

# Energy Lite

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## Life Cycles

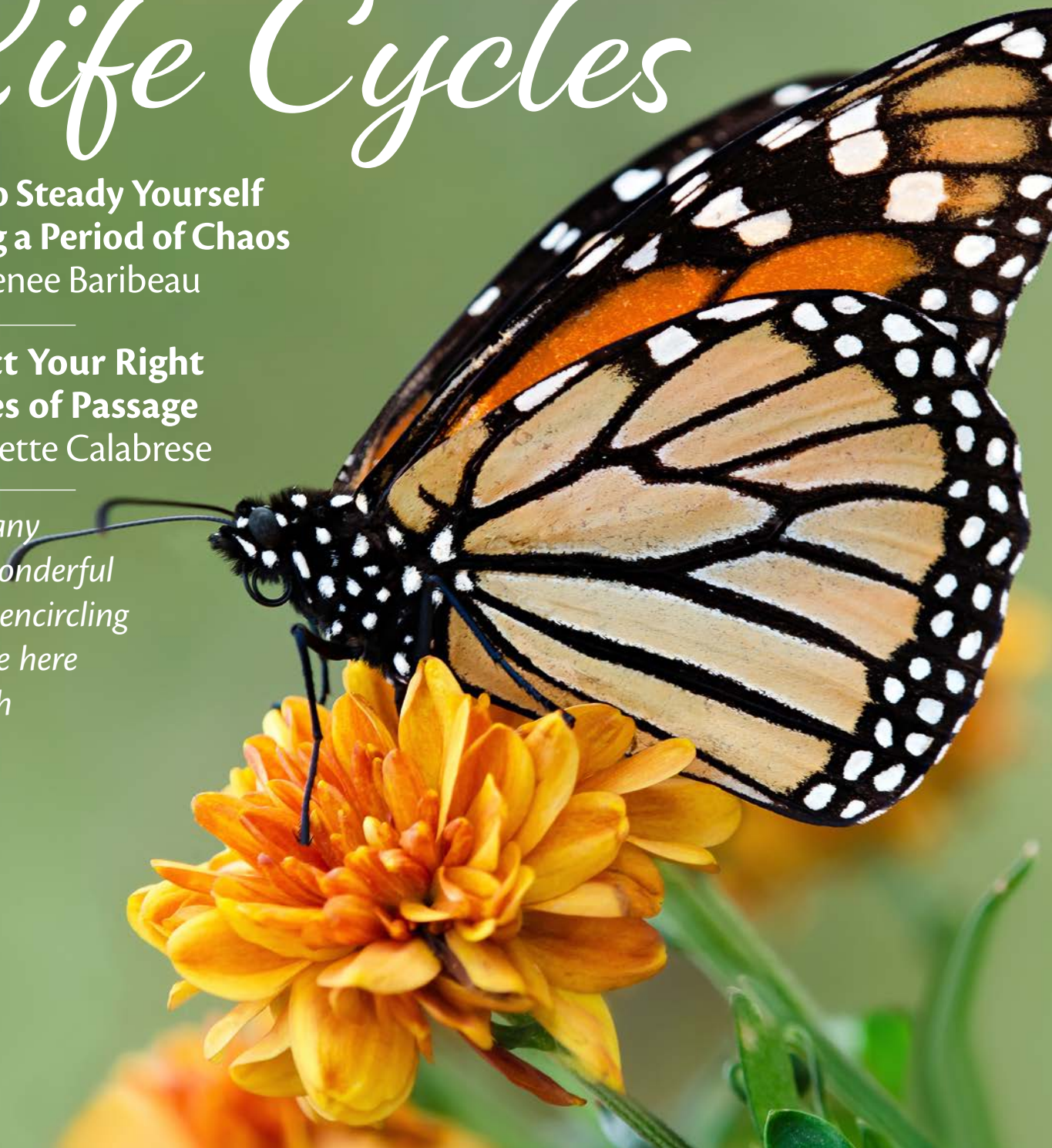
**How to Steady Yourself  
During a Period of Chaos**  
with Renee Baribeau

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**Protect Your Right  
to Rites of Passage**  
with Joette Calabrese

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*And many  
more wonderful  
articles encircling  
our time here  
on Earth*





## Letter from the Editor

Dear Readers,

For this issue on Life Cycles, we let authors run wild with their perception of the theme and how they could relate it to their experiences, practices and the articles they have shared with you.

Life Cycles is such a broad area of discussion. There are cycles of life with our physical bodies (birth, maturing, aging, dying) and even concepts like pre-birth soul contracts, afterlife and anything and everything in between.

There are cycles throughout our daily, weekly, monthly and yearly experiences. There are cycles and ups and downs in relationships, careers and on the path of self-healing. The universe is centered around cycles — the largest cyclical constructs we can fathom down to the most minute details we can observe. We are constantly moving,

growing, evolving — changing. As we should. As we were intended to.

This issue takes on a wide range of topic areas and offers unique advice in how you can change your view of shifts in time and routine.

In a blink of an eye, everything can change. Are you in the moment, or are you waiting for the next?

Take in the experiences as they come, for what they are. What have you learned? What do you want to change? What are you putting off right now that can become damaging down the road?

Hopefully, this issue opens your eyes to many different viewpoints of Life Cycles and encourages you to best navigate those rolling hills and winds of change





with grace, gratitude and a fresh perspective.

Change is inevitable. It is how we move through change that heals and strengthens our inner being, allowing us to be prepared for and courageous in whatever comes next.

After all,

“A smooth sea never made a skilled sailor.”

- Franklin D. Roosevelt

*Lindsay*

Lindsay Mulligan | Editor-In-Chief

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Joette Calabrese, HMC, CCH, RSHom, is an American homeopathic consultant, author, educator and sought-after speaker with an international presence. Joette turned her back on conventional drugs over 36 years ago, became a full-time homeopath and raised her now adult children without a single visit to a doctor using only homeopathy, nutrient-dense meals, and guts, spunk and moxie. Visit [JoetteCalabrese.com](http://JoetteCalabrese.com) to read blog posts, listen to her podcasts, and tune in to her weekly Facebook Live events to enhance your understanding of how to use homeopathy in a practical, every day manner.





Melinda Chichester is a Healing Touch Certified Practitioner/ Instructor, Presenter and End-of-Life Doula. Melinda supports the energy communities nationally and internationally and endeavors to create an atmosphere that motivates clients, students and practitioners. As an End-of-Life Doula she supports those who are in transition and believes the Hara is the soul's transport system, supporting each person's unique energetic expression back to Divine source.

