

HOLISTIC

NETWORKER®

WINTER 2012

YOUR GUIDE
TO WELLNESS

**Holistic
Networker
1992-2012:
20 years of
service**

**evgo:
electric vehicle
charging comes
to North Dallas**

**book review:
Sitting Moon**

**Moments or
Lifetimes**

**Count Your
Blessings**

**Your Winter
Astrology**

**Wellness Expo
in Addison
April 21-22**

 **FREE**

HolisticNetworker.com

emerging media conference

june 23-24, 2012 · grapevine convention center

everything you need to know about:

blogging · social media · e-commerce · web design
search engine marketing · multimedia

visit emcdallas.com to learn more



emcdallas.com

HOLISTIC NETWORKER

Publishers

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

Holistic Networker® is DFW's guide for holistic health and personal growth. 28,000 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

Advertising Information:

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

Subscriptions by Mail:

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

Contents

Twenty Years 3
 Count Your Blessings 3
 Holistic Forum 4
 Electric Vehicle Charging Stations..... 18
 Book review: Sitting Moon 22
 Moments or Lifetimes..... 26
 Your Winter Stars 27
 Events/Classifieds 30
 Advertising Rates 31

Directory

Alternative Healing.....12	Movement20
Bodywork.....12	Naturopathic Medicine20
Bookstores/Gifts12	Organizing/Feng Shui...20
Colonics.....12	Osteopathy20
Dance/ Movement13	Products20
Dentistry.....13	Reiki/Energy Healing....21
Holistic Dentistry13	Spiritual Organizations.....21
Holistic Veterinary13	Tai Chi / Qigong.....21
Homeopathy.....20	Vedic Astrology21
Hypnotherapy.....20	Weight Loss.....21
Iridology20	Yoga21
Metaphysical Arts & Sciences.....20	

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 © 2012, Holistic Networker, LLC. All rights reserved.



Twenty years ago the internet was a small collection of government and educational computers, a place for scientists to communicate.

Today, you can access the internet and 3 billion other connected beings with a device that fits in your pocket. Twenty years ago your car had an AM/FM radio, and a fancy cassette player. Today, your car plays music and helps you navigate with signals sent from satellites that orbit the earth. Twenty years ago, hearing impairment meant wearing funny earpieces that sometimes squeaked with audio feedback. Today, cochlear implants effectively reverse the condition of deafness.

Twenty years ago, I was introduced to the local holistic community and met fascinating people who taught me about new dimensions of reality. I wanted to share what I learned from these mind/body/spirit practitioners. I asked Felicia what she thought about starting a local directory. She wisely told me how hard it would be and that we didn't know what we were doing, but she also trusted that we would figure it out. Today, we can look back and remember an incredible journey that helped us connect with amazing people and organizations whose shared goal was to help shift our consciousness to prepare for a better, more rapidly changing tomorrow.

The year 2012 brings with it both fears and hopes as mankind tries to imagine the significance of the Mayan calendar. Personally, 2012 brings a significant milestone as the 20th anniversary of the Holistic Networker magazine. These past two decades have been rewarding and enlightening for me. I have been blessed to be able to work from home, and watch my children achieve their own milestones and grow into aware and responsible beings.

I see 2012 as a new beginning for our civilization. New understandings of how the universe works, and new advances in technology enable us to create a sustainable future and even begin to remake and reshape our own ideas about what it means to be human.

What an exciting time to be alive!

Best wishes,

Tony Cecala
Tony Cecala



Recently my mother was attending a show. They called a woman in the audience to come on stage as it was her 95th birthday. She excitedly got up from her chair and

with surprising agility climbed the steps. They then began to play her favorite song. With a lot of enthusiasm, she sashayed across the stage as she enjoyed her special moment. A few weeks later my mother was attending another show at this same venue. A woman in the audience got up and commented that it had been her friend, whom they had honored. The 95-year-old woman had told her after being on stage that that was the best day of her life. The next day she passed suddenly and was gone. I marveled at the way this woman's life had concluded. To have one's best day at ninety-five, just seemed so wonderful and precious to me. And to remain in good shape until the end and to then pass quickly and painlessly just felt so right.

Shortly after hearing this story, I was riding in an elevator with a much older gentleman, who was hunched over and had a cane. He looked like he was well into his 80's and he appeared to be very feeble. I asked him how he was doing. He replied hesitantly, "O.K." and asked me how I was doing. I said that I was fine.

He said emphatically, "At your age you should be fine!"

I smiled and said "you are right". As I got out of the elevator I pondered this moment. I thought about the truth of what this man had said. For him every step is a challenge. His health is obviously precarious and at this point, he is unlikely to improve to any great extent. I have my health and while I am no longer in my 20's, I am in good shape and still have a lot to look forward to. I often think that it is important to appreciate what you have while you still have it and not just after the fact. While most of us would agree that we would like to be dancing happily until the day before we pass, very few people are fortunate enough to have this experience. That is why it is good to be grateful for all of the many blessings we do have while we still have them.

I hope you will count your blessings each and every day and that you will be an inspiration to the rest of us by living a long, healthy and happy life.

Love & Light,
Felicia Weiss
Felicia Weiss

Holistic Forum



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 relation-ship? 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 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; drencraven@earthlink.net.



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

People who are Highly Creative
~ Holistically Oriented ~
Spiritually Conscious ~
Health Conscious ~ Wellness Professionals ~ Individuals dealing with difficult life situations and want a practitioner who easily facilitates their process on all levels.

Because Polarity integrates wisdom and techniques from the highest vibrational Spiritual-Wellness World systems, profound transformations occur. Our Focus is simple, dissolving core discomforts, opening to a more vibrant life. Call now for your integrative experience; trainings also offered to deepen your knowledge and experience.

Cynthia Pierro BS, RMT, RPE, NLP facilitating the Wellness and Consciousness growth of thousands as embodied Souls. www.circle-of-energy.com 214-351-5528



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.



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).

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



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.



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

Finding a practitioner who has studied extensively the art of Thai Massage assures that you will receive the most optimum experience during a session. As a master level practitioner with over 8 years experience, I have chosen to specialize in Thai

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.



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.

Karen Asbury, MD

Integrative Medicine-A Natural Approach to Healing
The best of Alternative Care and Conventional Medicine

HOW TOXIC ARE YOU?

ARE YOUR HORMONES OUT OF BALANCE?

Specializing In:

- Detox Programs
- Bio-identical Hormones
- Menopause & Andropause
- Thyroid Problems
- Chronic Fatigue/Fibromyalgia
- Weight Management
- Vitamin/Herbal Supplements
- Nutritional Counseling
- Mercury, Lead, Aluminum Toxicity
- Diabetes, High Blood Pressure

Services Offered:

- * Saliva Testing for Hormones
- * Hair Analysis
- * Metabolic Testing
- * Comprehensive Health Evaluation
- * Thermography
- * Oral Chelation
- * Evaluation for Mineral Deficiencies
- * Detoxification
- * First appointment 1.5 hours

FREE 15 min Phone Consult with this ad

Call today! Plano Office: 972 867-7790

www.KarenAsburyMD.com

“Free report reveals how many Chronic Pain, Chronic Fatigue and Fibromyalgia sufferers can uncover the underlying cause(s), thereby making it possible to adequately treat and heal the dis-ease.”

For your free copy call 972-256-0004

Pain Relief Special

8 Low-Level Laser Therapies
 \$225 (incl. office visits & monitoring)
 “Highly effective in eliminating Pain”

SUCCESSFULLY HELPING WITH

- 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
- Swollen Joints / Muscle Spasms
- Leg Cramps / Stiffness
- Bursitis / Tendonitis / Arthritis / Gout
- Ringling In The Ears / Dizziness
- Poor Memory / Poor Concentration
- Insomnia / ADD / ADHD
- Body Fat

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
- Herbals, Vitamins & Mineral Supplementation
- Chiropractic Adjustments
- Weight Loss
- Stress Reduction / Energy Building
- TMJ Correction
- Low-Level Laser Therapy (LLLT)
- Pain Relief
- Ion Cleanse

ANALYSIS

- Comprehensive Physical Exam
- Body Fluid Analysis (BTA)
- Iridology Evaluation
- Blood Work (CBC, Matabolic/Lipids)
- Urinalysis, Thyroid Function
- Bioelectrical Impedance Analysis



Edna Craven, DC, CTN, BCI

Doctor of Chiropractic (certified by the Texas Board of Chiropractic Examiners since 1996)

Certified Traditional Naturopath (by the American Naturopathic Certification Board)

Board Certified Iridologist (30 yrs by the American Naturopathic Medical Certification and Accreditation Board, Inc.)

Nutritional Consultant (30 yrs)

People's Chiropractic & Wellness Ctr
 3200 N MacArthur Blvd #105
 Irving, TX 75062

Do you feel
**BLOCKED ~ RELATIONSHIP PAIN
ANXIOUS ~ FEARFUL ~ ISOLATED
WOUNDED ~ LOW SELF-ESTEEM
UNHAPPY ~ SICK ~ DISCONNECTED
STUCK?**

Do you sense something is missing or wrong in your life,
but are not sure what the core issue really is?

SPIRITUAL ENERGY HEALING CAN HELP!

With heart centered clairvoyance, you will be guided
into the deepest parts of your inner being, and together
we will discover the history and origins of your
feelings and patterns of behavior.

We will then bring these energies into a profoundly
pure focused state of awareness and transform them
using the power of your own consciousness
and Divine Light.

Spiritual Energy Healing works at the deepest levels of
your reality and can change your life!

~ Embrace ~ Release ~ Receive ~

I invite you to call me for answers to any of your
questions and to discuss Spiritual Energy Healing from
your own unique perspective!

(817) 925 6824

andrew@NRGheal.com
www.NRGheal.com

Three blocks from Interstate 30
2529 East Lancaster Ave
Ft Worth TX 76103

Phone sessions also available.

