

HOLISTIC

WINTER 2007

NETWORKER®

YOUR GUIDE
TO WELLNESS

**Money Down
the Drain?**
51 Water-Saving
Tips

**Eat Like a
Chimpanzee**

**Science &
Spirituality**

**Fighting Eating
Disorders with
Acupuncture**

**What You
Resist...**

**Divinely
Inspired Art
by Nicole**

**Your Winter
Astrology**

**Wellness Expo®
& EarthFest
in Addison
April 21-22**

FREE
subscriptions
now available
see p46

COVER IMAGE: PHOTOS.COM

 **FREE**

HolisticNetworker.com



The BodyTalk System

The Future of Energy Medicine

BodyTalk is an astonishingly *simple, safe, effective* form of therapy that allows the body's energy systems to be re-synchronized so they can operate as nature intended. Each system, cell and atom is in constant communication with each other at all times. Through exposure to the stresses of day-to-day life, these lines of communication become compromised, which then leads to a decline in physical, emotional and/or mental health. Reconnecting these lines of communication then enables the body's mechanisms to function at optimal levels, thus preventing disease and rapidly accelerating the healing process. BodyTalk can be used as a stand alone system to treat many health problems or can be seamlessly integrated into any healthcare system to increase its effectiveness and promote faster healing.



Dr. John Veltheim is the founder of the International Body Talk Association. John is a chiropractor, acupuncturist, philosopher and teacher. He has served as a board member for the Chiropractic, Naturopathic and Acupuncture professions in Australia. His extensive post-graduate studies include applied kinesiology, bioenergetic psychology, osteopathy, sports medicine, counseling, comparative philosophy and theology. John developed BodyTalk 10 years ago and continues to expand its scope and practice.

To learn more about BodyTalk, join us at John's upcoming public lecture. There you will learn about the concepts of BodyTalk, energy medicine in all types of healthcare, integration of alternative and western medicine, and energy medicine and the environment.

Also register for the Winter Learning Forum. This innovative setting for learning BodyTalk aims to create a long-lasting sense of community and collaboration within the study and practice of BodyTalk. Come and join in the exciting and creative atmosphere that can be found only in such a shared educational and healing environment.

Public Lecture:

Tuesday, February 20th at 7:30 pm at the Flagship Theater, Eagle Wing American Airlines Training Center 4501 Highway 360 South Ft. Worth, Texas 76155
Healthcare practitioners and members of the public are welcome. Admission is \$15. For ticket information, call Angela Adkins at 972-247-2322

Learning Forum:

February 23rd - 26th American Airlines Training Center 4501 Highway 360 South Ft. Worth, Texas 76155

Scheduled for the Learning Forum are the following classes:

BodyTalk Access

A one-day seminar that introduces BodyTalk to the home and workspace, taught by Senior Instructor, Dr. Ka'imi Pilipovich
February 23rd
• open to all

MindScape

This powerful training opens the abilities of the intuitive mind to enhance personal development and work performance taught by Kris Attard
February 24th - 25th
• open to all

Right Brain Practical

An advanced intensive led by BodyTalk founder, Dr. John Veltheim
February 23rd - 26th
• has BodyTalk pre-requisites

Modules 1 & 2

The foundation for becoming a Certified BodyTalk Practitioner, taught by Dallas residents Todd & Angela Adkins
February 23rd - 26th
• open to all

Module 3

One of the advanced BodyTalk modules, also taught by Dr. Ka'imi Pilipovich
February 24th - 26th
• has BodyTalk pre-requisites

For more information and to register for the Winter Learning Forum classes, please contact the IBA office at 877-519-9119 or go to our website page at www.bodytalksystem.com/dallas

JOURNEY INTO SPIRIT: A PAST LIFE SOUL REGRESSION THERAPY TRAINING PROGRAM

February 21-26, 2007, AUSTIN, TEXAS
Embassy Suites Hotel Austin North

For professional hypnotherapists wishing to expand their therapeutic skills, as well as for individuals wishing to understand better the journey of the soul. Learn how to conduct Between Lives Soul Regressions. Guide clients into sufficient trance depth to access both Past Life and entry into the Spiritual Realm. Various regression tools and techniques necessary to prepare the client for a Theta level trance experience will be taught during this training. The added dimension of crossing into Spirit requires additional skill to move a client smoothly and with care through a significant past life to the death scene, exiting the body and transitioning through the spiritual realm gateway

This five-day training workshop (45 hours) will be taught via in-depth lecture/demonstration/practicum. All students will receive a Letter of Completion which can verify Continuing Education Credit for this training course. Examples of topics to be included in this training include:

- Interview and Contra- indications for PLR
- Anchoring during PLR
- Imbedded Spiritual realm cues
- Pre-natal Regression
- Counseling/Transference tools
- Last Day examination
- Theta deepening techniques
- After Death Communication
- Progressing through the PLR
- Life Gestalt Perspective
- Legal/Ethical/Administrative Practice Concerns
- Spiritual Realm awareness

Registration for this training program is limited, and advance registration is required. Applicants must indicate previous hypnotherapy training prior to the start of the training. This experiential program will be taught by Dr. Linda Backman, Psychologist, and Past President of The Society for Spiritual Regression. Linda has spent 30 years as a psychotherapist with 13 of these years in the practice of regression hypnotherapy.

Dates: February 21-26, 2007
Place: Embassy Suites Hotel Austin North (room rate at \$119.00+)
Cost: \$995 (before January 15)
\$1095 (after January 15)
Deposit: \$400 required with application to hold reservation (Balance due by February 1, 2007)

Our program will begin with an orientation at 7:30 pm on Wednesday, February 21, and conclude around 5:00 pm on Monday, February 30. To make your room reservations call the hotel directly at 512-454-8004, and let them know you are attending the Past Life Regression Training sponsored by the RavenHeart Center.

To register or for more information regarding this program, please see our website:

www.RavenHeartCenter.com

or contact Earl Backman, Ph.D.

ebackman@earthlink.net

Plano Body Wrap Shop

Bodywraps and more...

LOSE 6-20 INCHES TODAY!

The Body Wrap is safe & healthy.

The Body Wrap Solution is an all-natural mineral wrap for the purpose of taking off inches, tightening skin, re-shaping and to detoxify your body.

The Body Wrap is NOT a dehydration wrap.

Inches will not return as long as you do not gain weight and get in a few times a year for a maintenance wrap.

3 WRAP PACKAGE

FREE Spray On Tan

5 or 10 WRAP PACKAGES

Buy a 5-10 Wrap package and receive 2 complimentary airline tickets.



Traveler is entitled to two complimentary round trip airline tickets, when staying at one of the participating hotels or resorts for a minimum number of nights and paying the standard rates. Air, hotel and resort reservations must be made through Fly Free America. For complete information, please refer to the vacation guide in your travel packet.

* NEW TO PLANO BODY WRAP *

HYDRO COLONIC THERAPY

Plano Body
Wrap Shop

972.943.5900

5805 Coit Road

Suite 403

Plano 75093

Body Wrap • Colonics • SunFX Spray-On Tan

www.planobodywrapshop.com

HolisticForum



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 (25 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.



Do you know that you are not alone?

Do the circumstances in your life cause you to feel angry, confused, frustrated, lonely and without hope of a way out? Do you feel stuck in your own life? Are you seeking to heal yourself and/or a relationship? Have you lost someone close to you from death?

Allow me to help you walk through these situations in your life. My intention is to guide you through overcoming the hurt and loss you've experienced. I will teach you how to find yourself again and to feel more powerful and secure. Through my personal intuitive readings, I can help you learn to manage emotions and show you a way of life that is fun, loving and peaceful. I will assist you in uncovering the causes and conditions that bring you mental, physical, spiritual and emotional pain. Are you ready to take action and make changes to improve your life?

Call Jennifer Farmer for an appointment at 817-690-4208. Dallas and Fort Worth appointments available.



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.



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 directly with Dr. John Upledger, founder of the technique. 469-438-8634.



What is Deeksha and what can it do for me?

Deeksha is an intelligent energy that balances the activity of the two hemispheres of the brain and leads to the flowering of the heart. Deeksha is not another concept, but an experience of Oneness with all creation and with God. Along with a "de-clutching" of the mind, Deeksha helps to:

Re-pattern negative life programming, release traumas that have been stored at the cellular and energetic levels and facilitate deep emotional and physical healing. As the sense of separation leaves, one feels a deeper connection with all that is.

Paul Carlson is a certified Deeksha Provider and Oneness Teacher. He provides weekly group Deeksha on Tuesdays at Unity Church of Dallas; Thursdays at the Center for Spiritual Living, both in north Dallas. Private and phone Deeksha are also available by appointment 972-964-5999. www.Deeksha-Dallas.com; paul@Deeksha-Dallas.com



Why See a Spiritual Counselor?

You learn from a psychic reading... Psychic sense and common sense make good sense... Psychic counsel and readings always opens doors into new thoughts and bring the light of ideas to life... There are as many reasons to get a reading as there are questions... People want confirmations and hope... The

more you explore your own intuitions, the stronger your own psyche becomes... Psychic ability is not hard to understand, all you need in the yearning to explore your own subconscious mind.

Sandy Winnette, former instructor at FunEd, Psychic Reader, Self Hypnosis Group Therapy, Weddings. 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. Intuitive counselor with celebritypsychic.com, ext. 1190. Class Information: www.SandyWinnette.com 817-268-5544



What is Thai massage?

Thai massage is a blend of massage, acupressure, energy work, and gentle 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 is a Registered Massage Therapist and Certified Kripalu Yoga Teacher who has a practice in the Dallas area. She has travelled both in the US and Thailand to enhance her training and studies in Thai Massage. To schedule an appointment, please call: 972-319-3661.

National Women's Health Expo 2007



Sunday, January 21, 2007
11am - 6pm
Plano Centre

2000 East Spring Creek Parkway
Plano, Texas 75074

Booths Available for only \$400.
*10' x 10' retail booth with pipe and draping,
8' topped and skirted table, wastebasket,
two chairs, and signage for booth.*

Register Today for Your Booth:

www.NWHWExpo.com

1-800-609-3864



Touching the Lives of Others Massage Therapy may be the career for *you*

Seeking a career where you literally touch the lives of others? Massage therapy, the newest program in Parker College of Chiropractic's 25-year tradition of excellence in healthcare education, is one of the fastest growing healthcare professions, and it may very well be the career for you. Experience the richness of a Parker College healthcare education, including:

- o 600 hour comprehensive education
- o Superior instructors
- o State-of-the-art facilities
- o Eligibility for National Certification
- o Accredited program

**PARKER
COLLEGE**
SCHOOL of MASSAGE THERAPY

Classes begin January 2007 **Enroll Today!**

For further information, call 800.971.8096 and visit our *new* website at www.parkercc.edu



"Healing Music"



CD2000: Music for Your Health
The first recording ever to have been approved by the Home Shopping Network's legal department supporting claims that this CD is in fact therapeutic and proven to help reduce stress and anxiety. Recommended by doctors, psychologists and therapists worldwide. Created specifically for pain relief, relaxation and stress relief.

One CD. \$19.95



Keys to My Heart
This is a piano solo recording of Alan Roubik's original music, which he composed from as early as age eleven. Laboratory testing indicates that each song contains healing properties that affect several different vital organs in the human body. Often used for relaxation, stress relief, sleep and massage therapy.

One CD. \$19.95



Celebration of Love
This 2-CD set includes full instrumental (CD#1) and solo piano (CD#2) versions, which are great for relaxation, massage, romantic encounters, weddings, hypnotherapy, and more. Features music by Alan Roubik, Felix Mendelssohn (Nocturne), Franz Schubert (Ave Maria), Franz Gruber (Silent Night), George Frederic Handel (Sarabande), Scott Joplin (Solace).

Two CDs. \$29.95

^ Crystal images that formed when Dr Emoto's lab played the music from this CD to water. Images featured in Messages from Water Books.

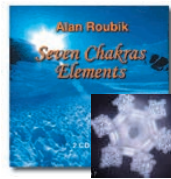
About Alan Roubik

Alan Roubik is recognized as Japan's top "Healing Music" artist and producer. Scientifically tested and endorsed by Dr. Emoto, who has said that Alan's music has the most healing properties of any modern music. His recordings are used for pain and anxiety relief, as well as assisting the human immune system.



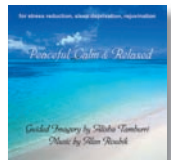
The Four Seasons
This CD was the first of its kind, proving in a laboratory that music can indeed be scientifically created for therapeutic application. It is a musical blend of various acoustic instruments, featuring cutting edge recording technology and top studio musicians (as is applied to every proceeding recording by Alan Roubik). This CD became an instant success in Japan, retailing for as much as \$100 each! The original "Hado" music.

One CD. \$19.95



Seven Chakras & Elements
For relaxation, meditation, stress relief, Yoga & Pilates. This 2-CD set represents the true spirit of the Seven Chakras system. The "Seven Chakras" is a rhythmic, non-musical representation of the Seven Chakras system. "Elements" is a musical variation based on the same principals and rhythmic foundation of "Seven Chakras". Each song was created with very specific Chakra guidelines, including frequency, key, Hz and other relevant and determining factors. (2 CD set)

Two CDs. \$29.95



Peaceful Calm & Relaxed CD
Contains healing words, music & guided imagery by Alisha Tamburri along with music from Alan Roubik's Seven Chakras & Elements. For over two decades, Alisha Tamburri has been helping people of all ages to reduce stress, build confidence, and overcome pain and addictions. She is a Clinical Hypnotherapist, Master Practitioner in NeuroLinguistics Programming, and a Certified HypnoBirthing® Practitioner.

One CD. \$19.95

Order by phone
972-378-1211

Order online
ShiftingFrequencies.com



Messages of Joy Spiritual Center



A CELEBRATION IN THE DIVERSITY OF IDEAS

Now that the Holidays are behind us, do something **SPECIAL** for yourself. Bring this AD and get a **10% discount on ALL Jewelry, Candles and Gift items.**

UPCOMING CLASSES:

- Reiki
- Life Scripting
- Tarot
- Astrology
- Numerology
- Yoga
- Meditation
- Weekly Workshops

FREE FAIRS Every 2nd & 4th Weekend

Authentic **AURA** Photos Done Daily
 Intuitive Readers Daily
 Energy Healers Daily
Schedule an Appointment Today!

190 West Main St., Ste. 101
 Lewisville, TX 75057

972-221-8080

E-mail: joykauf@msn.com

Located in Old Town Lewisville

- ✘ Candles
- ✘ Books & Runes
- ✘ Crystals
- ✘ Singing Bowls
- ✘ Oils & Herbs
- ✘ Jewelry
- ✘ Statues
- ✘ The Art of John Pitre
- ✘ Ciro Marchetti

Karen Gresham Rossi

INTERNATIONALLY ACCLAIMED

Manifest Your Reality NOW!

light worker

Through Light & Sound Hypnosis for Creative Imagery, you can design and manifest your heart's desire. You'll be amazed at the results of your own power!



Karen's Light & Sound Hypnosis for Creative Imagery is known worldwide. She has consulted with international celebrities, Fortune 500 CEOs, medical clinics, UFO investigators and was invited to speak to a branch of the UN in Rome.

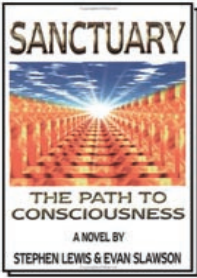
Karen is available for psychic readings (by phone or in person) and Creative Imagery sessions. Translations in English, Portuguese or Italian.

Karen Gresham Rossi, BA, CCHT

For appointment call:

214.521.0869

Today there is a global crisis in both spirituality and well being.
"You Can Heal Anything!"



Learn how Miraculous Healing Begins when we step beyond old world thinking and explore the advanced possibilities that are demonstrated by the Technology of Quantum Consciousness and the physics of Spirituality.

Call us to **GET YOUR COPY** in paperback or **NEW** on CD album along with a **FREE info. pack.**

Ask about the **NEW FAMILY PLAN** that allows anyone to receive the **HEALING BENEFITS!**

www.nudaways.com
 For more on healing, contact
 Toll FREE: 888-279-3618

Special 25th Anniversary Expanded Edition of The Original Angel® Cards and Book Set



The ANGEL Cards provide key words that help you focus on particular aspects of your inner life. The more you think about the quality reflected by the word on a card, the more you will find this quality echoing in your life. They are called ANGEL Cards because they represent pure essences. Meditating on them brings support to help you overcome obstacles and gain greater understanding of your inner self.

This set contains: The ANGEL® CARDS - One of the most powerful ways to connect with the ANGELS. Each ANGEL Card quality evokes your intuitive abilities and renews your spiritual connections.

Now with 72 playfully illustrated cards, this expanded edition includes:

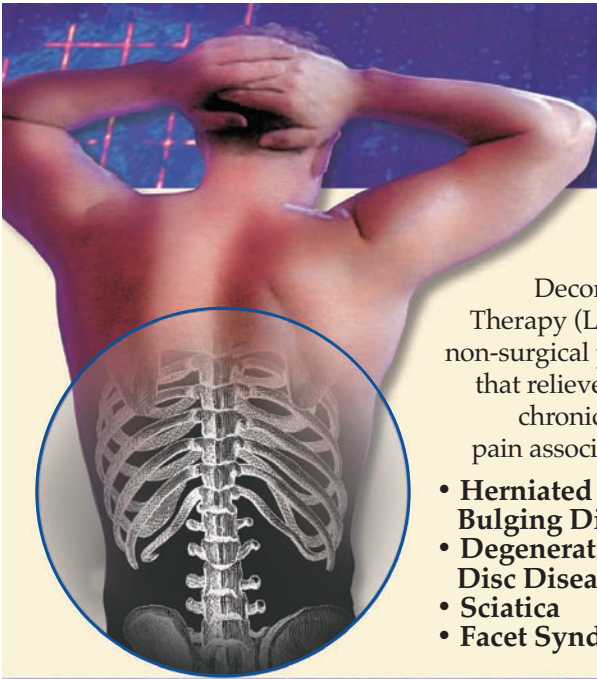
- 20 New Cards
- 20 Bonus Stickers of the new qualities
- Pocket Size Carrying Case
- Sturdy, Flip Top Box for selecting & storing cards
- The Angel® Cards Book

To Order Visit
www.ShiftingFrequencies.com
 or Call 972-378-1211



\$18.95

Tired of Living With Low Back Pain?




Lumbar Decompression Therapy (LDT™) is a non-surgical procedure that relieves acute or chronic low back pain associated with:

- Herniated or Bulging Disc
- Degenerative Disc Disease
- Sciatica
- Facet Syndrome

LDT™ has saved thousands of people from low back pain without surgery.

Call us today to find out if you are a candidate for LDT™



LDT™
 Lumbar Decompression Therapy

214-827-2225
 Lordex Spine Institute-Dallas/Park Cities
 4228 N. Central Expwy. Suite 104
 Dallas, TX 75206
www.LordexDallas.com

HOLISTIC NETWORKER

Publishers

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

Holistic Networker® is DFW's guide for holistic health and personal growth. 30,000 copies are printed quarterly and distributed freely at health food stores, bookstores, cafés, wellness centers and selected retail outlets.

You can reach us at:

Holistic Networker
PO Box 702956
Dallas, TX 75370-2956

tel **972-403-0940**
fax **972-403-1536**
e-mail info@HolisticNetworker.com
web www.HolisticNetworker.com
myspace.com/holisticnetworker
myspace.com/wellnessexpo

Advertising Information:

See the **inside back cover** for advertising rates.

Subscriptions by Mail:

Subscriptions are free or download a free copy at HolisticNetworker.com

Contents

Fighting Eating Disorders with Acupuncture . 12
Your Winter Stars..... 31
Book Review: Green for Life..... 37
Simple Tips to Reduce Water Waste 39
Divinely Inspired Art by Nicole 41
Events/Classifieds 46
Advertising Rates & Information 47

Directory

Holistic Forum..... 4	Hypnotherapy..... 26
Acupuncture 14	Hypnotherapy Training .. 28
Alternative Healing..... 14	Interior Design/
Bodywork..... 18	Feng Shui 28
Bookstores/Gifts 18	Iridology 28
Childbirth 20	Macrobiotics 28
Chiropractic..... 20	Meditation 35
Colonics..... 20	Metaphysical Arts
Counseling/Therapy 20	& Sciences..... 35
Dance/Movement 22	Nutrition..... 38
Dentistry..... 22	Osteopathy 38
Education/Personal	Pilates 38
Growth..... 22	Products 38
Energy Healing..... 22	Reflexology 38
Environmental Services. 22	Reiki/Energy Healing..... 38
Holistic Centers 22	Restaurants/Bakeries 40
Holistic Dentistry 22	Shamanism 40
Holistic Medicine..... 26	Spiritual Organizations.. 40
Holistic Veterinary..... 26	Tai Chi/Qigong 40
Homeopathy..... 26	Vedic Astrology 40
Hypnosis..... 26	Yoga 40

Holistic Networker provides an advertising service. We are not responsible for the claims stated by our advertisers. The information in this publication does not constitute medical advice.