Learn more at [www.HealingTouchTransitions.com](http://www.HealingTouchTransitions.com)



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Cynthia Hutchison, served as HTP's Educational Program Director from 2003-2018 — leading HTP in the clinical, professional and educational arenas. While leading HTP and teaching all levels of classes, she maintained a private practice for local and distant clients in Boulder, Colorado, which has continued. With a background as a holistic psychotherapist, she enjoys working with clients who have spiritual issues, a need for trauma release and those going through different transitions.

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Mary Ann Mace, Energy Medicine Professional Association (EMPA) staff writer, has an extensive background in writing articles of diverse topics in the healthcare field. She has worked in the insurance and nonprofit healthcare advocacy field managing marketing and client relations. Currently, she assists the members of EMPA with marketing, insurance and membership requests. Mary Ann has an MBA in marketing and management.

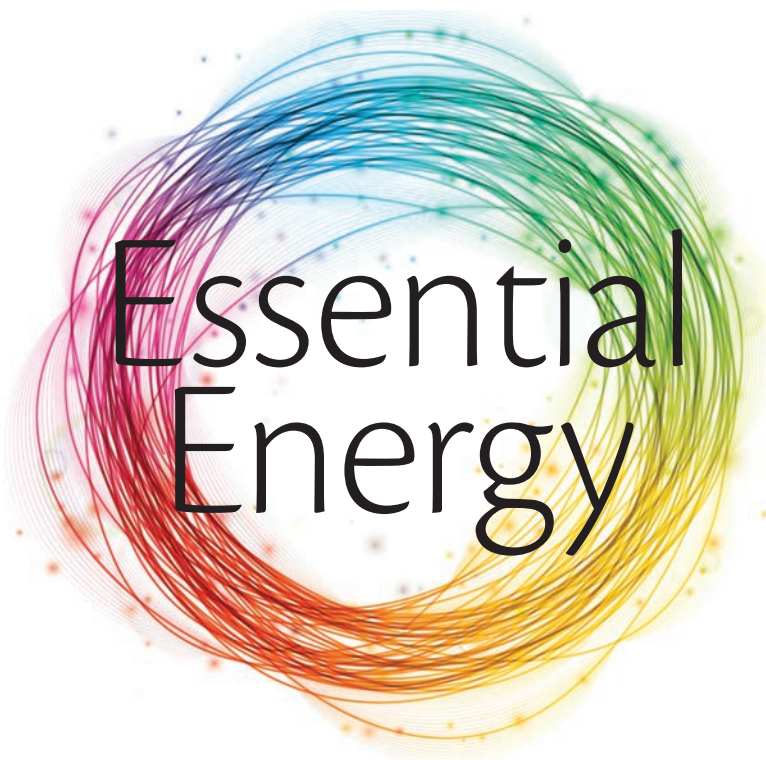
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Walter Semkiw, MD is the President of ReincarnationResearch.com and the author of *Born Again: Reincarnation Cases Involving Evidence of Past Lives, Return of the Revolutionaries and Origin of the Soul and the Purpose of Reincarnation*. His video, *Evidence of Reincarnation*, has over 6 million views.

Learn more at [ReincarnationResearch.com](http://ReincarnationResearch.com).





## Sharing the Heart of Healing *COVID-19, Toilet Paper and Barbells*

We have been dealing with COVID-19 for months, as a people and a world. Healers everywhere have been assisting.

We are interfacing with clients and loved ones. We are applying our techniques and compassion to reduce anxiety, bodily inflammation and hold the hearts of those stricken, even if we cannot hold their hands. As for me and mine, I have been prompted to operate on another level, but only after firstly, falling from grace.

I have been sharing.

When SARS-CoV-2 started to march across country borders, jumping from shopper to grocery clerk and back again, America experienced a stampede on toilet paper. *Really?*

I hate to admit it. I participated in more than my fair share of toilet paper raiding. That included going to three stores in a row to buy the limit at each and ordering a box so big from Amazon I could hardly get it in the house.

Though toilet paper moved to the top of the list, some of us were not terribly picky about what we hoarded. My own cupboards are still stocked with so many different

cans of beans that I could make chili for near decades.

Shortages widely occurred, and still, I participated in the grand shopping spree. What stopped me in my tracks? A product shortfall I bet most of you know nothing about.

Barbells.

My college-level baseball pitcher moved home mid-semester. So did most college kids. I can only imagine the learning curve for professors shifting from classroom teaching to Zoom. (What is that button for? Oops, I lost the video! What happened to the sound?) Within a week, the gyms had shut down. With that, there was no workout gear in sight, a necessity for a 90-plus miles per hour pitcher. Strength yields velocity.

My toilet paper forays took a back seat as Gabe and I started scanning the city for sports equipment. We purchased free weights at a store moments before it shut down, and then stretch bands curbside. We were not the only one with the same idea: to create our own home gym. (Though I might have been the only mom allowing her son to construct one in the garage, much less before winter snows were over.)

We gathered everything we could, and I felt pretty darn lucky. I had secured the most important piece of equipment — a barbell and weights — right before the supply dried up nationwide. We only had to wait for our Amazon delivery.

On the due date, the individual weights each arrived in their own box. One box. Three boxes. Six boxes. Eight boxes. They compiled slowly, over several hours. But by 8 p.m., no barbell had arrived. The next day, we communicated with the company.

“Sorry,” They wrote. “We are out of barbells. So is every sports company.”

Said one store owner I called, “Honey, barbells are as scarce as toilet paper right now.”

A mother will do nearly anything for a child. I cannot recount the many trajectories I took to find a barbell, an object I had already personally vowed to never lift. How many phone calls and Internet searches did I conduct?

Then one day, I discovered that we had three barbells on the way.





My clear act of greed shocked me into an awakening.

I had been complying with the state's structures. I am Norwegian and live in Minnesota. Here, even if you are not Norwegian, you eventually turn into one. Norwegians obey laws, go to church and serve great hot dishes. If the Governor tells you to stay home, you do. Stand six feet away from someone else? No problem. Norwegians are not a terribly warm people. We keep our distance naturally. But even we Norwegians were reducing the shelves of paper products to a bare nothing.

And there I had been, worrying about barbells, only to have secured way too many.

I started giving my extra toilet paper to those in need. When I obtained plastic gloves, I passed them out. Those chili beans? It seemed that almost everyone already had enough of those. But the barbells; I had no idea what to do with my surplus.

For years, I have been running my dogs at the dog park in the morning. We get in the car, drive fifteen minutes, and

my pups pretend to be wolves. Sometimes, I walk with a fellow early riser, whose dog also confuses itself with its early predecessor. One morning, I was commenting on my stash of barbells and he made a statement.

"I have weights, but no barbell."

He now has one of those barbells. The extra one? Gabe invited local pitchers to work out in our garage.

