

Energy magazine

Sharing Energy - Transforming the World

Sept/Oct 2019 - Issue 105

People all over the planet are developing spiritual curiosity. They are choosing to see their difficult patterns, choosing to understand themselves completely and most importantly, choosing kindness and compassion for themselves and others.

- Susan Wagner





Letter from the Editor

Dear Readers,

What an honor it is to address you for the first time, as the Editor-in-Chief of *Energy Magazine*. It is a true privilege to be holding this position, with so many remarkable women preceding me. As the torch officially passes from Margaret Nies, I wish to extend profound appreciation for her many contributions.

Over the past month, I have spent much time working behind the scenes, aiming to understand both the operations and creative forces of *Energy Magazine*. My first observation was how lucky the magazine, and reader, is. *Energy Magazine* has an amazing team, brilliant columnists and outstanding contributors. As I continued to take in the many tasks and nuances associated with creating a noteworthy publication, I started asking questions. Given I spent years working in healthcare, improving value-based care, I wanted to understand “value” within publishing. Specifically, what value does *Energy Magazine* offer to the energy community? Do readers value the content? How is value expressed? And finally, by offering *Energy Magazine* free of charge, is value being promoted within the clinical practice of energy medicine?

As the last edits were finalized and each article lay across my desk for final sequencing, I continued to ponder these “value” questions. A song from childhood suddenly popped into my head – Turn! Turn! Turn! Written by Pete Seeger and recorded by The Byrds. I paused to express gratitude to my

intuition’s quirky messaging system and spot on assessment.

To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven

The song absolutely echoes much about the current times. At a micro level, Margaret’s departure from *Energy Magazine* initiated change. The crisp Midwest mornings are a reminder of the forthcoming shift of season. Early autumn also marks the beginning of a new school year. On a larger scale, the political atmosphere is reeling from change. And as author Susan Wagner observes, “we are at an important crossroads in time. We are either moving into higher consciousness or falling back...” As subscribers to *Energy Magazine*, many readers are already working within this framework; however, the call to raise the vibrational frequency of humanity and expand universal connection, empathy and togetherness, is intensifying. Stephanie Marango reflects, “we have a visceral understanding of what that means,” and for the benefit of all, she skillfully guides readers through the process of creating open-minded discussions to achieve greater connectivity.

The September/October issue not only focuses on these pivotal concepts, but also, Niki Elliott shares an incredible opportunity to advance social justice in education, authors Ullman, Dahlin and



Bero provide exceptional strategies for supporting you and the children in your lives and practices.

Finally, *Energy Magazine* continues to value the power of personal stories and self-care. Read about one woman's journey into Shamanism and add one or all three self-care techniques to expand your presence, listening and ease.

In my humble opinion, this issue is filled with powerful perspective and incredible value! But please, take a minute to read and answer for yourself. If you find yourself being called to give back, we turn to you for advice and guidance. We are looking to you, valued readers, to help define the future of *Energy Magazine*. Our goal is to have you waiting on the next issue, be it electronic or perhaps, a print subscription. We have designed a brief survey, which will take less than 3 minutes and will offer incredible feedback about the direction you desire *Energy Magazine* to go. ([Click here](#) to take the survey.)

We are all on a journey, of energetic healing and universal connection, and *Energy Magazine* is with you every step of the way.

Angie

Angie Meillier | Editor-in-Chief

 [angiemeillier](#)

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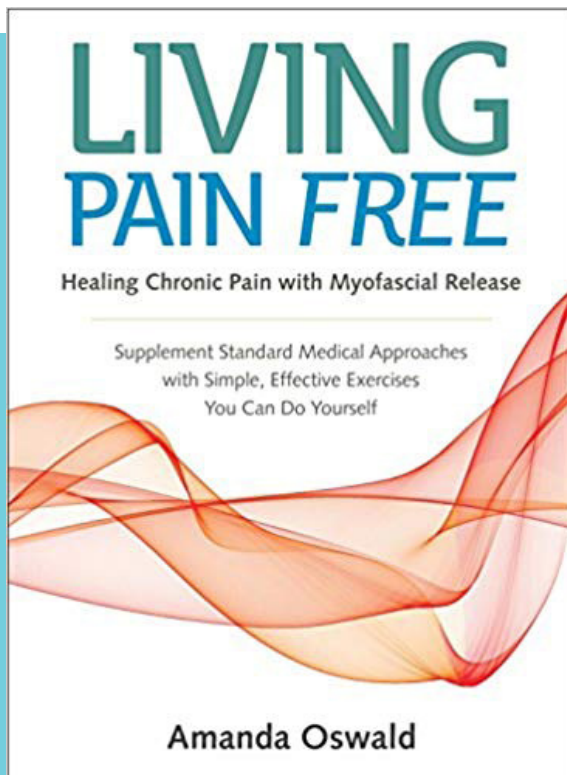