Holistic Networker is a registered trademark of Holistic Networker, LLC. Copyright © 2006, Holistic Networker, LLC. All rights reserved.



I'm a technology optimist; I believe that humans will design and fabricate technologies to improve life. Like Ray Kurzweil, author of *The Singularity is Near*, I see that the growth curves for technological

advances are exponential—semiconductors are doubling in density and the devices that scan the brain are also doubling in resolution roughly every 18 months.

Science and technology are making increasingly dramatic changes to our lives. Technology has enabled us to rework, reshape, and reimagine our experience of being human. We're retooling our bodies with implants, enhancements, drugs, and soon, nanotech. We've sharpened our vision with glasses, contact lenses, and now we're retooling our eyes with LASIK and intraocular implants. We're reprogramming our artifacts into smart devices that know where they are (GPS), communicate with one another (Bluetooth), and enable us to look up information on anything in under a second (Google) while sitting on a park bench (WiFi).

Unlike some scientists and philosophers, I believe that science, as a worldview, has its limits and that science and spirituality *complement* each other—they do not compete for our allegiance. In 2006, the debate between science and religion hit the covers of *Time* and *WIRED* magazines. My undergrad philosophy professor, Daniel C. Dennett, strongly champions the atheist viewpoint of the world (sometimes called *scientism*). His worldview holds no place for the miraculous, or the unexplainable...no place, especially, for God.

You, too, can limit your worldview to scientific facts, to the reality of the observable and measurable. You can be quite satisfied that you've contained your world in an understandable box. But, in doing so, you shut out serendipity, synchronicities, and miracles from your reality. Given the choice of being sure of reality and being awed by reality, I choose awe.

With a spiritual worldview, what is *felt* is often invisible. And what is *experienced* is bigger than words—or equations. With a spiritual worldview we experience an awe-inspiring world with our *hearts*, and God's Grace touches our souls in indescribable ways.

May God touch your heart today. In the quiet stillness between breaths, may you feel God's infinite Love that transcends time and space, now and forever.

Amen,

Tony
Tony Cecala



We've all heard about the importance of "surrendering" and that "what you resist persists", yet only recently am I truly understanding what this means. I have been finding that with less

resistance and more acceptance, I'm better able to find solutions and to stay in the flow of my life.

This summer, while driving with my daughter, a car ahead of us, kicked up a rock that struck and cracked our windshield. We were both surprised by this, yet, it happened and I immediately realized that wishing it had not occurred was not going to be productive. Fortunately, we were picking up a friend of hers, so we were quickly distracted from what had happened. Later I wondered what I was going to do about the crack in my windshield, but nothing came to me. I just did my best not to resist what I had experienced, and hoped a solution would present itself.

A few nights later my husband and I were having dinner with friends and I shared what had happened to my windshield. One of them told us how she had once been driving on the highway when an 18-wheeler in front of her suddenly blew one of its tires, which flew up and smashed her windshield. She said that she had had to have her entire windshield replaced at a cost of about \$700. (This story helped me to feel quite grateful that all I had was a little crack in my windshield). My friend also told me about a repair shop just a short distance from my home that specialized in repairing cracked windshields at a very reasonable price.

Early Monday morning, I went to the repair shop with a good book. I had to wait for over an hour. The entire time I peacefully read my book, and did my best not to become annoyed. When a man finally looked at my car, he said that he could fix the crack for just \$50. He also noticed a second, smaller crack, which he said he could fix for just \$10 more. He also said that his work would be guaranteed so that if either of the cracks spread, my windshield would be replaced for free.

He apologized for the long wait and gave me a voucher for two free car washes! About 45 minutes later, I happily drove away in my newly-washed vehicle, with my windshield looking practically like new, feeling pleased at how little all of this had cost me. I also felt secure in the knowledge that my windshield was guaranteed and I enjoyed having one of my car wash vouchers remaining.

I marvelled at how much easier my life flowed when I didn't resist my experiences. I plan to continue on my path of acceptance and nonresistance. I hope you will join me on this journey and that you will also find solutions to come more easily to you.

Love & Light,

Felicia
Felicia Weiss

“Shocking Free Report Reveals How Thousands Of Chronic Pain, Chronic Fatigue And Fibromyalgia Sufferers Are Now Living Healthy Lives Without Drugs Or Surgery.”

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.

SUCCESSFULLY TREATING

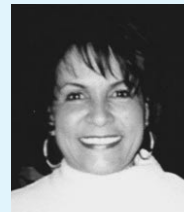
Allergies / Overproduction of Mucus
Headaches / Migraines
Digestive / Intestinal Disorders
Liver / Gallbladder Disorders
Pancreas / Diabetes / Sugar Craving
Skin Disorders
Difficulty Breathing / Chronic Cough
Kidney Problems / Frequent Urination
Fatigue / Fibromyalgia / Exhaustion
Anemia / Circulatory Disorders
Cholesterol
Endocrine / Glandular Disorders
Hormonal Imbalance / Hot Flashes
Candida/Yeast Overgrowth/Fungus
Immune Deficiency
Numbness In Extremities
Trembling Hands / Wrist Pain
Neck / Back Pain / Leg Cramps / Stiffness
Swollen Joints / Muscle Spasms
Bursitis / Tendonitis / Arthritis / Gout
Ringing In The Ears / Dizziness
Poor Memory / Poor Concentration
Insomnia
ADD / ADHD

THERAPIES & SERVICES

Mucus Elimination
Acid-Alkaline Balancing
Colon / Tissue Cleansing
Liver/Gallbladder Flush
Nutritional Modification
Full Body Detoxification
Blood Purification / Chelation
Kidney Flush
Lymphatic Drainage
Medicinal Herbs
Chiropractic Adjustments
Weight Loss / Cellulite Reduction
Stress Reduction / Energy Building
TMJ Correction
Pain Relief
Low-Level Laser Therapy (LLLT)

ANALYSIS

Comprehensive Physical Exam
Body Fluid Analysis (BTA)
Iridology Evaluation
Surface Electromyography (SEMG)
Blood Work (CBC, Metabolic/Lipids)
Urinalysis, Thyroid Function



Edna Craven, D.C., BCNP, BCI
Doctor of Chiropractic
Board Certified Naturopathic Phys
Board Certified Iridologist (25 yrs)
Work Comp Designated Doctor
Nutritional Consultant (25 yrs)

Pain Relief Special

8 Low-Level Laser Therapies
\$298 (incl. off. visits & monitoring)
“Highly effective in eliminating Pain”

The People’s Chiropractic Clinic
dreecraven@earthlink.net
972-256-0004

Visa/MasterCard/Discover/AmericanExpress/Care Credit/Payment Plans/Insurance

3200 N MacArthur Blvd Ste 105 • Irving, TX 75062

Traditional Indian Cooking

**Health conscious,
low fat & low calorie**

**Learn in simple style, how
to prepare a variety of
Indian traditional foods.
Chicken curry with flavored
rice, mixed bean Dal soup,
spinach paneer, homemade
ghee & yogurt, etc. How to
store & use spices.**

**In each lesson, you’ll
learn to prepare three
main dishes.**

class schedule available

972-839-2040

972-669-1379

reasonable fee

reginasharma@hotmail.com

**Gina Sharma, world traveller, teacher &
lecturer of yoga philosophy, studied in
India. Presents to you different modalities
in instant manifestations.**

- explore the innerself
- know thyself & create
- change your script
- overcome obstacles
- shift your planets
- heal yourself
- align your spine
- cellular release
- method focus
- meditations
- breathing
- mantras
- reframing mind
- connecting to source

Have your life now...you have a choice...it's your decision.

972-839-2040

972-669-1379

*Blessings,
reginasharma@hotmail.com*

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

Hair Analysis can evaluate levels of toxic metals as well as mineral deficiencies.

FREE 15 min. Phone Consultation with this ad
Karen Asbury, MD 972 867-7790

Hormone Balance

And Your Health

- ✓ Fatigue
- ✓ Low Sex Drive
- ✓ Hot flashes
- ✓ Foggy Thinking
- ✓ Stress
- ✓ Mood Swings
- ✓ Sleep Disturbances
- ✓ Anxiety
- ✓ Depression

Do any of these symptoms sound familiar?
It could be your hormones.....

Saliva Testing can help to identify hormone imbalances that may be causing these symptoms

Karen Asbury, MD uses only **Bio-Identical Hormone Replacement Therapy** for both men and women.

Call now for appointment! 972 867-7790

Karen Asbury, MD

Integrative Medicine

Combining Conventional and Natural Holistic Therapies to Achieve Optimum Health

A Natural Approach to Healing
All Aspects of Adult Care

Specializing in

- ◆ Menopause/Andropause
- ◆ Diabetes, High Blood Pressure
- ◆ Thyroid Problems
- ◆ Weight Management
- ◆ Nutritional Counseling
- ◆ Vitamin/Herbal Supplements
- ◆ Bio-Identical Hormone Replacement
- ◆ Mercury, Lead, Aluminum Toxicity
- ◆ Chronic Fatigue/Fibromyalgia

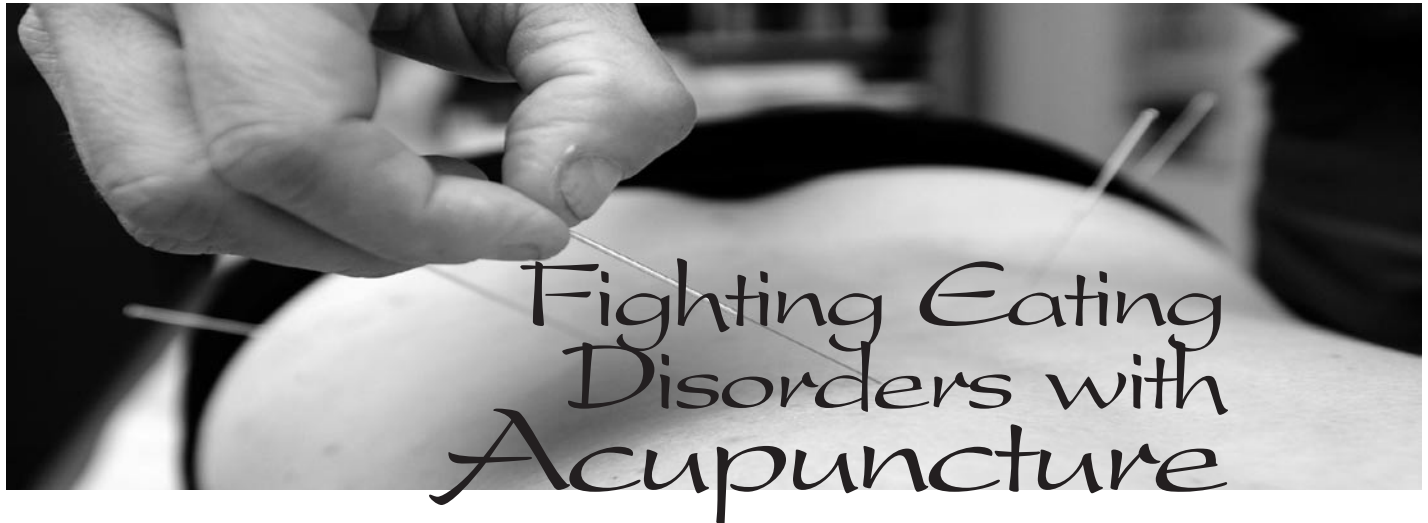
Services offered

- ◆ Saliva Testing for Hormones
- ◆ Hair Analysis
- ◆ Metabolic Testing
- ◆ Comprehensive Health Evaluation
- ◆ Thermography
- ◆ Oral Chelation
- ◆ Evaluation for Mineral Deficiencies
- ◆ Detoxification

FREE 15 min Phone Consult with this ad

Call today! Plano office: 972 867-7790

www.KarenAsburyMD.com



Fighting Eating Disorders with Acupuncture

Nearly 1 million men and women in the United States suffer from eating disorders, according to The National Institute of Mental Health. The two most common types of eating disorders are anorexia and bulimia. Anorexia is characterized by drastic weight loss to the point of extreme underweight. Victims will harvest a great fear of gaining weight, and an extreme inability to accept one's own appearance. Those suffering from bulimia are characterized by binge-eating behavior, accompanied by recurrent compensatory behavior to prevent weight gain.

Prevalent in most eating disorder cases, depression and anxiety may be treated by acupuncture. In a study performed by Guo Ke Ren, 30 cases of anorexia were treated with acupuncture to specific meridians for 30 minutes; after treatments, 25 cases were resolved and 5 responded with improvement, with an effectiveness rate of 100%. A Chinese study has also found positive results in integrating Traditional Chinese Medicine into treatments for depression. Subjects have reported "significant improvements in their physical health, mental health, sense of control and social support," after several acupuncture and body-mind treatments.

Those suffering from eating disorders typically have much lower levels of total energy, vitamins, and essential nutrients required for healthy living. In an American study, "dietary intake of calcium, iron, thiamin, riboflavin, niacin, and ascorbic acid of anorexics were significantly lower than in normal subjects." Supplementation of some of these vitamins and minerals may help reduce the symptoms of eating disorders and help promote a healthy lifestyle in victims of anorexia and bulimia.

- *Rhodiola* has been used in folk medicine for centuries to increase the body's natural resistance to stressors. It enhances the transport of serotonin (a feel-good chemical that promotes wellbeing in the body) to the brain, reducing depression and anxiety.
- *St. John's Wort* is a popular herbal remedy for depression (a well-published side-effect of eating disorders).
- *Kava* has been used in the South Pacific and Europe as an effective treatment for mild anxiety, muscular tension, and insomnia.

- *Eluthero ginseng* is used to increase stamina and endurance, protecting the body's systems from stress-induced illness.

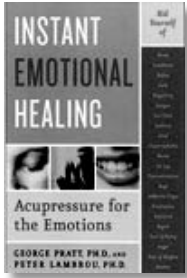
Traditional Chinese Medicine can provide those with anorexia and bulimia alternative therapies to popular Western prescriptions that not only aid in recovery, but help strengthen overall vitality and health in the body and mind.

For more information please contact Pacific College at (800) 729-0941 or visit www.PacificCollege.edu

See the Acupuncture Directory in this magazine, or visit our website at www.HolisticNetworker.com to find an acupuncturist near you.



A Breakthrough in Emotional Self-Management



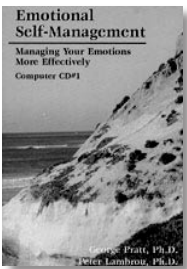
Instant Emotional Healing: Acupressure for the Emotions

by Peter T. Lambrou, Ph.D. and

George J. Pratt, Ph.D.
The authors of
Instant Emotional Healing: Acupressure for the Emotions,

Drs. Pratt and Lambrou, have created a book that explains the foundations of a new branch of therapy and theory called energy psychology. The principles of energy psychotherapies such as Thought Field Therapy and the authors' Emotional Self-Management™ are presented in a self-administered format so that readers can learn for themselves how to produce "Instant Emotional Healing". The method incorporates techniques which can be mastered with the simple steps and the visual explanations provided in the book. Softcover, 292pp.

price: **\$13.95**



Emotional Self-Management

by George J. Pratt, Ph.D. and

Peter T. Lambrou, Ph.D.
This 30-minute professionally produced training DVD teaches you the basic method of Balanced Breathing, Correcting

Polarity Reversals, and a new Streamlined Comprehensive Tap Sequence, plus the Rapid Relaxer. It is an invaluable tool that can be used again and again to address whatever emotional issues or concerns you might have.



price: **\$49.95**

Special! Buy the book and DVD for just \$59.95!

Shifting Frequencies

Call 972-378-1211 to order or visit: www.ShiftingFrequencies.com



The Trinity Centre of Dallas, located at 3628 Vintage Place, Dallas, TX 75214, is a holistic center offering complementary modalities of healing. Margaret Clench, PhD, RN, Director of the Trinity Centre, has received her PhD in Energy Medicine and Spiritual Healing and has pursued post-doctoral studies with Dr. Caroline Myss. Dr. Clench draws upon these studies and her background of over thirty years working in the healing profession to help her clients through spiritual counseling and education and energy balancing.

Modalities offered by Dr. Clench at the Trinity Centre include:

The Trinity Table: A hand-crafted oak bed that rotates slowly and comfortably offering a deep state of relaxation and shifts in brain waves and deepening levels of consciousness. Scientific research conducted by Dr. Clench and others suggest that this experience is effective in lowering levels of pain, stress, fatigue, depression, anger and anxiety.

GDV: An energy field measuring device, developed by Dr. Konstantin Korotkhov, a Russian scientist, enables individuals to see where they are holding patterns of emotional energy, including anger, grief and unresolved issues. Johns Hopkins University in Baltimore, Maryland is currently conducting research on the GDV.

Spiritual Growth classes and seminars:

- Sacred Contracts classes, based on the work of Dr. Caroline Myss, lead you through a detailed exploration of your archetypes and your soul's contract.
- Awakening to Your Inner Voice – an Intuition class
- Nurture Your Soul Weekend
- Exploring the Woman Within Workshop
- Deepening to Spirit, a weekend retreat for women.



Contact Dr. Clench at
214 754 8080

Email TrinityDallas1@aol.com

website: TrinityTables.org

Body, Mind &

SoulHealer

Do you suffer from a
medical condition that
defies diagnosis or does
not respond to treatment?

Feeling stuck
or dissatisfied with life?



Medical Intuition
Clairvoyant Readings
Guided Imagery
Mind/Body Healing
Wellness Counseling

Rita Louise, PhD
972-475-3393

www.soulhealer.com

Healing with Sound

A Language of Light cellular healing session begins with Nancy Byers helping you to determine your heart's desire for your life at this time. The goal is to align your heart's desire with your soul purpose. During her expression of the Language of Light, Nancy is able to "catch" the sound current and to "tune into" the frequency of your soul, like a radio. This provides a sound-carrier wave for your intention to manifest.

Nancy records her private sessions in order to provide you with a custom audio tape to aid you in manifesting your heart's desire. Nancy's sessions have helped people to overcome their fears, to alleviate depression, to relieve or diminish physical pain and to realize their dreams.

The Language of Light is an invitation for us to access that deep heart space of knowing who we already are - multi-faceted, spiritual beings. Nancy is available for individual, group or couples sessions.

Call today and
begin living your
dreams!

972-424-1217



Acupuncture

East-West Acupuncture

Nancy L. Corsaro, L.Ac., Dipl. Oriental
Medicine

14665 Midway Rd., Ste. 122
Addison, TX 75001
☎ 214-793-5684

🌐 www.eastwestom.com

Offering acupuncture and herbs for pain relief, chronic health problems such as asthma, weight loss, stop smoking, drug detox and many others. TX licensed and nationally board-certified in acupuncture and Chinese herbology.

Natural Health Institute

Linda Campbell, L.Ac.

3003 LBJ Freeway Suite 230
Dallas, TX 75234
☎ 972-247-3049

🌐 naturalhealthinstitute.biz

Constitutional Facial Acupuncture is a safe, painless and effective treatment for renewing the face as well as the whole body. Fine lines may be entirely erased, deeper lines reduced and bags around neck and eyes firmed.

Alternative Healing

Advanced Cranio Sacral Therapy

Sandy Hanne, RMT, Reiki Master

Arapaho and Westshore
Richardson, TX
☎ 469-438-8634

🌐 http://healingrainbow.tripod.com

Can't afford Hawaii? Get vacation-quality relaxation while resolving even old and deep body issues, acute or chronic. Bring your biggest challenges, from TMJ, carpal tunnel, whiplash and migraines, to thyroid, female problems and fibromyalgia, injuries, etc. This gentle, warm, fully-clothed technique restores flow and balance, promotes healing, resets the nervous system, enhances flow of CSF, relieves cranial compressions implicated in many disorders, even releases emotional tissue memory from old traumas. Trained directly by Dr. John Upledger, Sandy needs only this versatile work to achieve favorable outcomes for most people. Lives transform in her office; let yours be one of them.

Body Work by Trish

Massage Therapy & Quantum Energy
Healing

Trish

☎ 214-674-3652

Massage, Quantum Energy Healing, The Reconnection, Chakra Clearing, and Aura Cleansing by a caring, nurturing massage therapist and healer. Call Trish at 214-674-3652 for an appointment.

CHAIR MASSAGE @ Atlanta Bread Company

in Richardson Area

Located in Atlanta Bread Company

Campbell and 75 - NW corner

Richardson, Texas

When: 7 days/week, 11am until 9 p.m.

DE-STRESSING RECIPE: Come to Atlanta Bread Company, sign up for session, sit in massage chair, take a deep breath, exhale, and enjoy. Stop by soon and unwind!

Dorothy E. Fischer, MBA

InnerAwareness

2695 Villa Creek Dr Ste 260
Dallas, TX 75234

☎ 972-647-9696

✉ info@innerawareness.com

RELEASE negative blockages and patterns, including: procrastination, perfectionism, worry, depression, codependency, addictions, chronic stress. This gentle, effective technology creates fast bottom-line results. Phone sessions available.