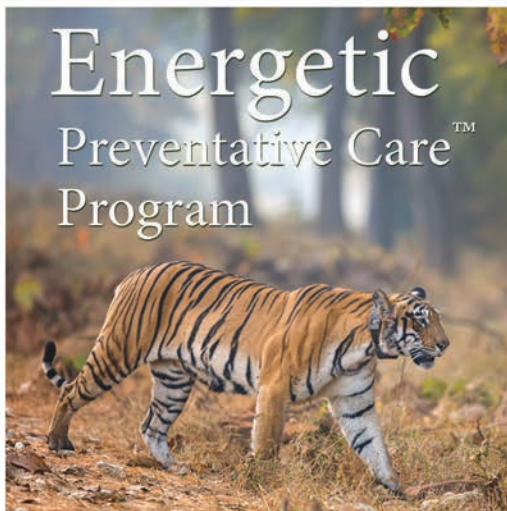
Something in my heart changed as soon as I gave away that barbell. I have always known that many diseases afflict humanity. SARS-CoV-2, the virus behind COVID-19, is but one. Fortunately for me, by learning how to share, I was provided a way out of one of our worst afflictions: selfishness. Ultimately, sharing is the most important activity we healers undertake. €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and twenty-seven other best-selling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about Cyndi, her work, books and products please visit:

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**AMELIA VOGLER**  
Grounding & Energy Medicine Specialist

# Protect Your Right to *Rites of Passage* with Practical Homeopathy

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*The person who takes medicine must recover twice,  
once from the disease and once from the medicine.*

-Dr. William Osler, a founding father of Johns Hopkins





Joette Calabrese

Being female is most assuredly not a disease, but it is undoubtedly a “condition” for which we are continually encouraged to be medicated.

From the moment menses begins, through her child-bearing years, into menopause and finally, as she dwells in the post-menopausal years, traditional modern medicine attempts to tinker with a woman’s rites of passage.

Guised under the banner of “support,” chemical manipulation of the female body begins as early as a teenager’s first pimple.

The Pill is all-too-often prescribed to young girls for acne. For acne, for crying out loud! Talk about a systemic “solution” to a localized issue! Why foist synthetic hormones upon a young girl when her natural hormones have not even been established yet?

Why risk a girl’s health and future fertility when a safe, polite, efficacious homeopathic medicine can address her skin issues?

The Banerji Protocol for pimples is *Hepar sulphuris calcareum* 200C mixed with *Arsenicum album* 200C, one dose every other day. (If these remedies do not complete the job, consider a consultation with a professional homeopath who has learned how — from years of careful study — to choose the correct remedy for your particular case.)

We women exceedingly come under attack during our child-bearing years.

Ever since the 1960s, when the contraceptive pill became widely available, women have celebrated “The Pill” as affording them a freedom from child-rearing that had been unimaginable in millennia past.

But also unimaginable were The Pill’s side effects. And I am not talking about the immediately obvious ones, such as the weight gain, depression and blood clots (which the drug inserts cavalierly mention as though it were normal to experience them).

No, I am talking instead about *long-term* effects that surreptitiously invade a woman’s life and manifest themselves in a more sinister way — many years later. I am talking about an increased risk of breast, liver and cervical cancer, as well as behavioral effects including postpartum depression.

That is certainly a high price for freedom.

Let’s face it; many women take birth control pills because it is easy. It may even be the only answer they know of to prevent unwanted pregnancies. But with a little research, you can find safer options.

Worse yet, the birth control pill may cause women to choose the wrong mate! In 2008, *Scientific American* featured an article “Birth Control Pills Affect Women’s Taste in Men” that was eye-opening.<sup>1</sup>



Or, perhaps I should say the article was “nose-opening” because their research showed birth control pills alter our sense of *smell*! Believe it or not, smell is a significant subconscious influence in our choice of mate.

Synthetic hormones manipulate the naturally occurring senses in a woman’s body — changing her and changing her preferences. When she stops taking the synthetic hormone, she returns to “herself” and wonders how she ended up with *that* guy.

Shocking, right?

How many other conditions do we endure that we have not connected to our hormonal tinkering?

Take the case of Juanita, a young woman who suffered from severe lower back pain. She had seen numerous doctors and had months of expensive testing, but nothing disclosed the cause or relieved her pain.

Accustomed to high-intensity workouts to keep her weight in check, she was no longer able to remain active because of her back pain. As a result, she gained a considerable amount of weight — an amount not commensurate with a simple lack of exercise.

Upon having gained nearly 70 pounds, she desperately sought the aid of homeopathy because, clearly, something else was at play.



*Why risk a girl's  
health and future  
fertility when a safe,  
polite, efficacious  
homeopathic  
medicine can  
address her skin  
issues?*

When I teach homeopathy or work one-on-one with my clients, I urge them to sharpen a pencil with a good eraser, grab a long sheet of paper and construct a timeline of their past ailments. Without this crucial step, many drugs and their side-effects go unnoticed — particularly those easily dismissed as “natural.”

After in-depth questioning, it was revealed Juanita’s lower back pain began shortly after receiving the Depo-Provera shot.

“It’s great!” her OBGYN had declared. “I take an injection of it yearly myself. And best of all, no nasty, old period! What could be better?”

What could be better? What could be better is *genuine health* and a birth control method that holds a woman’s body to a standard of integrity — not chemical manipulation!

You see, Juanita told her doctor she had been experiencing long, painful periods. This symptom gave her doctor the perfect justification for choosing the drug.

As promised, once the injections began, her monthly cramps were successfully eliminated and she no longer menstruated.

But, instead, her menses was replaced with unrelenting pain in her back.

This is the most sinister part of synthetic medicine. It “works” with the promise of removing this or that, but it never reveals what you are really buying into — which is the most crucial information.

Once Juanita connected the dots, it was clear what she needed to do: stop submitting to future synthetic hormone injections and use homeopathy to restore her natural menses.

We initiated the homeopathic method with a Banerji Protocol that aids in antidoting allopathic drugs: *Camphor 200C*, one dose for one day only.

Then, in cases like Juanita’s, the best medicine is *Sepia 200*, taken once weekly for as many weeks as it takes





to make the adjustment.

In her particular case, it took just over one month until one morning, her menstruation resumed.

Concomitantly, as though on cue, the back pain was conspicuously and happily absent.

It took another two months before her periods normalized. During those two months, she experienced flooding and severe menstrual cramps in the same way she had before starting the synthetic drugs. So, we used the homeopathics that should have been employed for her condition in the first place!

For heavy and painful menses, the Banerji Protocol of *Arnica Montana* 3, along with *Sabina* 6 twice daily, is an excellent place to start.

