

# HOLISTIC

SUMMER 2012

NETWORKER®  
your guide to wellness

**A Healing Mantra  
for a Dark Night  
of the Soul**

**Why Pull for the  
Underdog?**

**Lean into Life**

**Being More Than  
our Circumstances**

**Your Summer  
Astrology**

**book review:  
The Bond:  
How to Fix Your  
Falling-Down  
World**

**Emerging Tech  
Conference  
in Grapevine  
June 23-24**

**Wellness Expo®  
in Addison  
October 13-14**

IMAGE: WWW.ISTOCKPHOTO.COM/JILLKYLE



**FREE**

HolisticNetworker.com

# Why Join the Nation's Leading WordPress Meetup?

MONTHLY WORDPRESS MEETUP AT THE RICHARDSON CIVIC CENTER

## WordPress Meetup 2012 Schedule

Join the most active WordPress Meetup in the world.

Learn to run your own website and blog with WordPress.

### When

1-2pm: food/soda/networking  
2-4pm: presentation

Sat, Jun 30, 2012  
Meet the Developers

Sat, Jul 28, 2012  
Content Strategy

Sat, Aug 25, 2012  
Tools for Writing Better

Sat, Sep 22, 2012  
Understanding Hosting

Sat, Oct 27, 2012  
Advanced WordPress

### Where

Richardson Civic Center

### Cost

\$10. at the door



Organized by Tony Cecala,  
WordPress consultant and  
web developer.



## What people are saying about the WordPress Meetup

Excellent meeting. It doesn't matter how advanced you are, you'll always learn something at these meetings.  
—John Peterson

Great presentation, thanks Tony. I learned a lot and also met a lot of good people.  
—Shane Walker

As usual, well run, interesting topic. My only complaint is that I leave wishing for more...  
—Sharon Smith

Great information for anyone running a WordPress blog. Lots of great resources on Tony's blog.  
—Mitch

Very good - enjoyed the training and networking  
—Al Martine

What a great opportunity to LEARN. And..learn from the Best.  
—Scot Duke

Great meetup as usual. If you need help with WP this is the place to be. Thanks Tony.  
—Nixon

So informative as usual. I always learn so much!  
—Kathy Libey

Very helpful information. meeting was well-organized and information was great.  
—Ginny Dudek

This Meet Up is always one to look forward to. Great fun, lots of useful information, great networking. Not to be missed...ever!  
—Bonnie Bolin Peterson



**VISIT [MEETUP.COM/DFWORDPRESS](http://MEETUP.COM/DFWORDPRESS) · CALL 972-824-8044**



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# HOLISTIC NETWORKER

**Publishers**

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

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fuel this internet revolution report that they have trouble keeping up.

How can you manage the ever-increasing tempo of change? You really do have a choice. You can resist change and try to keep the pace of your life at your command, or you can learn to ride change like a downhill skier—becoming still and centered as new scenery rushes toward you.

The advantage of resisting change seems obvious, the “old way” is working fine for you. Your old, reliable PC and its old software still work and you are comfortable with the settings. However, there is a weight to carry with the old. Carrying that weight goes unnoticed until you realize that others are doing things differently—more easily.

I think about personal technologies as IA (intelligence amplifiers). Contact lenses, hearing aids, and day-timers all upgrade your abilities. You are able to see, hear, and remember better. These devices aren't biologically grown from you, but they are part of who you are as a functional person.

When we learn to assimilate new technologies, we learn that we not only can do more, we can do less, too. Less of what we consider repetitive, dangerous, and boring. And more of what is creative, stimulating, and fun.

Timothy Ferris points out in his bestselling book, *The 4-Hour Workweek*, that most business procedures can be automated to some degree. Learning to be comfortable with automation enables you to design a lifestyle that fits your personality.

We clearly see the automation of most mundane, structured, and repetitive jobs. Politicians and pundits decry the loss of jobs. However, you can lean into the wind, open your eyes, embrace the changes and redesign your life to amplify what you do with technology.

Many of the changes that we see come via the internet and many of the latest innovations in new media are being discussed at the Emerging Tech Conference in Grapevine, June 23-24. See [ETCDallas.com](http://ETCDallas.com) for more details.

Best wishes,

*Tony*  
Tony Cecala

**D**o you feel like the pace of life has accelerated beyond your comfort zone? Has your email inbox grown to Biblical proportions? You're not alone. Even executives running the very companies that



I recently read about an extraordinary, 24-year-old woman named Aimee Copeland. She had cut her leg when she fell off a friends' zip line into the water on May 1st. Initially she required 22 surgical

staples and seemed to be all right. However, on May 4th, she was diagnosed with necrotizing fasciitis, which is an extremely rare, flesh-eating bacteria. Surgeons had to remove her left leg at the hip. Then her parents had to tell her that they now needed to remove her right foot and both of her hands. She mouthed to her parents “Let's do this”.

Although I last read that she was still in intensive care, she is now off the ventilator and has been reportedly cracking jokes with her parents and sister. She is also discussing being fitted for prostheses. Her mother noted that she had thought Aimee's inner strength would pull her through. Aimee's father, Andy Copeland, said his daughter “shed no tears, she never batted an eyelash. I was crying because I am a proud father of an incredibly courageous young lady. Her message doesn't reside in her ability to use her hands, it's her ability to use her heart and her mind.”

I felt so inspired by this story and marveled at the courage, strength and resilience of this young woman. She is a shining example that it truly is how we handle the things that happen to us, rather than what actually happens to us, that makes all of the difference. Also, she helps us to remember that we are spiritual beings housed in physical bodies; we are not our hands, our legs or our feet. We are so much more than that.

I hope this story will inspire you to be more than your circumstances and to rise above the challenges life places in your path. Often we are unable to control what happens to us. However, we are able to control how we respond to it and what we learn from it.

Love & Light,  
*Felicia*  
Felicia Weiss

*A wise man adapts himself to circumstances as water shapes itself to the vessel that contains it.*  
—Chinese Proverb

*It is the surmounting of difficulties that make heroes.*  
—Louis Kossuth

# Holistic Forum



## What are the benefits of Acupuncture?

Acupuncture is used to balance your body's energy and remove any blockages that are causing illness. It also helps to stabilize your immune system and restore your body's self-healing abilities. It can be used to treat a variety of health problems including pain, hormone imbalances, chronic digestive disorders, and much more.