Healing with Sound

Nancy Byers

☎ 972-424-1217

🌐 www.soundSOULutions.com

Nancy's Language of Light cellular healing sessions have helped people to overcome their fears, to alleviate depression, to relieve or diminish physical pain and to realize their dreams. While expressing the Language of Light, Nancy is able to "catch" the sound current and to "tune into" the frequency of your soul, like a radio. This provides a sound carrier wave for your intention to manifest. Nancy is also available for ceremonies and groups. Call today and begin living your dreams!

Ion Foot Bath Hydrotherapy

Rosemary McCoy, RMT (ext. 1)

Linda Weisiger, RMT, MTI (ext. 6)

SE corner of Arapaho and Westshore
Richardson, TX

☎ 972-479-0690

Water can relieve pain and soothe the body. Aqua Chi technology revolutionizes hydrotherapy by energizing water with healthful negative ions. During your hydrotherapy session, your cells receive bio-energy from the energized water, starting a whole-body releasing/balancing process.

Jo Solem

Certified Healing Councilor, Teacher &
Independent EMC2 Facilitator

☎ 888-279-3618

✉ nudaways@msn.com

They Call Some Things "Incurable" The Truth is...YOU CAN HEAL ANYTHING. Learn how Miraculous Healing Begins as demonstrated by the Technology of Quantum Consciousness. Both Group & Private PRESENTATIONS & WORKSHOPS are available upon request.

Massage Therapy

Linda Weisiger, RMT, MTI, Reiki Master

SE corner of Arapaho and Westshore
Richardson, TX

☎ 972-479-0690 Ext. 6

Offering therapeutic massage specializing in Deep Tissue, Reiki, Healing Touch, Sound Wave Therapy, Psycho/Physical Re-education, Neurovascular Balancing, Aqua Chi Hands/Feet Hydrotherapy. Corporate Chair Massage Coordination available.

Constitutional Facial Acupuncture™

Linda Campbell, L.Ac
Certified Advanced Practitioner *



Photo credits: Chi-Akra Center, Mary Elizabeth Wakefield, Photographer, Neale M. Albert

"Changing the Face of Aging"

Constitutional Facial Acupuncture is a safe, painless and effective treatment for renewing the face as well as the whole body. Fine lines may be entirely erased, deeper lines reduced and bags around neck and eyes firmed.

Natural Health Institute · LBJ @ Webb · 972 247 3049
Staff Acupuncturist, EXHALE SPA DALLAS
naturalhealthinstitute.biz

**The only Certified Advanced Practitioner of Constitutional Facial Acupuncture in Dallas.*



Acupuncture Chiropractic Clinic

Board certify Texas Chiropractic Examiners
International Academy Medical Acupuncture
Specializes Orthopedic/Neurological conditions

Most Common Conditions Treated:
Neurological: headaches, sciatica, disc condition
Muscular-Skeletal: neck/back, hand, leg, knee
Digestion, Sinus, Fatigue, Stress, Insomnia



West Plano Medical Center Building
4100 W. 15th Street
Suite 103
Plano, TX 75093
Tel. (972) 312-8000 (Monday-Saturday)

Most Insurance, Auto & Worker's Comp.



Trish
214-674-3652

- Massage
- Quantum Energy Healing
- The Reconnection
- Chakra Clearing
- Aura Cleansing

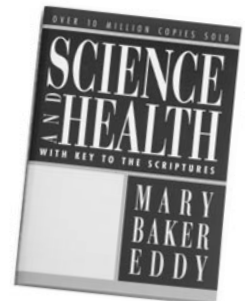
Services are done by a caring, nurturing massage therapist and healer. Call Trish today for an appointment.

RMT#: MT044092

Learn How Jesus Healed!

Join a discussion group!

The study guide used is
Science and Health with Key to the Scriptures.
(Discount on the book for readers of this ad.)



**Call 972-231-0114
for more
information!**

Our staff members are experienced in spiritual healing and love to share healing ideas-- either one-on-one or with groups.

Christian Science Reading Room
A bookstore and community center for spiritual discovery
1930 N. Coit Road, #120, Richardson
SE corner Coit/Campbell, behind Starbucks)
www.csreadingroom-richardson.com



Cynthia R. Shaw
972-991-2097

Energy Dynamics

Transformational Body Therapy

See directory listings.

Macrobiotic Center



Margaret Lawson

Macrobiotic Bed and Breakfast
Cooking Classes
Health Evaluations
Books and Food Supplies

903-786-9100

214-577-3130

macro@airmail.net

www.macrobioticcenter.com



Kneading Massage

"Need to be Kneaded!"

Trish Daniel, RMT
972.890.2144
itsmetrish@hotmail.com



Dr. Fran Assaf Doctor of Chiropractic

Harvard Chiropractic
11520 North Central Expy.
Suite 132
Dallas, TX 75243

Phone: 214-528-2085
Fax: 214-528-2449
drfran@airmail.net

***Are you committed to being the
Best you can be?
Are you willing to put yourself first?***

***Identify one thing in your business or personal life that
you would like to change.***

What would changing that thing be worth to you?

***In as little as 2 or 3 sessions
you change a pattern of a lifetime.***

In your session with Sue-Anne you will identify the beliefs that keep you from having what you want. Using various healing modalities Sue-Anne dismantles this structure.

You find yourself saying, thinking, and doing things differently.

Call today!

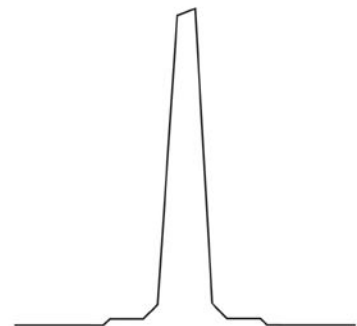
Sue-Anne MacGregor

Accredited Holographic Repatterning® Practitioner

972-898-8833

**EXPERIENCE!
QUANTUM COHERENCE**
in
**HISTORIC PILOT POINT
TEXAS**

(60 minutes from DFW airport)




1 & 2 day workshops in
Coherent Breathing for Autonomic
System Balance, Health, and Well-being
by Stephen Elliott, Author of
THE NEW SCIENCE OF BREATH
and Founder,
COHERENCE

www.coherence.com

email: quantum@coherence.com
or call 972-390-1180

**Polarity Therapy @ Somatic-emotional release
Cranio-sacral @ Reflexology @ Yoga @ NLP**



Cynthia Pierro RPP, RMT, NLPP
Registered Polarity Practitioner & Massage Therapist; Certified Neuro-linguistic Programmer & Aromatherapist; Teacher

Now is the time to...
Reclaim your health, purpose and passion
Release your pain, indecision and fears

Your session will be designed to meet your exact needs and wants.

- Ⓞ Is it time for you to fully relax and be nurtured?
 - Ⓞ Heal your aching heart?
 - Ⓞ Massage sore or injured muscles?
 - Ⓞ Release migraines, let go of headaches?
 - Ⓞ Balance your digestive system?
- Ⓞ Discover the foods and exercise best for your body type?
 - Ⓞ Balance your nervous system?
 - Ⓞ Create a healthy immune system?

Have no idea where to start?
Cynthia's integrative approach may be the answer!

Cynthia has been in private practice since 1985 and teaching since 1990. Her happy, soothing, yet focused nature takes the tangled webs out of even your most difficult issues, allowing your path to be seen more clearly.

Conscious Loving Programs & Sessions for Women and Couples
Dates and more information on the website.
170 hour Certification Training in Polarity Therapy -
Energy based 5 point holistic health system - CEU's for MT's

visit www.circle-of-energy.com or call **214.351.5528**

**JEWELRY AND MINERALS
FOR THE SPIRIT**

SILVER PYRAMID



- Huge selection of Sterling Silver Jewelry
- Quartz Crystals, Amethyst, Moldavite, Phenacite, Zincite, and other energy stones
- Large Selection of Gems & Minerals & Crystal Balls
- Mystical Pewter Figurines, Amy Brown Fairies
- Singing Crystal Bowls
- Pendulums, Sage Smudge Sticks, Incense, Oils, Runes, Tarot Decks, and more!

Store Hours
Tues-Sat 10:30-6:30
Sun 12-5:30
Closed on Mondays

Dal-Rich Shopping Center
101 S. Coit, Ste. 102 • Richardson
At Coit & Belt Line Near Whole Foods

972-690-6388
also visit, www.silverpyramid.com
BRING THIS AD FOR 10% OFF
For first-time customers only.
Excludes books, charts, cards & music. Offer expires:3/31/07

Experience the Healing Power of O₂xygen

"The fundamental cause of ALL DEGENERATIVE DISEASE is oxygen starvation at the cellular level. Cancer and other degenerative diseases cannot survive in an oxygen rich environment."
- Dr. Otto Warburg - The only two-time Nobel Prize Winner for Medicine. 1931, 1944.

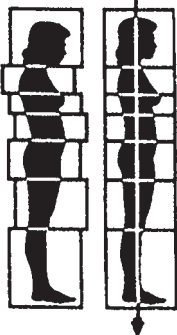
Body Harmony & Heart Centered Healing
Dr. Stephen Duncan, D.CH, R.M.T.

Benefits:

- Complete Detoxification!
- Stimulates the immune system!
- Kills anaerobic fungus, bacteria, yeast & viruses!

**OXYGEN THERAPIES - REIKI (CLASSES) - AQUA CHI
MASSAGE - NUTRITIONAL ASSESSMENTS - LIVE CELL ANALYSIS FOR PREVENTION AND HEALTH**

CALL NOW: 469.569.6082
www.holisticbodyworker.com



Feel
what a
light,
balanced
body
feels
like...

The Ida **ROLF** Method
of Structural Integration

The Ida Rolf Method of Structural integration
is a process of
re-education of the body through
movement and touch.

It systematically releases patterns of stress
and impaired function.

Margaret & Mushtaq
Certified Ida Rolf Practitioners
(advanced therapy available)

972-509-5677

Feel The Stillness of You™

Oceanna

Tammy Gersh

Ortho-Bionomy
Thalassotherapy
Hydrotherapy

214.564.7795
www.oceanna.biz

GOT PAIN ?

New From Norway

**New product dramatically lowers
chronic inflammation in the body
while restoring your immune system.**

The results are spectacular!

Call 1-800-883-7481 or visit
www.seabiotics.com/Cleada

"Keeping America Strong" Award

Bodywork

Balanced Energy

Nancy Caponi, RMT, NMT, Reiki Master

Locations in Plano and Double Oak, TX

☎ 214-668-5620

✉ ncaponi@balanced-energy.com

🌐 www.balanced-energy.com

Feel better today! Relieve stress and pain through Therapeutic massage, deep tissue, neuromuscular therapy, myofascial release, cranio-sacral, chakra balancing and Reiki in a tranquil environment. Pregnancy and corporate chair massage also available. Nancy is a Tibetan/Usui Reiki Master and enjoys helping both People and Animals. Reiki and meditation Workshops available. If you're suffering from back/neck pain, stress, Fibromyalgia, TMJ, carpal tunnel, chronic pain, sciatica, painful joints or headaches, call now and get relief.

Body Work by Trish

Massage Therapy & Quantum Energy Healing

Trish

☎ 214-674-3652

Massage, Quantum Energy Healing, The Reconnection, Chakra Clearing, and Aura Cleansing by a caring, nurturing massage therapist and healer. Call Trish at 214-674-3652 for an appointment.

Energy Dynamics —

Multi-Dimensional Transformational Healing and Spiritual Response Therapy

Cynthia R. Shaw, RMT, MTI

☎ 972-991-2097

✉ energydynamics@cynthiarshaw.com

🌐 www.cynthiarshaw.com

Integrative and intuitive Bodywork/Energy Channelling incorporating guidance from your personal Spiritual Guides to release blocks preventing expression of your highest intent and complete access to total healing. Twenty years in private practice. Remote Healing available.

Frankie Burget, OTR, RMT, CNDT

www.windsongtherapy.com

Dallas / Fort Worth Area

☎ 817-571-8135

Myofascial Release Mastery Level Therapist and Licensed Occupational Therapist. Also skilled in cranio-sacral, neuromuscular therapy, trigger point, therapeutic massage, QiGong, neuro-developmental treatment, and functional spine stabilization. Providing care for myofascial pain syndrome, fibromyalgia, TMJ, carpal tunnel, headaches, cumulative trauma disorder, pregnancy, and stress. Compassionate care for children with ADD, birth defects, failure to thrive, and special needs.

Living Balanced

Suzanne Miller, RMT, CYT, APP

Dallas, TX

☎ 972-319-3661 (voice mail)

Provides caring and therapeutic bodywork to balance your mind-body-spirit. Full body, on-site chair and pregnancy massage; Polarity energy practitioner, Certified Yoga Teacher and Certified Thai Massage Therapist; Gift certificates available.

Massage by Trish

"Need to be Kneaded"

Frisco/Plano Area - Outcalls Available

☎ 972-890-2144

✉ itsmetrish@hotmail.com

🌐 www.kneadingmassage.net

Reiki • Deep Tissue • Stretching • Swedish & Chair Massage

Naturally You

Mark Michalica, RMT, MEd., LPC intern

Richardson, TX

☎ 940-367-8025

🌐 www.nat-you.com

Experience a greater sense of peace and well-being. Begin to release chronic and acute pain. Mark has over 15 years of experience in the health field with a special focus in bodywork therapies and the mind-body connection. He primarily uses various THERAPEUTIC MASSAGE techniques, and INTEGRATIVE ENERGY WORK.

Ortho-Bionomy

Tammy Gersh

☎ 214-564-7795

✉ tammysemail@verizon.net

🌐 www.xaler.com

Injury & Chronic Pain Resolution; Relaxation, Peace. Feel the stillness of you.

Bookstores/Gifts

Angel Cards® & Book Set

by Kathy Tyler & Joy Drake

Distributed by Shifting Frequencies

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

Introducing the Special 25th Anniversary Expanded Edition of The Original Angel® Cards & Book Set: Inspirational Messages and Meditations. This new set contains 72 playfully illustrated cards; a pocket size carrying case; 20 bonus stickers; and a book that contains inspirational messages for keywords, plus meditations, visualizations, and journals to use with the cards. See display ad for more details.

For the Joy of It

Robert Payne

North Richland Hills, TX

☎ 817-514-3008

✉ info@forthejoyofit.com

🌐 www.forthejoyofit.com

Jewelry and decorative arts of precious stone. 950 silver and original stone beadwork. Kachina dolls and gem birds. Crystal clusters, spheres, calcite, celestite, and amethyst geodes.

Messages From Water

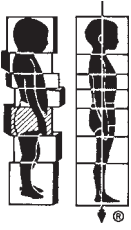
by Dr. Masaru Emoto

Distributed by Shifting Frequencies

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

Discover that water is alive and affected by words, music, prayers and more! Also available: DVD of Dr. Emoto's April 2004 Dallas presentation.



Rolwing® is a process for organizing the structure of our bodies so that we function more effectively. Over the years, our bodies react to trauma, both physical and emotional, by shortening and twisting. This intensifies our struggle with the force of gravity, which results in reduced freedom of movement, an increased

likelihood of chronic pain, poor posture and a lessened sense of aliveness and self-esteem. During the basic Rolwing series of ten sessions, the Rolfer manipulates the muscles and fascia (a connective tissue) to free up those places where the client's structure is constricted or held out of balance. The goal of Rolwing is to organize the client's physical structure so that his/her struggle with gravity is minimized. In addition to the physical changes of better balance, more freedom of movement, less stress, better posture and less chronic pain, Rolwing also affects your emotional, mental and spiritual realms. As you feel more supported by your legs, you view the world from a more secure position. You feel an increased sense of self-esteem, and the energy flow of your body is more opened and balanced.



Bioenergetic Analysis is a somatic psychotherapy based on a developmental, analytic approach. It utilizes active involvement of the body in psychotherapeutic interventions. In Bioenergetics, we work with grounding, breathing and character structure. Grounding relates to one's emotional

security and personality authority. When we stay in our heads and deny the experience of our bodies, we lose contact with our internal sense of support. Breathing vitalizes and energizes our bodies. Our breathing patterns reveal defensive blocks in the body through muscular constrictions. Breathing increases our capacity for feeling, our energy level and our access to pleasure. Character structure indicates the manner in which we limit the energy flow in our bodies and is indicative of the coping patterns we used to fend off the vicissitudes of growing up. Understanding our character structure gives insight into our defensive posturing, our personal histories and suggests a possible course of therapy.

"Bioenergetic Analysis combines the work of the body and the mind to help people resolve their emotional problems"...Alexander Lowen, Founder

If you believe that you could benefit from either of these processes, or if you would like to experience in depth personal growth through a personalized combination of both disciplines, contact **Chuck Lustfield, (214) 902-8900 • <http://www.lustfield.com>**

Chuck Lustfield, Ph.D. is a Certified Advanced Rolfer, has a M.S. in counseling, is a Licensed Professional Counselor, and a Certified Bioenergetic Therapist.

Rolwing® and Rolfer® are registered service marks



www.starlightmedium.com

Rev. Carolyn Johnson
Spiritualist Minister

Medium • Psychic • Clairvoyant
& Tarot Readings

Private Phone Sessions • Parties

Reiki Master Teacher
Certified Healer

Regular on
990TEXASTALKRADIO.COM

214-384-5462

"In my many readings with Carolyn, I've found her to be very accurate as well as understanding and compassionate."

- Cheryl Hickerson

Natural Wellness Consulting

We combine ancient knowledge with the latest biotechnology
If you suffer from a chronic or acute condition we can help you.

WE SPECIALIZE IN:

- Low Energy
- Chronic Fatigue/Fibromyalgia
- Migraines
- Female/Menopausal Problems
- Depression/Anxiety/
Poor Sleep
- Diabetes
- Digestive Problems
- High Cholesterol, high Blood Pressure
- Autoimmune conditions
- Sinus, Allergies, Low Immunity
- Thyroid Problems
- Autism
- Joint Pain

**Call to schedule an
appointment/consultation with
Dr. Lana Petrunin, ND, FMD**

214-618-8120



Lana Petrunin, ND
Doctor of Naturopathy, FMD
Certified Iridologist
Certified Nutritionist

Certified Holistic Practitioner
Member, American
Naturopathic Medical Association
and American Association
of Drugless Practitioners
More than 20 years of experience
in the health care field.

5850 Town & Country Blvd, Bldg 1, Ste 101 • Frisco, Tx

Messages of Joy**A Celebration in the Diversity of Ideas**

190 West Main Street, Suite 102
Lewisville, TX 75057

☎ 972-221-8080

✉ joykauf@msn.com

Located in Old Town Lewisville, we offer Crystals, Singing Bowls, Reiki charged Candles Books, Essential Oils, Herbs, Jewelry, Incense, Tarot Cards, wind chimes, and Angel Gifts. Authentic AURA Photos and the Original Art Work of John Pitre and Ciro Marchetti. Drop us a note at joykauf@msn.com to get on our Email list and get regular updates of Classes and Workshops. Come and get smudged!

Silver Pyramid**Jewelry and Minerals for the Spirit**

Dal-Rich Shopping Center

101 S. Coit, Suite 102

near Whole Foods

Richardson, TX

☎ 972-690-6388

🌐 www.silverpyramid.com

Huge selection of Sterling Silver Jewelry • Quartz Crystals, Amethyst, Moldavite, Phenacite, Zincte, and other energy stones • Crystal Balls • Mystical Pewter Figurines • Singing Crystal Bowls • Fountains, Smudge Sticks, Incense, Runes and more!

What the Bleep Do We Know!?
Down the Rabbit Hole**Distributed by Shifting Frequencies**

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

Now available! This six-sided, 3 DVD quantum edition has nearly 15 hours of bonus material. It also provides special branching and randomization options so that you can see different versions of the movie each time. See display ad for more details.

Childbirth**Gentle Birth Companions**

Nadine Romain, Ph.D., CD (DONA),

Yoga Teacher, HypnoBirthing®

Practitioner, Certified Hypnotist

Dallas Metroplex Area

☎ 972-237-1626

✉ gbc2000@juno.com

SPECIAL CARE FOR A SPECIAL EVENT! Prenatal yoga and relaxation, birth doula services, HypnoBirthing® childbirth education and OrthoBionomy® private sessions. Call for RSVP or info packet.

Chiropractic**Harvard Chiropractic**

Dr. Fran Assaf, B.S., D.C.

11520 N Central Expwy #132

Dallas, TX 75243

☎ 214-528-2085

✉ drfran@airmail.net

Hands on healing combining gentle chiropractic alignment with CranioSacral Therapy for neuromuscular rebalancing and relaxation. Supports the body's healing wisdom on physical, emotional and spiritual levels.

