could be the height of manifestation or the depth of delusion. It is up to each of us to be aware and to swim when we need to in order to get back to solid foundations.

Saturn pulls ahead: Have you felt the weight of the ages on your shoulders? Do you feel palpably aware of your age or mortality? Are you more "sensitive" to the tick, tick, tick of time? Chances are Saturn has been triggering your chart heavily. In mid-September, Saturn should finally leave you alone. You may suddenly notice that birds are singing and the sky is blue on or about September 15th. Whew!

July: Venus lands in one of her favorite places, Taurus. She pulls away from Mars, the passionate planet. Venus knows she looks good no matter what size she wears and the feminine planet knows how to wear anything with style. This bodes well for shopping: merchants get a boost. However, it's for things that last and have great quality, too. As long as Venus and Mars are close to each other, we are willing to risk both our hearts and our dollars. The last week of the month, Saturn tosses his dour opinion of it all into the mix. He's always got something practical that needs your attention and your money: Probably your utility bills...Darn! Work hard now, get paid later. Or, invest in repairs now or be stranded later. You get the drift.

July brings a total solar eclipse on the 21st. It is only visible in Asia. It begins on the east coast of India and will be visible in Pakistan and Afghanistan. Then, it moves west through Bangladesh, Nepal, Burma, China and Japan. These are already hot-spots in the world. When an eclipse comes through it seems to bring activity with it. If it's newsworthy it is often chaotic. Generally, the time between eclipses is emotionally volatile. This time the solar eclipse is sandwiched between two Lunar Eclipses. The first comes on July 7th, the second lunar eclipse on August 5th. When you think of eclipses imagine emotional "stuff" highlighted in your life and your fears for the future broadcast between your ears. There is no better time than July to distinguish the difference between something real to be afraid of and something imagined that distracts you. It is so important to do your meditation or prayer to get down to the bottom of your fears. Life doesn't guarantee us safe passage, but it is up to us to navigate our fears or succumb to them. For most of us, this is merely an opportunity to look ourselves in the eyes and choose a course for the future. It's difficult because there is no way to know if the route we've taken is safe or treacherous. One thing is certain: the world is round and we'll get where we need to go eventually.

The Solar Eclipse falls in a place in the heavens that deals with success. It pushes us out of comfort and helps us take a leap for the future. Simply put, if you are looking for a job, a relationship or a reason to get up in the morning, July offers just enough irritation to send out your resume or answer that personal ad. Things start moving with an eclipse and you might just find a better fit for you. Be patient with your emotional complexity and the moods of others. We have another lunar eclipse on August 5th at 7:38pm CDT. That's a whole lot of volatility in time and space. We'll each need a little extra grace when feelings grab hold of facts and leap. Yes, our world's leaders are vulnerable to that, too. Breathe in your most conscious and gracious thoughts...until they become natural.

August: Will summer's heat never fade? That lunar eclipse on the 5th begins the month with an extra dose of irritability. Better check the facts before you throw down the gauntlet. Lovers and corporations are renewing their commitments and if it's time to call it quits, the end is clear. If you find yourself blissfully enjoying the minutes of your day, try to share that sense with others, but don't be too pushy. Mars, the action planet, is stressed by Saturn until the 17th. These two don't get along. Annoying but essential repairs become obvious and irritation is a part of life. If they happen to hit your chart tightly, you might lose your temper in the wrong place and time. The antidote for this combination is exercise and simple chores that need physical output. But it's August! Unless you live in the Pacific Northwest, it's too hot to exercise and way too hot to be irritated politely. However, that's what makes it "service" or dedicated action or a form of mental discipline... Just put one foot in front of the other and get it done; do it again if necessary and know that you are not alone.

September: Mercury is retrograde from the 6th until the 29th. Pluto appears to stop and go forward on 9-11 and Uranus opposes Saturn on the 15th: Mercury retrograde periods send us inward to revisit old thought patterns and the forms as they appear in our lives. It is associated with missed appointments and mistakes. They culminate in frustration, irritation and cost us in time to redo work. The Pluto station may bring threats on the anniversary of 9-11. Expect heightened alerts. Travel will go slowly. When Pluto

appears to stop in the heavens, it is almost like a cosmic clock striking a loud stroke in global hot spots. This is strongest during the week before and the week after the apparent stop. Be alert and "tuned in."

There is no better time than retrograde Mercury to get the old car repaired or make certain you back up your work. The frustration level is high so folks inevitably lose patience with themselves and with others. Just apologize and move forward. Often, the miscommunication is so big there was no one who was right, but the desire to be understood or heard trumped a prudent response.

Finally, Saturn opposing Uranus is the astrological combination most associated with economic change of direction and restructuring. This began in November of 2008 and will continue through 2010. The aspect is very strong this month. There is no better time to look around at what you've begun and invest time, money and hope in the changes that are already underway. It takes time to develop different sources of jobs and gross domestic product. One thing is certain, the US is rich in resources and people. We have an abundance of land per person and a long history of innovative ideas and exciting responses to struggle. It is important to be prudent; Uranus likes to tear things down just so he won't have to think about it or "them" any more. Saturn builds on slow, careful plans. When they face each other in the heavens, it takes careful diplomats to keep the balance gently shifting from side to side.