Modalities Include:

- Awareness Release Technique**
- Voice Dialog Process**
- Magnetic Healing Technique**
- Inner Child Healing**
- Sound Fracturing**
- Initiation**

Andrew M. Williams
Certified Advanced Energy Healer
Personal Healing on All Levels



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



Weight Loss w/ Homeopathy

HCG Drops

This is the HCG you've all
heard about.

Lose up to 40 pounds on
the HCG Protocol.

Not an injection; proven
effective homeopathic
drops.

Call 972-378-1211 or see
ShiftingFrequencies.com
for details



The Kinder, Gentler Cancer Treatment

Insulin Potentiation Targeted LowDose™ Therapy

- ♥ Targets the Cancer Cells...Not the Patient!
- ♥ Minimizes the symptoms of chemotherapy



**Nutritional Treatments For
Allergies, Chronic Fatigue & Infections,
Detoxification, Digestive and other
Chronic Conditions**

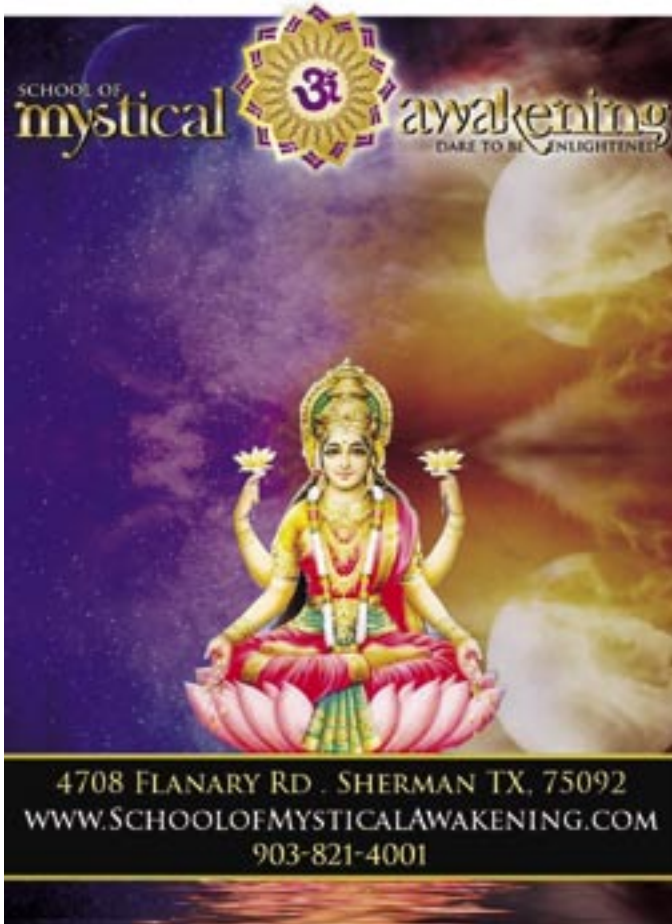
817-481-6342

www.kotsanisinstitute.com

**"Better Health Through the Integration of Conventional and
Complementary Medicine"**

2260 Pool Road ♥ Grapevine, TX 76051

Dr. Kotsanis' methods are based upon his personal clinical experience treating patients for over twenty seven years, as well as review of published scientific literature and medical studies. Dr. Kotsanis integrates both mainstream and complementary medicine. This practice, known as integrative and functional medicine embraces principles and treatment methods which may or may not be accepted or embraced by conventional medicine providers, individual physicians or other health care institutions.



SCHOOL OF **mystical** awakening
DARE TO BE UNLIGHTENED

4708 FLANARY RD. SHERMAN TX, 75092
WWW.SCHOOLOFMYSTICALAWAKENING.COM
903-821-4001

Power of the Rainbow
1730 W Randol Mill Road, Suite 125
Arlington, TX 76012

metro phone
817.261.6300
www.PowerRainbow.com



**Rocks • Minerals • Gems
Jewelry • Classes**



**Kneading
Massage**

"Need to be Kneaded!"

Located at Beltline & Central
at the Chase Bank Bldg

Trish Daniel, RMT
972.890.2144
itsmetrish@hotmail.com



**Experience Cé Ánn
Sunday, Apr. 22, 5p-7p at the
Wellness Expo in Addison**

**Workshop/PlayShop
"2012: Being the
Messenger"**

Whether one refers to Trance Channeling as spirit, energy, information, the multi-dimensional aspects of ones' consciousness, shamanism, or energetic healing, the bottom line is Truth. Come Explore yourself, Awaken your mind and Expand your heart during an exchange of channeled information with multiple frequencies regarding this timely subject.

Offering trance sessions extensively since 1986, "the channel formerly known as Seán Michael", hails from a heritage of psychics, travels through the States and Internationally offers Visionary Guidance. Cé Ánn inspires Loving Allowance, Self Motivation, Intuitive Growth and the awakening of unlimited human potential.

www.visionaryguidance.com or
www.messagesofjoy.com

Call **Miracles of Joy** for workshop pricing
and details.
972-221-8080



Energy Dynamics

From "Impossible!" to "I'm Possible!"
~ Be Your Dream! ~

Cynthia R. Shaw,
BA, LMT, LMTI, CE Provider

- Transformational Body Therapy
- Spiritual Response Therapy
- Reiki Master/Teacher
- Remote Healing Available

www.cynthiaRshaw.com
energydynamics@cynthiaRshaw.com

972-991-2097 office
972-639-8483 cell

SAVOR YOUR LIFE AND MANIFEST YOUR DREAMS



If you understand the power of intentionally creating your dreams you're on your way to tapping the secrets of life.

I can assist you in getting your energy aligned with what you desire to create. Together, we'll identify the beliefs and feelings that are in the way and change your resonance with them. Contact me today if you're interested in learning more.

972.898.8833 | SUE-ANNEMACGREGOR.COM

Miracles of Joy

Spiritual Center
701 S Old Orchard Ln Ste C
Lewisville, TX 75067
972-221-8080

www.galactichealing.org



Store Hours
Closed Mon-Tues
Wed – Sat 11-7PM
Sun – 12-6PM

Daily Offerings
• Readings
• Spiritual Intuitives
• Spiritual Healing
• Aura Photos
• Psychic Fairs
• Available for Parties and Events - Aura Photos and Readers

UPCOMING CLASSES:


- Reiki All Levels
- Galactic Healing All Levels
- Advanced Channeling
- Beginners Channeling
- Spirit Circles
- Mediumship Classes
- Tarot
- Past Life Healing

• Plus many other Classes, Workshops, Guest Speakers - go to www.galactichealing.org for details

- Herbs, Smudge, Sweetgrass
- Essential Oils, Spiritual Creations
- Pendulums
- Crystals
- Candles
- Statues
- Jewelry
- Books, CD's
- Tarot and Oracle Decks
- Plus many more products

**HEALTH
CENTERED
DENTISTRY**

A Complementary
Blend of Scientific and
Alternative Therapies



Safe removal of
mercury fillings


Mercury-free and
metal-free

Alternative root canal

Orthodontics without
metal or wires

Alternative to fluoride

Health centered dental
care for over 30 years



HENRY GUY DDS
www.henryguydds.com
972.647.4300

Center for the Healing Arts



Offering:


Acupuncture
Massage
Reiki
Infrared Sauna
Reflexology
Herbal Therapy

*Barbara Borchardt, LAc
Kim McLaughlin, LAc
Ramona Perez, LMT*

312 West Leuda Street
Fort Worth, Texas 76104
817-882-9750

www.centerforthehealingarts.net

"Quality is not an act. It is a habit."



EVERYONE WELCOME

JONATHAN J GOLAB DDS

3020 BROADMOOR LANE #100
NEXT TO THE FLOWER MOUND LIBRARY
WWW.DRGOLAB.NET
972-691-1700

\$109.00
"NEW PATIENT OFFER"

INCLUDES COMPREHENSIVE EXAMINATION,
FULL SET OF X-RAYS, TMJ EXAMINATION, ORAL CANCER
EXAMINATION, AND PRIVATE CONSULTATION.

Is there a better way to fix my cracked tooth other than a cap (crown)?

Yes. The disadvantage of crowns (caps) is that they require the dentist to grind your tooth down to a tiny peg, which is very aggressive and traumatic to your tooth. It not only grinds off all the sick areas of the tooth, but it also grinds off all of the healthy area too! These can traumatize the tooth yielding pain. Alternatives include tooth-colored fillings, and/or conservative, longer lasting tooth-colored "Inlays and onlays." These restorations are terrific in that they do not grind your tooth down to a peg, may actually strengthen your tooth (by the simple fact of removing less tooth structure), and fix only what is broken, leaving your healthy tooth structure intact

We are an office that has been utilizing the most conservative methods in dentistry, and the most biocompatible materials available, for over 14 years. If you would like further information on any of these procedures, please feel free to contact me at Dentistry For The Quality Conscious at 972-691-1700 or www.drgolab.net.



Experience the Difference of 32 Years in FAMILY DENTISTRY and COSMETIC DENTISTRY



Mark Champs,
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 Partials
- 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

Center for Dental Wellness

972-733-3666

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

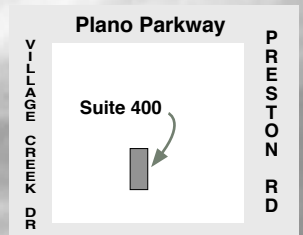
OPEN 6 DAYS A WEEK • EMERGENCIES WELCOME

TRAY BLEACHING
from \$199.00!!
BOTH ARCHES

LASER BLEACHING
from \$399.00!!

FREE TRAY BLEACHING
W/ BRIDGE AND VENEERS

NEW!
Oral cancer
diagnosis
by Velscope.