The People's Chiropractic Clinic

Edna Craven, D.C., BCNP, BCI

3200 N MacArthur Blvd Ste 105

Irving, TX 75062

☎ 972-256-0004

Take the worry out of health problems; learn how to prevent disease, which treatment works best for you, and how to maintain good health. SEE DISPLAY AD.

Colonics**Alazan Care - All Natural & Healthy Way**

Lala Nurulina

17810 Davenport Rd Ste 108

Dallas, TX 75252

☎ 972-380-4845

🌐 AlazanCare.com

COLONICS, MASSAGE & BODYWRAP - Certified Colon Hydrotherapist. FDA Approved Equipment Disposable Sterile Nozzles. ***New Year's Resolution Package of Three Colonics or Massage sessions, \$150.*** Call about our other weekly massage and colonic specials!

Balanced Approach
Holistic Health Clinic**Physician Directed Facility**

Oakwood Tower in Uptown Dallas

3626 N Hall #500 @ Welborn

Dallas, TX 75219

☎ 214-520-0216

🌐 www.BalancedApproach.com

We offer both open & closed system colonics. Services available: Live Blood Viewing with Nutritional Consultation, Lymphatic Drainage, Body-Wraps, Oxy-Spa, Ion-foot Cleanse & Stress Release. Detox packages. Rx available at time of service. Package pricing. Open Mon-Sat & some evenings.

DallasColonCareCenter

Deanna Asencio

9900 N. Central Expressway, Suite 110

Dallas, TX 75231

☎ 214-373-4000

🌐 www.DallasColonCare.com

One of the only I-ACT Advanced Certified AND Nationally Certified colon therapists in the DFW Metroplex. We use FDA registered equipment and sterile, disposable tubes. Professional, private and discrete environment. Also offering Infra-red Sauna, Vit-Ra-Tox Detox Programs and Parasite Cleanse. Credit Cards Accepted.

GENESIS**Karen Fahey, Certified Colon Therapist**

**** New location! ****

3626 North Hall St @ Welborn

Oakwood Tower #818

Dallas, TX 75219

☎ 214-821-5703

GENESIS: COLON IRRIGATION AND HERBS: FDA registered equipment. Oxygen and ozone available, clean and sterile facility at all times. Ultra violet purified filtered water used for process. Sessions by appointment only. Hours Tuesday-Saturday. Over 20 years of experience. Visa/Mastercard accepted.

Oxyzone@Whole Body
Healing Center

Pat Wesley, Certified Colon Therapist

5925 Forest Lane, Suite 124, Dallas, TX

New Address, After Feb. 1st

200 North Mill St, Lewisville, TX

☎ 972-991-5199

☎ 972-333-9992

🌐 www.colonicsindallas.com

GENTLY cleanse the colon using the state of the art FDA registered equipment, closed systems, disposable tubes & speculums. Relax in sterile, private environment. Therapist present at all times. Abdominal massage and modern reflexology. Credit cards accepted. Other therapies: Ion Cleanse.

Plano Body Wrap Shop, LLC.

Anna Olan-Smith,

Certified Colon Therapist

5805 Coit Road Ste# 403

Plano, TX 75093

☎ 972-943-5900

🌐 www.planobodywrapshop.com

I-ACT Certified LIBBE (Lower Intestine Bottom Bowel Evacuation System), FDA Registered (Class II) medical device. Open system. We use only disposable tubes with our FDA registered sterile system. Also offering Mineral Inch loss Body Wraps, Infra-red Sauna, Sunfx Spray on Tans, Mega Cleanse Detox and New Vision Minerals.

Counseling/Therapy**COUNSELING CENTER OF DALLAS**

John B. Evans, Ph.D., LCSW

6162 E. Mockingbird Lane, Ste 215

Dallas, TX 75214

☎ 214-448-5432

🌐 www.dallascounseling.info

Dr. Evans holds a Ph.D. (UT-Arlington) and two masters degrees (TX A&M; UT-Arlington) in the behavioral sciences and is adjunct professor of social work at Eastfield College.

Instant Emotional Healing

by Peter T. Lambrou, Ph.D and
George J. Pratt, Ph.D

Distributed by Shifting Frequencies

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

Introducing an amazing scientific breakthrough by Drs. Peter Lambrou and George Pratt. These psychologists have evolved a method called Emotional Self-Management™, which is derived from ancient Chinese understandings of acupuncture points and from Western cognitive science. Their invaluable book and DVD provide an incredible tool to manage one's emotions more positively and effectively.

Manifest Your Reality Now!

Karen Gresham Rossi, BA, NLP, CCHT

☎ 214-521-0869

🌐 www.karen-rossi.com

Through light & sound hypnosis for creative imagery, you can design and manifest your heart's desire. Karen has consulted with international celebrities, Fortune 500 CEOs, medical clinics, UFO investigators, and has presented to the UN in Rome. See display ad.

Experience the Difference of 26 Years in

FAMILY DENTISTRY and COSMETIC DENTISTRY



Mark Champsi,
D.D.S., D.C.

- Bio-Compatible Materials Used
 - White Metal-Free Crowns
 - Tooth-Colored Fillings
 - Crowns, Bridges, & Veneers
- Mercury-Free Practice
- Herbal Therapies Available
- Hair Analysis testing for Metal Toxicity
- Only Distilled Water Used
- TMJ Disorders
- Bonding
- Non-surgical Gum Therapy
- Root Canal Therapy
- Extractions
- Metal-Free Teeth Straightening with Invisalign®
- Dentures / Metal-Free Partial
- Teeth Whitening
- Sealants for Kids & Adults
- Reduced Exposure Digital X-Rays
- State-of-the-Art Sterilization & Equipment
- Intraoral Cameras
- Lasers and Arc lights used extensively
- Air abrasion (drill-less technology)
- Enjoy our modern office with DVD's, headphones & a view!
- Anti-Bacterial & Anti-Fungal Air Purification

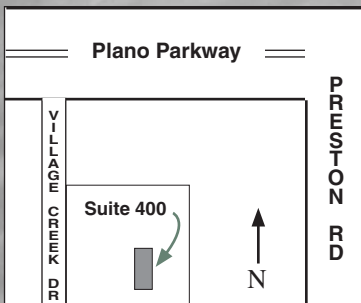
TRAY BLEACHING
from \$199.00!!
BOTH ARCHES

LASER BLEACHING
from \$399.00!!

FREE TRAY BLEACHING
W/ BRIDGE AND VENEERS

OPEN
6 DAYS A WEEK

EMERGENCIES
WELCOME



Center for Dental Wellness

PLANO

972-733-3666

1304 Village Creek Dr., Suite 400
(just west of Preston off Plano Pkwy)



SE HABLA ESPANOL • FINANCING AVAILABLE • MOST INSURANCE ACCEPTED AND FILED FOR YOU

Dance/Movement

MoveStudio

Move and be moved!

17062 Preston Rd. Suite 108, at Campbell
Dallas, TX 75248
☎ 972-732-0206

✉ staff@movestudio.com
🌐 www.movestudio.com

Ready for a new fitness alternative? Engage, challenge and inspire your mind, spirit and body! Bellydance, jazz, modern, Nia, TranceDance, Ecstatic dance and more.

Nia Technique

Sherri Lackman, MA, LPC, Cht

304 S. Cottonwood #D
Richardson, TX 75080
☎ 972-231-4466

✉ sherrilackman@msn.com
🌐 www.sherrilackman.com

Experience the joy of movement and the benefits of moving your body! Combining selected movements and concepts from Martial Arts, Dance, and other movement forms, Nia classes offer total body conditioning and joyful expression at the same time. Find out what everyone's talking about! Incredible therapy for chronic pain sufferers. Private sessions available.

Dentistry

Center for Dental Wellness

Mark Champs, D.D.S., D.C.

1304 Village Creek Dr, Suite 400
Plano, TX 75093
☎ 972-733-3666

🌐 www.drchamps.com

Family Dentistry in a state-of-the-art practice utilizing reduced exposure digital x-rays, intra-oral camera exams, and hair analysis to test for heavy metal toxicity. We are a MERCURY-FREE practice. Treatment for TMJ disorders. SEE DISPLAY AD.

Dallas Dental Spa

Lorin Berland, D.D.S.

Fellow, American Academy of Cosmetic Dentistry

Sarah Kim Kong, D.D.S.

2100 Ross, Suite 960
Dallas, TX 75201
☎ 214-999-0110

🌐 www.dallasdentalspa.com

We use only the most biocompatible materials to preserve the natural dentition, digital radiography to reduce radiation, and distilled water to prevent contamination. We employ a full-time licensed massage therapist to reduce stress for our patients. Dr. Berland is one of the most published dental authorities in the world and has dedicated his practice to providing the best care for his patients. Dr. Berland's unique approach to cosmetic dentistry has been featured on 20/20, Time, and Reader's Digest.

Education/Personal Growth

Academy of Hypnosis Training Institute & Clinic

Dale E. Emmert, Ph.D., Director

☎ 214-542-0067

✉ drdaleemert@yahoo.com

🌐 www.academyhypnosis.com

Are you ready to change your life? "Gift" your life with the fulfillment it deserves. Join us and learn how to not only make a difference in your own life, but the lives of others. We are certified to offer training in hypnosis and to also provide CEU credits to practitioners. Train to be a Hypnotist, Master Hypnotist and Clinical Hypnotherapist. Quantum Touch® certification also available.

Christian Science Reading Room

Mary Jo Beebe, Manager

1930 N. Coit Road, #120

SE Corner Coit/Campbell
Richardson, TX 75080

☎ 972-231-0114

✉ richrr@sbcglobal.net

🌐 www.csreadingroom-richardson.com

Learn how Jesus healed. Explaining and employing his methods, Christian Science has a century-long record of improving the health and changing the lives of thousands around the world. Our caring staff is experienced in spiritual healing and loves to share spiritual insights, either one-on-one or with groups. The Reading Room is a community center for spiritual discovery and a store offering books and products with healing ideas--including the bestseller, Science and Health with Key to the Scriptures, which teaches how Jesus healed.

Hypnosis Certification Training: Approved by National Guild of Hypnotists

William C. Smith, Hypnotist

NGH Certified Instructor

Action Hypnosis Training Resources Center

☎ 214-754-0021

✉ hypnosisrc@yahoo.com

🌐 www.hypnosisrc.com

This course will prepare you to help clients: Reduce / Manage Weight • Stop Smoking / Tobacco Use • Break Bad Habits • Establish Healthier Attitudes • Confidence Public Speaking • Confidence / Focus Sports • Sales / Business Confidence • More Restful Sleep • Health & Wellness • Stress Management • and MUCH MORE

Energy Healing

Applied Nutrition Concepts

SCENAR Energy Work

2828 W. Parker Rd. @ Independence, Ste A205
Plano, TX 75075

☎ 972-612-5505

🌐 www.appliednutritionconcepts.com

Scenar energy work balances your polarity and calms your nervous system's "fight or flight" response. It allows the body to focus on healing and regeneration. The end result is less pain and improved health. Non-invasive. Fast-acting. Proven results.

Body Work by Trish

Massage Therapy & Quantum Energy Healing

Trish

☎ 214-674-3652

Massage, Quantum Energy Healing, The Reconnection, Chakra Clearing, and Aura Cleansing by a caring, nurturing massage therapist and healer. Call Trish at 214-674-3652 for an appointment.

Life Changes Unlimited

Ann DeRulle, Certified Practitioner

17735 Windflower Way #108

Dallas, TX 75252

☎ 972-733-1719

✉ LifeChangesUnlimited@earthlink.net

Not experiencing the happiness, wellness, relationships or prosperity you want? You can easily dissolve the subconscious energies that block your enjoying the life you want through Life Changes Unlimited's exclusive, breakthrough QUANTUM SOLUTIONS process. Plus, the toxic energies in your home, office and vehicles (yes, you have them and they are zapping your health, energy, productivity and much more!) can be treated to benefit all areas of your life. (Call for a FREE evaluation.) Life-changing demonstrations, economical growthshops, speaking engagements, private consultations and phone or remote distance options available. See Events/Classifieds.

Environmental Services

AOK Computer Recycling

David Gersh, President

☎ 214-616-6909

🌐 www.aokcomputerrecycling.com

Dispose of your obsolete equipment. Commercial & Residential. Affordable rates. Pick-Up or Drop Off Services. Material recycling exceeds EPA standards. Secure Data Destruction. In compliance with HIPAA. Billing, Inventory, and Certificates of Disposal available to companies. 10% of profits donated to 501(c)3. Member TCEQ, Recycling Alliance of Texas, and the National Recycling Coalition.

Holistic Centers

Trinity Centre of Dallas, Inc.

Margaret Clench, RN, PhD, ThD

3628 Vintage Place

Dallas, TX 75214

☎ 214-754-8080

✉ TrinityDallas1@aol.com

🌐 TrinityTables.org

Dr. Clench offers complementary modalities of healing and facilitates clients' growth through the use of the Trinity Table™, Korotkov Camera Energy Field Analysis, and Bio-Energy Work. In addition to these modalities, she now offers corporate and individual archetype analysis utilizing the techniques developed by Dr. Caroline Myss in her groundbreaking book, Sacred Contracts. Dr. Clench has been certified by Dr. Myss to teach these exciting and insightful techniques.

Holistic Dentistry

Health Centered Dentistry

Henry Guy, DDS

2701 Osler Drive, Suite 10

Grand Prairie, TX 75051

☎ 972-647-4300

🌐 www.henryguydds.com

Safe removal of toxic fillings, crowns and root canals. Biocompatibility testing for new materials. Alternative root canal treatment. Headache therapy. Mercury free since 1983.

William K. Swedenburg, DDS

5501 Independence Parkway, Suite 205

Plano, TX 75023

☎ 972-51-SMILE

MERCURY-FREE DENTAL CARE in a state-of-the-art setting. Digital X-rays (reduced exposure), digital imaging (see changes to your teeth BEFORE you treat). Personal, caring attention from a quality-conscious staff.

If You Could Change One Thing, What Would It Be --
More Joy, Prosperity, Better Health?

Call Alyce Payne at 817-514-3008



Alyce Payne is a Certified Thetahealing™ Practitioner for Basic, Advanced and Intuitive Anatomy levels. Healing sessions are in person or by phone.

Alyce is a Certified Instructor for Basic and Advanced levels. Classes are fun, life changing, and held on a regular basis.

www.thetateacher.com | North Richland Hills, TX

You can change. Please call 817-514-3008.
Or email alyce@thetateacher.com
Your Thetahealing™ Connection

Thetahealing is a trademark of Vianna's Nature's Path used under license.

HEALTH CENTERED DENTISTRY

A Complementary
Blend of Scientific and
Alternative Therapies



Safe removal of mercury fillings with metal-free replacements

Biocompatibility testing for materials

Alternative root canal

TMJ (headache) treatment

Treatment for cavitations

Conscious sedation

Invisalign (Metal-free orthodontics)



HENRY GUY, DDS

WWW.HENRYGUYDDS.COM

(972) 647 - 4300

Patient forms

Patient Survey

Contact Us

WKS

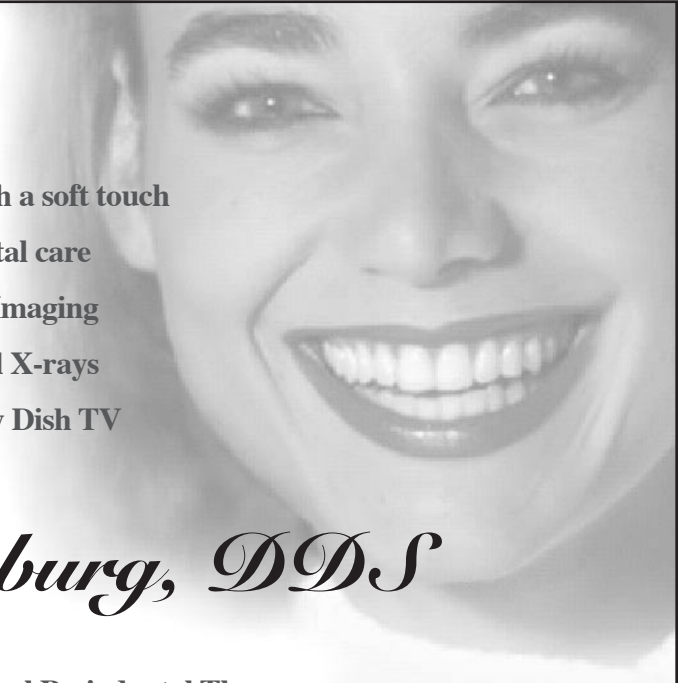
- High tech with a soft touch
- Laser dental care
- Digital Imaging
- Digital X-rays
- Enjoy Dish TV

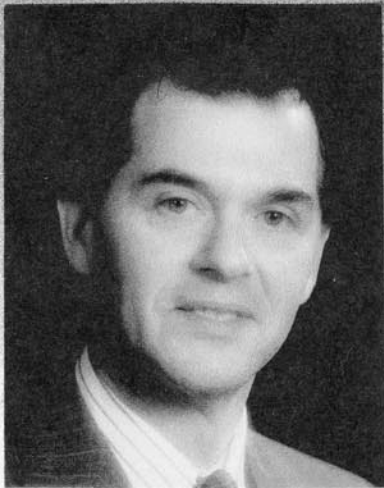
William R. Swedenburg, DDS

As a dedicated team, our mission is to help you, our patient, discover, achieve, and maintain your dental health goals.

- Non-Surgical Periodontal Therapy
- Implant Dentistry
- Wisdom teeth removal
- Sedation available

972-51-SMILE(76453)
www.planosmiledesign.com





medical mysticism

Dr. Gary Berman:

Medical Mystic, Physicist, Naturopathic Medical Doctor, and Chiropractor has helped many people achieve success in all areas of their lives.

Medical Intuition:

Discovering how illness is related to patterns of emotional and mental stresses, beliefs, and attitudes.

Medical Mysticism:

Incorporating all of these abilities into a method of communicating with universal energy to help you discover your potential for healing physically, mentally, emotionally, and spiritually.

Psychic Medical Diagnosis:

The ability to "enter" a person's body and provide an accurate diagnosis of imbalance or disease.

Psychic Mediumship:

Receiving and interpreting messages from spirits, whether they are with us in this world or have passed into the next.

THE HEALING ZONE

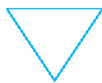


FOR UNIVERSAL HEALTH

**THE HEALING ZONE
13747 Montfort Dr.
Suite 200
Dallas, TX 75240
972.404.8650**

****Dr. Berman also provides Chiropractic Services.**

The Emergence of Maitreya, The World Teacher



BENJAMIN CREME TALKS ABOUT MANKIND'S ULTIMATE CHOICE:

- the extraordinary help here for humanity
- humanity's spiritual legacy
- political, social and economic justice
- the environment



Video screenings locations & dates:

Spiritual Fitness Center

1237 Executive Drive East, Richardson, TX

Saturday, Feb. 10, 2007, 7:30 - 9:30 PM

Saturday, Mar. 10, 2007, 7:30 - 9:30 PM

Half-Price Books (in the Community Room)

5803 E. Northwest Hwy (just east of US 75), Dallas, TX

Friday, Feb. 16, 2007, 7:30 - 9:30 PM

For more information:

Visit our website Justice4Peace.org or call 214-328-2124



Transmission Meditation

Transmission Meditation is a group service activity which 'steps down' the great spiritual energies that continually stream into our planet. During Transmission Meditation, humanity's 'elder brothers', known in the East as the Masters of Wisdom, direct energies from the highest spiritual planes through the chakras of the group members. The group also receives healing energies and, through sustained meditation, is enabled to achieve enhanced personal spiritual development.

Come Experience Transmission Meditation

No prior meditation experience is necessary and it's always free.



Location & dates:

Half-Price Books (in the Community Room)

5803 E. Northwest Hwy (just east of US 75), Dallas, TX

Friday, Dec. 15, 2006, 7:30 - 9:00 PM

Friday, Jan. 19, 2007, 7:30 - 9:00 PM

Friday, Mar. 16, 2007, 7:30 - 9:00 PM

Visit our website TransmissionMediation.net for more info.

Holistic Medicine

Alex Bekker, M.D.

Homeopathy General Practice

6500 E. Mockingbird Ln. Suite 115
Dallas, TX 75214-2483

☎ 214-821-3133

✉ a.bekker@sbcglobal.net

Dr. Bekker is a physician with extensive homeopathic clinical experience. Proper homeopathic treatment is according to principles based on a holistic understanding of health and disease. Medical insurance covered - out of network provider.

**Anne Coleman, MD
Christina Reiter, CCN**

375 Municipal Dr, Suite 128
Richardson, TX 75080

☎ 972-669-4111

Dr. Coleman and her nutritionist, Christina Reiter, work together to help you achieve prioritized goals for obtaining optimal health through "Bio-Transformation." During this sometimes long and arduous journey you will be asked to submit to comprehensive testing, both conventional and functional, as well as discuss with candor your complete medical history. Be prepared to have your diet and supplement regime scrutinized by Christina, and your medication and hormone regime scrutinized by Dr. Coleman, each separately over the course of your visits. In return, Dr. Coleman and Ms. Reiter will develop and monitor a completely customized treatment program to fit your unique biochemical identity.