*Dr. Dashima Dovchin, DOM, LAc, PhD, holds an MD degree from Mongolia. She is also a Doctor of Oriental Medicine and a licensed acupuncturist. She focuses on integrating Western and Oriental Medicine based on the functional connection of the body. She uses pulse diagnosis, which is the basic diagnostic tool of acupuncture and oriental medicine to determine your body's condition. She may be reached at: 972-404-4442.*



## 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.

*Dr. Edna Craven, DC, CTN, BCI, director of The People's Chiropractic Clinic has over 30 years experience as a Nutritional Consultant and as an Iridologist. She has been instrumental in helping many regain higher levels of health. She can be reached at 972/256-0004; dreecraven@att.net.*



## How to Heal an Achy Breaky Heart?

"Time heals all wounds" - Right? Do you really have to wait for time? Absolutely not. A misalignment between your heart and mind is a common occurrence after a break up. Your mind says, "I deserve more" - Your heart says, "Stay, it will work out." This is an example of what happens when

your heart and mind disagree. Aligning logic with emotional process assists you in understanding why you have been attracting dysfunctional relationships, hence providing a deeper insight to the basic foundation in which the relationship was operating.

Okay, so where should you start? Several factors determine the type of a broken heart, your relationship history, the type of relationship and the reasons for the break-up, amongst others. Once you know where your heart stands, you can embark on your healing journey.

*JoAnne C. Helmer, a Teacher-Healer-Psychic, is known for her accurate psychic and love readings. She specializes in energy and relationship healings. Ph-214.477.7292 - Email: joanarc45@yahoo.com*



## What is Fascial 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.*



## Could you use gentle, cost-effective relief from your health challenges? Want to feel healthy, vibrant and alive?

Get vacation-quality relaxation while resolving even old and deep body issues, acute or chronic. Bring your biggest issues, from TMJ, carpal tunnel, whiplash and migraines, to

thyroid, female problems, injuries, etc. This 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. Selected teaching assistant to founder 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.

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



## Why would you want to Raise Your Vibration?

Everything in our world is energy, including YOU. Your vibratory levels (based on your emotions and beliefs) determine the outcomes you have in your life. By raising your vibration (overcoming low vibratory emotions and beliefs), your life and your happiness level

will improve. No matter where you are in life, this process eliminates any and all lower vibrations, leaving only the higher vibrations that create ultimate joy.

You don't even have to take time out of your busy schedule to benefit from the "process". It is done while you go about your normal daily activities. "Empathic Shielding" also available.

*Kellye is a psychic, energy healer, and psychic fair host. She was gifted this unique energy process by her "Ascension Guides". <http://sense-ations.com/Services.html> or 214-505-5540.*



## Who benefits from Polarity Therapy's Five Point Holistic System?

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*Cynthia Pierro BS, RMT, RPE, NLP facilitating the Wellness and Consciousness growth of thousands as embodied Souls with wisdom and playfulness since 1986. [www.circle-of-energy.com](http://www.circle-of-energy.com) 214-351-5528*



## What is a naturopathic doctor?

Doctors of naturopathic medicine (NMDs) are trained as primary care physicians and have attended a four-year naturopathic medical school. Their training is based on the same basic science and clinical biomedical instruction as allopathic medicine (MD);

however, natural medicines are emphasized. This rigorous medical training differentiates NMDs from other self-taught alternative practitioners. Naturopathic doctors assist patients by using integrative and holistic modalities such as nutrition, herbal medicine, homeopathy, and counseling. This approach has proven successful in helping both chronic and acute conditions. To determine if a doctor is trained as an NMD, verify that they have an active medical license and have graduated from an accredited AANMC medical school ([www.aanmc.org](http://www.aanmc.org)).

*Dr. Kimberly Wilson, NMD, Innovations Wellness Center, 6545 Preston Road, Suite 200, Plano, TX, [www.InnovationsWellness.com](http://www.InnovationsWellness.com) (972) 608-0100*



## Why is it important to receive Thai Massage from a certified master level practitioner?

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Massage. Each session is unique and matched with how your body is doing/feeling/being that day. I have trained in the US, Thailand, and England where I learned techniques being created worldwide and utilized by master level Thai Massage therapists.

I would be honored to share with you my joy and passion for this amazing bodywork.

*Suzanne Miller is a LMT and Kripalu Yoga Teacher. She can be reached at 972-319-3661.*

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**Edna Craven, DC, CTN, BCI**

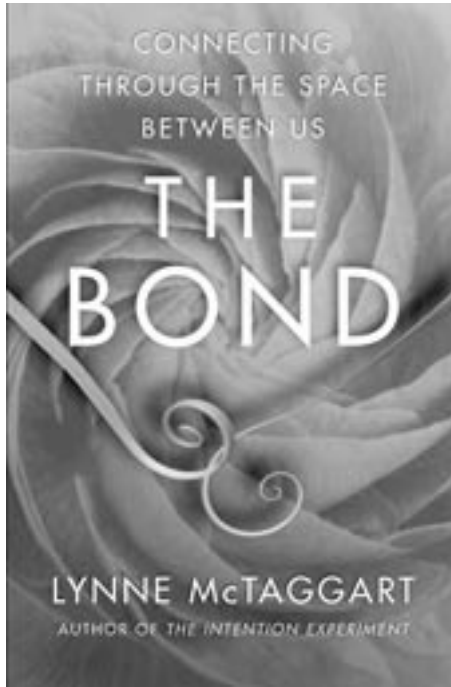
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## The Bond: How to Fix Your Falling-Down World

By Lynne McTaggart

ISBN 978-1-4391-5795-4

book review by Felicia Weiss, Ph.D.

This ground breaking book will transform the way you view the world. It will help you understand how the Darwinian notion of “survival of the fittest” has led to a win-lose mentality that has caused a lot of damage and is really not in keeping with what is really in people’s hearts. It is not the most effective way to live your life nor does it lead to happiness and success.

Through a discussion of countless research experiments and scientific findings, Lynne McTaggart helps us to see that our natural, cooperative, win-win way of being ultimately leads to more positive outcomes, greater joy, and increased satisfaction with our lives. Quantum Physics supports the notion that cooperation is the key to the dynamics of our relationships. In fact, Lynne McTaggart demonstrates that

biologists, psychologists and sociologists have also provided evidence of a Bond that exists between all of us. She further notes that “Nature’s most basic impulse is not a basic struggle for dominion but a constant and irrepressible drive for wholeness.” Furthermore, it is the Bond we make with our world that is even more important than our individual genes in driving evolution.