Obama Presidency: The Summer of 2009 finds him frustrated as Saturn, the slow moving taskmaster, crosses his Mars, the planet of action. This transit will occur during the first week of September. The reality of the snail's pace of change in the nation's capital is upon him and the frustration will be evident with his own party, as well as the Republicans. However, he has a trump card: Jupiter is a lucky planet for politicians. Jupiter brings momentum in the face of frustration and helps him spread optimism to those in the world, who are tired of the same old wars fought by opposing tribes. Jupiter literally sits on the ascendant or the threshold of his natal chart throughout September and October as the legislative branch gets back to work. It brings the "bigness" out in his spirit and the nation finds momentum of spirit, as well as in the economy. It is the gift of grace and the power to lead even through frustration. This is the momentum we need to grow the economy and he is a messenger faced with frustration and still riding the enthusiasm of a bigger picture and a vision of peace. His detractors will continue to discredit him. His policies will pull more to the center as the Marketplace jockeys for tax incentives, which they will get, and the giant ship of state will pull ahead. Not quite on the course he envisioned when he was free of the obligations and responsibilities of Commander and Chief, but still going forward. The Market can continue to grow into and through 2010 based upon the course set this September and October. Expect speeches and world meetings that will go down in history and expect opposition from militant and fundamentalist groups, who fear unity. Whew! What an exciting time to be alive!

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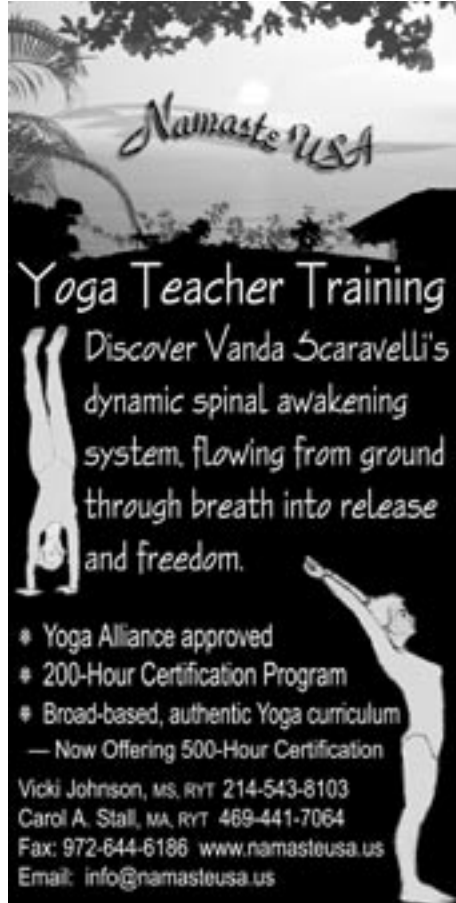
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Events & Classifieds

See more at HolisticNetworker.com/events

June

27-28 AMMA visits Dallas. Hyatt Regency at DFW Airport. Visit www.ammadallas.org or call 1-888-4-AMMA-09

27-28 WORDCAMP DALLAS 2009. Meet the top bloggers and social media experts at this local WordPress Conference. Hear Tony Cecala speak on "Turbocharging Your Career with WordPress", Saturday at 9:30am. UTD in Richardson. dallas.wordcamp.org

August

8-9 WELLNESS EXPO® in Fort Worth produced by the Holistic Networker®. This two-day event will be held on Saturday & Sunday, 11am-6pm, Will Rogers Memorial Center, 3400 Burnett Tandy Dr. Call 972-378-3770 or email: expo@HolisticNetworker.com for information about exhibiting or attending. SEE AD ON INSIDE FRONT COVER or see our web page at www.WellnessExpo.net

October

2-4 WITCHSTOCK: A Wiccan Event
www.celticgroves.org

17-18 WELLNESS EXPO® in Addison 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.WellnessExpo.net

Ongoing

Every 1st & 3rd Tuesday John Cappello...Visionary...Presents Views From The Other Side. Gallery at 7PM, \$20. The Gallery is a special time when amazing information comes to us from the Spirit World. Come and join us! Positive Touch: 972-480-0678, 504 Business Parkway, Richardson, Texas 75081

Every Thursday SPIRITUAL LIVING & MEDITATION Based on the Kriya Yoga tradition; 7:00-8:00p.m. Near Hurst NE Mall; Donation basis For more information on monthly schedule: 817-283-0021 or idill@airmail.net Affiliated with Center for Spiritual Awareness, Lakemont, GA Director, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda Web site: www.csa-davis.org

Saturdays Spiritual Garden - Unity on Forest Lane - Support for your Life Journey, Saturdays at 10:30 a.m. Call 469-438-8634.

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 Vegetarian Society of DFW is now called VegetarianDallas. It holds monthly fun educational dinner meetings and potluck for members and nonmembers alike. 214-432-5480 or www.vegetariandallas.com

Ongoing FREE MYSTICAL FAIR every 2nd and 4th Saturday. Readers, Healers, Psychic's and Mediums. AURA photos. Messages of Joy, 190 W. Main St, Lewisville, TX 75057. Phone 972-221-8080. myspace.com/messagesofjoy

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

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

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OFFICE & WORKSHOP SPACE. Hwy I-75 and Spring Creek. 214-492-3713

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PJ Spur, CHt

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Gary Champion

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John Capello

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Mark Youngblood

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