**Karen S. Asbury, MD
Integrative Medicine**

PO Box 863568
Plano, TX 75086

☎ 972-867-7790

🌐 www.KarenAsburyMD.com

Dr. Asbury has had extensive training in both Internal Medicine and Alternative Care. Excellence is emphasized in providing personalized care in a warm, compassionate atmosphere. Without the constraints of insurance, Dr. Asbury is able to spend more time with each patient doing a comprehensive health evaluation and individualizing their therapy program with the goal of restoring optimum health. Visit the website at www.KarenAsburyMD.com.

Holistic Veterinary

Paws & Claws Animal Hospital

Dr. Shawn Messonnier, D.V.M.

2145 West Park Blvd.

Plano, TX 75075

☎ 972-867-8800

Acupuncture and Holistic Animal Health Care Center. Dr. Shawn Messonnier is a nationally known veterinarian, author, and pet care advocate. Through the use of acupuncture, homeopathy, and nutrition, we can treat a variety of conditions that are often considered "hopeless" by conventional medicine. Chronic problems including allergies, cancer, skin infections, and arthritis often respond well to holistic therapies. Visit our website at www.petcare.naturally.com.

Homeopathy

Advanced Homeopathy

Glenda Stroup Malone, dht

2060 North Collins Suite 109
Richardson, TX 75080

☎ 972-889-1010

☎ 469-742-0906; fax

Do you seem to be getting ill more often, frequent visits to the doctors office, taking antibiotics or other pharmaceuticals more than you like? Do you have a chronic condition that worsens year after year, even though you are taking the latest recommended drug? Do the television commercials frighten you with ads about the latest pharmaceutical that has toxic side effects? Are your children out of control with a recurring illness? Has your child been diagnosed with add or adhd? Are school officials pressing you to medicate your child? If you answered yes to these questions, there is a better way -- it is called homeopathy. It has been proven to work for over 200 hundred years, with no toxic side effects, safe for the young and the elderly and the inbetween. Homeopathic medicines are the most economical form of health care we have today. Glenda has been in practice for over 20 years here in the metroplex helping and teaching families a natural approach to nasty conditions. Testimonials are available. Physician sponsored. Major credit cards accepted.

Alex Bekker, M.D.

Homeopathy General Practice

6500 E. Mockingbird Ln. Suite 115
Dallas, TX 75214-2483

☎ 214-821-3133

✉ a.bekker@sbcglobal.net

Dr. Bekker is a physician with extensive homeopathic clinical experience. Proper homeopathic treatment is according to principles based on a holistic understanding of health and disease. Medical insurance covered - out of network provider.

Holistic Center of Dallas

Regina Edwards, BA, RMT

4144 N. Central Expy Suite 630
Dallas, TX 75204

☎ 214-824-4949

Regina Edwards provides Classical Homeopathy consultations. Homeopathy is a form of complimentary medicine using highly diluted natural products to gently enhance healing. The selection of the single remedy is based on unique symptoms, physical sensations and emotional reactions of each individual. Additionally available: Cranio-sacral Therapy, Esoteric Healing and Therapeutic Touch.

Hypnosis

Stop Smoking with Hypnosis!

Initial Reflections Hypnosis

Mind Resource

Barry Stockmier, C.C.Ht.

☎ 972-699-7325

🌐 www.mindresource.com

Weight Control • Tobacco Cessation • Reduce Stress • Full Range of Confidential Hypnosis Services. Learn more about hypnosis at my website.

Hypnotherapy

ALPHA-HYPNOSIS

Nadine Romain, Ph.D., Certified Hypnotherapist, HypnoBirthing® Practitioner

Office in Dallas Lakewood Area

☎ 214-796-5327

🌐 www.alphahypnosis.biz

Looking for the Life you were meant to live? Let me help you help yourself and regain control for life-long changes! Releasing habit patterns - Stress, Fear, Anxiety release - Metaphysical Counseling - Abundance - and much more... Available for corporate group. Call for an appointment today!

Clinical/Medical Hypnotherapist

Dale E. Emmert, Ph.D., CCHt., RBT.

☎ 214-542-0067

✉ drdaleemert@yahoo.com

🌐 www.academyhypnosis.com

"When you change the way you think about things, the things you think about change". - Dr. Wayne Dyer. Dr. Emmert is a member of the American Board of Behavioral Therapists and for years has assisted clients in the areas of Smoking Cessation, Weight Management, Fears & Phobias, Emotional Freedom, Sports Enhancement and anxieties related to Memory and Test Taking. Dr. Emmert is also a Pain Management specialist certified by the American Board of Medical Hypnotherapists as a Hypnotic Anesthesiologist.

Counseling Services

Sherri Lackman, MA, LPC, Cht

304 S. Cottonwood #D
Richardson, TX 75080

☎ 972-231-4466

✉ sherrilackman@msn.com

🌐 www.sherrilackman.com

Discover how hypnotherapy can gently explore issues that have caused unhealthy behavior and poor decisions in the past. Hypnosis allows access to the unconscious in the altered state so that issues can be resolved more quickly and efficiently than with talk therapy.

Journey Between Lives

Carole Layman, LMSW, CHT

PO Box 171102

Arlington, TX 76003-1102

☎ 817-557-0008

🌐 www.journeybetweenlives.com

SPIRITUAL REGRESSIONS. Past Life AND Life Between Lives Therapy. Stop guessing and visit the Spirit World for definitive answers regarding your current life as well as your Soul Life! Discover your Guides, Soul Group, Life Purpose and more!

Soul Revelations

P.J. Spur, CHT.

320 Decker Drive, Suite 100

Irving, TX 75062

☎ 972-822-4548

🌐 www.soulrevelations.com

Past Life Regressions and Life Between Lives Explorations. Navigate your life, meet your Spirit Guides and Angels, and tap into your Higher Self to make changes and reveal a better tomorrow...with hypnosis. Special sessions for children to deal with fears, sleep disturbances and self confidence.

Academy of Hypnosis Training Institute and Clinic

"If being self-employed is your dream and helping others is your passion, you owe it to yourself to make the call today"

Now offering LOW LEVEL LASER THERAPY for Weight Loss and Smoking Cessation as an adjunct to Hypnosis



Dale E. Emmert, Ph.D., Director

American Council of Hypnotist Examiners

American Board of Medical Hypnotherapists

Assoc. of Registered Behavioral Therapists

214-542-0067

www.AcademyHypnosis.com

Ladies...



Lacking sexual confidence or lost your WOW?

Get results with

The Intimacy Coach

- Learn what is holding you back & find your sensuality!
- Learn how to move and talk to your man to turn his head!
- Recently divorced and need to find the new you?

One on one private sessions with a woman who will assist you to get your confidence on track!

Free Consultation • Ladies ONLY Please

214-498-5177

SPIRITUAL FITNESS CENTER

"Creating a Link Between Heaven and Earth"

UPCOMING EVENTS

- Advance Psychic Development with Dwanna Paul 1/8, 1/15, 1/22, 12/29
- Circle of Light w/Dwanna Paul 1/10 & 1/24
- Incest Survivor Circle (Women Only) 1/4
- Encore Showing of "The Secret" 1/12
- Gott Roxx 1/13
- LEE CARROLL / KRYON EVENT 1/14
- IET Workshop 1/14
- The Secret Workshop beginning 1/18
- Power Feng Shui For Success and Empowerment Circle w/ Alex Shaw 1/18
- "ONE" The Movie 1/26
- An Evening with Jashar (Channeling and Blessings) 1/27
- Power Feng Shui Class w/ Alex Shaw 1/28
- Celtic Groves Imbolg
- Radical Forgiveness Workshop 2/2 – 2/4
- Gott Roxx 2/10
- Transmission Meditation Event 2/10
- Encore Showing of The Secret 2/16
- Namasté' USA Yoga Teacher Training 2/17, 2/18
- Janet White's Secrets of the Hidden Job Market 2/17
- The Secret Workshop beginning 2/22,
- An Evening with Jashar 2/24
- Transmission Meditation Event 3/10
- Gott Roxx 3/10
- Namasté USA Yoga Teacher Training 3/17 – 3/18
- Celtic Groves Spring Equinox 3/24
- An Evening with Jashar 3/24

ONGOING EVENTS

- Richardson Reiki Meet Up – Third Mondays
- Adult Indigo Meet Up – Third Mondays
- Intro to Theta Healing – Second Tuesdays
- Theta Healing Circle – Third Tuesdays
- Vajradakini Buddhist Meditation Class Every Tuesday
- Deeksha Dallas – Every Wednesday
- Trinity Healing Group 1st and 3rd Thursday
- Unity Church of Richardson – Every Sunday
- Psychic Fair – Third Sunday

For More Detailed Information about these events and more, please go to our website at www.spiritualfitnesscenter.com

Class Space Available for rental. Call for availability and dates!
Don't forget our generous 70/30 Door Splits.

SPIRITUAL FITNESS CENTER

1237 Executive Drive East • Richardson, Texas 75081

972-690-1887 phone • 972-231-3495 fax

www.spiritualfitnesscenter.com

Hypnotherapy Training

Golden Visions

MaDonna Kettler, BA, MHT, LBLt

Trainings in various states & locations

☎ 505-534-1291 (NM)

☎ 612-709-5578 (MN-cell)

✉ donna@goldenvisionscenter.com

🌐 www.goldenvisionscenter.com

NATH Certified hypnotherapy trainer facilitates trainings including: Level 1 - Clinical and Past Life Certification, Level 2 - Masters Advanced Regression, and Level 3 - Life-Between-Lives Spiritual Regression. Help others (and yourself!) release weight, stop smoking, remember past lives, release pain, gain self-confidence, visit their life-between-lives, and much, much more. Are you ready?

Interior Design/Feng Shui

Karen Ann Tompkins

Feng Shui With Karen Ann

☎ 972-669-1595

☎ 972-644-1526; fax

✉ karenanntompkins@comcast.net

🌐 www.FengShuiWithKarenAnn.com

Karen Ann has studied with Masters worldwide, and practices classical Feng Shui. This analytical and diagnostic approach is specific to each property, each person, and includes the influences of time.

Iridology

The People's Chiropractic Clinic

Edna Craven, D.C., BCNP, BCI

3200 N MacArthur Blvd Ste 105

Irving, TX 75062

☎ 972-256-0004

24 years experience. Jensonian and Holistic Iridology. Accurate iris reading. Complete written Report Of Finding with pictures. Nutritional Consultation. See ad for additional services.

Macrobiotics

Macrobiotic Center

Margaret Lawson

☎ 903-786-9100

Macrobiotic BED AND BREAKFAST NOW OPEN (about one hour North of Dallas). Cooking Classes, Counseling, Books, Supplies. Email macro@airmail.net for brochure.

Natural Health Care Services

S.V. "Ami" Amagna, MSc, RMT, CNHP

Carrollton, TX (Marsh/Rosemeade Area)

☎ 972-492-6651

Macrobiotic counseling to develop a dietary program for overcoming your health problems • Shiatsu-based energetic bodywork to relieve stress/pain and restore good health by revitalizing organs and systems • Medical Qi Gong self-healing exercises • External Qi therapy (palm healing) • Guidance on supplements, herbs and homeopathic remedies.