I found the research studies discussed in this book to be fascinating and eye-opening. They clearly demonstrate that our most basic need is to feel a connection and a sense of belonging with others. In fact, Lynne McTaggart discussed studies that concluded that our relationships with others had more of a positive effect on our health than even our lifestyle choices, such as diet. The greatest stress and the most serious illnesses tend to occur when a person feels isolated and disconnected from others. Surprisingly, research has demonstrated that happiness and success appear to be determined less by how much difficulty you have in your life and more by your response to it.

Lynne McTaggart has divided this book so that the first three sections help us to understand that we are geared for connection and cooperation rather than separation and competition. Part IV offers tools to help us apply these principles and bring them into our lives. The exercises she offers in this section allow you to become better at seeing the whole, relating to others, coming together for common goals and being a spiritual change agent. She also offers suggestions on how to work together cooperatively to achieve a common goal so that even disputing groups may be able to overcome their differences and achieve successful outcomes. Lynne McTaggart points out that by seeing yourself as part of a bigger whole, that you will behave differently and more positively toward others. In this way, we

can help make powerful and profound changes in the world. As an added bonus, we are more likely to be healthier and happier.

I highly recommend *The Bond*. I believe that just reading it will have a positive impact on your life. It will change the way you view yourself and your relationship with the rest of the world. You are likely to have a greater sense of what is truly important and you will be better able to regain your perspective about life. I found it very empowering and enlightening. I was struck by the multitude of scientific evidence that supports a cooperative, win-win approach to life and how our connection with others allows us to truly become more than the sum of our parts.

*Lynne McTaggart, a world expert on the science of spirituality, is the award-winning author of six books, including the worldwide bestsellers The Field, The Intention Experiment and The Bond. As editorial director of What Doctors Don't Tell You (www.wddty.com), she also publishes one of the world's most highly praised health publications and runs highly popular health and spirituality teleconferences and workshops. Lynne is also the architect of the Intention Experiments, a web-based 'global laboratory', testing the power of intention to heal the world theintentionexperiment.com. Learn more at www.thebond.net*



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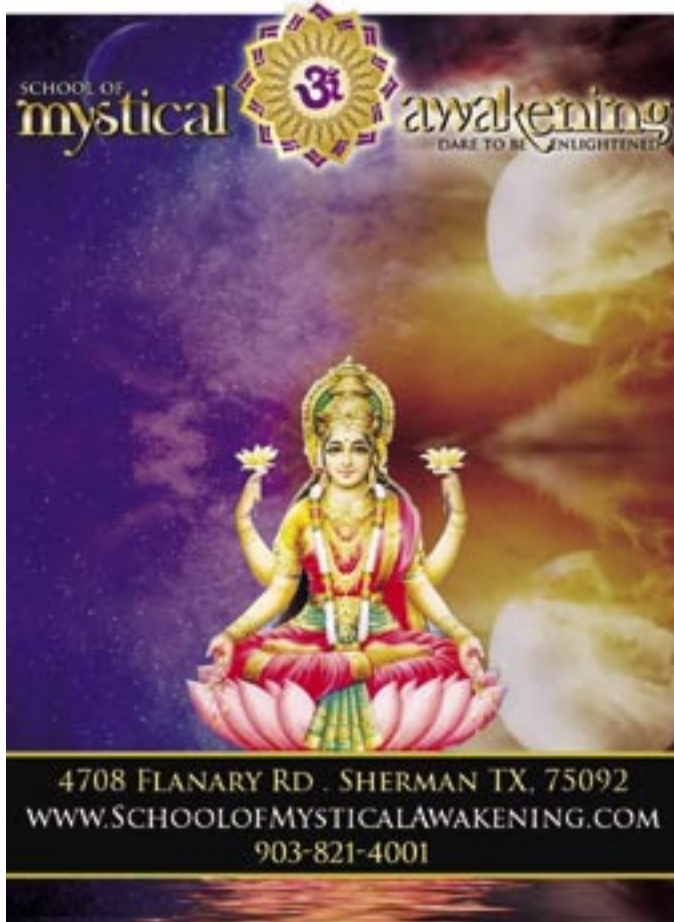
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As for me, my personal experience (and the experience of several people I know very well), is that these drops DO work and that the diet is very healthy. I agree that a diet this low in calories would not be healthy without the drops. I have not felt as well for years. and I KNOW my health is much better, to say nothing of the fact that I look better. I have not lost muscle, and in fact I am much stronger than before my weight loss....My experience with other dieting did not produce long-term success. For the first time in my life I feel like I have "conquered" my weight problem. The rate of long-term success is much higher with this diet than any other that I know of.  
—MH

Success is contagious, my husband has dropped 10 pounds and is impressed and energized by how easy and effective the HcG is. I am amazed and quite delighted! :) Thank you for your great website.  
—PW

"This is an amazing product - I won't go into everything I have tried before because the story is the same over and over but I feel better than I ever have - I am strong etc., etc. I read your book and use it as it is intended - a guidebook. I am so thrilled that I can still get these drops..."  
—NB

Having been on every diet, and for emphasis let me say again—EVERY DIET in the last 35 years, I speak with a certain amount of field experience on this topic. Over the years, I have had little or no weight loss success on any diet I have tried, including a lap band placement in 2008.

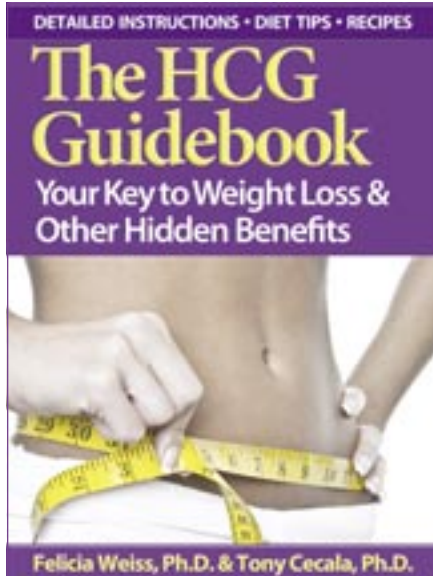
Until you {my friend} came in and whispered, "HCG..." BAM. 50 pounds since 8/27 and counting...not only counting, but confident that I will continue to count. That's a first—a diet that I feel will continue to work and that I will continue to follow until I am as svelte (and healthy) as I want to be.