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

Philip Kozlow, DDS Mercury Free Dentistry



- Mercury Free Restorations (fillings)
- Safe Amalgam Removal Using Holistic Guidelines
- Complete Smile Makeovers Using Metal Free Ceramic Restorations
- Same Day Dentistry, No Temporaries!
- Proactive Approach to Periodontal Disease (Gum Disease)
- Digital x-rays – up to 90% less radiation than traditional x-rays.

Make Your Mouth Part of Your Whole Body Detox Program

CALL TODAY for your Consultation (972) 458-2464

Philip Kozlow, DDS

5050 Quorum Dr., #340
Dallas, TX 75254

e-mail: www.drkozlow@sbcglobal.net web: drkozlow.com

Alternative Healing

Advanced CranioSacral Therapy

Sandy Hanne, RMT, Reiki Master

Arapaho Gardens
1131 Rockingham, Suite 126
Richardson, TX 75080
☎ 469-438-8634
🌐 www.healingdallas.com

Get vacation-quality relaxation while healing 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. Infra-red Suana for clients. Luxurious, relaxing & rapid detox.

Chair Massage at Central Market

Coit & George Bush Turnpike (190)
Plano, TX
🌐 www.dfwchairmassage.com

7 days/week. 11am until 8pm. Come relax with us in the upstairs loft (by the Cooking School).

Chair Massage at Natural Grocers

SW Corner, Preston & Forest
Dallas, TX
🌐 www.dfwchairmassage.com
Come relax with us.

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!

Massage Therapy

Linda Weisiger, RMT, MTI, Reiki Master
☎ 214-460-8112

Offering therapeutic massage specializing in Deep Tissue, Reiki, Healing Touch, Sound Wave Therapy, Psycho/Physical Re-education, Neurovascular Balancing, Ion Cleansing Hand/Feet Foot Bath. Corporate Chair Massage Coordination available.

New Hope Health Care

Ricardo B. Tan, M.D.

Certified in Traditional Naturopathy
729 N Fielder Rd., Suite B
Arlington, TX 76012
☎ 817-274-0350
☎ 817-274-0360; fax
✉ rictan@att.net
🌐 www.newhopehealthcare.info

OFFERING NATURAL REMEDIES: Preventive medicine, acupuncture, homeopathy, pain management, herbology, bio-oxidation, anti-aging, chelation, detoxification, prolotherapy, nutrition counseling, bioidentical hormone, hyperbaric oxygen, drug-free withdrawal, alcohol rehabilitation, HCG Weight Loss, Dermabrasion, Non-Surgical Face Lift.

Rev. Harriette Orelup, LMT, Reiki Master, Sound Healing, Craniosacral Therapy

☎ 214-557-2118
✉ harriette@returnmetowholeness.com

Multidimensional healing through massage and/or energy therapies for pain release and balancing body, mind and emotions.

Bodywork

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 craniosacral, neuromuscular therapy, trigger point, therapeutic massage, QiGong, neurodevelopmental 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.

Kneading Massage

"Need to be Kneaded"

NEW LOCATION

Beltline and Central at the Chase Bank Bldg
Outcalls Available
☎ 972-890-2144
✉ itsmetrish@hotmail.com
🌐 www.kneadingmassage.net
Reiki • Deep Tissue • Stretching • Swedish & Chair Massage

Living Balanced

Suzanne Miller, RMT, CYT, APP
Dallas, TX
☎ 972-319-3661

Thai Massage master level practitioner; On-site chair massage; Pregnancy massage; Polarity Energy work practitioner.

Pain Release and Relaxing Massage

James Walker LMT

Located at The Enchanted Forest Metaphysical Shoppe and Healing Center in Fort Worth, TX
☎ 817-446-8385
☎ 817-713-2905
✉ enchantedforesttx@gmail.com
Reiki, Myofascial release, Sports, Deep tissue and relaxing Swedish Massage.

Bookstores/Gifts

Miracles of Joy

A Celebration in the Diversity of Ideas

701 S. Old Orchard Ln
Lewisville, TX 75067
☎ 972-221-8080
✉ joykauf@msn.com

Located in 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!

Colonics

Alazan Care

Lala Nurulina

17810 Davenport Rd Ste 108
Dallas, TX 75252
☎ 972-380-4845
🌐 alazancare.com

COLON HYDROTHERAPY, Facial, Waxing & Massage. I-ACT Certified Intermediate Level Female & Male Colon Hydrotherapists. FDA Approved Equipment. Disposable Sterile Nozzles. \$70.00 -Single sessions. Winter package specials; \$160 - package of 3 Colonics - must be used within three (3) months of the purchase. \$111 - package of 1 hour Massage & 1 Colonic. *packages cannot be shared. Please visit our web site alazancare.com or call us for more information about our specials or to schedule your appointment. Sessions are by Appointment only.

GENESIS

Karen Fahey, Certified Colon Therapist

3626 North Hall St @ Welborn
Oakwood Tower #818
Dallas, TX 75219
☎ 214-821-5703
🌐 cleanbodies.com

🌐 genesisclosedsystemcolonics.com

GENESIS: COLON IRRIGATION AND HERBS: FDA registered equipment. Oxygen and ozone available, clean facility at all times. Autoclave sterilization. Sessions by appointment only. Hours Tuesday-Saturday. Over 25 years of experience. Cash/Checks only.

Journey
Between
Lives

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

www.journeybetweenlives.com



Carole Layman,
LMSW
Certified
Hypnotherapist


(817) 455-6642

Two locations:
North Dallas &
Arlington

The Enchanted Forest
Metaphysical Shoppe
& Healing Center

celebrating 17 years in the same place

6619 E. Lancaster Ave.
Fort Worth, TX. 76112
(817) 446-8385



Books, Music, Jewelry, Incense,
Essential oils, Crystals, Stones, Candles,
Bulk Herbs, and Unique Gifts
A shop for all Spiritual Paths
Healing Center with
James Walker LMT
Reiki, Massage Therapy, Chakra balancing,
Sports therapy,

tarot card readings, by Appointment	Massage Therapy by Appointment
--	-----------------------------------

Healthside

Lila Meyers, CNHP, RMT, CCT
Certified Colon Hydro-Therapist
Registered Massage Therapist,
Certified Natural Health Professional
5510 Abrams Rd Suite 125
Dallas, TX 75214
☎ 214-288-(HEAL) 4325
🌐 www.healthsidetherapycenter.com
Gentle, safe colon cleansing. FDA registered equipment. Disposable instruments, and a Closed System insures your personal comfort and safety. Abdominal massage, acupressure and nutritional guidance with each session. Package Discounts. Also Offered: Oriental Therapy, Iridology, Massage, CranioSacral Therapy, Visceral Manipulation, Rainforest Herbs. Open Tues-Sat By Appointment. Visa, Master Card.

Dance/Movement

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 Champsi, D.D.S., D.C.
1304 Village Creek Dr, Suite 400
Plano, TX 75093
☎ 972-733-3666
🌐 www.drchampsi.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. New: Oral cancer diagnosis by Velscope. SEE DISPLAY AD.

Holistic Dentistry

Dr. Stacy V. Cole
Healthy Dental Care
4812 Bryant Irvin Ct
Fort Worth, TX 76107
☎ 817-731-9291
🌐 www.svcole.com
My practice combines a passion for dentistry with my desire for the healthiest possible dental methods. Metal-free dentistry since 1981. IAOMT standards for patient safety. Superior Cosmetic Dentistry. Credentials and memberships with AACF, IAOMT, AAPM, (pain management), Biological Dentistry, Naturopathic Medical Association, DOCS, AGD fellow, and the Cranial Academy.

Health Centered Dentistry

Henry Guy, DDS
2701 Osler Drive, Suite 10
Grand Prairie, TX 75051
☎ 972-647-4300
🌐 henryguydds.com
Mercury-free dental care since 1983. Alternative root canal treatment. Biocompatible, metal-free materials.

Holistic Veterinary

Paws & Claws Animal Hospital
Holistic Animal Healthcare Center
Dr. Shawn Messonnier, D.V.M.
2145 W. Park Blvd.
Plano, TX 75075
☎ 972-867-8800
🌐 www.petcarenaturally.com
Natural, Gentle Care for Your Pet. Cancer is a leading cause of death in dogs and cats. When treated with chemotherapy the average pet will live 6-12 months. By using natural remedies, our average cancer patients live 12-24 months or longer. For pets with chronic diseases such as allergies, arthritis, inflammatory bowel disease, epilepsy, and bladder disorders, using natural therapies can improve their health and reduce or eliminate their need for long term drug therapies. Member, Oncology (Cancer) Association of Naturopathic Physicians, American Holistic Veterinary Medical Association

InnerRx Institute

YOUR PRESCRIPTION FOR INNER HEALTH AND WELL BEING

VISIT WWW.INNERRX.COM FOR UPCOMING CLASSES, WORKSHOPS AND EVENTS

FOR OVER 12 YEARS, DR. BERMAN HAS BEEN HELPING PEOPLE IDENTIFY AND RESOLVE PHYSICAL, EMOTIONAL AND ENERGETIC BLOCKAGES THAT COMPROMISE THEIR HEALTH AND WELL BEING AT THEIR CORE. HIS HIGHLY EFFECTIVE COMBINATION OF LIFE COACHING AND MEDICAL TRAINING & EXPERTISE ALLOW HIM TO ADDRESS ISSUES AT THEIR ROOT, RATHER THAN AT THE SYMPTOMATIC LEVEL.

DR. BERMAN'S HIGHLY SKILLED ABILITY TO TAP

DIRECTLY INTO A PATIENT'S PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL LEVELS OF BEING ALLOWS HIM TO CREATE A CUSTOMIZED WELLNESS PROGRAM TAILORED TO FIT AN INDIVIDUAL'S EXACT NEEDS.