Not surprisingly, after utilizing homeopathy, by the second day of her menses, Juanita's pain was manageable. The month that followed showed even better improvement until, finally, her periods normalized after three months.

It was quite a journey — albeit an unnecessary one.

My experience has shown one of the most prevalent hormone disruptors in our society is birth control. Women do not take this medication for a few weeks, and then they are done.

No. In general, when a woman goes on The Pill or Depo-Provera, she stays on it for *years* — even *decades*!

Imagine the confusion that years of synthetic hormones cause our bodies, not only in our reproductive systems but the overall endocrine system. Tinkering with our intricate hormonal balances — without care for what the tinkering may cause — is at best sloppy science. But more importantly, it can create a future of health and even behavioral fallout.

Yes. I said *behavioral fallout*!

In fact, some have referred to the birth control pill as the “divorce pill” because of the increased divorce rates in women who have taken The Pill. Google it. It

is fascinating — and distressing.

When our hormones are disrupted, our whole personality and outlook can change.

We experience increased emotional PMS, irritability or vaginal dryness. Sometimes those around us notice our “nesting” instincts diminishing, as evidenced by our lack of interest in our family, in housekeeping, in cooking or in caring for our children. Even worse, we sadly lose interest in our husbands. It is as though our libido packed up and left the building!

Of course, we all have our individual levels of enthusiasm towards our “wifely duties,” so mild interest is not necessarily a pathology. But if we have a strong aversion to the activities associated with being a woman or if we lose the feelings of enjoyment we used to have for them — then it is reasonable to suspect hormonal imbalance.

Indeed, our hormones are naturally altered during the different stages of our life. But modern medicine compounds those fluctuations by recommending a stream of synthetic hormonal manipulations throughout our lives — from birth control right through bioidentical hormones! (By the way, keep in mind “bioidentical” is truly only a marketing term. It does *not* mean the product is natural.)

The noise from doctor-recommended hormonal manipulation becomes deafening as we leave our child-bearing years and move into menopause.

Isobel was not herself. She felt a storm had rocked her foundation. Her skin showed signs of age; she needed support for a sagging figure; her behavior was more than eccentric.

Her husband gingerly tip-toed around his tempestuous wife. Even their feisty little terrier cowered when she entered the room.

“I was a shrew and needed to be tamed. Unfortunately, the doctor I visited took that to mean I needed to be medicated,” Isobel explained. “Truth be told, my doctor was a drug pusher: hormones, patches,



sleeping meds and antidepressants. Foolishly, I took the stuff because I thought I had no choice. I recall the doctor assuring me the drugs would correct a chemical imbalance and convincing me there was no other way.”

After months of the prescribed “drug therapy” — a term Isobel now calls an oxymoron — she sunk into a state of emotional numbness that prevented her from experiencing life.

The doctor told her the antidepressant would eliminate her anger and depression, but it was only a half-truth. The doctor did not warn her it would cause a personality lobotomy. She had made a deal with the devil.

Instead of feeling hysterical, Isobel became pathetic and insipid. Instead of feeling depressed, she was emotionless. When her daughter-in-law announced she was pregnant with their first child, Isobel responded with a neutral, “That’s nice.”

Need I tell you her family was concerned?

Oddly enough, however, no one recognized it was the drugs that had altered her personality since they all trusted the doctor’s advice.

Surely she would not have prescribed anything harmful to Isobel.

Their trust was shattered, however, when the family went to the shore for a two-week vacation. Isobel left her meds behind. Whether her oversight was inadvertent or intentional is not clear. But it was all that was needed to redirect her course.

She went through withdrawal.

She succumbed to tantrums, could not sleep and vomited. But within a few days of her being off the antidepressant, the family began to see glimpses of her old persona.

Unfortunately, Isobel’s anger and depression returned

in a worsened state, and she knew she had to find another solution fast. Luckily, her neighbor told her about a homeopathic remedy that had helped her through her menopausal rite of passage.

The neighbor remarked if had it been ten years earlier, she would not have been willing to part with the bottle! But as she had completed menopause years ago, she gave Isobel what was left of the little pills.

“My homeopath told me to take this once daily for about thirteen weeks, and I noticed a shift after the first two weeks,” the neighbor said. “It was not me in an altered state — just me minus the ugliness!”

Isobel wasted no time in taking the remedy, and within a few weeks, her husband noticed she had begun to soften again. She smiled at his teasing. She showed interest in life again, and her energy improved as her sleep was repaired.

She was Isobel again!

That marvelous little remedy, *Ammonium Carbonicum* 200, is specific to the passage into, through and out of menopause. It has helped tens of thousands of menopausal women at the Prasanta Banerji Homeopathic Research Foundation, and I have seen its efficacy in gently and politely assisting them in my own practice.

In Isobel’s case, her passionate nature was forced into apathy by synthetic medicaments. Those drugs threatened to destroy her personality, in fact, to obliterate the very essence of who she was.

But now, Isobel paints her toenails red. “I like to look down at them peeking through my shoes,” she said. “It reminds me of how vibrant life can be.”

Thanks to homeopathy, she is one post-menopausal woman who now has a firm hand on the tiller of her life. Like august and dignified architecture, our maturing bodies and minds hold treasured secrets. We can take on the responsibility of being the master of these mysteries, or we can acquiesce to a patented,





synthetic counterfeit inflicted upon us by an industry gone haywire.

So, what do we do if we suspect our hormones have changed naturally or, worse yet, are finally kicking back against years of artificial manipulation from the Pill, Depo-Provera shot or any synthetic hormonal drugs?

Generally, a good starting point is *Sepia* 200, twice weekly until innate hormonal instincts return to normal.

Indeed, *Sepia* has a reputation for being able to bring a woman to herself again. That is, it can work to smooth the imbalances the menopausal woman's system undergoes naturally, *and* it can also rebalance hormones that have definitively gone awry from previous "tinkering."

Most astounding of all, it brings the woman — not to her 20-year-old self — but to a balanced version of her current stage of life. Proper use of homeopathy allows a woman to navigate her rites of passage elegantly — without synthetic interference.

(This protocol is not advised for girls who have not already been pregnant, but more specifically for those who are older, have completed their pregnancies or have been definitively damaged by synthetic hormones.)

It is used for low libido, vaginal pain and vaginal dryness.

I have seen *Sepia* 200 reestablish lost interest in the family.

I have witnessed its ability to give a woman a lilt in her step when dealing with her household duties.

Time and again, I have noted it melt away the irritability and fatigue burdening women, interestingly at around 4p.m.