GOT WRINKLES ?
 New From Norway
 ~~~~~  
**Look as young as you can  
 for as long as you can.**  
**New product from Norway  
 dramatically reduces fine lines  
 and other signs of aging.**  
 Call 1-800-713-9709 or visit  
 www.seasation.com/Holbein  
**"Keeping America Strong" Award**

Get Holistic Networker  
 in your inbox.  
 Subscribe Today at  
**HolisticNetworker.com**  
 for a digital copy  
 of this issue


**HYPNOSIS WORKS!**



- Weight Reduction
- Smoking Cessation
- Anxiety Elimination
- Performance Enhancement

**Ki Steelman** Board Certified Hypnotherapist  
**Personal Coach for Success**  
**Achieve Your Goals Today. Call Now!**  
**214.228.4009**  
 www.YogaKi.com

**HOLISTIC LAW**  
 A Healing Approach to  
 the Practice of Law



**James W. Hunt**  
 Attorney at Law  
 103 Dal Rich Village  
 Richardson, Texas 75080  
 (SE Corner of Coit  
 and Belt Line Road)  
**972-392-2500**  
 Member - Int'l Alliance of Holistic Lawyers  
 Not certified by the Texas Board of Legal Specialization

## Soul Revelations

Who am I?  
 Why am I here?  
 Am I on the right path?  
 What are my life lessons?  
 What past lives have I lived?  
 Who are my Spirit Guides or Angels?

Find answers to these and other questions with Past Life Regression or a Life Between Lives session with PJ Spur, CHt



### Navigate Life With Hypnosis:

- Past Life Regression
- Life Between Lives
- Meet Guides and Angels
- Enhance Self-Confidence
- Manage Stress and Grief
- Lose Weight
- Stop Smoking

### Special Sessions for Children:

- Conquer Fears and Phobias
- Solve Behavioral Concerns
- Enhance Learning

Hypnosis for the soul . . . [www.soulrevelations.com](http://www.soulrevelations.com)  
 972-822-4548 \_ e-mail: [soulrevelations@comcast.net](mailto:soulrevelations@comcast.net)

## Journey Between Lives

- Past Life Regressions
- Life-Between-Lives Therapy
- Connecting With Your Guides

[www.journeybetweenlives.com](http://www.journeybetweenlives.com)



**Carole Layman,  
 LMSW  
 Certified  
 Hypnotherapist**

**(817) 557-0008 or  
 (817) 455-6642**

Your journey starts here!

# Hypnotherapy Training

Sponsored by



Certified NATH Trainer *MaDonna Kettler, BA, MHT, LBLt*, returns to the DFW area to offer  
**TRANSPERSONAL HYPNOTHERAPY CERTIFICATIONS**

**Location:** Positive Touch, RICHARDSON, TX

**Certification (Level 1)**.....5 days ....Apr. 25-29, 2007 (Clinical and Past Life Regression)

**Masters Certification (Level 2)**..6 days ....May 1, 2, 3, 4, 6, & 7, 2007 (Advanced Regression)

**Life-Between-Lives (Level 3)**....4 days.....May 9-12, 2007 (Spiritual Regression)

*In-depth, highly experiential programs for dedicated people drawn to learn the fascinating art of hypnosis. Anyone wishing to improve their personal or professional life can benefit. Enhance your Earth experience, expand your consciousness, and transform your life NOW! CEU's available. DATES SUBJECT TO CHANGE.*

It's time. Are you ready?

**FOR MORE information, additional dates and locations:**

[www.goldenvisionscenter.com](http://www.goldenvisionscenter.com)    [donna@goldenvisionscenter.com](mailto:donna@goldenvisionscenter.com)

**505.534.1291 NM    ♥    612.709.5578 Cell**

Space is limited—Call early to reserve your place!





**Jennifer Farmer — Psychic Medium**

Do the circumstances in your life cause you to feel confused, frustrated, lonely and without hope of a way out? Do you feel stuck in your own life? Are you seeking to heal yourself and/or a relationship? Have you lost someone close to you from death?

Allow me to help you walk through these situations in your life. My intention is to guide you through overcoming the hurt and loss you've experienced. I will teach you how to find yourself again and to feel more

powerful and secure. Through my personal intuitive readings, I can help you learn to manage emotions and show you a way of life that is fun, loving and peaceful. I will use my talents and experience to assist you in uncovering the causes and conditions that bring you mental, physical, spiritual and emotional pain. Are you ready to take action and make changes to improve your life?

Call Jennifer at 817-690-4208  
www.ButterflySpiritConnections.com

*Ellen Black | Tarot Reader*  
(214) 750-6949

**PSYCHIC FAIR!**

**SUCCESS?  
FORTUNE?  
HAPPINESS?**

1st Sunday of Every Month  
Noon - 6:00 P.M.  
Holiday Inn Select Hotel  
★★ LBJ & Josey ★★  
Admission: \$7.00  
All Readings Only \$10.00 each  
Discount Coupon at [www.dallaspsychicfair.com](http://www.dallaspsychicfair.com)

★ **OVER 50 PROFESSIONAL PSYCHIC READERS & VENDORS AND WELLNESS PRACTITIONERS!** ★

Dallas' Oldest And Largest Psychic Fair Is Produced By Creative Organization (972) 241-4876

**Casa del Sol  
Bed & Breakfast**

peaceful garden setting  
view of Lake Travis  
kitchenette ~ fax  
pool ~ hot tub ~ deck  
\$89 night ~ \$495 week

**512-266-7098  
800-375-7529**

# Messages from Water

by Masaru Emoto

**\* In Messages from Water, Volume 1** view amazing photographs documenting the quality of different water sources from lakes, rivers, and cities around the world, see 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. Find out how water quality improves with prayer. This is the book that started it all! New English-Only Softcover.

~~\$25.95~~  
**Sale Price \$19.95**

**\* 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. Softcover.

~~\$32.~~  
**Sale Price \$24.95**

**\* 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. Softcover.

**\$16.95**

**\* 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.

**Special Sale Price:**  
VHS ~~\$30.~~ **\$14.95**  
DVD ~~\$45.~~ **\$19.95**

**ORDER ONLINE**  
[ShiftingFrequencies.com](http://ShiftingFrequencies.com)

**ORDER BY PHONE**  
972-378-1211



## Your Winter Stars

by Cynthia Novak

The longest night, the Winter Solstice, is behind us. The air is frosty cold; every creature that lives outdoors is hungry and needs to eat. They instinctively know it's time to fuel up and the environment stimulates their metabolisms. We humans need to figure out a way to burn what we stored over the holidays!

Let's start with the December 20th New Moon and move forward. We can't charge into the new year without carrying a little holiday weight along. These are intense times. We are at once threatened by a fiercely tribal form of militant Islam that harkens back to the dark ages; and, at the same time, we are offered the limitless awakenings of quantum physics! We slip down the Rabbit Hole, only this time it is the black hole at the center of the Milky Way, the Galactic Center, and, perhaps, the very womb of our galaxy.

The visible planets are dancing together in different constellations until mid-March. From late December's New Moon, the Winter Solstice, until the New Moon of February 17th, they gather with the Sun and Moon, and linger in a constellation with one of the slower moving, outer planets for a full month. Starting in late December, they join Pluto, the planet of transformation and rebirth. Interestingly, they gather across the center of the Milky Way. Mayan scholars say that this is the place the ancient Mayan culture saw as a Stargate, or portal, for universal, galactic knowledge. In Janu-

ary the faster planets visit Neptune: the mystical planet of dreams and visionary ability. Finally, in February, they visit Uranus, the restless technocrat of the heavens. He's known for surprises and unpredictable events of all kinds. So this winter we stand both literally and symbolically at the gateway to the past and the future. Will we dance with Kali and create from destruction or will we reach for quantum physics and metaphysics to find a modern world solution to ancient tribal wars? On some level, we each get to choose with our conscious minds, hearts and words.

During the Winter Solstice on December 20th there is a New Moon or new beginning. The Sun, Moon, and Pluto are in tight union in the heavens. The place they meet is called Mula, (Foundation), in Vedic astrology: It is the center of the galaxy. Ancient Hindu astrologers associated this place with a deity called Nirriti: she later became known as Kali. Kali is a fierce creator and destroyer. She dances a wild dance to destroy our illusions. She shows us the painful reality of mortal life and the beauty and sublime pleasure that is part of life in a body on this earth. It is a place where we learn to dissolve our attachments to the material world in one way or another. This place was also known to the ancient Mayans as a portal to human consciousness. Thus, we are at the edge of the Rabbit Hole in "What the Bleep-Down the Rabbit Hole".\* Pluto and the visible planets gather at this place in the heavens known as the birth canal to the Otherworld.

Interestingly, astrophysicists discovered in modern times that the place the ancients called the center of the galaxy is indeed a large black hole at the very center of the Milky Way. There is a great deal of supernovae activity there now, but perhaps there is something richer and maybe we are at the crossroads. Will we focus on warring tribes who win and lose

at each battle? Do we see the Creator as a punitive deity or as an awakened consciousness? Will we leap forward or fall backward from fear? This sounds at once both exciting and ominous. As in the birth of anyone or anything, it is daunting and exciting. For now, it is helpful to note that we have a choice in how we dissolve our attachments: through the primal dance of blood or the awakening of consciousness. Is this the beginning of the end of the Mayan calendar or is it the beginning of a new level of awareness? Wherever we turn, there are tribes: does ultimate protection come from joining one or from creating something greater? Do we have the awareness to reach beyond the comfort of the past? Do we dare dive into the Rabbit Hole?

We start the New Year with the knowledge that life is precious, painful and pleasurable. There is profound suffering and sublime joy. We also know that there are vocal groups calling for destruction and who believe that they will give birth to something better. Before we begin 2007, we reflect on the wars and threats and destruction of the recent past. We marvel that the ancients "saw" what modern science has now confirmed and we ponder the future. As we end the year, there are mixed images of celebration and suffering. We realize that creation and destruction walk hand in hand today, as well as in the past; each of us has the opportunity to reach deep inside and look at the Kali within. What destruction and creation are you capable of? What would you fight for or against? Who would you give up your life for? Will you dare to take a stand even if it upsets the tribe?

If you find yourself feeling just a little vulnerable and perhaps a little heavy with the pounds left from the holiday feast and if you are a bit daunted by the weight of responsibility from bills, work, family or life, then you are not alone. This is the time to focus on creation. We have the gift of life, a body,

a mind and the possibility to awaken our consciousness. We can travel down the Rabbit Hole and explore what we know or thought we knew.

**January begins the year on a heavy note.** Physical and financial fears abound as Mars, the planet of war, joins Pluto. This is a particularly volatile transit and economic fears become loud shouts. As noted above, Pluto lingers in the mansion governed by Kali. We are pushed and pulled to find a way to create and step outside of the real fears of life. Mars crosses Pluto on the 13th. This may be a time for fears, threats and posturing at all levels. You'll want to avoid petty dramas and keep meetings simple and direct. It's easy to listen to mental chatter and presume that you have the facts when what you have are your feelings. This is a fast-moving transit so things should calm down within a week. If you need to apologize, do so and move on.

The January New Moon is the fresh start we've been waiting for. There is a planetary party in the heavens. On the 18th we feel lighter and brighter. There is plenty of attention to business and busy-ness. Love and money take a last fearful glance at Saturn, the truth about the budget and where we need to cut. Then we have a plan of action as a nation and as individuals. This is nothing new; we have experience and wisdom to guide us.

**February is most interesting for relationships.** Venus, the planet of love and money, crosses Uranus, the playful, trickster planet. Uranus governs technology so on-line romance is strong as we enter this month. The period of time from the 5th until the 14th is most volatile. Venus might be a little fickle or perhaps confused as she pulls into the eclipse path. Is it destiny or desire? Take a few days before you go too far. Remember, Venus governs love and money, so introduce him to your mother and get the advice of a solid financial person before you invest your heart or your nest egg.

This combination makes us all a little susceptible to fashion and should be a boon for the beauty industry. On the 13th, just in time for Valentine's Day, Mercury, the communication planet, appears to stop in the heavens and go backward. This is good for miscommunication and missed appointments. Better verify your plans and your assumptions before you take the wrong turn. This should find plenty of lovers snapping up last-minute cards and flowers. If your sweetie forgets, give him the benefit of the doubt. Better yet, be the one to buy the flowers or make the dinner this year. That will be a pleasant surprise and a wonderful way to combine love, surprises and a shift in the paradigm. It could send him thinking about surprises, too! The February New Moon on the 17th is strong for business: it's easier to get down to work and complete what you start.

**March:** Things flow pretty well during the first half of the month, then they get sticky. Mars, the action planet and the planet of war, opposes Saturn, the planet of frustration. This is symbolic of struggles with authority or those in power. Mars says: "Let's do it my way now!" Saturn says: "We need to follow protocol; there is a system to all things and order is our friend". Put these two together and we experience a sort of internal tug of war and perhaps an external reaction. If this weren't enough, these two planets, who are not friends, move into a cosmic dance with Neptune, the planet of faith and illusion. The best of this would be the realization that war does not create order, but disorder. Our faith in the future must begin with our imaginations and, ultimately, relies upon faith in each other. The darker side of this is over-reaction to fear that our faith is questioned and force is the only way. I don't know about you, but I'll vote my visionary vote on the former. This is evidenced in all arenas of life, right down to our families. By the time we

reach the March New Moon, we are ready for a different perspective and it is here!

**In the News:** The election brought about changes in the House and Senate. The Democrats are the majority party in both, but it is a slim majority, so the two parties will have to work together at solutions. This is a great time for a more enlightened, bipartisan approach. It's an opportunity for both parties to step away from tribal rhetoric and pull together for a visionary solution to the nation's big problems. Do you think they can do it? Will you wish them good will?

**GWB:** The president has run out of lucky transits. As he enters 2007 there are big changes already and more to come in his Cabinet. He is tired, but tenacious. Although we can expect to see him adapt to the current political climate, he will often feel alone or abandoned during this year. He has the type of transit an astrologer expects to see when someone is grieving. The nation will charge ahead. The gift of a Democracy is its ability to change with the people. "We the People" are part of the process and our vision is part of the solution.

**Nancy Pelosi:** The first woman Speaker of the House has a powerful Jupiter. Jupiter is strong in the charts of many politicians, but hers is unusually strong in the lunar mansion Revati. This mansion is sensitive and contemplative, but most of all it has a quality of empathy. Her Jupiter falls in the eclipse path on Ketu, the point where the Moon descends as it circles the Earth. It is an indication of destiny, as well as hard-won political clout. Pelosi has Venus, the feminine planet of love and money, right next to Uranus, the planet of change. She is changeable and a vehicle for change. She has been the voice of her constituents in San Francisco, but will now shift a bit as she becomes the voice of Americans nation-wide. Power won't



**Do you** feel a loved one on the other side is trying to contact you?

**Do you** have unfinished business with someone on the other side?

**Do you** need help in healing grief?

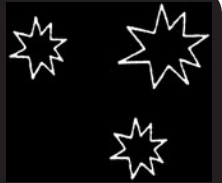
If the answer is yes, please call.

I offer compassionate private and group discernments focused on receiving credible, helpful, and healing messages from the other side.



Shannon Maxey, C.C.Ht.  
Psychic Medium  
817-261-6623  
www.inquirewithin.net

Shannon Maxey, C.C.Ht.  
Psychic Medium



## Cynthia Novak

Intuitive \* Astrologer \* Tarot-Reader

*Readings from the Heart*

Providing Detailed, Personal and Predictive Information

Remind you why you are here  
Help you plan where you are going

[www.cynthianovak.com](http://www.cynthianovak.com)

metro (817) 261-2984

New! Classes in VEDIC Astrology and Tarot

**The Most Personal and Practical Gift!**



*Annmarie Touchette*  
Transformational Healer and Medium

**"Look Into Your Future"  
Explore Your Past!**

**Tarot Readings**

*Blending Numerology and Palmistry*

**Spirit Contact**

*Contacting Loved Ones who have Crossed Over*

**Transformational Healing**

*Reiki and Sound*

Available for Group Events

**817.528.8841**

Bedford, Texas



## Leona Mayers

Metro (817) 429-3516

[www.leonamayers.com](http://www.leonamayers.com)

**Psychic:** Channeling (*working with your Angels*), Tarot Readings, Dream Interpretations, Past Life Readings & Aura Soma Color "*Soul Readings*".

**Guidance That Empowers**

**Insight into:**

Love  
Health  
Career  
Prosperity  
Relationships  
Life Purpose



**Leona also offers:** Reiki Therapy, Reiki Classes: I, II, & III (Master), Karuna Reiki Classes: I, II, & III (Master), Chakra Alignments, Bach Flower therapy, Healing Touch therapy, Color Therapy.

be handed to her easily, but I suspect she'll win it gracefully. I intend to give her the opportunity.

Mercury is the planet of communication; expect to see her style of communication evolve dramatically as Uranus in the heavens comes to sit on her Mercury in 2007. It is in stressful aspect to Robert Gates' Mars (see below), so word of these two being at odds will surface. More than anything, she is sensitive to the needs of her party and the nation. Although this combination may lead her to blurt things out like toads leaping into a pond, in time she will become more cautious. Her Venus is pretty and charismatic; it sits next to Mars in the heavens in her birth chart. Make no mistake- this woman is tough. Which mansion do they fall in? Kritika, the razor, which offers the ability to cut through the fecal matter to find what lies below. This mansion holds the Pleiades whose myth is a group of selfless sisters who face severe criticism and are even shunned. They take it all in stride as they come together to give birth to a being, who will save the world from evil. Pelosi will be a fascinating person to watch in the coming years, especially in 2007 as she evolves before our eyes.

**Robert Gates**, The Secretary of Defense, has a very interesting birth chart. Mars is the planet of war and it is near Uranus, the planet of change and unexpected events. Interesting, some of the most adversarial players in militant Islam have aspects of Mars to his Mars; this man is a strong leader and a fierce opponent. However, beyond that, he is a communicator and a negotiator.

Gates is part of the changes in Washington. He is very smart and analytical. Mercury, the planet of communication and commerce, sat right next to his Sun when he was born. His memory is phenomenal and his acumen for business is, too. Even more interesting is the planet Neptune right next

to them. Neptune deals with secrets (He was former head of the CIA), but it is also charming! Think Bill Clinton, with Neptune prominent. No, Gates doesn't have his tied with romance, but the charm and capacity to appeal to many different types of people should be there. With Neptune so close to the Sun, Gates may appear humble or he may literally be humble (I'm not sure which), but it is likely a combination of both. Mercury added to the mix gives him an amazing ability to communicate with many varied people. He wants to be heard and will be willing to listen and find a way to reach others.

Jupiter is the planet of religion, beliefs and optimism. His Jupiter is very strong and should give him plenty of enthusiasm for the difficult task. It is in the eclipse path so this is part of his destiny. Saturn is the cosmic taskmaster: as Gates accepted the Cabinet position, Saturn had just crossed over his Jupiter. My guess is that he was prepped in September. In the spring of 2007, Jupiter will throw his energy onto Gates' natal Jupiter, while Saturn lingers upon it. March should usher in the biggest, most difficult work of his life. He is definitely part of the changes. I have high hopes for his success and diplomacy. We should see some of both very early in the year, perhaps even as early as December 2006.

**The President of Iran; Nasrullah, the leader of Hezbollah; Secretary of Defense, Gates; and GWB face the most intense and volatile transits.**

We've seen Hezbollah's demand to overthrow the Lebanese government. In late December and January, Nasrullah becomes even more vocal and optimistic about his success. This will be difficult for Israel and the US. Even more volatile is the situation with Iran. I believe the US will take a strong stand with Iran in 2007. It may start as early as January, but the Iranian leader's chart is more volatile

and impatient in March and remains combustible all year. It may manifest as a physical and not merely a verbal threat to Israel and to the US. It is interesting to see the leaders have Mars facing each other. GWB's Mars is now more humbled by the election, but the President of Iran has had no such humility and so this transit is even more daring than one might expect. Defense Secretary Gates had Mars triggered as well. Starting in March, Uranus the technology planet, crosses the President of Iran's Mars. This could manifest as another plot to use technology similar to the one in London that was discovered and foiled. That was the last time Uranus crossed this place. Let's come together and ask for light and hope to enter the world stage. Let us pull on all the tools we learned from the film "What the Bleep-Down the Rabbit Hole" and lend our part to liberation.