Yes, the diet works because of the severity of the reduced calorie intake. But...that intake

is sustainable because of HCG. I know because if I forget to take the drops, the gnawing hunger returns. The other factor for me is that it is changing my metabolism. I did the liquid diet, lost 20 pounds off my ankles, earlobes, and thighs, felt awful, and gained it back immediately after eating solid food, I mean one meal of solid food and the weight was on! ... On this diet, I started losing the weight in my stomach first (a first!) and even on days when I have been less than faithful to the 700-calorie plan, I still lose or maintain the weight. I also know that I have reduced my insulin requirements and reduced my high blood pressure medication as a direct result of the weight loss.  
—SH

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The HCG Guidebook was written for the HCG dieter who wants the simple details of how to do the HCG diet right. Based on the work of Dr. Simeons, this easy-to-read guidebook lays out the basics of the diet in modern terms and makes it easy to understand what to do and when to do it.

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"Let's face it, Dr. Simeon's ebook is a little bit of a dry read for most of us. Authors Tony & Felicia have successfully created a great ebook for the rest of us who just want to know how in the heck to do the HCG diet correctly, easily and simply.

This book is so well written that I never lost interest - read it straight through! It gives all the details needed for the diet along with personal author and client experiences and stories that are inspiring and motivating. And I absolutely LOVE the great recipes... that was a wonderful bonus! Love it. If you are considering doing the HCG diet, this book is a MUST read."  
—Virginia

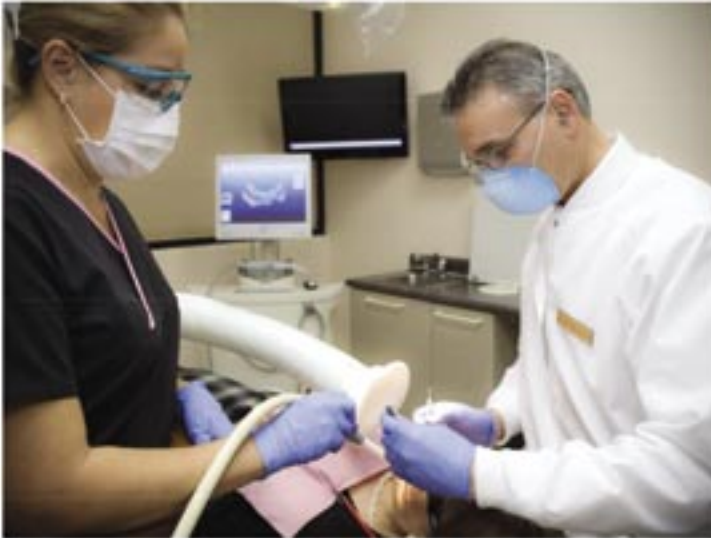
"I love the way you take the protocol and turn it into a living life model. It's wonderful. You're working with it to enhance your lives as well as make your weight manageable and health stronger. At first look, the protocol is limiting, but your book has a unique way of making this a lively approach to health and wellness. It no longer seems limiting.

I've read the other books and done the protocol. This work is unique because it is all about losing the weight and living a lighter and happier life. No better way to shake cravings and learn. It truly links mind, body, spirit and holistic insights.

I've tried the injections and the homeopathic drops you offer. I found the drops easier and just as effective. But this book is a great way to invest the time suddenly freed from cravings...great job!"  
—Cynthia

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With its strong roots in tradition, the field of dentistry typically views the flood of new information emanating from research laboratories through a conservative lens. Just a few years ago, the notion that systemic health was linked to oral health was considered by most dentists to be an over-reaching and unproven assumption. However, new data substantiating the link between oral health and systemic health continues to emerge at an unprecedented pace. Today, the connection is widely accepted, having been documented by reputable researchers and clinicians across numerous disciplines. In 2000, the Surgeon General's report on *Oral Health in America* described the evidence linking oral health with **heart disease, stroke, pre-term births, diabetes** and

**respiratory disease.** The mounting body of research has been acknowledged in statements by the World Health Organization, Centers for Disease Control and the National Institutes of Health.

While many systemic diseases manifest in the mouth, the specific causal relationship between poor oral health and overall health is still being explored. After a study conducted jointly by Aetna and Columbia University College of Dental Medicine, researchers announced evidence in 2006 of the relationship between early periodontal treatment and the overall cost of care for diabetes, coronary artery disease, and cerebrovascular disease.



At Pride Dental in Arlington, Dr. Allen Sprinkle and Dr. Masoud Attar recognize the connection between the mouth and the total body health, combining high-tech equipment and the latest advances in dentistry with personal, individualized care. The doctors at Pride Dental have a passion for perfection, providing complete patient-centered dental services from preventive and holistic dentistry to cosmetic, laser and implant dentistry for adults of all ages.

Dr. Attar has a personal passion for dentistry and a genuine enthusiasm for helping people attain optimal health. **"Modern dentistry is an exciting confluence of science and artistry,"** he notes. "I love what I do because we have the capacity to change peoples' lives in a really meaningful way."

While the practice utilizes the latest technology in a state-of-the-art facility, Dr. Attar shares his perspective on its role in patient care. "Technology helps us provide care better and faster, but we must never lose sight of the fact that our reason for being here is our patients."

As a result of his extensive training and investigation of the latest research, Dr. Attar understands that oral health provides dentists with an invaluable window to the patient's overall health. He is committed to helping patients optimize their wellness through education and awareness of this connection. "We need to educate ourselves and pay attention to how our lifestyle choices

affect our health," he notes. "From the ingredients in our food to the materials we use in dentistry, **the substances we put into our body can have a critical impact on our overall health.** By being aware and conscious of our choices, we can ensure the best possible health for each individual."

After graduating from Baylor College of Dentistry, Dr. Sprinkle noted that many of his patients reported some type of chronic neck or facial pain. Among these individuals, he often found a common constellation of symptoms, including **poor sleep quality and daytime fatigue.** They suffered from a myriad of other difficulties including poor concentration, headaches, and acid reflux. Dr. Sprinkle knew that poor sleep quality is detrimental to wellness and can initiate an endless loop of disease, discomfort and discouragement. He sought a way to bring refreshing sleep to these patients as part of a journey back to optimal wellness. For patients affected by sleep apnea or snoring, a specially designed FDA approved oral appliance can help to keep the airway open so sleep is not disrupted. Custom appliances can also help provide relief from migraines and TMJ pain.

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**Dr. Sprinkle** is a graduate of Baylor College of Dentistry and has years of continuing education pertaining to Biological Dentistry, Chronic Head and Neck Pain and Sleep Disordered Breathing. He is in demand as a speaker at various events and is a consultant to various members of the dental and medical communities. Dr. Sprinkle is a Diplomate of the American Academy of Pain Management. He is a member of the American Academy of Cranio-Facial Pain, Academy of Biologic Dentistry, Academy of Clinical Sleep Disorder Dentistry (Founding Member), Academy of Neural Therapy, Academy of Dental Sleep Medicine, Holistic Dental Society, International Academy of Oral Medicine and Toxicology, and the International Association of Functional Orthodontics.