Depending on the case, one may be required to utilize *Sepia* for weeks or months (sometimes many). But, when the problem is clearly "a *Sepia* issue," it


can be demonstrably life-changing — not just for the woman, but her husband and children as well.

None of us need to live our lives without the joy of taking care of our homes and family. And, we certainly do not need to live without the pleasure of a loving relationship with our husbands. If it seems our libidos have been sent packing, let's bring them back home!

Now, do not get me wrong, there is much more to the way homeopathy can address the stages of a woman's life than just what I've mentioned here. The subject is complex, which is why I present an entire course on women's issues: *Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy*.<sup>2</sup>

But the moral of the story is, when there is a condition stemming from a hormonal upheaval, it ought to be met with a medicine that corrects the problem, not suppresses it.

Homeopathy helps the body navigate through the changing hormones without running aground. It offers a woman self-empowerment to put her hormonal house in order — no matter which rite of passage she is currently experiencing.

I have been where you are now. I have dieted, taken supplements, bioidentical hormones, essential oils, herbs, but nothing — *nothing* — has ever come close to the reproducible, safe and effective results my clients and I have achieved with homeopathic medicine. 



Learn more about author Joette Calabrese at [joettecalabrese.com](https://joettecalabrese.com).

## References

1. <https://www.scientificamerican.com/article/birth-control-pills-affect-womens-taste/>
2. <https://feminopathy.joettecalabrese.com/>

# Here is a peek into the additional articles and bonuses included in the September/October **Unlimited** edition of **Energy Magazine**



**Soul Sanctuary**  
*Melinda Chichester*



**Sacred Geometry applied to  
Energy Therapy throughout Life  
Cycles — Cynthia Hutchison**



**Evidence and Principles of  
Reincarnation**  
*Walter Semkiw*



**Train Your Brain to Adjust to  
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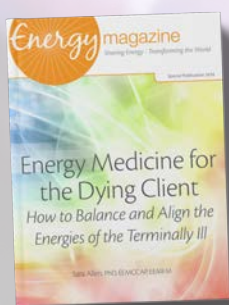


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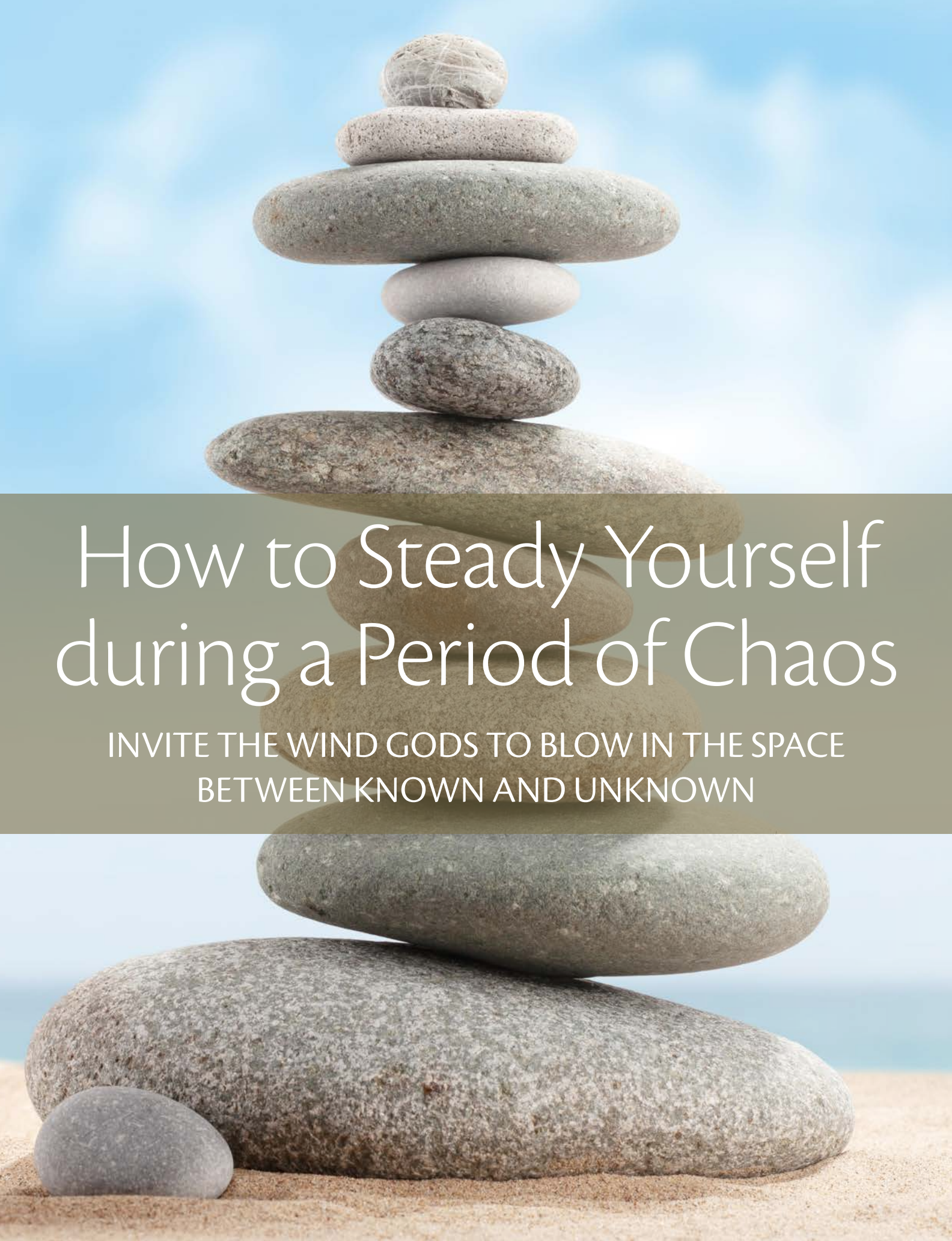


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# How to Steady Yourself during a Period of Chaos

INVITE THE WIND GODS TO BLOW IN THE SPACE  
BETWEEN KNOWN AND UNKNOWN

Renee Baribeau

Throughout history, many cultures have regarded wind as a mirror of Spirit. In Christianity, the Holy Spirit is synonymous with air. In Greek, *pneuma*, like the Hebrew word *ruach* or the Sanskrit word *prana*, means “breath,” “wind” and “Spirit.” In parts of South America, the indigenous people know the wind as *wayra* and worship a wind god. Wind is a dynamic force of nature that can move invisibly through the places between things, including the spaces between old and new social structures and agreements, whenever we experience chaos and upheaval.