**Love and Money** will grow, but they need to be tended carefully this Winter. Finances are strained in January and in March. This will likely appear in the market and, as we have seen, already shows in the Dollar. However, this is not the first time the nation faced this type of belt tightening. It's the nature of business to get busy. I expect to see creative ventures, but cautious funding. I'm no financial or love adviser, but I do see a bit of a roller coaster ride this winter. Those with patience and compassion will feel rich in both areas, while those living in fear will feel loss when there is none.

[Down the Rabbit Hole Link:  
[www.shiftingfrequencies.com](http://www.shiftingfrequencies.com)]

---

*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/](http://www.HolisticNetworker.com/dailymessage/) or see [www.CynthiaNovak.com](http://www.CynthiaNovak.com)*

*Come hear Cynthia's talk at the Wellness Expo on Sunday April 22nd at 11:30am on "Astrology and You".*

**Meditation**

**Ananda of Dallas**

**Sue Chadwick**

4901 Keller Springs Rd. #103  
Addison, TX 75001

☎ 972-248-9126

MEDITATION CLASSES based on Kriya Yoga as taught by Paramhansa Yogananda. Calm your mind, develop concentration, access inner peace. Simple, effective, proven techniques. Call for free calendar. SEE DISPLAY AD.

**Spirit of Water™ DVD**

**Distributed by Shifting Frequencies**

PO Box 702956

Dallas, TX 75370-2956

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

Inspired by the beautiful crystal photographs of water in Dr. Masaru Emoto's "Messages from Water" books, award-winning musician, pilot, aerial photographer, and cancer survivor, Craig Peyton, set off on a journey to capture the spirit of water on film. See display ad to learn more about this incredible meditation and nature DVD.

**Metaphysical Arts & Sciences**

**Intuitive Astrologer and Tarot Reader**

**Cynthia Novak**

☎ metro 817-261-2984

Intuitive astrologer and Tarot reader, Cynthia Novak provides detailed, informative, tape-recorded sessions. All are heart-centered and process oriented.

**Psychic and Author**

**Lai Ubberud**

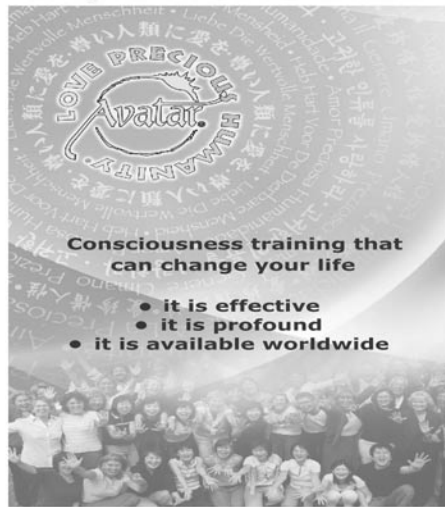
Winner of the Award "Best Psychic of 2005" by The Houston Press

☎ 832-646-3297

🌐 www.laiubberud.com

Psychic, Tarot, Past Lives, Channeling, Exorcisms, Angels, Haunted Houses, Author of "Celebrity Pets Tell All"

**Experience Avatar®**



Consciousness training that can change your life

- it is effective
- it is profound
- it is available worldwide

**The Avatar Course**

Dec 27th - Jan 4th  
Austin, TX

For information or to schedule your free introduction to Avatar, please contact:

**(512)447-8560 or (512)266-7098**  
Email: shakti4@earthlink.net

www.AvatarEPC.com  
www.InternationalAvatarCourse.com

Avatar® is a registered trademark of Star's Edge, Inc. All rights reserved.

**problems?**

- craving sweets
- bleeding gums
- sinus trouble
- no energy
- overweight
- constipated
- headaches
- bad breath
- asthma
- dry skin
- allergies
- bruising
- PMS
- diabetes
- joint pain
- cold hands/feet
- depression
- leg cramps
- dull/thin hair
- smelly feet
- high cholesterol
- enlarged prostate
- need extra income

**Solution**

Shaklee Unique  
Natural Products

**Difference**

Clinical Third-Party  
Tests Prove They  
Are Pure, Safe  
& Bioavailable



#BC20842  
469.767.5125

[www.shaklee.net/getgreen](http://www.shaklee.net/getgreen)



*Based on the teachings of  
Paramhansa Yogananda*

**ANANDA**

**Meditation & Yoga Center**  
4901 Keller Springs Rd #103,  
Addison, TX 75001  
(1-1/2 blocks West of the Tollway)

**972-248-9126**  
e-mail: anandadallas@aol.com  
website: anandadallas.org

**ALL ARE WELCOME!**

**Please call or email for Free Calendar**

**Beginning Meditation**  
(5-class Series)  
Wednesdays, Jan. 17 - Feb. 14  
Mondays, Feb. 26 - Mar. 26

**Ananda Yoga® Classes**  
\$50/month or drop-in \$10/class  
Wednesday & Friday @ Noon  
Tuesday & Thursday @ 6:15 pm

**Chakras Workshop**  
**Restorative Yoga**

**Group Meditations**  
every Tuesday, 7:30pm  
3rd Tuesday,  
Kirtan/Meditation

**Sunday Worship Service**  
Meditation and  
Purification Service  
9:00-9:45 am  
Worship Service  
10:00 am - 11:30 am

# Enlightening Books

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



**D**r. 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.

## Devotional Nonduality

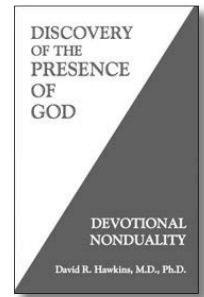
This is the sixth book by Dr. Hawkins and finalizes and further clarifies the true nature and core of the condition termed "Enlightenment."

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.

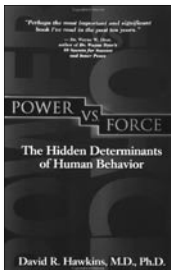
This is the inner route from the self to the Self, and the descriptions of the progressive states are devoted to the reader's own Illumination. The subjective states of the mystic have been of great interest but historically never have been clarified to the degree presented in this semi-autobiographical account that also provides the means by which to identify their rare occurrence and thus describe the core characteristics of Spiritual Truth.

Devoid of ecclesiastical doctrine or religious belief systems, the pristine essence of all spiritual Truth is revealed in its purity with unprecedented clarity. It becomes clear that to truly "know" is to "be" rather than to "know about." Why all of Dr. Hawkins' books begin and end with Gloria in Excelsis Deo! becomes apparent.

**price: \$17.95**



**New!**



## 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.

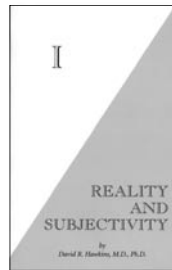
**price: \$14.95**



## 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.

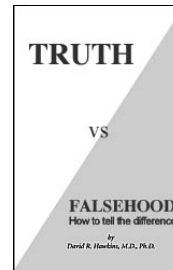
**price: \$17.95**



## 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.

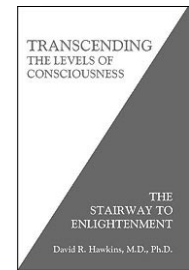
**price: \$18.95**



## Truth vs Falsehood: How to Tell the Difference

A science of consciousness developed that revealed that degrees of truth reflect concordant calibratable levels of consciousness on a scale of 1 to 1,000. When this verifiable test of truth was applied to multiple aspects of society (movies, art, politics, music, sociology, religion, scientific theories, spirituality, philosophy, everyday Americans, and all the countries of the world), the results were startling. In this cutting-edge presentation, the author shares with the reader the simple, instantaneous technique that, like litmus paper, differentiates truth from falsehood in a matter of seconds.

**price: \$19.95**



## Transcending the Levels of Consciousness: The Stairway to Enlightenment

Explores the ego's expressions, inherent limitations and gives detailed instructions on how to transcend them. This book focuses on the individual and studies the experiential subject blocks to the advancement of consciousness that leads to progressive spiritual awareness and on to higher levels of consciousness preparatory to advanced states such as Enlightenment itself. This book is therefore a practical manual rather than a comprehensive analysis.

**price: \$15.95**

**Special! Buy Dr. Hawkins 6-book collection for just \$94.75!**

Call 972-378-1211 to order or visit: [www.ShiftingFrequencies.com](http://www.ShiftingFrequencies.com)

**Shifting  
Frequencies**



# Eat Like a Chimp

## How a Green Diet May Save Your Life

Victoria continued her research and uncovered the shortcomings of a raw diet--the lack of green plants and blossoms. She discovered that chimpanzees, who share 99% of our DNA, get many of their nutrients and essential amino acids (proteins) from greens. Chimpanzees have a very low incidence of cancers and other debilitating diseases that are common in humans.

Here in the south, grandma encouraged us to "eat our greens". Today, greens simply garnish our meat and potatoes dishes. Obesity, chronic constipation, and a host of other "modern world" illnesses plague Americans. Is it any wonder, when our daily intake of natural, unprocessed foods is almost zero? The average chimpanzee eats 300 grams of fiber a day. Fiber acts like a broom to sweep out toxins in the body. The recommended level of fiber in the American diet? 20 to 30 grams. The average level consumed? Less than 15 grams.

*Green for Life* by Victoria Boutenko, documents the discovery of her green-based diet. Filled with nutritional research comparisons, charts, testimonials, and recipes, this paperback is the essential guide to getting started on a healthful, green-filled nutritional plan for you and your family. The book

has green smoothie recipes that make eating greens more of a treat than a chore.

*From the inside cover:*

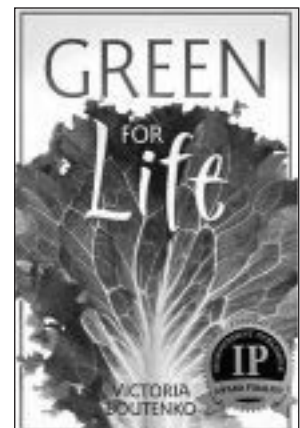
*"Victoria has developed a series of green smoothie recipes that enable anyone to consume the necessary amount of greens in a palatable way. Victoria introduces the idea of blending, rather than juicing, as being the superior way to ingest greens, for the very necessary insoluble fiber, which is essential for healing and maintenance of our elimination systems. Also documented is a study in which a group of regular people drink a one quart green smoothie every day for a month, in addition to their regular diet. One pound of certain greens can give you your RDA of all nine essential amino acids, not to mention an abundance of vitamins and minerals."*

Paperback: 200 pages  
 Publisher: Raw Family Publishing  
 ISBN: 0970481969  
 Order online: [www.aaysr.com/gfl](http://www.aaysr.com/gfl)

*Reviewed by Tony Cecala, Ph.D.*

Victoria Boutenko and her family were plagued with numerous health problems. In poor health his whole life, her husband Igor had progressive hyperthyroidism and chronic rheumatoid arthritis. Mainstream medicine had no answers for Igor. Victoria weighed 280 pounds and was constantly tired and depressed. Her daughter had asthma and allergies and her son had juvenile diabetes.

Victoria decided that they needed to do something different to get different results, so she studied nutrition and put her whole family on a raw food diet. They saw their health improve dramatically. In only four months the Boutenko's ran the "Bolder Boulder" 10K race! The Boutenko's enjoyed the healthful benefits of a raw food diet for seven years--weight control, increased energy, clearer thinking and loss of food craving. After seven years, however, their cravings for junk foods started to return, and their health level seemed to plateau.



## Nutrition

### Applied Nutrition Concepts

Lois M. Vanderhoof, BA, DC, CCN  
2828 W. Parker Rd. @ Independence, Ste A205  
Plano, TX 75075

☎ 972-612-5505

✉ drlois@appliednutritionconcepts.com

🌐 www.appliednutritionconcepts.com

Certified clinical nutritionist. Personalized nutritional counseling. Functional medicine. Hair and blood analysis. Preventive and wellness programs. Men, women and children's programs. Personal or business. Classes, lectures, presentations.

### Euphoria

#### Smoothie • Coffee • Boba Tea

4701 W. Park Blvd. #106 (bt Preston & Ohio)  
Plano, TX 75093

☎ 972-769-0301

Smoothie Heaven! Freshest tasting smoothie in the market. The explosive, full rich flavors will excite and tantalize your taste buds. We provide delicious, high quality beverage and foods that are good for your health, mind and body. Fruit Smoothies: 100% Natural, No Preservative, No Fat, No added cane Sugar, vitamin & mineral fortified. Chai Tea, Boba (Bubble) Tea, Espresso/Cappuccino: Italian D'Oro, Stuffed Soft Pretzels, Healthy snacks, Nutritional Supplements.

### Fat Loss/Energy Patch

#### All Natural Ingredients

#### Just put on new patch daily.

Call Linda & visit my website.

☎ 214-883-4223

✉ weightlosspatch@fastmail.us

🌐 www.patch4fatloss.com

Tried everything, nothing worked? This patch has helped many Boost Energy, Curb Cravings & Appetite, Enhance Fat Burning, Preserve Lean Muscle, Sleep Better, & more. All Natural! It will help you too.

### Juice Zone Café

3839 McKinney Ave Suite 130

Dallas, TX 75204

☎ 214-522-9663

🌐 www.jzone-dfw.com

Get an energy boost with fresh juiced drinks, healthy, natural, smoothies, and tasty wraps. Located in the West Village facing Blackburn St. Plenty of parking.

## Osteopathy

### Cranial Osteopathy

Liz Chapek, D.O.

6760 Abrams Road, Suite 203

Dallas, TX 75231

☎ 214-341-8742

Hands-on evaluation of body and head by physician, for treatment or prevention, aims to optimize ability to heal & function: NEWBORNS/INFANTS-weak suck, irregular head shape, sleep trouble, fussy, seizures, recurrent ear infection. YOUNG CHILDREN-hyperactivity, learning/developmental trouble, scoliosis, insufficient space for teeth. PREGNANT WOMEN-helps mothers be more comfortable through pregnancy & labor/delivery be easier. ALL AGES-migraine, asthma, menstrual/female problems, injuries from strains, falls, whiplash. Call us for information.

## Pilates

### MoveStudio

#### Move and be moved!

17062 Preston Rd. Suite 108, at Campbell  
Dallas, TX 75248

☎ 972-732-0206

✉ staff@movestudio.com

🌐 www.movestudio.com

Stretch, strengthen, improve posture and alleviate back pain with intelligent, holistic Pilates exercise. Group, semi-private and private instruction with certified, experienced teachers. Full equipment studio.

## Products

### Chi Body Balance

Balance your Body

☎ 214-235-8935

🌐 www.chibodybalance.com

Products: Chi Machines. Massage Beds, Colon Cleanse, Joint Care, Anti-Aging products, InFra-red saunas and Whole Foods.

### Get Green with Shaklee

#### Sherry Sughroue, ID#BC20842

☎ 469-767-5125

✉ getgreen@shaklee.net

🌐 www.shaklee.net/getgreen

Natural nutrition, anti-aging skin care, and home products. Clinical third-party testing proves purity, safety, and bioavailability. First to earn the Climate Neutral Award.

### "Healing Music"

By Alan Roubik

#### Distributed by Shifting Frequencies

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

Alan's music has been scientifically tested and endorsed by Dr. Masaru Emoto, author of the "Messages from Water" books. Alan's CDs are used for pain and anxiety relief, as well as assisting the human immune system. See display ad for more information.

### Magical Mugs® and Coasters

#### Brought to you by Shifting Frequencies

☎ 972-378-1211

🌐 www.ShiftingFrequencies.com

These beautiful mugs and coasters are scientifically-designed to energize and positively enhance your water and other beverages. They incorporate magnetism, sacred geometry and Dr. Emoto's technology. (Dr. Emoto is the author of the Messages from Water books, which contain the world's first pictures of frozen water crystals). The art work was designed by intuitive artist, Nicole Mizoguchi.

## Reflexology

### Judith Greenwood

Reflexologist / RMT

Forest/Marsh Lane Area

Dallas, TX

☎ 214-280-7684

Healing therapies specializing in foot reflexology, Reiki and Sound energy healing, massage, lymphatic drainage, ear candling, Gemstone Energy Medicine, clinical aromatherapy, pre-natal massage, Flow, foot reflexology classes.

## Reiki/Energy Healing

### Healing Touch

Natural healing for body, mind & spirit

Pamela Mauras-Kelley

Usui Reiki Master & Teacher

(817) 721-0901

Email: empress3@comcast.net

Arlington TX

Reiki - Distance Healing - Reiki for Pets  
Creative Force Energy Attunements  
Chakra Balancing - Aromatherapy  
Bach Flower Remedies - Native & Full  
Moon Ceremonies, Readings & more

### Alyce Payne, Theta Teacher

☎ 817-514-3008

✉ alyce@thetateacher.com

🌐 www.thetateacher.com

Give yourself the experience of transformation with Thetahealing™. Alyce provides healing sessions in person or by phone. Alyce also teaches Advanced & Basic Thetahealing™ 3-day seminars. These classes are fun and life changing. Host a class for your group or join an existing class. Be certified as a Thetahealing™ Practitioner. See display ad.

### Balanced Energy

Nancy Caponi, RMT, NMT, Reiki Master

Locations in Plano and Double Oak, TX

☎ 214-668-5620

✉ ncaponi@balanced-energy.com

🌐 www.balanced-energy.com

Feel better today! Relieve stress and pain through Therapeutic massage, deep tissue, neuromuscular therapy, myofascial release, cranio-sacral, chakra balancing and Reiki in a tranquil environment. Pregnancy and corporate chair massage also available. Nancy is a Tibetan/Usui Reiki Master and enjoys helping both People and Animals. Reiki and meditation Workshops available. If you're suffering from back/neck pain, stress, Fibromyalgia, TMJ, carpal tunnel, chronic pain, sciatica, painful joints or headaches, call now and get relief.

### Body Work by Trish

Massage Therapy & Quantum Energy Healing

Trish

☎ 214-674-3652

Massage, Quantum Energy Healing, The Reconnection, Chakra Clearing, and Aura Cleansing by a caring, nurturing massage therapist and healer. Call Trish at 214-674-3652 for an appointment.

### Energy Dynamics —

Multi-Dimensional Transformational Healing and Spiritual Response Therapy

Cynthia R. Shaw, RMT, MTI

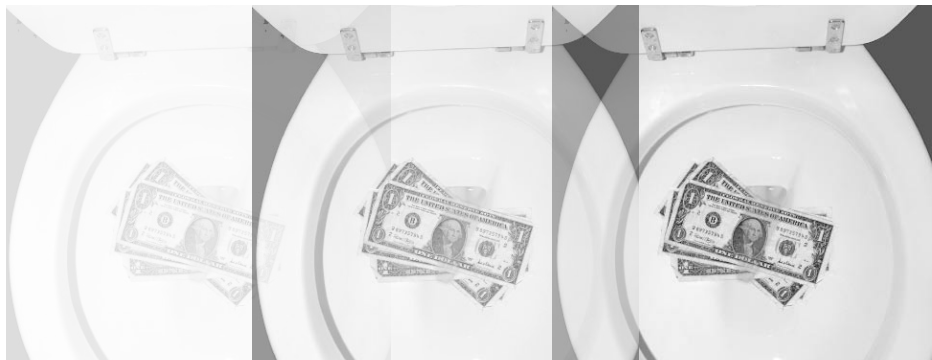
☎ 972-991-2097

✉ energydynamics@cynthiarshaw.com

🌐 www.cynthiarshaw.com

SRT is a system of researching the subconscious mind and soul records to quickly find and release the discordant, limiting ideas and replace them with loving, supportive ideas and beliefs. SRT provides an exacting, powerful, virtually painless and accurate way of changing the landscape of our inner and outer lives. Remote healing available.

# Money Down the Drain?



## 51 Tips for Reducing Water Waste in Your Home

by Tony Cecala, Ph.D.

### TOILET

- Fix your toilet leaks immediately.
- Replace the flapper valve in your toilet tank.
- Install a displacement device in your toilet tank.
- Install a 1.6 gallon-per-flush toilet.
- Flush less.
- Remember the toilet is not an ashtray or wastebasket.
- Check for leaks with dye tablets.

### TUB/SHOWER:

- Fix your showerhead leaks immediately.
- Install a low-flow showerhead.
- Install a showerhead with a shutoff valve.
- Take shorter showers.
- Use less water for bathing.

### SINK

- Install a low-flow faucet aerator.
- Install an aerator with a shutoff valve.
- While shaving, tooth brushing, etc. turn off the water.
- When cold will do, avoid using hot water.
- Fix your faucet leaks immediately.
- While doing dishes, washing vegetables, etc. turn off the water.
- Keep a container of cold water in the refrigerator.
- Thaw frozen food in the refrigerator or microwave, not under running water.
- Use your garbage disposal sparingly, or start composting your kitchen waste.

### DISHWASHER

- Do only full loads.
- Scrape, don't rinse your dishes before loading.
- Check each model's water requirements when shopping for a new dishwasher.

### WASHER

- Do only full loads.
- Avoid the use of hot water (which sets many stains) when cold will do.
- Select a short wash cycle unless your clothes are very soiled.
- Check each model's water requirements when shopping for a new washer.
- Consider a front load model.

### LAWN/GARDEN

- Water early in the morning or late at night, not during the day.
- Water your plants only when they really need it.
- Use a soil probe to check the depth of soil moisture around plants.
- Water long and slow, rather than short and heavy.
- Landscape with low-water-using plants.
- Mulch all planting areas.
- Keep your irrigation systems well maintained.
- Condition your soil with mulch or compost for better moisture absorption.
- Replace your lawn with native plants.
- Plant trees where they will shade buildings and outdoor living areas.

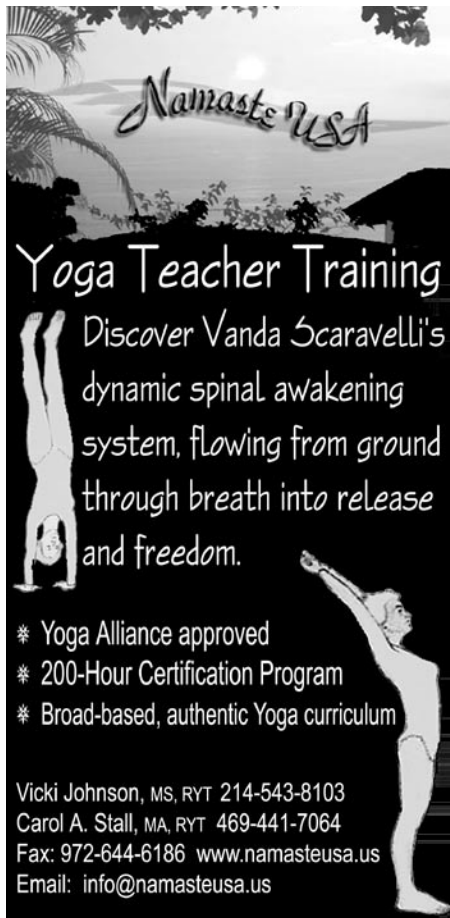
### OTHER

- Wash your car with a bucket of water, saving the hose for the final rinse.
- To cleanup outside areas, use a broom, not a hose.
- Locate your master cutoff valve in case of an emergency.
- Cover your swimming pool.
- Use pool flush water for plants.
- Service your evaporative coolers regularly.
- Check for leaks between your water meter at the street and your house.
- Insulate all hot water pipes and the hot water heater.
- Harvest rainwater from your roof for use on plants.
- Contour your yard to direct rainwater to plants.
- Investigate the use of graywater for landscape irrigation.

### YOUR METER

Use your water meter to detect hidden leaks in the house. Simply turn off all the taps and appliances that use water, then read your water meter. (In some areas, like Plano, you may need a 'key' to open the cover. Hardware store carry these.)

Some meters will show a small dial turning, if yours is moving then you have a leak. Otherwise, come back 30 minutes later and check the dial for a change. If the reading has changed, you have a leak somewhere. Walk through your whole house and don't forget outside spigots. Once the leak has been fixed, repeat the test again.



*Namaste USA*

## Yoga Teacher Training

Discover Vanda Scaravelli's dynamic spinal awakening system, flowing from ground through breath into release and freedom.

- \* Yoga Alliance approved
- \* 200-Hour Certification Program
- \* Broad-based, authentic Yoga curriculum

Vicki Johnson, MS, RYT 214-543-8103  
 Carol A. Stall, MA, RYT 469-441-7064  
 Fax: 972-644-6186 [www.namasteusa.us](http://www.namasteusa.us)  
 Email: [info@namasteusa.us](mailto:info@namasteusa.us)

## Ranjana's Yoga & Bodyworks

13614 Midway @ Alpha, Suite 101 · Dallas

972-233-4377

[www.ranjanasyoga.com](http://www.ranjanasyoga.com)

**What is Yoga?** Yoga is an ancient science and philosophy that creates harmony of body, mind and spirit; it is coming together of individual self and God self.

### What type of yoga do you teach?

We teach HATHA yoga with lots of exploration of the body movement/body mobilization. Yoga helps to create a very strong and flexible body.

We offer — Therapeutic massages, Tai Chi, Pilates & waxing.



## Healing Touch

**Pamela Mauras-Kelley, Reiki Master-Teacher, Divinity Graduate of Accelerated Creative Force-Quan Yin Creation Center, Hawaii**

Arlington, TX

☎ 817-721-0901

✉ [empress3@comcast.net](mailto:empress3@comcast.net)

Experience healing energy grounded in 5th-9th dimensional Ascension/Christ energies and 95 Creative Force energy bodies of Quan Yin, the Ascended Masters & Elohim Angels of Creation. These powerful energies deeply heal, release disruptive energies and align us in force that gives tremendous enjoyment & empowerment to create what we want. Among other services, I teach Usui Reiki & Portalization of Creative Force. SEE AD.

## Restaurants/Bakeries

### Madras Pavillion

**Vegetarian Restaurant**

101 S Coit Rd # 359

Richardson, TX 75080-5744

☎ 972-671-3672

Experience fine South Indian vegetarian kosher cooking. Serving lunch and dinner 7 days a week. Conveniently located in Richardson off Beltline and Coit.

## Shamanism

### Lyn Birmingham

**Shamanic Services**

☎ 214-365-9994 Dallas

✉ [lynb@sbcglobal.net](mailto:lynb@sbcglobal.net)

Core Shamanism. Offering Soul & Power Animal Retrieval, Psychopomp, Healing Extraction, Custom Ceremonies, Basic & Advanced Classes. 24 years experience.

## Spiritual Organizations

### Celestial Rhythm Celebrations

**Amy Martin**

381 Casa Linda Plaza #228

Dallas, TX 75218-3423

✉ [newsmoon@sbcglobal.net](mailto:newsmoon@sbcglobal.net)

🌐 [www.moonlady.com](http://www.moonlady.com) (click: CRC)

Celestial Rhythm Celebrations is an informal not-for-profit movement in Dallas committed to popularizing seasonal observances and lunar awareness. Events include Winter SolstiCelebrations and occasional Full Moon gatherings.

### Universal Light of Christ Church

**Rev. Pat Raimondo**

6117 Graham St.

Lake Worth, TX 76135

☎ 817-237-7840

✉ [ULCCPatRaimondo@yahoo.com](mailto:ULCCPatRaimondo@yahoo.com)

🌐 [www.UniversalLightofChristChurch.org](http://www.UniversalLightofChristChurch.org)