**Dr. Attar** is a graduate of the University of Minnesota School of Dentistry where he was also on the academic staff of Oral Medicine and Diagnosis for many years. As one of the first certified cosmetic dentists through the University of Minnesota, and the prestigious Las Vegas Institute for Advanced Dental Studies in the mid 1990's, Dr. Attar has provided outstanding service for his patients. His academic training includes extensive studies in biology, botany, toxicology, genetics and 2 years of comprehensive orthodontic instruction through the American Society of Orthodontics. He is a member of the American Dental Association, Texas Dental Association, Arlington Dental Study Club, American Academy of Cosmetic Dentistry, and the International Academy of Oral Medicine and Toxicology.



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# A Simple Mantra for Healing Your Dark Night of the Soul

By **Rajiv Parti, MD (aka Dr. Raj)**

Healing from my 'Dark Night of the Soul' was not easy but the three main steps I had to go through were:

1. Forgive 2. Love and 3. Heal.

This mantra "**Forgive, Love, Heal**" will help one heal from a dramatic 'Dark Night of the Soul' as mine or even what I call a 'Mini Dark Night' – which can happen all the time to us in busy modern life: they could be simple things like being shown the finger in an unloving exchange, or being cut off on the road in traffic!

In my own 'Dark Night of the Soul' I had to deal with prostrate cancer, surgical complications, life threatening sepsis, depression, chronic pain and dependency on pain medications. I had to sell my house, quit my job, all the while feeling how my marriage tethered and my health suffered.

I was very angry at myself, at God, the people, at the world – at the universe.

My healing happened in three steps.

## **The First Step is to Forgive**

I had to forgive myself for any thing I had done, or contributed to the dark night. Forgive the circumstances. 'Forgive' God and accept God's will. I had to surrender to the possibility that the Spirit alone has the infinite wisdom. These were the lessons I had to learn in this life time, so that I could evolve.



The forgiveness is defined as:  
***“the process of concluding resentment, indignation or anger as a result of a perceived offense, difference or mistake, or ceasing to demand punishment or restitution.”***

To help in the forgiveness process I rediscovered the serenity prayer:

*“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”*

It transformed me. I started to live in the present in the 'Now' and not to be stuck in what my circumstance once were in the past or what I wanted them to be in the future.

## **The Second Step is to Love**

The second step was to start to love myself, my life, my circumstances.

The beauty is that when I started to love 'myself', my health improved in leaps. I started eating healthy, going to the gym regularly, meditating and praying regularly.

***“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”***

This self love should not mean a narcissistic way of prioritizing the self at the cost of others, for I truly believe one can only love others when one becomes ‘love’ itself. I started to have gratitude and love re-kindled for the Spirit, the people, the world, the environment; I even changed my car from a Hummer to a Camry Hybrid.

Love is defined as:

***“A virtue representing all of human kindness, compassion, and affection; and “the unselfish loyal and benevolent concern for the good of another” and one self”***

A Mother Teresa quote comes to mind:

***“We all cannot do great things but we all can do great things with great love”***

We all can become a sun of love – radiating love all around.

So my friends, start the ‘ripple effect’ from the heart, from inside your heart, from your Source.

### **The Third Step is to Heal**

After the first two steps of change within our mind, and within our heart comes the step that addresses change at the level of the soul, our spirit.

I have observed in others, and personally experienced that to really heal, there has to be a ‘shift’ that has to happen at a deep level of our consciousness. Effectively, the consciousness has to not just heal but evolve too.

Healing is defined as:

***“to make healthy, whole, restore to health; to rejuvenate, to free from evil; cleanse; purify”***

Looking back I am thankful to the Spirit for the circumstances I had to go through. It has brought love, compassion, ‘Seva’ (service with gratitude), sharing, and creativity as my guiding principles – where as before I lived for cancerous materialism, expensive toys, the satisfaction of myself above all others: it really was all about me: my status.

My ‘Dark Night’ transformed me to find my true Divine purpose and my Dharma to be a Healer at the Soul level. I wouldn’t be writing this but for going through the heat of that Dark Night. It made me whole.

I learned to embrace my Dark Shadow.

A Gandhi Quote comes to mind...

***“Be the change you want to see in the world.”***

Only yesterday I received a short email from a friend who had last seen me a few years back. It read:

***“Hi Raj – It was so nice to have you with us last weekend! You have changed a lot since I last saw you in India.”***

Another friend said how after five years of knowing me that one can see how even how I drive has changed. That is so true. I was always in a rush in the fast lane.

But now I have what I will call ‘Buddha Driving’!

I am driving in the middle lane. Somebody cuts me off? So be it – they must be in a rush.

So my friends – my experience is that this approach works. Through the practice of my own prescription for Wellness in “The Soul of Wellness,” and through the adoption of this mantra – “Forgive, Love and Heal” – I have managed to reduce my doctor’s orders to take 36 pills every morning to manage my health crisis down to only 5 different pills a day.

The truth is that I have gotten myself out of intense pain, managed to free myself from depression, free myself of addiction, and reverse being overweight through this mantra. The quality of my relationships with my beloved wife, my beautiful children, my dear friends and working associates – is, I can tell you – genuinely infused with joy, understanding, love and laughter.

My advice is to not just say the mantra, but to practice it – to live it: to BE the change it beckons from us.

*Rajiv Parti, MD (aka Dr. Raj) is a world leading specialist in pain management with over 30 years of practicing clinical experience. He was the Chief of Anesthesiology at Bakersfield Heart Hospital where he specialized in cardiac anesthesia for 15 years. Dr. Raj founded the Pain Management Institute of California, and under his direction it has served thousands of patients for acute and chronic pain relief. He now specializes in promoting spiritual wellness and personal growth with various non-traditional healing modalities. His new book “The Soul of Wellness” is being released by Select Books in October 2012. [www.drraj.com](http://www.drraj.com)*

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(LBJ West bound exit Midway Turn Left on Valley View Lane)

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✉ joye@bluemoonexpo.com

🌐 www.bluemoonexpo.com

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✉ dallaspsychicfair@gmail.com

🌐 dallaspsychicfair.com

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Dr. Wilson is a licensed, board certified naturopathic doctor providing naturopathic alternatives to conventional medicine for the ENTIRE family, including anti-aging and preventative care, as well as options for chronic conditions such as cancer, endocrine and hormone imbalances, autoimmune conditions, gastrointestinal disorders, diabetes, fatigue, and obesity.