There is a natural gap between all things in the physical world, whether they are full-scale objects, like people and plants, or microscopic objects, like atoms and neurons. In the brain, communication occurs in the synapse between neurons when a chemical transmitter secreted by one cell attaches to the membrane of the next. In a healthy brain, after a receptor receives the information, any excess fluid dissolves into the membrane. Important messages are carried along a string of gaps and neurons to complete the requested action. When someone has an addiction, is depressed or filled with anxiety or fear, neurotransmitters continue to stimulate the first neurons in the pathway, creating internal instability by triggering results like anxiety or repetitive motion. As a result, an individual is unable to feel calm, present and joyful.

While medications can chemically alter the chain of events in the brain and ease discomfort, they do not alleviate the issues underlying a disordered mind.

*When we are feeling disorganized and unstable, a cycle of recovery must occur.*

We can facilitate this through therapy, ritual, community and various healing modalities. As a shaman, I have found that spiritual winds may enter into this process, invisibly moving through the gap between the old experience that has created our instability, and our new, more grounded being. At first, we may feel shaky and uncertain, not believing we can trust our senses, thinking or reality. Then we find ways to anchor ourselves. Anytime something new emerges in our lives, or in the world, there is a period of chaos in the in-between space as what was goes away and what is emerges. The winds of Spirit can help us blow away the old and clear a path so we can find our footing sooner and move forward with more ease and assurance.

Everything in nature goes through cyclical changes;





birth is followed by growth, then decay and death, which lead to regeneration. You plant a seed in spring, reap the crops in fall and save the seeds for the next planting. Change is inevitable — and the pattern of change always remains the same. Planet Earth is over four billion years old, and it has been through massive cycles of metamorphosis. Based on indigenous Mayan calendars, 2012 marked the end of a grand solar cycle that lasted 7885 years. Since the world did not implode or explode, some consider this date meaningless. I think we missed the principal wisdom of our astute elders: The world and its nature, as we have known it, is coming to an end.

Geologically, we are living in the gap between the Holocene Era, which began with the retreat of the glaciers from the last ice age, characterized by the rise of humankind, and the Anthropocene Era, named such because we have irreversibly altered Earth's ecosystems and geology. Collectively, every living person on our planet is now experiencing the chaotic cycle of decay of the old. I term it the Wobble because of how shaky and unsettled it often makes us feel. The *Wobble* is affecting us biologically, emotionally, spiritually and socially — and there is no escaping it.

Trying to be reasonable during a period of deconstruction and uncertainty caused by the ending of a massive cycle is like gasping for the final breath of air as you lie on your deathbed. We have barely entered this period of transition, which may well last a few more centuries, so we must find ways to support ourselves in being proactively generative, even as we let go of that which fades. I suggest working with the spirits of the wind because they have been with us since time immemorial. Our ancient ancestors worked consciously with this sacred air element to organize many aspects of their lives, including their planting seasons and nomadic travel schedules. The cardinal winds — winds from the east, south, north and west — have been persistent time and space markers for millennia, helping humans map consensual reality. Evidence of this is seen in ancient cave drawings and written on cuneiform tablets. Tablet fragments dating back to the fourteenth century BCE found in Nineveh, the oldest and most populous city

in ancient Mesopotamia, depict the myth of Adapa and the South Wind, a tale about human mortality.

By the fourth century BCE, Aristotle had developed a 3D orientation system for navigating the Earth's round surface, using compass points as sailors do. At sunrise on the mornings of the winter and summer solstices, he placed a marker for the north point just as the transition between night and day arrived. This moment of transition is significant. Many years ago, during a vision quest, I turned my attention to the end of the night and observed a split-second gap before the new day began. Friends have reported similar observations. It was like empty lungs pausing before taking a deep inward breath.

What if the transition we are in is not something to be feared, but rather, a sign of hope? What if this gap in time before our next growth cycle holds the same possibility for us as every new dawn?

In my book *Winds of Spirit: Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine*, I explain how we can call in the winds of the cardinal directions to give us the spiritual assistance we need to navigate change smoothly. The four cardinal winds have unique powers. Call in the winds to help you knock down old structures, empty the lungs of your activity, gain insight and move forward with grace in your sails. Here is how:

### Eurus, the East Wind: God of Mind, Memories and Beliefs

The East Wind, Eurus, is associated with the beginning of the end — and that is OK because things need to fall apart before we can build anew. Like a Nor'easter, the global "windstorm" of 2020 has littered the shoreline of our lives with decay and debris. Our hopes, plans, trips and vision boards made in January now lie in the sand, ravaged. This year, jobs have been eliminated, livelihoods lost and plane tickets remain unused. In life, change can be ushered in with a dramatic level of force; often our most disastrous endings





prepare the way forward for hearty new ideas and fresh beginnings.

The key to working with Eurus is to ask: “How are events changing and shaping my beliefs? What new ideas are emerging? What ideas do I need to shift?” When your mind feels wobbly, take three connected wind breaths. A wind breath includes a seven-to-ten-second inhalation. Hold comfortably for a few seconds and on a slow, lingering exhalation, consciously

Self-care is like pruning a garden; it provides better air flow and facilitates absorption of vital nutrients necessary for growth. A wind bath can help set you right if your feelings of loss and drama are preventing you from being creative and moving forward.

A wind bath also provides nourishment for your soul. To do one, stand (ideally with bare feet) on the ground, facing the wind, knees slightly bent and arms extended to the sides. Close your eyes. Invite

## *Our emotions are nutrients for emerging ideas to grow and thrive, like corn in a fertile field.*

release any unwelcome feelings or sensations to Eurus, the East Wind. By the third inhalation, invite Eurus to flood your mind with new ideas.

### Notus, the South Wind: God of Emotions, Needs and Desires

The South Wind, Notus, is the wind of the fiery mid-day heat. It often blows like a summer storm that follows new beginnings and false starts. Unable to fish in choppy waters, Adapa became enraged and severed the wings of the South Wind Bird. Consequences were immediate. When the wind ceased, the plants withered in the fields, scum covered the becalmed waters, and people died from starvation. Adapa had to go make peace with the Gods, then return to earth and restore balance in his life by co-operating with the wind.

Our emotions are nutrients for emerging ideas to grow and thrive, like corn in a fertile field. Notus, the South Wind, provides movement in and out from the energy portal of our emotional health and well-being. Anger, fear, frustration and disappointment are natural indicators of unmet needs and desires. Like weeds in a garden, they can restrict our growth.

the wind to scan your body from your feet to the top of your head. Take note of where your energy feels trapped, blocked and dense. Call to Notus to do the heavy lifting in removing the density. Acknowledge this wind god with a grateful heart for the healing as the weight is lifted from your body.