CALL FOR A FREE 15 MIN CONSULTATION!
PRESENT THIS COUPON CODE WHEN CALLING
HNWI2012

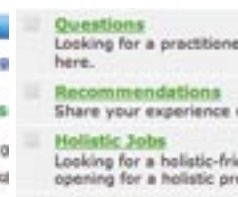
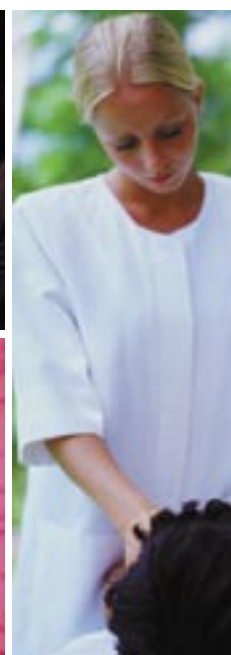
(972) 404 - 8650

PLEASE - NEW PATIENTS ONLY

6750 HILLCREST PLAZA DR #214, DALLAS, TEXAS 75230
TEL (972) 404 - 8650. FAX (972) 404 - 8850

Your online guide to wellness.

HolisticNetworker.com



Home

Find articles
Announcements
Read the daily astrology message.

Directory

Browse 1000 practitioner listings in over 90 categories.
Add a listing for free.

Events

Subscribe to the events calendar—get regular updates on local holistic workshops and events.

Post your events for free.

Classifieds

Buy and sell stuff.
Find office space.
Post 'Space Available' notices.

Magazine

Download the latest issue.
Read articles about natural health, wellness topics, astrology.
Submit an article.

Forum

Ask questions.
Give answers.
Discuss your wellness tips with like-minded people.

Learn How to Build and

Learn from WordPress experts.

Why join the nation's leading WordPress user group?

- Learn how to make your own web site and blog with WordPress so you can have more control over your online presence.
- Learn how search engine optimization works so you can get more qualified leads and customers.
- Learn how to embed multimedia on your website so you can share photos and videos effortlessly.
- Learn how to integrate social media into your website so you can easily engage your customers.

Saturday, January 21, 2012

9:30am-1:00pm: workshop

WordPress 101: "Getting Started"

1:00pm-2:00pm: lunch

2:00pm-4:00pm: Meetup Presentation

"Media: What's New in 2012"

Saturday, February 25, 2012

9:30am-1:00pm: workshop

WordPress 102: "Working with Themes"

1:00pm-2:00pm: lunch

2:00pm-4:00pm: Meetup Presentation

"Mobile Web"

Saturday, March 24, 2012

9:30am-1:00pm: workshop

WordPress 103: "Tips & Tricks"

1:00pm-2:00pm: lunch

2:00pm-4:00pm: Meetup Presentation

"How to be a Better Writer"

Morning Workshop

+ Networking Lunch

+ Meetup Presentation

\$59. in advance / \$69. at the door

Networking Lunch + Afternoon

Meetup Presentation

only \$10.

ALL SESSIONS AT THE RICHARDSON CIVIC CENTER
MEETUP.COM/DFWORDPRESS · 972-824-8044

Maintain Your Web Site

Saturday, January 21, 2012 · Richardson Civic Center

WordPress 101 “Getting Started”

Learn about WordPress with an in-depth look at the main features, files, and plugins.

Learn to install, configure, style and extend your WordPress site using best practices.

Learn how to update a WordPress site for the latest trends in social, mobile & SEO.

Learn to enhance your WordPress site to handle multimedia and social connections effortlessly.

Presented by Tony Cecala, Ph.D. WordPress consultant, meetup organizer, and web developer.

When

Saturday, January 21, 2012,
9:30am-1:00pm

Where

Richardson Civic Center

Cost includes Lunch & Meetup

\$59. in advance
\$69. at the door



What people are saying...

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

—John Peterson

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

—Laurie Shook

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

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

—Mari Davis



@MasonPelt

LEARN MORE AT DFWWP.COM · 972-824-8044



First of 70 eVgosm Electric Vehicle Charging Stations in Dallas Ready to Charge



Nation's first privately funded, comprehensive EV charging network now includes Dallas/Fort Worth Metroplex; Interstate 45 connection with Houston slated for 2012

NRG Energy, Inc. (NYSE: NRG) is bringing range confidence to electric vehicle (EV) owners in the Dallas/Fort Worth Metroplex by commencing operations at the first privately funded, eVgosm (ee-vee-go) Freedom Station in Texas, including the first high-speed direct current (DC) charger in Texas that is among the first in the nation. NRG plans to install a total of 70 Freedom Stations in Dallas/Fort Worth and 50 in Houston by the end of 2012, with half in place by this summer. NRG also plans to electrify the Interstate 45 corridor connecting them in 2012.

The first eVgo Freedom Station is located at the Walgreens at 5201

Belt Line Road at Montfort Drive in Dallas. Each Freedom StationSM provides a 480 volt DC fast charger that can add 30 miles of range in as little as 10 minutes and a 240 volt Level 2 charger that can add up to 25 miles of range in an hour. Freedom Stations are available 24/7 and include a customer service tower with a mounted camera, giving customers access to an eVgo service representative or to activate a strobe light, siren and alert law enforcement, even from inside their vehicles. The eVgo network will also include Convenience StationsSM that offer a 240 volt Level 2 charger and are available during the retail host's business hours.

"Inaugurating the first Freedom Station in the Dallas/Fort Worth Metroplex is a critical first step toward making electric vehicles the smart and convenient choice for Texans who want to reduce their

cost of driving while contributing to cleaner air and America's energy independence," said David Crane, NRG President and CEO. "We're taking a page from Southwest Airlines when they started out 40 years ago to link the major population centers in Texas. This first station is the start of an ecosystem that will eventually give Texas EV owners the freedom to drive with range confidence throughout the region."

"Thanks to the innovative spirit and hard work of folks at NRG and their eVgo partners, we're closer to a day when electric cars will be a prominent feature on our roadways," Governor Rick Perry said. "I'm proud of our efforts in Texas to foster an environment that frees the private sector to solve problems and meet challenges. Because we steer clear of crippling mandates and work to keep our regulatory structures fair

and predictable, Texas has created a favorable business climate that allows companies like NRG to provide the cutting-edge technology and products that will keep our state moving forward.”

EVs, powered by electricity generated from domestic fuels, including zero-emission wind and nuclear power in Texas, have the potential over time to reduce dramatically the ongoing transfer of American wealth to oil-producing nations. Transportation accounts for more than a quarter of America’s greenhouse gas emissions and in most Texas cities, it is the largest single source of nitrogen oxides emissions.

“The North Central Texas Council of Governments is delighted that the first eVgo electric vehicle charging station is now operational in the Dallas/Fort Worth region with many more to come in the near future,” NCTCOG Executive Director Mike Eastland said. “In an area of 6.5 million people, air quality is always a primary concern. NRG’s eVgo network is a welcome complement to NCTCOG’s Electric Vehicles North Texas program, and we truly appreciate our public- and private-sector partners that have been and continue to be instrumental in preparing the region for electric vehicles.”

NRG will provide EV owners in eVgo cities with extremely



convenient and affordable unlimited miles “home-and-away” charging plans with no upfront cost and a flat monthly fee. NRG will install and maintain the region’s charging infrastructure of home chargers and public fast charging stations conveniently located along major freeways and in key shopping and business districts.

“Electric vehicle ownership should be fun, affordable and convenient, with drivers having complete confidence that a fast charger is never more than a few miles away,” said Arun Banskota, President of NRG’s EV Services division.

NRG is working with the North Texas electricity transmission and distribution company Oncor on zone planning and site selection for the eVgo charging stations in the Metroplex to ensure accessibility and reliability.

“From our installation of more than a million and a half advanced meters to help customers better manage their electricity usage, to the construction of 850 miles of new transmission lines delivering renewable power, Oncor is a leader in making Texas the best place in America to drive plug-in vehicles,” said Jim Greer, Oncor’s Senior Vice President of Asset Management and Engineering. “By 2012, our investments will enable more than three million homes and businesses in Oncor’s service area to use electric vehicle charging technology, such as the NRG eVgo network, when renewable energy availability is highest and the cost of electricity is lowest, supported by the capabilities of Oncor’s advanced meters.”

eVgo Partners

The following companies are working with NRG to make the eVgo network a success:

- Auto Sales and Rental: Gulf States Toyota, Hertz, Mitsubishi Motors, Nissan North America, smart USA, VIA
- Charging Station Host: Best Buy Co., Inc., Crescent Real Estate, Gallery Furniture, H-E-B/Central Market, Memorial City Mall, Park ‘N Fly, Spec’s Family Partners, Walgreens
- Charging Technologies, Network Services and Smart Energy: AeroVironment, GE, Siemens
- Retail Electric Providers: Green Mountain Energy Company, Reliant Energy, TXU Energy
- Ready for EV (REV) Host: Huffines Communities

For more about eVgo partners, visit https://www.evgonetwork.com/About_Us/Partners/



Homeopathy

Advanced Homeopathy

Glenda Stroup Malone, dht
2060 North Collins Suite 109
Richardson, TX 75080
☎ 972-889-1010

Glenda has been in practice for 27 years. Specializing in chronic disease, adults and children. She teaches you how to stay healthy using homeopathy. Call for appointment.

Holistic Center of Dallas

Regina Edwards, BA, LMT
4144 N. Central Expressway, Suite 515
Dallas, TX 75204
☎ 214-824-4949

Regina Edwards provides Classical Homeopathy consultations. Homeopathy is a form of complementary 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.

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!

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!