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Divinity Graduate of Accelerated Creative Force-Quan Yin Creation Center,  
Hawaii

Fort Worth, TX

☎ 817-721-0901

✉ Divinitygoddess333@yahoo.com

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Contact Joye King at 214-734-5844

[www.BlueMoonExpo.com](http://www.BlueMoonExpo.com)  
[Joye@BlueMoonExpo.com](mailto:Joye@BlueMoonExpo.com)

## Spiritual Organizations

### *Earth Rhythms*

Amy Martin

381 Casa Linda Plaza #137  
Dallas, TX 75218

✉ info@EarthRhythms.org

🌐 www.earthrhythms.org

Presenting experiential events, preserving natural places, and providing help to those in need in North Texas. Events include Winter SolstiCelebrations, Moonlady Nights, and talks and concerts by national spiritual leaders. A green cemetery is being planned. Monthly e-newsletter with seasonal/lunar dates, features, more.

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Mary Salerno, Administrator

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☎ 817-488-1008

🌐 www.unitychurchgrapevine.org

Unity Church in Grapevine is a different kind of church experience. We are a spiritual center for inspiration and transformation, teaching and living principles that are life-enhancing, affirmative and practical. We offer Yoga, Meditation, Classes and more.

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✉ ULCCPatRaimondo@yahoo.com

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10AM



**Keynote: The Truth about Content Marketing - is it just a passing fad or can it really generate profits?**  
Sean Jackson, CFO/Founding Partner, Copyblogger Media

**Saturday, June 23**

**Content Marketing Track**

**WordPress Track**

**Social Media Track**

11AM



**Extreme Social Media Marketing**  
Giovanni Gallucci

11AM



**How to Build Child Themes for the Genesis Framework**  
Shayne Sanderson

11AM [networking break]

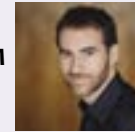
12PM



**Is Your Story Internet-Ready?**  
Robert Riggs & Chris Westfall

12PM [networking break]

12PM



**Managing Multiples - Maintaining Client's Social Media Without Going Crazy**  
Michael Johnstone

1PM



**Dynamic Newsrooms: Content Building that Advances Business**  
Springfield Lewis

1PM



**BuddyPress: Building Niche Social Networks in the Age of Facebook**  
Mike Pratt

1PM [networking break]

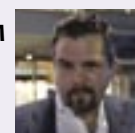
2PM



**Driving Traffic through Content Optimization**  
Sean Jackson

2PM [networking break]

2PM



**Brand Protection and Social Media**  
Rob Holmes

3PM



**Local Content Strategy**  
Neil Lemons

3PM



**WordPress — Pro Tips**  
Derick Shaefer

3PM



**Expert Tips for Using Klout**  
Patty Farmer

4PM



**7 Reasons To Use Video As Content Marketing**  
Jeremy Vest

4PM



**From Zero to Blogging**  
Leslie Green

4PM



**20 Tips to Achieving Twitter Success for Your Business**  
Lissa Duty

5PM



**SEO and Conversion Site Clinic**  
Tony Wright

10AM



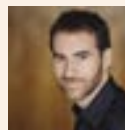
**Keynote: All Media is New Media**  
Mike Orren, Founder, Pegasus News

**Sunday, June 24**

**Tools & Strategy Track**

11AM [networking break]

11AM



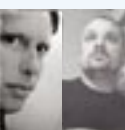
**Making Money with WordPress**  
Michael Johnstone

11AM



**SEO Image Optimization**  
A.J. Wood

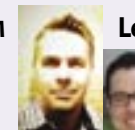
12PM



**Word of Mouth Marketing: Past, Present & Future**  
Tony Edwards & G.I. Sanders

12PM [networking break]

12PM



**Lean Startup Techniques Every Business Owner Can Use Today**  
Darren Matheny & Nicholas Thomas

1PM



**The Benefits of Sequential Content**  
Chris Gronlund

1PM



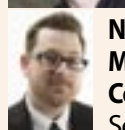
**Getting Started with HTML5 and CSS3**  
Randy Jensen

2PM



**Backing Up the Bus: You're on Facebook & Twitter...But Business Isn't Growing. Now What?**  
Rani Monson

2PM



**Navigating The Mad, Mad, World of WordPress Content Types**  
Scott Kingsley Clark

1PM [networking break]

3PM

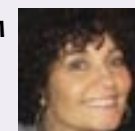
[networking break]

3PM



**Responsive Design**  
Randy Hoyt

3PM



**Tips & Tools to Earning a Living on eBay**  
Stephanie Inge

4PM



**Success with Content Marketing**  
Dan Sturdivant

**Note:**  
*Schedule Subject to Change.*

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## What people are saying about Tony Cecala's Seminars

I always get a lot out of Tony's tips and suggestions and this week was no exception.

—Laurie Shook

Tony as a speaker and as an instructor is awesome as always.

—Mari Davis

Saturday, June 30, 2012

9:30am-1:00pm: workshop

**WordPress 103: "Advanced Topics"**

1:00pm-2:00pm: lunch

2:00pm-4:00pm: WordPress Meetup

Saturday, July 28, 2012

9:30am-1:00pm: workshop

**WordPress 101: "Getting Started"**

1:00pm-2:00pm: lunch

2:00pm-4:00pm: WordPress Meetup

Saturday, August 25, 2012

9:30am-1:00pm: workshop

**WordPress 102: "Beyond the Basics"**

1:00pm-2:00pm: lunch

2:00pm-4:00pm: WordPress Meetup

Saturday, September 22, 2012

9:30am-1:00pm: workshop

**WordPress 103: "Advanced Topics"**

1:00pm-2:00pm: lunch

2:00pm-4:00pm: WordPress Meetup

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# Why Pull for the Underdog?

By Leslie Green

As a child, I can remember always picking the underdog. When given the choice between heads or tails, it was tails. I associated tails with left handedness for some reason (???), and I felt both were underdogs. When watching football on TV with my dad and brothers, I wanted to know who the favorite team was by consensus, and secretly I would root for the other team. Miss America pageant? Well, Miss Texas of course! But if she wasn't in the running, I would give a quick scan, decide who was least likely to win out of the finalists, and vehemently wish upon wish she would be crowned.

As I got older I often wondered about this pull I have for the underdog. At one point I wondered if it was an unworthiness thing. Did I feel like my 'vote' wouldn't count enough to entitle me to pick the "good one", so instead, I chose the "bad one"? A bit difficult to admit, but it's true, I wondered if this were the case.