Sunday Service: 11:00am • Classes: The Teachings of Light • Two locations: Florida / Texas • Intuitive Consultations Available

## Tai Chi / Qigong

### Ranjana's Yoga and Bodyworks

**Ranjana Pallana**

13614 Midway Rd @ Alpha Suite 101

Dallas

☎ 972-233-4377

✉ [yogagani@swbell.net](mailto:yogagani@swbell.net)

🌐 [www.ranjanasyoga.com](http://www.ranjanasyoga.com)

Hatha yoga, Tai Chi, meditation, massages & waxing.

## Vedic Astrology

### Intuitive Astrologer and Tarot Reader

**Cynthia Novak**

☎ metro 817-261-2984

Intuitive astrologer and Tarot reader, Cynthia Novak provides detailed, informative, tape-recorded sessions. All are heart-centered and process oriented.

### VedicStore.com

**Swami Krsna, Jyotish Acharya of India**

P. O. Box 631623

Irving, TX 75063-1623

☎ 214-550-1427

✉ [swami@vedicstore.com](mailto:swami@vedicstore.com)

🌐 [www.vedicstore.com](http://www.vedicstore.com)

Destiny is Choice, not a Chance! Are you Gambling with Chances? Jyotish, Vedic Gems Jewelry & more to Enlighten, Guide, Inspire, Protect and Spiritually Balance You! 30 Years Experience.

## Yoga

### Ananda Yoga® for Higher Awareness

**Sue Chadwick**

4901 Keller Springs Rd. #103

Addison, TX 75001

☎ 972-248-9126

Through gentle stretching and breathing techniques, AnandaYoga restores harmony to the body, mind and emotions. DROP-IN CLASSES \$10, Wed & Fri @ noon, Tues & Thurs @ 6:15pm. Monthly pass \$50. SEE DISPLAY AD.

### AWAKEN WITH YOGA

**Carol A. Stall, MA, RYT**

Richardson, North Dallas and Plano

☎ 469-441-7064

✉ [info@awakenwithyoga.us](mailto:info@awakenwithyoga.us)

🌐 [www.awakenwithyoga.us](http://www.awakenwithyoga.us)

Experience Hatha Yoga to unify body, mind, and spirit. Grow stronger, more flexible, more balanced. Awaken inner awareness. Improve breathing patterns, and experience deep, restorative relaxation. Classes, workshops, retreats, and teacher training.

### MoveStudio

**Move and be moved!**

17062 Preston Rd. Suite 108, at Campbell

Dallas, TX 75248

☎ 972-732-0206

✉ [staff@movestudio.com](mailto:staff@movestudio.com)

🌐 [www.movestudio.com](http://www.movestudio.com)

Improve physical fitness, flexibility, mental clarity, relaxation, stress management, and well-being at any age. Hatha, restorative, prenatal and more. Group, semi-private and private instruction available.

### Private Yoga Instruction

**Ki Steelman, BA, CST, CHT**

☎ 214-228-4009

🌐 [www.YogaKi.com](http://www.YogaKi.com)

Private yoga instruction for men, couples, seniors, anyone injured. Enjoy an hour of Yoga, Nutrition, Hypnosis, Reiki or Stress Management Education.

### Priya Yoga and Nia Studio

**Lynda "Cricket" Hackney**

6421 Southwest Blvd.

Benbrook, TX 76132

☎ 817-570-9906

🌐 [www.priya-yoga.com](http://www.priya-yoga.com)

Offering a gentle but powerful practice, promoting self-healing through joyful movement. Yoga classes. Nia classes. Private yoga sessions. Thai yoga massage. Yoga teacher training program.



# Beyond the Veil



Nicole Mizoguchi © 2006

**Beyond the veil of everyday reality  
many possibilities and resources exist.**

**This wisdom and energy waits to be  
called forward into manifestation.**

**When we call upon what we need it  
flows into our lives more easily.**

**The particles of creation form the  
things we choose to experience in our  
world.**

**What is chosen now by the collective  
inner thoughts will create the outer  
reality.**

**Dream the best reality for your own  
life, and the future of the world, as you  
hold the focus of love and joy.**

**A window of opportunity is accessible  
now to choose the reality that emerges  
from beyond the veil.**

# “Side Effects” The Movie

A Satirical Look at the  
Pharmaceutical Industry

What would you do if someone gave you a lot of money to sell drugs? Legal drugs, that is, pharmaceuticals. Would you lie to make your sales quota? Would you conceal the truth?

A new indie movie called *Side Effects* tackles these issues head-on and does it with remarkable candor, humor, and balance. This is not some hard-hitting documentary that calls for dismantling “Big Pharma”. *Side Effects* entertains as it illuminates. This film, shot for less than \$200,000, is a romantic comedy wrapped around an important message.

— Tony Cecala, *HolisticNetworker.com*



DVD

List ~~\$24.95~~

Now \$19.95

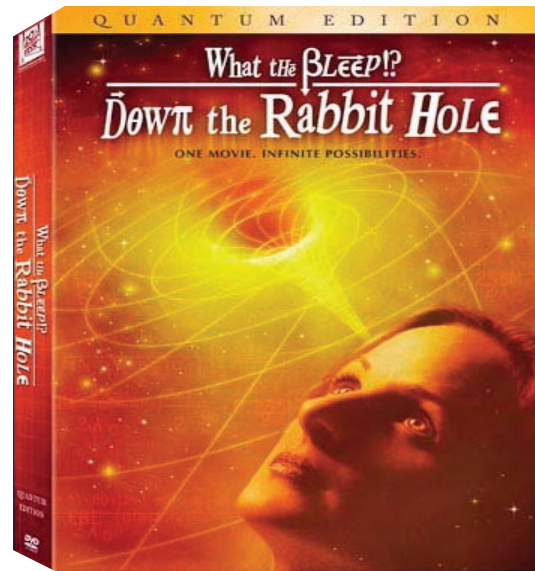


### Now Available! Money Talks:

Money Talks is a straight shooting, riveting documentary that leaves Hollywood behind. The film explores drug industry influence through interviews with key opinion leaders...from Harvard, Columbia, UCLA and more.

~~\$17.95~~ Only \$14.95

**Buy both DVDs for only \$31.95!**



This six-sided, 3 DVD Quantum Edition of *Down the Rabbit Hole*, has nearly 15 hours of bonus material. It includes:

- TWO versions of the movie! The original 2.5 hour version of *Down the Rabbit Hole* PLUS :
  - A 5-hour quantum version of *Down the Rabbit Hole*, with special branching and randomization options that allow you to dive as deep down the rabbit hole as you want to go!
  - 6 extra hours of supplemental interviews including a Q & A with the filmmakers
- Never see the movie the same way twice! The Quantum Edition uses state-of-the-art technology to allow you to change your DVD settings to access and randomize additional interview footage on topics such as:
- Entanglement
  - Superposition
  - Psi effects
  - Paradigm shifts
  - Consciousness & reality
  - Mysticism
  - And lots, lots more!

Special Bundle:

Buy the original “What the Bleep” and “Down the Rabbit Hole” DVDs for \$44.95!

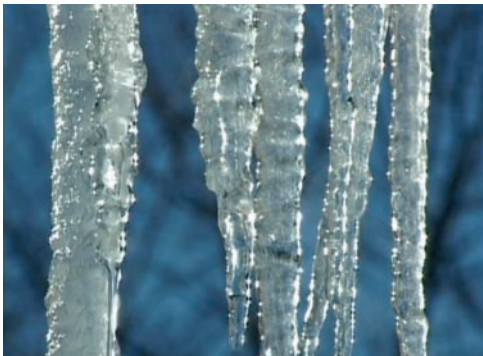
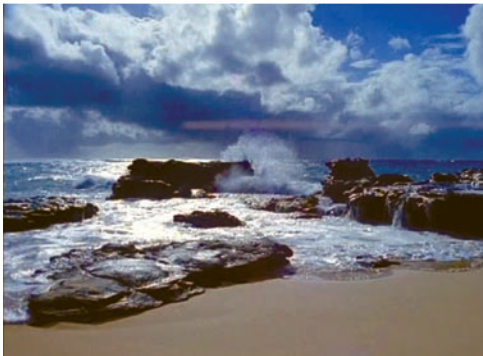
To order, call 972-378-1211 or  
visit: [www.ShiftingFrequencies.com](http://www.ShiftingFrequencies.com)

Introducing a new meditation and nature DVD

# Spirit of Water™

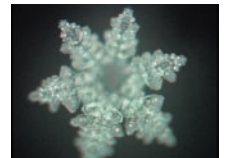
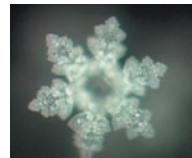
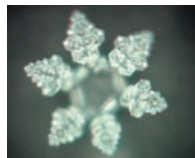
*"This work is a series of relaxing images that capture the spiritual beauty of water, which cannot but heal the viewers. When one sees this DVD, one senses a feeling of longing that the vibration of the images and the actual sounds of water conjure. I recommend this to those who experience a lot of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

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



A few years ago, award-winning musician, pilot and aerial photographer, Craig Peyton, was diagnosed with Stage IV esophageal cancer. He was able to be healed with an experimental procedure involving radiation, chemo, and dietary changes, as well as with the daily help of an energetic healer. As part of his healing process, this healer (Sarah) advised him to spend a few hours a day in and on water. Craig bought a kayak and spent many months floating on the Hudson River. Inspired by the beautiful crystal photographs of water in Dr. Masaru Emoto's book "Messages from Water", Craig began a journey photographing the healing rhythms and qualities of water. Adding his music and nature sounds, this project became the "Spirit of Water" DVD.

Share Craig's vision and 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.



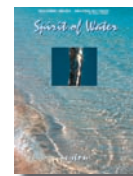
**Special Feature:** View the video of the crystals that formed when Dr. Emoto's lab played the music from the "Crystals" section of the *Spirit of Water* DVD to water and then froze the water. Some of these crystal images were also incorporated into the "Crystals" section. See how water responded to this beautiful music.

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. Running time approx. 50 Mins. + special feature.

Craig's work appears in the new movie. What the Bleep: Down the Rabbit Hole

Order *Spirit of Water* on DVD today at [www.ShiftingFrequencies.com](http://www.ShiftingFrequencies.com) or call 972-378-1211

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



AN EARTHFLIGHT MEDIA PRODUCTIONS RELEASE • IMAGES BY PEYTON • MUSIC BY PEYTON DISTRIBUTED BY SHIFTING FREQUENCIES, LLC

©©2004 EarthFlight Media Productions. All rights reserved.



# Learn from the experts.

Watch free streaming video of Wellness Expo talks.

From astrology to yoga...we've got it online at

[HolisticNetworker.com](http://HolisticNetworker.com)

**HolisticNetworker.com**

your guide to wellness and personal growth

# EarthFest in Addison

On April 21-22, 2007, join 100 environmental experts, health practitioners, and green businesses participating in the Wellness Expo<sup>®</sup> in celebrating Earth Day at the first **EarthFest** in Addison.

Enjoy a day of food, fun, & learning.

**Exhibit booths and sponsorships available.**

**Download a Registration kit at [WellnessExpo.net](http://WellnessExpo.net)**

**972-378-3770**

# Events & Classifieds

## February

**21-26** Journey Into Spirit: A Past Life Soul Regression Therapy Training Program. For professional hypotherapists, as well as for individuals: anyone wishing to understand better the journey of the soul. Learn how to conduct Between Lives Soul Regressions. Guide clients into accessing both Past Life and entry into the Spiritual Realm. Learn to prepare the client for a Theta level trance. Embassy Suites Hotel Austin North. See display ad. For more details visit, [www.RavenHeartCenter.com](http://www.RavenHeartCenter.com) or contact Earl Backman, [ebackman@earthlink.net](mailto:ebackman@earthlink.net)

## March

**30, 31 & April 1** National astrologer and author Jeanne Avery will present a weekend intensive workshop for the Astrological Society of North Texas. Information: [www.asntx.com](http://www.asntx.com).

## April

**21-22** 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](mailto:expo@HolisticNetworker.com) for information about exhibiting or attending. SEE AD ON BACK COVER or see our web page at [www.HolisticNetworker.com/expo](http://www.HolisticNetworker.com/expo)

**25-29** Hypnotherapy Training: Level. 1 NATH Certification includes Clinical and Past Life Regression training. Five days, 10am-6pm, Positive Touch, Richardson, TX. Contact MaDonna at: 505-534-1291, 612-709-5578, [www.goldenvisioncenter.com](http://www.goldenvisioncenter.com)

## May

**1-4, 6-7** Hypnotherapy Training: Level 2. Masters NATH Certification includes all levels of Regression, Soul Retrieval, Wounded Child, and more. Six days, 10am-6pm, Positive Touch, Richardson, TX. Contact MaDonna at: [www.goldenvisioncenter.com](http://www.goldenvisioncenter.com), 505-534-1291, 612-709-5578.

**9-12** Hypnotherapy Training – Level 3. Life-Between-Lives Spiritual Regression, NATH Certification. Advanced level based on the phenomenal work of Michael Newton. Four days, 10am-6pm at Positive Touch, Richardson, TX. Contact MaDonna at [www.goldenvisioncenter.com](http://www.goldenvisioncenter.com), 505-534-1291, 612-709-5578.

## Ongoing

**Second Sundays** Meetings of the Astrological Society of North Texas. Please visit our website: [www.asntx.com](http://www.asntx.com) for location, time, guest speaker and subject.

**Every Thursday** MEDITATION AND SPIRITUAL LIVING CLASS. Based on the Kriya Yoga tradition. 7:00-8:15 p.m. Location: NRH Professional Bldg., 4109 Cagle Drive, Suite C, North Richland Hills, TX 76180. Donation basis. For more info: Ilene 817-267-9305 or [idiill@airmail.net](mailto:idiill@airmail.net) Affiliated with Center for Spiritual Awareness, Lakemont, GA; Director, Roy Eugene Davis; Web site: [www.csa-davis.org](http://www.csa-davis.org)

**First Saturdays** Tarot Social, Noon-6PM, No Admission Fee. Here is the chance to investigate the usefulness and pleasure of Tarot without blowing your budget. Some of the best readers in the country are available to you at \$10-\$15 per reading. Positive Touch, 504 Business Parkway, Richardson, Texas 75081. 972-480-0678 [www.positivetouch.org](http://www.positivetouch.org)

**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](mailto: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](http://www.vegetariandallas.com)

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

**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](http://www.namasteusa.us)

## Space Available

**MEETING/WORKSHOP SPACE AVAILABLE.** Richardson location. In the vicinity of Hwy I-75 and Spring Valley. 972-480-0678.

**OFFICE SPACE**, new natural health center. Hwy 121 and Dallas Tollway. 214-893-4321.

**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.

## Classifieds

**Like new Bioray energetic frequency machine** with monitor & frequency book pd \$6000 sell \$4000 obo 817-925-2113.

**Win FREE bottle of XANGO**, go to: [janetc.biz](http://janetc.biz), complete the survey. Monthly winners. Good Luck.

## Get the Holistic Networker® delivered straight to your door!

Receive your copy of the Holistic Networker® FREE in your mailbox or inbox each quarter! Use form below, or sign on at [HolisticNetworker.com](http://HolisticNetworker.com)

Name (please print) \_\_\_\_\_

Address/Apt \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP \_\_\_\_\_

E-mail Address \_\_\_\_\_

phone # \_\_\_\_\_

send via:

postal mail

e-mail

both

## Holistic Networker

972-403-0940/ph • 972-403-1536/fax  
PO Box 702956 • Dallas, TX 75370-2956

**HOLISTIC NETWORKER**  
SPRING 2006  
YOUR GUIDE TO WELLNESS AND PERSONAL GROWTH  
6 SPRING CLEANING TIPS  
CONVERSATIONS WITH GOD: THE MOVIE  
THE PATH TO ENLIGHTENMENT AN INTERVIEW WITH DR. DAVID R. HAWKINS  
YOUR SPRING ASTROLOGY!  
BOOK REVIEW: PEACE IS  
LOUISE GI YOGA PRO  
WELLNES: Who Inspires You?  
book review: Journey of Souls  
book review: The Holy Order of Water  
Divinely Inspired Art by Nicole  
Your Winter Astrology  
Wellness Expo April 22-23  
FREE  
HOLISTICNETWORKER.COM

# It's Easy to Advertise in Holistic Networker

**HolisticNetworker** is DFW's 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.

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

Visit us at [www.HolisticNetworker.com](http://www.HolisticNetworker.com) where you can download a digital copy of Holistic Networker, search a database of practitioners, read Cynthia Novak's daily astrological message, read book reviews, articles, and more!

**Special Full-Year Pricing!** Pay for any 4 issues in advance and save **15% off** the standard ad rates!



## QUARTERLY ADVERTISING RATES

| SIZE (w x h)                                                          | NEW or RENEWAL with changes | RENEWAL without changes | Discount Listing with ad |
|-----------------------------------------------------------------------|-----------------------------|-------------------------|--------------------------|
| <b>FULL PAGE</b><br>7 1/2" x 10"                                      | <b>\$845</b>                | <b>\$775</b>            | <b>\$30</b>              |
| <b>TWO-THIRDS</b><br>4 1/2" x 9 1/2"                                  | <b>635</b>                  | <b>575</b>              | <b>30</b>                |
| <b>HALF</b><br>7 1/2" x 4 3/4" (h) or 3 1/2" x 9 1/2" (v)             | <b>495</b>                  | <b>445</b>              | <b>35</b>                |
| <b>THIRD</b><br>4 1/2" x 4 1/2" or 2 1/4" x 9 1/2"                    | <b>395</b>                  | <b>345</b>              | <b>35</b>                |
| <b>QUARTER</b><br>3 1/2" x 4 3/4"                                     | <b>325</b>                  | <b>285</b>              | <b>35</b>                |
| <b>SIXTH</b><br>2 1/4" x 4 3/4"                                       | <b>235</b>                  | <b>195</b>              | <b>45</b>                |
| <b>EIGHTH</b><br>3 1/2" x 2" (horizontal business card size)          | <b>175</b>                  | <b>155</b>              | <b>45</b>                |
| <b>HOLISTIC FORUM</b><br><i>send photo and text and we typeset it</i> | <b>155</b>                  | <b>135</b>              | <b>45</b>                |
| <b>TWELFTH</b><br>2 1/4" x 2 1/4"                                     | <b>135</b>                  | <b>125</b>              | <b>50</b>                |

**DIRECTORY LISTING\*** 95 89 75

Add \$7.50 for business name in standard color.

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

*With ad or listing submission, additional listings are at a reduced price. Discount listing prices are in the third column ↑*

**EVENTS / CLASSIFIEDS\*** \$1. per word

Scheduled or Ongoing. Scheduled events are listed by date.

**Full-Year Rates:** Pay for any 4 issues in advance and save **15% off** the standard ad rates.

**Renewal rates** only apply to ads and listings that are renewed **without any changes**.

**Color.** Ad prices are for black and white ads. For an additional standard color add 10% to the ad price; to specify a color, add 25%; for full-color (4/color process), add 40%.

**Production.** Ad prices reflect camera-ready art (text, halftones, and art at proper size). Digital ad submission accepted: InDesign 1.5, PageMaker 6.5, Photoshop 7.0, TIFF, PDF, or EPS formats (EPS preferred). **Contact us** before sending files in other formats.

**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](http://www.HolisticNetworker.com) at no extra charge.

SEND SUBMISSION WITH PAYMENT TO:

**Holistic Networker**  
**PO BOX 702956 • Dallas, TX 75370-2956**

972-403-0940 • 972-403-1536 / fax  
[ads@HolisticNetworker.com](mailto:ads@HolisticNetworker.com)

**Questions? Call 972-403-0940**

## Holistic Networker Advertising Calendar

| Issue       | Early* | Ad Close | Final Art | Published |
|-------------|--------|----------|-----------|-----------|
| Spring 2007 | Feb 1  | Feb 15   | Mar 1     | Apr 1     |
| Summer 2007 | May 1  | May 15   | Jun 1     | Jul 1     |
| Autumn 2007 | Aug 1  | Aug 15   | Sep 1     | Oct 1     |
| Winter 2008 | Nov 1  | Nov 15   | Dec 1     | Jan 1     |

\*5% discount when art and payment are submitted (postmarked) by this date. If date falls on a holiday, or the weekend, then the deadline falls on the next business day.

## DIRECTORY LISTING INSTRUCTIONS

**Categories:** Acupuncture • Alternative Healing • Aromatherapy • Arts & Healing • Bodywork • Bookstores/Gifts • Breathwork • Chiropractic • Coaching • Colonics • Counseling/Therapy • Education/Personal Growth • Fitness/Health Clubs • General Medicine • Holistic Centers • Holistic Dentistry • Holistic Medicine • Holistic Veterinary • Homeopathy • Iridology • Interior Design/Feng Shui • Macrobiotics • Massage Schools • Meditation • Metaphysical Arts & Sciences • Midwifery • Nutrition • Products • Reiki/Energy Healing • Resources • Restaurants/Bakeries • Retreats/Workshops • Shamanism • Spiritual Organizations • Yoga

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

| Resources          |                                                                                                                                                                                                                |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| category           |                                                                                                                                                                                                                |
| business name      | <b>Holistic Networker</b>                                                                                                                                                                                      |
| contact name       | <b>Tony Cecala, Ph.D.</b>                                                                                                                                                                                      |
| extra contact name | <b>Felicia Weiss, Ph.D.</b>                                                                                                                                                                                    |
| address            | PO Box 702956<br>Dallas, TX 75370-2956                                                                                                                                                                         |
| phone              | ☎ 972-403-0940                                                                                                                                                                                                 |
| fax                | ☎ 972-403-1536 fax                                                                                                                                                                                             |
| e-mail             | ✉ <a href="mailto:info@HolisticNetworker.com">info@HolisticNetworker.com</a>                                                                                                                                   |
| web address        | 🌐 <a href="http://www.HolisticNetworker.com">www.HolisticNetworker.com</a>                                                                                                                                     |
| description        | The definitive guide to wellness and personal growth. Holistic Networker is an effective, affordable advertising service for the holistic community. 30,000 FREE copies are distributed at over 250 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.

Price of Sample

# Wellness Expo

April 21-22, 11am-6pm • Addison Conference Centre

13th  
YEAR

**100+ EXHIBIT  
BOOTHS**

**20+ WELLNESS &  
ENVIRONMENTAL  
SPEAKERS**

**HEALTH EXAMS**

**HEALTHY FOOD  
SAMPLES**

**AMAZING SHOPPING**

**FITNESS DEMOS**

**MUSIC, FOOD, &  
GAMES**

**INTRODUCING**

**EarthFest  
in Addison**

**EARTH DAY  
CELEBRATION**

**GREEN LIVING  
SOLUTIONS**

**ECO-FRIENDLY  
PRODUCTS**

Learn ways to save  
money, energy, and  
water.

Discover eco-conscious  
businesses in your  
community.

Learn how to start  
energy-saving programs  
in your home, school, or  
business.

Hear about green  
building solutions.

**PARTIAL LIST OF TALKS AND DEMOS**

Environmental Health:  
What is it?  
**Dr. Fran Assaf, DC**

The Meridians &  
Emotions  
**Dr. Rita Louise, PhD, ND**

Law as a Healing  
Profession  
**James Hunt,  
Attorney at Law**

The Power of Belief  
**Dr. Gary Berman, PhD, DC**

Yoga Tools for  
Inner Peace  
**Ananda Meditation &  
Yoga Center**

Spiritual Wisdom on  
Health & Healing  
**Eckankar**

Healing with Sound  
**Nancy Byers**

The Fascial System: The  
Key to Understanding  
Your Body  
**Frankie L. Burget,  
OTR, RMT, CNDT**

Astrology & You  
**Cynthia Novak**

Connecting with Spirit:  
Connect with your  
Departed Loved Ones  
**Shannon Maxey,  
Psychic Medium**

Let Your  
Millionaire Out!<sup>TM</sup>  
**David Koons**

Myths & Misconceptions  
About Hospice  
**Jane Reed, Director of  
Community Services**

and more...

**BOOTH SPACE  
STILL AVAILABLE**  
Register early & save.

**DOWNLOAD A VENDOR  
REGISTRATION KIT**  
[WellnessExpo.net](http://WellnessExpo.net)

**LEARN ABOUT  
SPONSORSHIP  
OPPORTUNITIES**  
972-378-3770

ONSITE CATERING BY:



PRODUCED BY:  
**Holistic  
Networker**

**972-378-3770**

[WellnessExpo.net](http://WellnessExpo.net)

**ADMISSION  
ONLY \$5/day**  
Adults over 65 free!

**Children  
under 12 FREE!**

**Easy to find &  
FREE Parking!**

**DIRECTIONS to the  
Addison Conference Centre**

- 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,  
under the Addison Water Tower at  
15650 Addison Road