Iridology

The People's Chiropractic Clinic

Edna Craven, DC (cert. by the TX Board of Chiropractic Examiners), CTN, BCI (Cert. by the American Naturopathic Medical Certification and Accreditation Board)

3200 N MacArthur Blvd Ste 105
Irving, TX 75062
☎ 972-256-0004

Over 30 years experience. Jensonian and Holistic Iridology. Accurate iris reading. Complete written Report Of Finding with pictures. Nutritional Consultation. See ad for additional services.

Metaphysical Arts & Sciences

Blue Moon Expo Psychic Fair

DoubleTree Hotel Dallas (N. Dallas)
(LBJ West bound exit Midway Turn Left on Valley View Lane)
☎ 214-734-5844 cell

✉ joye@bluemoonexpo.com
🌐 www.bluemoonexpo.com

Expanded to our new location over 7700 sq. ft. Live Entertainment, over 60 psychic readers, vendors and wellness practitioners. Offering Free classes all day. Fourth Sunday of every month. Open 12-6pm. Adm \$7 cash and accepting all major credit cards. Most readings are \$20 for 20 minutes.

Dallas Psychic Fair

☎ 469-463-1810
✉ dallaspsychicfair@gmail.com
🌐 dallaspsychicfair.com

Over 90 professional psychic readers, vendors and wellness practitioners. Held the 1st Sunday of every month. Hours of operation are: 11:30am - 6pm at the DoubleTree Hotel, 4099 Valley View Ln, Dallas. Admission - \$7.00, all readings - \$15.00 ea.

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.

Movement

MoveStudio

17062 Preston Rd. Suite 108, at Campbell
Dallas, TX 75248
☎ 972-732-0206
✉ staff@movestudio.com
🌐 www.movestudio.com

Move and be moved at MoveStudio! Since 2000 we've been offering yoga, dance, Pilates, Nia, more. Group classes, sauna, workshops, private training, boutique, community, a studio like no other.

Naturopathic Medicine

Dr. Kimberly Wilson, NMD

6545 Preston Road, Suite 200
Plano, TX 75024
☎ 972-608-0100
🌐 www.InnovationsWellness.com

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.

Organizing/Feng Shui

Organize and Rejuvenate

Linda Strobel, LMSW
Professional Residential Organizing
Feng Shui Redesign
☎ 972-816-8004

🌐 www.organizeandrejuvenate.com

Decluttering services, office set-up & organizing solutions to assist you in co-creating your vision for your home office, rooms and living spaces. Feng Shui redesigns/enhancements (the ancient Chinese art of object placement and elemental balance) will increase harmony & healthy flow to attract your desires while Enhancing Your Spaces To Work For You.

Osteopathy

Cranial Osteopath

Liz Chapek, D.O.
6760 Abrams Road @ Skillman, Suite 203
Dallas, TX 75231
☎ 214-341-8742
🌐 www.chapek.doctorsoffice.net

For structural or internal problems, head and body: NEWBORN, INFANT, YOUNG CHILD; FEMALE troubles; ALL AGES. For information call us or check website's "Home" and "Practice news" pages.

Products

The HCG Guidebook

Shifting Frequencies
☎ 972-378-1211
🌐 http://amzn.com/B0052BPFQG

This book makes it easy to do the HCG diet program. Why struggle? The answers and the recipes are here. Also, discover how HCG is the key to weight loss and other hidden benefits.

Ascension Healing

Natural healing for body, mind & spirit

Pamela Mauras
Usui Reiki Master-Teacher
Conduit of Creative Force
& Ascension Energies

(817) 721-0901
Fort Worth TX

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




Psychic Fair
 4th Sunday of every month
 Open Noon to 6 PM

- Raising Dallas' vibration one person at a time
- Live Entertainment
- Over 60 Readers, Healers and Vendors
- \$7 Cash Admission and accepting all major credit cards
- Most readings are \$20 for 20 minutes; inquire within
- Offering Free Classes all day

DoubleTree Hotel (N. Dallas)
 4099 Valley View Lane • Dallas, TX 75244
 Garden Terrace Rooms
 (972) 385-9000

Contact Joye King at 214-734-5844

www.BlueMoonExpo.com
Joye@BlueMoonExpo.com



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

metro (817) 261-2984

New! Classes in VEDIC Astrology and Tarot

The Most Personal and Practical Gift!

Reiki/Energy Healing

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

Fort Worth, TX
 ☎ 817-721-0901
 ✉ Divinitygoddess333@yahoo.com

During this miraculous time, humanity is undergoing a divine process of Ascension. A time of deep healing, releasing, change & transformation. It is my deepest honor & purest intention to support your personal process with energy work grounded in 5th-12th Dimensional Ascension energy structures & the blessed support of Quan Yin & her powerful Creative Force energies. These energies deeply heal, release all disruption & align us in higher frequencies of love, enjoyment & creation. Among other services (see ad) I provide Reiki Sessions, Aura Clearing, Shaman Drum Healing Sessions, Sacred Healing Meditations & offer Medicine Wheel Ceremonies, Full Moon/Goddess Rituals, Handfasting ceremonies, Motherpeace Readings & more. I teach all levels of Usui Reiki, offer classes on the Ascension Process & Quan Yin & Creative Force: working with Creation

Spiritual Organizations

Unity Church in Grapevine
 Rev. Carol Record, Senior Minister
 Mary Salerno, Administrator
 1650 Hughes Road
 Grapevine, TX 76051
 ☎ 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.

Universal Light of Christ Church
 Rev. Pat Raimondo
 6117 Graham St.
 Lake Worth, TX 76135
 ☎ 817-881-3889
 ✉ ULCCPatRaimondo@yahoo.com
 🌐 www.UniversalLightofChristChurch.org

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

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.

Weight Loss

HCG Homeopathic Drops Shifting Frequencies
 PO Box 702956
 Dallas, TX 75370
 ☎ 972-378-1211
 🌐 www.ShiftingFrequencies.com

This is the HCG you've been hearing about. Lose weight quickly and easily in all the right places. These drops are proven and effective!

Yoga

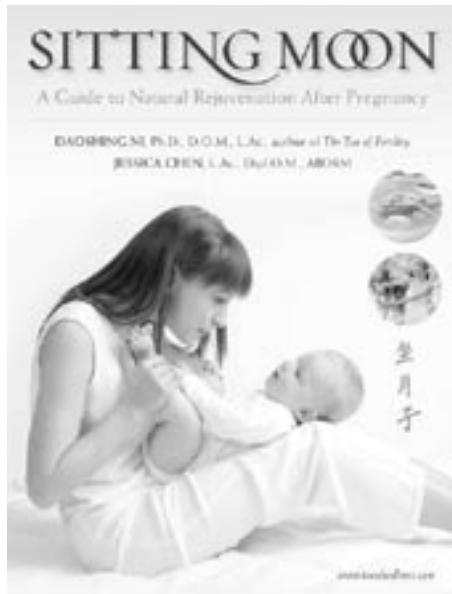
AWAKEN WITH YOGA
 Carol A. Stall, MA, E-RYT-500
 Richardson, North Dallas and Plano
 ☎ 469-441-7064
 ✉ shantishanti@verizon.net
 🌐 www.awakenwithyoga.us

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 and retreats.

Tai Chi / Qigong

Ranjana's Yoga and Bodyworks
 Ranjana Pallana
 13614 Midway Rd @ Alpha Suite 101
 Dallas
 ☎ 972-233-4377
 ✉ yogagani@swbell.net
 🌐 www.ranjanasyoga.com

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



Book Review + Author Interview: Sitting Moon

by Dr. Daoshing Ni and Jessica Chen

Reviewed by Allie Chee

How does a woman quickly and safely rejuvenate after childbirth, provide well for her baby, get back to her old energy level, and back into her old jeans? Have a sitting moon!

Sitting Moon?

In use for thousands of years, the Chinese calendar is a lunisolar calendar, indicating the phase of the moon. According to Traditional Chinese Medicine (TCM), to rejuvenate after childbirth a woman should rest for approximately one month, or one “moon”. Thus we have the title of the new book from Dr. Daoshing Ni and Jessica Chen about natural postpartum rejuvenation, *Sitting Moon*.

In a country where women are often back on their feet and running soon after giving birth, one month’s rest may sound shocking, but this practice is common in many countries around the world today and throughout history. The reasons are many, but the two primary purposes are to allow the mother to regain the strength and essence she gave to the baby and lost in childbirth, thus supporting her long-term vitality; and time and ability for the mother to deeply nurture and bond with the newborn.

In case those reasons aren’t compelling enough, there is also a list of ways a woman may suffer long-term if she does not take time to heal after childbirth.

While the subject of infant care and breastfeeding are often covered extensively in books, training classes, and even some hospitals, directions for the mother’s postpartum care –if not completely ignored–certainly takes last place.

Since the mother’s health and well-being support her and the infant in all ways, this new book has an important place in every mother and care-provider’s library.

What you’ll find in the book

When I hear praise on this book, I speak from personal experience. When six months pregnant, I knew it was “now or never” to start preparing the nutritious meals I would need postpartum, so I bought a freezer and jumped on my computer to begin a search for postpartum recipes I could prepare in advance.

Unless you’re comfortable eating any ol’ dish someone prepares or brings from a restaurant, asking someone to search out top quality ingredients and prepare the exact three meals per day plus snacks you would prefer postpartum is likely expecting too much! Naturally postpartum moms are grateful for any help, but you get the idea here.

When I sat at the computer to commence the search, there was an auspicious email announcing the release of *Sitting Moon*, which I ordered immediately.

What I found in *Sitting Moon* was far more than a postpartum meal plan. Almost any topic of interest or need for the postpartum mother is addressed: yoni care, breast care, and natural remedies from TCM for numerous ailments of mind, body, and spirit. There are also special sections that address issues and offer recommendations for mothers recovering from a C-section, which today could mean 35-45% of all mothers giving birth in a hospital.