### Zephyrus, the West Wind: God of Endings, Harvest and the Physical Body

Colorful fall leaves teach us about the magical cycle of death and decay. When you close your eyes and look ahead, what do you see in growing in your field? Are the rows teeming with sweet possibilities? My field is fallow. It is as if I have spent the summer digging ditches fixing broken irrigation pipes. It is time to repair the foundation. This makes sense, as Zephyrus is concerned with our physical reality. Have you noticed new sensations? After the hiatus of the pandemic, processed restaurant food now tastes too salty and lacks its former appeal.

My need to travel the world just because I can has gone. True story. I bought tickets to see the Passion Play in Germany in October. The town of Oberammergau has ritualized the story of Christ's death and resur-



rection every ten years since the Black Plaque swept Europe in 1634. Twenty-twenty was to be the next performance. At the time I booked my flight, I was sure that I had a spiritual calling to go to Oberammergau to see the play and visit the ancient wind goddess, Holle, at her nearby cave. Instead, by late spring, every plant in the garden of my reality — just like everybody else's around the entire world — had been uprooted and left to rot in the field. I will remember this year as the year I did not go to Germany. What unfulfilled plans will you remember in 2020?

If your life has been disrupted physically by the chaos of a decaying of physical reality, spend time looking forward to your next bountiful harvest. Take what has been left behind in the field, gather seeds for the future. These will be the seeds you save for favorable conditions. For a seed to bear new life, it must first fall to the ground, die and be reborn.

### Boreas, the North Wind: God of Community, Spirit and Divine Chaos

Boreas, the North Wind, gives us the gift of seeing into the cracks of our old reality that still needed tending. As 2020 drops into the crevices of time, we are challenged to take one more look at it and see how we are sourcing our energy. Everything in the universe cooperates with us long enough for us to reset and begin anew.

What hopeful seeds will you give to Boreas, the North Wind, to store throughout the cold harsh winter? He is the keeper of grace and regulator of divine timing. At the proper time, he will scatter those seeds into fertile soil. The seeds we plant this year will sprout when conditions are right for the full transformation. Many moon cycles may pass before our crops bear fruit and their gifts are fully revealed.

The process of dying and being dormant is a season-long process. Vital nutrients become avail-

able through the process of decay. Make a list of all the gifts of what is passing, the cherished and the frustrating experiences — for both have taught you lessons. What seeds matured and then died? This is the divine work of Boreas, the North Wind.

As you begin to pay more attention to where you are at in your own cardinal cycle, you will grow more accustomed to working with the winds of change and learn how they can help you manage the impact of the Wobble. €



To learn more about author Renee Baribeau visit [ThePracticalShaman.com](https://ThePracticalShaman.com)

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5

*Herbs*

to Help Support  
Healthy, Growing  
Children

Marlene Adelman

There was a time when herbal preparations were an important part of any home apothecary for support in easing pain, soothing colic, lessening the effects of cold and flu viruses and building immunity in children's growing bodies. Supporting children with herbs and herbal preparations can be as simple as preparing a tea, syrup or even an electuary. In fact, children respond well to a gentler approach to easing common symptoms or illnesses.

But more than that, introducing children to the rewarding practice of using herbs and making herbal preparations can refamiliarize our own relationship with gentle herbal allies.

Encourage your child to smell, taste and play with each new herb they meet, and join in to share in the experience with them!

## Lemon balm

(*Melissa officinalis*)



Lemon balm is a well-known, gentle nervine that generally falls into the safe category to use with children. It is chock full of calming, aromatic oils that can elicit happy sighs when inhaled. Not to mention that it is a great herb to

help soothe grouchy moods and tempers from children who may be acting out or are overtired. Simply take a stalk of the fresh plant and run your hands over it to release its beautiful lemony scent. Lemon balm tea is a soothing and gentle digestive for upset stomachs. Lemon balm is also a safe antiviral herb that can help combat viral infection while easing associated symptoms.

Lemon balm appeals to all taste buds, even among children with sensitive palates (or just plain picky eaters). Use lemon balm to make deliciously refreshing teas, popsicles and syrups.

## Chamomile

(*Matricaria chamomilla*)



Chamomile is one of the most versatile herbs you can use to support your child's health. In fact, Peter Rabbit's mother used it to help soothe an anxious Peter after his terrifying ordeal in Mr. McGregor's garden. This classic children's story is a perfect example of just how effective chamomile can be at relaxing the nerves and inducing sleep. Chamomile can also help ease a nervous or upset stomach. And when applied topically, chamomile's anti-inflammatory and antiseptic qualities can be put to good use for helping to soothe





## 5 Herbs to Help Support Healthy, Growing Children

itchy or inflamed skin.

Use chamomile in salves, baths and compresses for irritated, injured skin. Most children enjoy the floral taste and smell of chamomile. Its delicate flowers make the perfect bedtime tea, and a steep of 3-4 minutes is perfect to keep it sweet and gentle tasting (it becomes more bitter with longer steepings!) Or add the tea to your child's bath to help soothe skin and send them right off to dreamland.

### Rose (*Rosa* spp.)



Most children adore roses! They love to feel and smell their soft, silky flower petals. Prepare them in a lovely tasting, fragrant rose tea to teach your little ones all about this amazing plant! Like lemon balm, roses are a nervine from the plant world. A notoriously romantic flower, roses can also help ease stress and anxiety, which may be especially helpful for children going through difficult transitions in life. Roses can also help soothe tension headaches.

Rose petals and hips make delicious teas, fun craft material and impressive desserts. The tangy hips are high in vitamin C and can be used to support a healthy immune system. Add the fresh flower petals to brighten up salads, incorporate texture into whipped cream and perfume baked goods. Be sure to use petals from organic roses that have not been sprayed with chemicals.

### Marshmallow

(*Althaea officinalis*)



Marshmallows, the perfect treat to roast around the campfire and sprinkle into hot cocoa. Did you know that these fluffy, white, gooey morsels come from an old-time herbal recipe made from an actual marshmallow plant? Marshmallow root, when combined with other sweet ingredients such as honey, can

make a deceptively delicious tonic to alleviate itchy throats, dry coughs and upset tummies. Marshmallow's mucilaginous roots can help create a soothing, moistening and protective layer over irritated mucous membranes in the upper respiratory, digestive and urinary systems. You can also make your own version of 'real' marshmallows by adding the powdered root to marshmallow recipes.

### Cinnamon

(*Cinnamomum* spp.)



Sweetly spiced cinnamon is an herb most children will recognize from their very own kitchen. As a circulatory stimulant, cinnamon can take the bite out of a cold day or provide comforting warmth for kids with chills during illness. A

little bit of cinnamon goes a long way in helping ease tummy troubles, including uncomfortable cramping, diarrhea or vomiting. Throw a cinnamon stick into a cup of hot water for any easy-to-make tea.