Then recently I was reminded of a time I was hanging out at the pool with my brothers and friends. I was about five or six years old. One of my brothers, John I suspect, pushed me in. I wasn't a very strong swimmer at the time and I remember panicking. As I was flailing about, a boy named Daryl Ramey, jumped in and pulled me to the edge. As surprised as I was with the whole experience, I was more surprised that Daryl, not really the pool bully, but definitely the pool jerk, was the one who jumped in to save me.

Daryl was the kid with hair so blonde it was white. I mean, really white. Which means it turned really green every summer with all of the chlorine. In that setting, his green hair is what made him the underdog in my eyes, even though he was the strongest and fastest swimmer.

Since I had already labeled him as the pool underdog in my mind, I had compassion for him before the rescue incident, which made it natural and easy for me to express my sincere gratitude. As I thanked him, I believe the look I saw on his face was one of shock. I'm not sure if he was shocked by the sincerity in my voice, but I suspect it may have been that, mingled with his feeling of being seen.

After all, isn't that what we all want? To be seen by another? To know that we are being seen for who we are, not the jerk behavior that's really just a facade, not the sports team who is expected to lose, not any of that. I believe we all desire to be seen for who we truly are.

So what is the tie that binds this whole underdog topic together? Compassion. When driven by compassion, I believe you have the capacity to better "see"\* the other person. It wasn't a feeling of unworthiness that was the driver, it was a feeling of compassion all along. I felt compassion for left handed kids, always smearing lead on their paper and all over the fatty part of their hands when they wrote. Just as I felt compassion for Daryl with his green hair, often wondering if that was why he behaved the way he did.

As stated by Arthur H. Stainback, *"The value of compassion cannot be over-emphasized. Anyone can criticize. It takes a true believer to be compassionate. No greater burden can be borne by an individual than to know no one cares or understands."*

So be a true believer today...a believer in your fellow man, perhaps even the underdog. Commit to a practice of seeing each person you greet today. Know that through your compassion in the present moment, you are providing an act of love, one in which they will feel cared for and understood. It all starts with your willingness to see.

---

\*For those of you who have seen the movie Avatar, think of the deeper meaning of the word "see" held by the Na'vi. It was used at different times throughout the movie, mostly by Jake and his partner Neytiri, when they would say, "I see you."



*My name is Leslie Green. I understand that for many, Trusting Life is easier said than done. For that reason, I write true stories that illustrate how*

*I, as well as others, have learned to Let Go and Trust Life Today. I am someone who seeks Truth, yet also someone who realizes there is actually no seeking involved – it all lies within. Read more from my blog at [TrustLifeToday.com](http://TrustLifeToday.com)*

*Hear Leslie speak at the Emerging Tech Conference on Saturday, June 23 on "Zero to Blogging".*

# Your Summer Stars

by Cynthia Novak

**I**t's going to get hotter, the planets are rather crabby and the season ends with two national conventions.\*

I expect plenty of blame, disdain and frustration: Probably a surprise or two :+} for the VP slot. And still, there is an abundance of good stuff around. We can get irritated and react or take a cue from Saturn to take the time to look. We can navigate the hot muggy months with the wisdom of planetary traits. They are after all, aspects of us. The stress and flow can come at us or we can bend and allow it to move through us. It takes practice and persistence to see the good stuff.

**July:** Happy Birthday USA! This nation was born of a revolution and the 4th is the birthday of that big idea that changed the world. I love to look at the big transits to the USA chart at this time. The US has had a series of stressful aspects, but they are nearing an end. In the summer of 2013 she has one abundance aspect after another. This year, it looks pretty much like business as usual: ups and downs in the Market, talk about change, and a desire to shop with a minimal budget. That's actually good news. However, it might be hard to see more of the same as a gift...but it is if you stop and look around at what "is" in your life.

This July, "We the People" are playing out a little drama of our own. Saturn, the task master, planet of tenacity, frustration and wisdom that is born of that, spends July in the same place he's been for the last month. In fact, 9 months ago he started a path or plan that seemed quick, but has turned into an endurance test. As we move into July it's easy to get bogged down in disappointment. However, if you do, then you'll miss the good stuff. Like the final month of gestation: you might be irritable and uncomfortable...but don't forget there's a new life born from your trouble. Get

excited! What are you gestating? Even if you just clear out a closet, you'll find a sense of rebirth.

**Venus is moving forward.** We've learned from the past and our family's history. Venus is in a lunar mansion that is indulgent at best and compulsive at worst. That said, Saturn reminds us to keep our emotional zippers zipped. The term is "boundaries"; setting yours, not running into theirs. If we get that lesson: Venus, the planet of love and abundance, spends July with Jupiter and the stories of love and abundance are everywhere...including our own thoughts. It's all about those zippers. I see this with Venus moving up to trine Saturn as Mars, the action planet, joins Saturn at the end of July. This Venus and Jupiter combination is great for beauty and indulgence at every level. Venus is moving forward and love grows, but so does the desire to spend on beauty and food. This is good for the economy, but might be hard on the waistline.

On July 15th through the 20th...or maybe longer, Mars triggers Uranus and Pluto. This can be explosive on all levels. It might be an irritation or a big blow-up at the family reunion or it could be international. Fortunately, Mars is moving quickly, but Pluto-Uranus will last 3 years. If you really want to spew and blow, remember it could be bigger or go further than anyone intended. Think about Saturn's wisdom and ask: what would your great spiritual teacher do?

**Retrograde Mercury:** Time to reflect and review and, most importantly, to give yourself a little break from the demands of your technology. If you don't pay homage to this period of mental rest, then you may find that you've flushed your smartphone down the hole. Call it an accident or call it a creative way to create silence. It's easier to unplug your

brain between July 14th and August 8th. If you do, you will end this period refreshed and more productive than you can imagine today. If you don't, then you'll spend a lot of time trying to replace important appointments and information. You get to choose....grins.

**August:** Venus moves out of the indulgent constellation Taurus. Just in time, we notice the soft-rounded Venusian curves and decide if we'll keep them or shed them. Mars pulls onto Saturn. In fact, Saturn is moving forward.....at last! And so is Mars. They take the entire month to figure out how to get the desired result. Here in Texas, folks walk when the Sun is down. It's fascinating to see the bees and moths diving into the night-time nectar plants. However, we also get to dive down for the nectar of life. It's harder in August. In other parts of the country, it's the end of summer; for us it is more of the same. If you've spent the last months complaining, it's more torture: Time to knuckle down and work to see the good stuff around you.