As it is so vital to the effectiveness of a sitting moon, approximately 2/3 of the book is dedicated to the role of nutrition in healing and producing ample milk. There are recipes offered, week by week for the 4-week sitting moon, and they are specific for that week’s rejuvenation needs. They are all surprisingly simple to prepare, most include ingredients that are readily available, and they are absolutely delicious.

Forget chicken bits in a gooey sweet and sour sauce—these recipes have titles such as: Scallops with Broccoli, Vegetable Barley Soup, Baked Sesame Tofu, and most adventurous, Peanut and Pork Knuckle Soup. There are many recipes and suggestions for vegetarian moms, as well. Many recipes do include Chinese herbs, and those can be purchased from a Chinese medicine practitioner or herbalist.

As a last bit of evidence of the efficacy from my personal experience with a sitting moon, and to further encourage mothers: as a first time mom at 42-years old, I had a home birth, abundant milk supply, and was back in my old clothes in six weeks—all by taking a full month’s rest with my baby, and eating three meals plus two snacks per day of excellent food!

Interview with the authors

I had the opportunity to speak with the authors and to inquire further on the topic of postpartum recovery and how Chinese Medicine addresses the issues.

Q. Many women say, “I feel better and ready to move around,” often as soon as 2-3 days after giving birth. How can the decision to return to an active lifestyle quickly after delivery affect a woman’s health in the long-run?

A. When women say they’re feeling great and ready for action again after a few days, this can be the adrenaline from labor. This is viewed as “false” energy. So in actuality, your body is still recovering. If you do not take some time to allow your body to heal it can run into problems in the future.

A year down the line you may find yourself being more tired, having a difficult time sleeping, with difficulty in losing the pregnancy weight, or joint pain. In addition, the mother's body is still "open", "loose", and "tired" in the pelvic region. Having a normal and sometimes overly active life style too quickly can cause problems in the pelvic regions such as bleeding disorders, hernia or hemorrhoids.

Q. In your book, you address special issues for women over 35 or having had a C-section. IVF pregnancies are ever on the rise, even with women under 35. What special needs do they have and would you add that category to the group who need to take special care with a Sitting Moon?

A. Care for IVF moms should fall under the category of women over 35 and c-section. The process of IVF takes a lot out of a woman, therefore it is important to bring more nourishment to their body after giving birth. Many IVF expecting mothers tend to be more emotionally tired. They will need more relaxation and personal time to heal, which is in short supply once the woman becomes a new mother. Therefore, a plan for such healing activities should be contemplated and scheduled before the labor process.

Q. It is common and said to be "normal" that women lose a tooth with a pregnancy or lose a substantial amount of hair after childbirth. Is that to be expected or is it a sign of something that can be addressed and/or prevented?

A. It is normal to lose hair after labor due to the hair that was not shed during pregnancy. But if the hair loss is excessive, it can be a sign of lack of nutrients. According to Chinese medicine, hair is related to blood and the kidney/adrenal/reproductive system. When the blood is flowing abundantly and the kidney/adrenal/reproductive is strong, hair will be full and strong. Naturally after child birth, the mother is deficient in both. This issue can be prevented and addressed with acupuncture (bringing

more blood flow to the head) and Chinese herbs (providing nutrients to the body). Of course, eating well and getting some shut-eye is also important.

Q. The explanations one commonly hears for postpartum depression, anxiety, and/or nightmares seem to fall short, and women are often prescribed antidepressants as the remedy. Even when women are happy with their pregnancy and adore their babies, they can experience these symptoms. Can you explain it in TCM terms and describe the approach to address these issues?

A. In TCM, mood disorders after labor can be due to depletion of blood and lack of sleep. The blood loss from the labor leads to the blood not able to nourish the heart and spirit. In TCM, the heart is one of the organs that is related to your mood. Lack of sleep can also affect your mood. Your body heals and regenerates when you sleep. When your body does not get the proper amount of rest, it does not provide the right amount of nutrients to your body, and can therefore further enhance mood changes.

Q. In a breastfeeding class I audited, an attendee asked the lecturing nurse about eating spicy food and junk foods while breastfeeding. The answer provided was, "Your baby does not eat what you eat--it's different". However, if the body uses what we eat to make blood, and breast milk is made from the proteins, sugars, and fat in the mother's blood, what we eat has an immediate and direct relationship on what our baby eats. Your comments from a TCM perspective?

A. Even though the main compositions of the breast milk are fat, protein and carbohydrates, there are many micronutrients as well as other trace chemicals that tag along with the breast milk delivered to the baby. Therefore certain nutrients and trace chemicals, such as in spicy foods and cured meats, can still be transferred in a minute amount to the breast milk. This normally should

not impact the baby adversely when eaten in a small amount. From the TCM perspective, it is very important for the nursing mother to eat a diverse spectrum of whole foods and stay away from manufactured foods (processed and packaged foods). This way, the baby will be exposed to different nutrients and learning how to digest and absorb these nutrients.

Q. The recipes in Sitting Moon are delicious, easy to prepare, and nutrient-rich. Would you recommend those recipes for mothers beyond the first postpartum month?

A. Yes! The moms can continue to prepare these meals up to 1 year after delivery. They are especially good to have when the mom's get their first menstrual flow after delivery. These meals are also excellent for women to have at the tail end of or after their menstrual flow.

Q. Can we look forward to more books on a related subject--Your Baby's First Two Years: Recipes and Common Herbal Remedies, for example? (I would vote for that.)

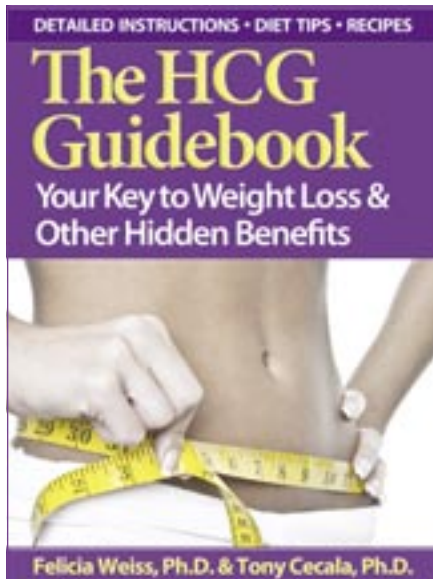
A. Sounds like an excellent idea! Maybe also on healthy eating during pregnancy.

Thank you. We'll look for those!

Allie Chee is a certified Traditional Chinese Medicine Nutritionist

<http://texanese mama.blogspot.com/>





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.

Written by two psychologists with over 1,000 HCG clients. Based entirely on real-life experience and best practices, the HCG Guidebook will answer just about every question you have about the diet.

The HCG Guidebook features a selection of favorite recipes that make the diet enjoyable and fun. The book includes links to the web site where the recipes can be found and easily printed.

Paperback edition available!

Also available as an eBook from Amazon.com. Read it on your iPhone, iPad, or laptop/computer. No Kindle necessary.

Learn more at
ShiftingFrequencies.com
972-378-1211

Table of Contents

Chapter 1 How it All Began The Remarkable Work of Dr. A.T.W. Simeons

- Abstract
- Pounds and Inches
- Three Types of Fat
- Three Paths to Becoming Overweight
- HCG: The Key to Weight Loss
- Complicating Disorders
- Dr. Simeons' HCG Clinic in Italy
- HCG and "Loading Days"
- The Transition Phase of the HCG Diet
- Two Types of HCG

Chapter 2 What is Homeopathy?

Chapter 3 Details of the HCG Diet

- Days 1 and 2: The Loading Days
- The 500-calorie Diet
- The Transition Phase
- The Maintenance Phase

Chapter 4 Shopping and Planning

- The Loading Days
- The HCG Low-Calorie Phase
- The Transition Phase
- The Maintenance Phase

Chapter 5 Tips, Tricks and Strategies

- The Daily Weigh-In
- Eating Out
- Your New Wardrobe
- Your Eating Identities
- Better with a Buddy
- Pre-existing Health Conditions
- Self-Talk
- Homeopathic Instructions

Chapter 6 Loading Days (Phase 1) Recipes

- Apple Pie Overload
- Nut Butter Gorge
- Extra Heavy Frappe
- Ice Cream Madness
- No Holds Barred Dessert
- Pizza for One

Chapter 7 HCG Very-Low- Calorie Diet (Phase 2) Recipes

- Sugar-free Coffee Frappe
- Lo-Cal Strawberry Smoothie
- Chunky Beef Stew
- Beefy Tomato Chili
- Broiled Scallops
- Spicy Grilled Tilapia
- BBQ Chicken
- Baked Apple "Pie"

Chapter 8 Transition (Phase 3) Recipes

- Creamy Coffee Frappe
- Cheesy Goopy Omelette
- Creamy Strawberry Smoothie

Chapter 9 Frequently Asked Questions

Chapter 10 Sharing HCG Diet Experiences

Chapter 11 The Upward Spiral

Chapter 12 Conclusion

"I found this book to be very helpful in explaining the logistics of what our bodies do in response to the HCG diet. I had read Dr. Simeons' book and had a basic understanding of the protocol. However, this book gave me a far better comprehension on the details. It's one thing to mechanically follow a planned menu to lose weight. It's quite another to be aware with what's really happening. Knowing the additional info afforded me higher self-accountability and helped keep me on track. The book also helped convert my negative thinking about dieting into much more encouraging and motivational thinking. I'd readily encourage anyone who really wants a good guide to the HCG protocol to purchase this book." —Paul

"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



HCG has been called a miracle weight-loss formula.

For the first time, an affordable homeopathic remedy, formulated to free the body of stubborn fat is now available to you in easy-to-use drops.

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

*Shifting
Frequencies*

**Available at
ShiftingFrequencies.com
or phone 972-378-1211**

Moments or Lifetimes

By Leslie Green

I recently had a friend send me some of his favorite Richard Bach quotes. Among them was this one:

“Don’t be dismayed at good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.”