Cinnamon is a welcome addition to herbal teas, syrups and formulas by providing a delicious disguise to less-appetizing herbs. Add the warming powder to cookies, cakes, whipped cream, butter or savory sauces and stews. You can even add it to homemade playdough for a fragrant playing material.

### Growing with Herbs

Herbal allies are wonderful additions to your child's everyday life. If you would like to take your children further into the magical world of herbs, plants and herbal recipe creations, check out the Herbal Academy and the Kids Herbal Camp for easy-to-follow recipes, fun craft projects and printable activity sheets so you and your child can enjoy learning herbalism together! €



Registration is open for the Kids Herbal Camp. Visit: [theherbalacademy.com/product/online-nature-camp-herbalism-kids/](https://theherbalacademy.com/product/online-nature-camp-herbalism-kids/)



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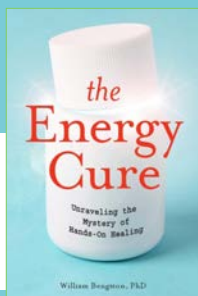
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# Safe Practice

## Special Consideration for Seniors and Children

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Mary Ann Mace

**Y***ou never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.*  
– Buckminster Fuller

### Regeneration and healing: How far can we go?

The field of Energy Medicine offers an assortment of treatments that can benefit all age groups, including children and the elderly. Depending upon the type of Energy Medicine you practice, you might want to consider expanding your services to include these differing age groups, if you have not already. However, whether you currently treat the elderly and children or are interested in servicing these groups, there are a few special liability management considerations to assess. You might think these groups are dissimilar because of the age gap, but they actually share common elements from a liability perspective. While for different reasons, these two groups share physical limitations, consent and mental capacity issues, and as a result, require special consideration from Energy Medicine practitioners.

One of the first items to put into place, and relevant to clients of all ages, is a signed informed consent from a potential senior client or child. However, for seniors and children, there are additional details that must be included in part of the document. Execut-

ing an informed consent agreement depends upon both parties being healthy and of sound mind and for children, aged 18 or older. While 18 is considered legal age (or the “age of majority”) in many states, practitioners are encouraged to verify this by contacting their state government office to confirm legal age (a good resource is: <https://statelaws.findlaw.com/> to check your state law).

Getting an informed consent from a child or senior could turn into a delicate situation. A teen who has read about alternative medicine practices might be curious about a treatment and interested in trying it out. But if the teen is under 18, a parent’s signature is needed. The situation could become awkward for the practitioner if the teen does not want the parent involved. Then with elderly clients, they might resent being deprived of their independence if an adult child has Power of Attorney (POA) and needs to sign off on the informed consent. These instances might be rare, but they are a possibility, and it is best to be prepared for them with a suitable form for these situations.

Additionally, for children and even for some elderly clients, an emergency form (refer to sample form and checklist) is another essential document requiring completion by a parent or guardian. Not your standard documentation of people to call in an

emergency, but a form that includes other important contacts such as doctors, medication and insurance information. Your client intake might already include a section on insurance, but since many practitioners are paid out of pocket, it is a good idea to double up with the information than have none at all.

With physical limitations, another factor to consider for the elderly and children, both groups could have challenges with getting up on a treatment table. For seniors, they would have mobility or dexterity problems that could make it difficult to lift themselves onto a table. Children's problems would more likely have to do with height or even fear of getting up onto an elevated table. An adjustable treatment table, or one with a lift, can be the solution for these issues. If you are an established practitioner, investing in additional equipment might not be a sensible choice, and it could also be a costly decision for a newly established practitioner, so a cost-effective alternative could be to purchase a stepping stool as an aid. Assisting a senior or child up the steps onto the treatment table would be an additional support to guide a fragile or tentative body.

Both younger and older clients could also benefit from placing a bolster or cushions to support a body and ease sensitive areas. Seniors could have arthritis or weakened conditions that can be protected by strategically placed support. Younger clients might benefit from the placement of cushions to keep their small bodies from shifting around too much. During treatment, keep an eye on the client to make sure there is no discomfort or loss of support.


Also, use caution when exerting pressure on a senior's or child's body. Depending on a child's age, it is wise to not press down too hard on a growing body, especially in the joint areas. As for the elderly, there can be arthritic joints and sensitive skin. As we age, skin does become more fragile and easily bruised. Before starting any body work with an elderly client, ask them to point out any concerns they might have with touch and their tolerance for applied pressure.

Off the treatment table, for practitioners who hold group therapeutic sessions or conduct individual body work, there are some things to factor into a

session. Consider the range of movement, strength and size of the older or younger client. For individuals with restricted range of motion, consider including movement options a stiff or less flexible person can do. Even younger bodies might not benefit from poses or movements that put too much physical stress on undeveloped or weaker areas. As part of your intake process for both age groups, find out if elderly clients in particular have had any joint replacements or vulnerable areas of the body. The spine can be an issue for some people who might have problems with degenerative disks or spinal fusions. As for children, scoliosis can be a problem, and twisting a body could be difficult or an uncomfortable movement. In these cases, it would be best to replace certain poses and replace them with less strenuous positions.

Diversifying the type of clients you treat to include children or the elderly can open up new opportunities for your practice. However, you do want to be prepared for the unique needs of these clients. Taking the correct measures to accommodate these age groups can help in making sure you protect yourself and your practice from a liability management perspective. €

*Disclaimer:* This article is provided for educational purposes only and is not legal advice or opinion. This general information is meant to raise questions, educate, create discussion and dialogue around the ethical and legal issues of teaching, learning, studying or practicing alternative and complementary energy healing modalities. You are advised to seek an attorney for any of your professional legal issues, concerns or needs.

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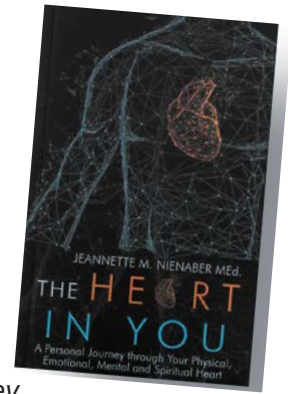
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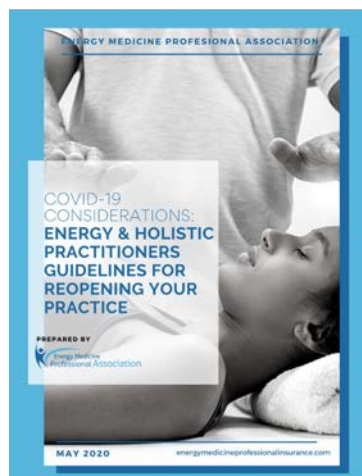


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