Mars with Saturn at its best is determination to build something for the future. It may be hot all month, but you can get things cleared out. You might even get away for a while. Jupiter is a traveler and a story teller. Mars conjunct Saturn is such a naturally irritable combination. Rash seems to be a way of life. One antidote: give others the benefit of the doubt. The Republican convention goes from the 27th to the 30th. The aspects suggest there will be demonstrations and vocal attacks along with a powerful party stance. Romney will be strong, decisive and passionate. I always wonder if they use an astrologer. Their convention begins with the Moon on Pluto, the Plutocrat, and it ends with a charming, seductive Full Moon on Neptune. I can't wait for the show.

**September:** Politics heat up. The stressful transits suggest that the summer is already full of irritating political

ads that were created by spin masters who presume we are idiots. However, September is a month when things get busy in Washington and the conventions are looming. It is also a month where Mars pulls away from Saturn and Saturn, thank goodness, is back in a place in the heavens where he is productive, creative and should be good for the Market. The planets are spread out. The Month begins with a spurt of optimism.

**The Democratic National Convention** goes from the 3rd to the 6th. Happy Birthday Mr. President! The convention ends with Jupiter and the Moon on President Obama's Moon. Jupiter makes a lovely aspect to his Ascendant, which is his physical body, appearance and gravitas in general. This is a good combination to help him start a new cycle. I hope to see the charisma again. Still, the convention will be plagued by demonstrations around the world.

Pluto square Uranus will last until March of 2015. This is a major cycle of change: Political, economic, social and spiritual. Pluto is deep and cathartic so a Pluto transit to your chart often feels like the undertow of a river is pulling you to death's door. However, it's pulling you down and back out to life. There is no denying the fear of disaster and that fear sells and compels. That is why it is so powerful in advertising and political campaigns. Uranus, the planet of change, is unpredictable and electrical. A Uranus transit feels as if you have your fingers

in a light socket. Call it plugged in if you like. The best way to deal with a Uranus transit is to accept that change is part of life. Better still: bend like a reed in the wind. We cannot plan everything, but most of us want to be certain that we have enough of what we want...not just what we need. Life and death bring an abundance of opportunities. Change happens to us...but ultimately it works through us.

**How the Money Grows:** It is tentative and slow with ups and downs. Venus and Jupiter are good for spending. I looked back in time and found that since the beginning of the 20th century when the planet Saturn came to linger in the constellation Libra, we had significant economic growth. However, often when he left Libra, the bubble burst for a while.

**When the Love Flows:** It flows when we look for the good stuff and graciously give the benefit of the doubt. Romance is easier in July. However, it is gratifying all summer long because we are working for that wisdom and find it when we do!

I don't care if you are on the left or the right. We need a plan to deal with the debt. Saturn holds our heels to it as we leave the summer. If we pay attention, then he reminds us that something needs to be done and that we need a plan- not promises. Venus and Jupiter are all about desires and in the political world they are all about charm and promises. No matter who gets elected, the Uranus Square Pluto transit suggests that change is upon

us and we might as well get busy at this end of it rather than the end in March 2015. The last time these two squared was April 1932 until January 1934. I hope we've learned a lot since then.

**President Obama** is still under very difficult transits. July 24th is officially the end of an illustrious 16 year Jupiter [political] cycle. It is difficult to end one cycle and begin another under the microscope of the Presidency. However, "We the People" will see him do just that. I suspect that President Obama is already frustrated with his party's lead figures and advisers. He's in a period that is so frustrating that I suspect a part of him has already given up. As an astrologer I know to never underestimate the power of a new cycle. He begins his Saturn master cycle, but I doubt he'll have time to gain momentum. However, the convention will show him at his best. Watch to see his good stuff!

Both The President and Governor Romney have favorable transits on Election Day. However, the aspects leading up to that time are definitely more favorable for Romney. I have a hunch that President Obama is very tired and at least a part of him longs for the status of living former president. I do expect a mixed outcome in the Supreme Court decision on Obama Care. I will be surprised if Biden remains his VP. Even if he loses this election, he will have a long career as a statesman. These are interesting times and Romney does not have an easy summer or fall in any way.



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*Cynthia Novak is a professional astrologer. She can be contacted at metro 817-261-2984. Read Cynthia's daily astrological message at HolisticNetworker.com*

*or CynthiaNovak.com Hear Cynthia's talk entitled "Astrology & You" at 11:30am on Sunday, October 14 at the Wellness Expo in Addison.*

# Events & Classifieds

See the latest at [HolisticNetworker.com/events](http://HolisticNetworker.com/events)

## June

**23-24 EMERGING TECH CONFERENCE** Learn. Network. Profit. 30 talks from leaders in Content Marketing, Blogging, SEO and Social Media. This is your chance to learn from DFW experts in online marketing. See [ETCDallas.com](http://ETCDallas.com) for details. 972-378-3770

## October

**13-14 WELLNESS EXPO®** in Addison produced by the Holistic Networker®. This two-day, indoor/outdoor event will be held on Saturday & Sunday, 11am-6pm, Addison Conference Centre, 15650 Addison Rd, three 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.WellnessExpo.net](http://www.WellnessExpo.net)

## Ongoing

**Tuesdays, 6:15 PM - 7:15 PM.** Traditional Raja and Tantra Yoga meditation practice as taught by Baba Hari Dass. Contact: Kaye E. Estell, M. Div., L.P.C., E-RYT 500; 817-481-5657. [www.meditationcenterforcompassion.org](http://www.meditationcenterforcompassion.org)

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

**Second Saturday** Sense-ations' Psychic & Holistic Fair; 11:30-6pm. DoubleTree Hotel, 1981 N. Central Expwy, Richardson, TX. Readings are only \$15 for 15 minutes. Various months we offer 5 Minute "Speed Readings". Go to [www.sense-ations.com](http://www.sense-ations.com) for more information and to join our e-mail list for special discounts and notices. Or call 214-505-5540.

**Fourth Sunday** Psychic Fair, Live Entertainment, Free classes all day. Fourth Sunday of every month. Blue Moon Expo, DoubleTree Hotel (N. Dallas near Galleria), 4099 Valley View Lane, Dallas, TX 75244. [www.blumoonexpo.com](http://www.blumoonexpo.com) 214-734-5844

**Ongoing** Awaken with Yoga classes and Namasté USA yoga teacher training offer exceptional quality and expert teachers for students. Monthly Satsang. See listing under Yoga for more. Carol Stall, 469-441-7064.

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