Like many of us, I’m not crazy about good-byes. Over the years I’ve gotten better at them, but I sometimes wonder if it’s simply been through sheer practice. Is that how the military kids I grew up with dealt with it? Through practice?

Or, is there a different mind-set that helps us through good-byes? Like so many aspects in our lives, is it more a matter of how we choose to think about a given situation? How we choose to perceive what we consider our reality?

After reading this quote, then re-reading it, I gradually began to see a shift in my perception. What did it for me was the second sentence, “A farewell is necessary before you can meet again.” Oh okay, I see. In order to rejoice in meeting again, there must first be a farewell. A stop and a start. An end and a beginning.

Essentially, when we kiss our kids good-night, even as babies, we’re giving them a farewell. Of course, they are just in another room, but this act of ‘farewell’ leads to an opportunity to meet them again – the next day. The same occurs with our partners when we leave in our separate directions in the morning, and our loved ones, whether they’re getting on a plane to fly far away or in their car to drive across town.

I believe this quote reaches a crescendo with the last sentence, “And meeting again, after moments or lifetimes, is certain for those who are friends.” Think

about that. Moments or lifetimes. For those who are friends.

Moments or lifetimes. I personally have experienced moments apart from a friend that have felt like a lifetime; as if the second the door shut behind them, I already yearned for their return. It’s a lot like my Yellow Lab. I can leave the house for a moment, say, to check the mail, and return to a dog who acts as if I’ve been gone years. She’s genuinely ecstatic to see me. On the other hand, I’ve spent a lifetime away from certain friends, only to reconnect decades later and have it feel as if mere moments had passed.

For all of us, we have experienced these ‘moments and lifetime’ feelings.

As I’ve mentioned in previous articles, I’m still friends with many people from my kindergarten days, which practically is a lifetime. I was reminded recently of what a lifetime of friendships has meant to one such friend. Mollie recently posted on Facebook, “Whether any of you realize this or not...Audra, Missy, Jennifer, Helen, Joelia, Margaret and, yes, you, Leslie, made a big difference in my life. Thank you all. Sometimes life buries your memories. And sometimes life brings them back. It goes with the “Full Circle Journey” article. I’ve been trying to get back to my roots since my son was born. Facebook has been the greatest part of my journey. To connect with the old and new friends has been the key to me rediscovering myself. ‘Full Circle’, my friends. Thanks for keeping me grounded...”

So instead of being dismayed by good-byes, perhaps our focus should lie in the rejoicing of meeting again. I like that. Thinking about good-byes in this new context brings me comfort.

However, what if I take Bach’s quote,

and acknowledge that for me, it’s a much more comforting way of looking at good-byes than my ‘old’ way, but what if there’s still more....

What if there are no good-byes among friends? I’m not talking about acquaintances here, I’m talking about friends. Those special souls with whom you’ve formed a heart connection. Whether this connection is formed in person, over the phone, through emails, back and forth in texts – regardless of how they’re formed, true connections exist. And when these friends truly dwell in your heart, are you ever really separated? I believe the answer to that is no.

My hope is that your heart, like mine, has the capacity to hold many dear souls – so much so that you don’t feel separated by distance, but rather you’re able to feel the Oneness that connects us all.

Doug, thank you for sending the quotes. Although we haven’t met in person (yet), I know you, and yes, you dwell in my heart.

Thank you to all of my friends who have Seen me and who have allowed me to 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

Your Winter Stars

by Cynthia Novak

Welcome 2012! We've been waiting for you and I couldn't be more excited to see a New Year arrive. It's a year filled with financial opportunity and political debate that ends with a new plan and likely a new man in the White house. The first six months have powerful Mars transits that keep business moving, but are also good for aggression. It is important to be aware of events in the world without being anxious or wary of them. It is also good to pull away from the computer when the Uranus-Pluto transit compels you to plug in for more and more. The gift is the perspective of Saturn. We are in exciting times, but all times in history were exciting. The stress comes from fear of the future so roll up your sleeves and build something.

Saturn is exalted, which means the planet of strength and endurance is particularly happy to roll up his sleeves and lend some sweat to the equity of the future. Saturn first moved into the constellation Libra as the Super Committee ended in a political stalemate, however, that didn't stop money from moving. Within 2 weeks the Market went up along with consumer spending and there was a tax deal that sent it higher. Throughout this season Saturn remains strong and in a good place for business and optimism. In June of 2012, our President will rework his plan for the future. It's tempting to jump ahead, but we don't want to miss any of Your Winter Stars.

January 2012 begins with Jupiter, the optimist, moving forward. He's ready to make political and legislative hay of seeds planted late in 2011. Saturn anchors Jupiter at the beginning of the month, but soon Jupiter charges

ahead. This should be good for jobs, construction and mortgage loans. As Mars appears to stop in the heavens and move backward late this month, politicians are frustrated, but something compels them to help move us forward. Caveat: The apparent retrograde or backward motion of Mars, the planet of business, could mean that things are delayed until July when Mars finally leaves this place for about 2 years. I suspect we'll see movement this month with more this summer and fall. These are exciting times. The dark side of Mars is anger and confrontation...even war. Watch for aggression at every level: Whether it's on the playing field of sports, work or the battlefield. Jupiter appears to stop so all month he is sitting in the same place. This can be lucky for you, however, here is a caution for Jupiter transits: Although you'll want to bet your winnings, Saturn faces Jupiter and says to save some. Saturn is stronger, but if you bet it all, then your winnings are fleeting. Best luck comes when you invest and save. This is true with love, too. Invest in a solid relationship, but if you're not willing to move, then you might be waiting alone.

February begins with plenty of relationship drama not just on Valentine's Day, but in the very first days of the month when Venus faces Mars. Retrograde Mars is stuck in the past. That may literally play out like a series of planetary actions and reactions. Women look at men and ask for action. Saturn faces Jupiter suggesting a push for real commitment. Retrograde Mars lacks the oomph to commit. This could add up to an abundance of folks taking a little space. It promises to bring more folks out to see what or who is the

best fit for now and for the future. The dark side of retrograde Mars is passive-aggressive behavior. The good thing about the Venus opposition: We see what's up and decide with our time and ultimately our allegiance. It should make for some estranged bedfellows and a call for a clear platform or commitment in later April after Mars goes forward again. This is true for politics and international relationships, too. The political arena is much more volatile with outside nations influencing actions. If your romance has too many outsiders stirring the pot, then you'll easily see that they will be part of your future. The month is great for clarity; what you see is what you'll live with. Would you want this for your best friend or child? If your suitor can't decide, the push of Jupiter to Pluto first and later to Mars may well lead you to bid "adios Adonis", as you may decide that you want someone with more substance than physical form. Yes, wisdom does win over ego...grins.

March: This month is all about love and money. On a simple or shall we say private level, the Market moves on optimism and we have loads of that. It's a gambling combination and it is fraught with high rollers with high hopes. It's hard for Saturn to remind us to save some. We can't hear him over our excitement for today. I expect a passionate surge of public enthusiasm for a candidate, too. President Osama's healthcare legislation comes under the Supreme Court's gavel until the end of June. This is the perfect balance of Saturn and Jupiter. Is it the law or is it belief? Is it right or do I simply wish it were? March and April are great for his potential opponents, however, they need to bring their respective plans for the future of the nation. Sound bites and irritation are entertaining, but a serious debate is a wise investment for voters. Money is in the air and it's not

continued on p28 >

>continued from p27

about money lost, but about potential. Plenty of it is moving to candidates' coffers. Venus Joins Jupiter and they are indulgent planets. They trigger Pluto and eventually Mars. Mars is still rather reluctant to dive in, but something is happening and there is something in the wind that might just catch the emotions of the people. There is also the war or anger side of Mars. I hope there is no new war in the air, but with the actions of Iran and revolutions in several Arab nations, the dogs of war are howling.

Lucky You! If you happen to have a personal planet in Vedic Aries, then you feel the optimism of Jupiter all season. In March, Venus might just tip you toward romance, a new job and, yes, even a fresh philosophy of life. Pull out your chart and see if you happen to have a planet near 6 degrees of Aries, Leo or Sagittarius in your Vedic chart (which is 1 Taurus in your Western chart). If so, then you have great potential to transform your life so choose your actions and reactions wisely. This is only the beginning. Anchor your enthusiasm with Saturn's wisdom and this could be the best new beginning ever. We all have the opportunity to use this great combination. As Jupiter moves forward to catch Pluto and Mars in the first half of 2012, this energy enlivens all of our lives. Saturn faces Jupiter and we do what we must with the knowledge we have. Like President Clinton, we give up something for better health and perhaps a longer life. If you happen to be directly under Jupiter's optimism and face Saturn's wisdom, then you have it just a little easier and can show us how to leave resentment behind and embrace our gifts. I mean that literally. The luckiest of all are folks who embrace the power of their own choice to live a full life

each day. That takes the best of these planets and we all have access to them now.

President Obama has very stressful, life-transforming transits in March and April with relief at the end of June. Ketu (karma) pulls off his Moon. The Moon is our emotions in western astrology and our perceptions in Vedic. The President's moon is very likeable, however, it doesn't look as if he's enjoying his success. His moon line runs through Washington DC. I anticipate problems with his healthcare bill, but that he will be happy (more than just relieved) when the court rules. I am saying that it will be a mixed bag and that the legislation will need to be changed in some form before it can move forward. I do not believe it will be ruled as being totally against the constitution. This experience will alter the way he perceives the world, politics and this nation. What the President decides to do in terms of running or not running again is up to him. The transits are truly wild cards. It is possible that "We the People" will see an incumbent not run for personal reasons. I honestly don't know. I wish him well and hope that he has the best advisers in the world to help him navigate the nation and not just run for office. We'll see a man who appears to transform before our eyes this summer, however, the winter and spring bring heavy burdens of responsibility and trust.

Politics aren't everything this year... but they seem to be everywhere. Newt Gingrich is rising. I have no confirmed time of birth, but do have 11:45 pm. If that is accurate, then we should see the former Speaker of the House continue to rise. He and President Obama have a very potent connection. The President's Moon (or his perceptions) and Speaker Gingrich's Mercury (or business planet) are in the same place in the heavens. At this time, both men of opposing parties can literally shed

the karmic debt encountered in their success and work together. That is a lofty hope, but it will literally free both and could bring the nation together. It triggers Romney's chart, too, but not as powerfully.

I would love to watch them debate or better still, just sit and explain their respective plans for the nation. Speaker Gingrich (assuming his birth time is accurate) is in a very successful master cycle for political success, however, he has a tricky chart. He rose and fell and rose again over the decades, however, he has a practical vision worth listening to. I don't know if he'll make it to the nomination, but I do expect a very lucrative few months for his campaign. Greed is his weakness, as well as his relationships. However, with Ketu at the very front of his chart, he is difficult to frame in a simple picture. Ketu came of age by age 50 so when he says that he is a better husband now than he was before, I believe him. I also know that it is very difficult to "see" a person born with that placement. That alone makes him interesting.

Since Ketu has come of age for him and since Ketu is crossing his business and communication planet, as well as President Obama's Moon, I see them facing off. I hope they work together as the nation needs them, but in a 2-party system that isn't likely. Instead the most we can hope for is a debate or discussion. Ketu helps us shed our karmas and is great at revealing the foibles of the ego. I do not believe it is an accident that they are both on the national stage as "We the People" must decide which direction to take this fall. Scandal follows both men as we enter the spring. Romney may well reap the rewards.

Iran: I have Iran's birth chart as 2-11, 1979 at 2pm. This is when the Ayatollah Khomeini came to power. In light of Iran's arrogant actions and the painfully reminiscent Embassy

burning, I pulled up this chart. It is a great chart for self-destruction. Pluto on the point of physical body (in this case the physical nation), with this sort of arrogance, and Iran's defiance of the world's agreements, takes my breath away. Furthermore, we can add to that their potential for a nuclear weapon. (I'd bet on it with their actions and transits). Add to this the transit of Uranus (an unexpected transit from home, in this case the mother land) and I believe they are ripe to blow or implode. Looking at their president's chart, I see that Mars will appear to stop on his Jupiter in January and I fear that his hubris will make even more action than in May and June 2012. This is not a passing mood, but a passionate and aggressive action. I suspect and fear that they believe (Jupiter) that now is the time to rise up (Pluto) to take their rightful place on the world stage as an opponent to the Western World, which started with the British Embassy. I fear that Iran wants to be the Islamic nation to gather the Arab nations together against a foe. It will backfire against them, but in the meantime, their hubris is potentially destructive for many others. And, it will play a role in the election of our next president.


President Obama's chart is hit by the same powerful transits. His Mars, the planet of action and,

yes, of war, trigger's Iran's chart and, yes, Ahmadinajad's (whom I disrespectfully refer to as "nutjob"). I do not envy the President the next few months. As I edit this, I heard that Iran has a US drone. Mars is sitting on Iran's Saturn and pulling onto its Rahu. This is big and part of the first of three powerful swings over potentially perilous planets. A nation has a birth chart and the Sun in that chart is the leader. Neither "nutjob's" chart nor the nation's chart shows any sign of restraint or compliance.

The Republican Players: Don't count Perry out. The Mars transit I mentioned in Iran's chart is a big player in Perry's chart. I expect to see Perry rise and fall as Mars triggers him in Dec. 2011 April and June 2012. He'll find the wisdom of his Saturn or be gone, although he is not leaving anytime soon. One thing is certain about Perry's chart: He believes he is the right man for the job. His national position will rise in June, but I don't know if he will be the nominee. The stress of Mars on his Saturn and Moon may be a struggle between Perry, the man and Perry, the candidate his handlers want him to be. This will either bring voters to him or push them away. I don't think we will know until this summer.

Romney's chart is also triggered, but he will make a more measured response. Romney's own Sun faces the President's Mars. Both will face off as the leader and potential leader of the US. Romney takes the challenges and balances them with fortunate transits. He's in for the long run. Gingrich will have the most carefully thought out and researched response for Iran if the time I have for him is right. It will also have a huge impact upon his image. Saturn is strong. We get to see the men and their plans for the nation. This is exciting on every level.

I hope you will check back for more exciting news of 2012. This is the year we've been waiting for. There is a big party at the end. I hope to see y'all there.



DALLAS PSYCHIC FAIR
Dallas' Oldest & Largest Fair - Established in 1979

ALL readings are \$15 for 15 min.
Admission is \$7 (\$5 w/printed coupon)

More than 75 of Dallas' most gifted professional psychics, vendors and wellness practitioners offer services and products to improve our lives. Pre-schedule readings a full week ahead! Visit us online for more information.

WWW.DALLASPSYCHICFAIR.COM



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, April 22nd at the Wellness Expo in Addison.

Events & Classifieds

See the latest at HolisticNetworker.com/events

April

21-22 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 for information about exhibiting or attending. SEE AD ON BACK COVER or visit: 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

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 Affiliated with Center for Spiritual Awareness, Lakemont, GA Director, Roy Eugene Davis, a direct disciple of Paramahansa Yogananda Web site: www.csa-davis.org

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.bluemoonexpo.com 214-734-5844

Space Available

HEALTHCARE OFFICE SPACE in Hwy 121 & Legacy and Hwy 75 & Spring Creek. \$500 per room. 214-492-3713

Classifieds

Positive Touch Conference Center Space available for workshops, classes and private sessions. 504 Business Pkwy. Richardson, TX 75081. www.PositiveTouchEnterprises.com 972-480-0678

PSYCHIC TAROT INTERPRETATIONS by Mannygician Sunday December 18 @ Blue Moon Expo, Double Tree Inn. Info for you is pending \$5 off reading mention ad.

Wellness Center open 21 yrs. Large repeat clientele. In excellent location. Great income. Large referral base. Inquire: stevestrees@netzero.net

Get 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 up at 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

Quarterly Advertising Rates

Print	Print size (w x h)	Print Price		Web size (w x h)	Web Price 90 days	Print + Web Bundle save!
		one issue new	renew			
Full Page	7.5" x 10"	\$845	\$775	-	-	-
Half	7.5" x 4.75"	495	445	-	-	-
Third	4.75" x 4.75"	395	345	336p x 280p	165	425
Quarter	3.5" x 4.75"	325	285	300p x 250p	145	355
Sixth (vertical)	2.375" x 4.75"	235	195	160p x 600p	95	255
Sixth (horizontal)	4.75" x 2.375"	235	195	728p x 90p	95	255
Eighth	3.5" x 2"	175	155	468p x 60p	75	195
Twelfth	2.375" x 2.375"	135	125	125p x 125p	65	155
Holistic Forum	photo + text	155	135	photo + text	185	225
Directory Listing	text ad	95*	89*	text ad	35	115
Event	text ad	\$1/wd	\$1/wd	text ad	\$20/ea	n/a
Classifieds/Job Ads	text ad	\$1/wd	\$1/wd	text ad	\$30/30 days	n/a

28,000 copies are printed and distributed each quarter.

Pay for any 4 issues in advance and save 20%

Prices are for black & white ads. Add 10% for spot color and 40% for 4-color.

* Save \$60! Directory listing costs only \$35 with ANY display ad.

Directory listing includes: business name, contact name, address, phone, & 25-word description.

Add'l words are \$0.50/each.
Add'l contact names are \$5/each.
Add'l phone, email, web are \$3/each.

HolisticNetworker.com gets 24,000 unique quarterly visitors.

Internet ads are displayed in rotation with other ads of the same size. 5,000 monthly views are guaranteed (15,000 total views).

next issue **Spring 2012** early** **Feb 1** ad close **Feb 15** final art **Mar 1** publication date **Apr 1**

Publisher's liability for errors does not exceed the cost of the advertisement. Publisher reserves the right to refuse any advertising for any reason at any time.

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

Article Marketing

New Advertising options at HolisticNetworker.com

Headline Article
Featured Article
Standard Article

home page headline article
article featured on home page
promotional article

\$225/month
\$125/month
only \$25

article with 960x200 headline
only four featured articles/month
promote your business

Questions? 972-403-0940 or ads@holisticnetworker.com

HolisticNetworker.com/mediakit

Wellness Expo®

upcoming shows: Addison, October 15-16; Addison, April 21-22
Grapevine, June 22-23, 2012

Affordable Exhibitor Spaces
Literature Table

Booth space available
Showcase your flyers/brochures

\$169 - \$499
only \$35

For booth options and pricing, see WellnessExpo.net or call 972-378-3770

Wellness Expo[®]

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



Talks & Demos

Angel Messages

Cancer, Emotions &
Neurotransmitters

Permanent & Temporary Food Allergies

Improve Your Health & Eliminate Ailments

Learn to Recharge Your Battery

Soul Mates & Sacred Agreements

Breast Choices for the Best Chances

The Healing Energy of Crystals & Stones

Our Hidden Talent • What's on Your Mind?

2012 - Being the Messenger

Talking to the Other Side!

Healing with Sound • Spiritual Connections

Past Lives, Dreams & Soul Travel

Astrology & You

and more!

have an intuitive consultation

experience hands-on
health sessions

enjoy massage, reflexology,
& energy healing

shop. snack. mingle. learn. play.

Admission only
\$7/day or \$10/weekend

Adults over 65 Free
Children under 12 Free
Free Parking

Buy tickets online
and SAVE \$2 or more

WellnessExpo.net
972-378-3770