Susan Wagner is a veterinary neurologist whose pioneering work acknowledges the spiritual interaction between people and animals. Dr. Wagner co-authored *Through A Dog's Ear: Using Sound to Improve the Health and Behavior of Your Canine Companion*. She is a Healing Touch for Animals® practitioner, and is the founder of Equine Assisted Awareness, an energy-based equine therapy for humans. Dr. Wagner has been seen on CBS Early Morning and The Today Show on NBC.



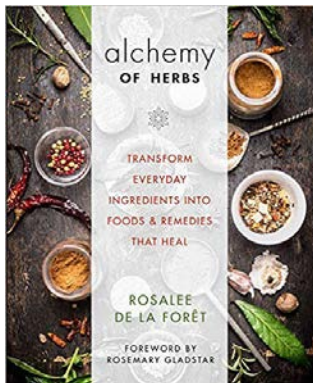
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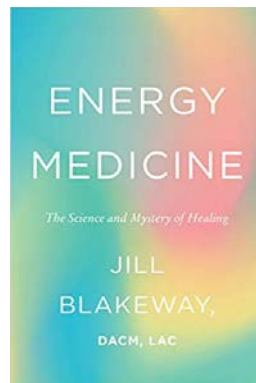


1 | An essential self-help guide to treatment of chronic pain based on myofascial release. This indispensable self-help guide is for anyone suffering from chronic pain and struggling to understand why standard medical approaches have failed them. Taking a mind-body approach, the book clearly and simply explains how chronic pain develops, and why an understanding of fascia—the main connective tissue in the body—is the key to restoring pain-free movement and health. Author and myofascial release expert Amanda Oswald informs readers about the role of fascia in chronic pain and empowers them to help themselves through simple and effective self-care techniques, stretches and exercises.

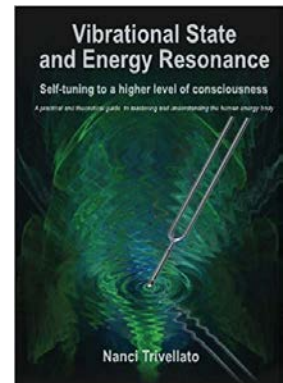
Click on the title's image for more information or to purchase.



2 | Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day or sleepless night with simple ingredients from your cupboard. *Alchemy of Herbs* will show you how to transform common ingredients into foods and remedies that heal. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family.



3 | Today, more of us than ever are discovering the curative powers of Energy Medicine. Scientific studies continue to confirm its validity, and medical doctors are regularly prescribing treatments such as acupuncture to their patients. But even for those of us who have benefitted from such treatments, the question remains: what exactly is Energy Medicine, and how does it work? In *Energy Medicine*, Jill invites us on her global journey to better understand, apply and explain this powerful healing force. *Energy Medicine* bridges the gap between science and spirituality and offers a persuasive, evidence-based case that advances this ancient healing practice.



4 | The Vibrational State (VS) is considered an essential phenomenon for balancing one's energy system, practicing psychic self-defense and acquiring multidimensional lucidity. This original work presents a thorough study of the VS, including unprecedented information and surprising revelations. The information contained in this book is instrumental to a clear understanding of the energy body, its functions and its vibratory levels. Special attention is given to the role of the VS and one's energy field as a catalyst for the evolution of the consciousness.

New 2020 Energy Magazine Calendar

Words of Wisdom

Energy Magazine's 2020 calendar was designed with the intention of combining stunning imagery that shows the flow of energy with uplifting quotes that encourage mindfulness and deep reflection.

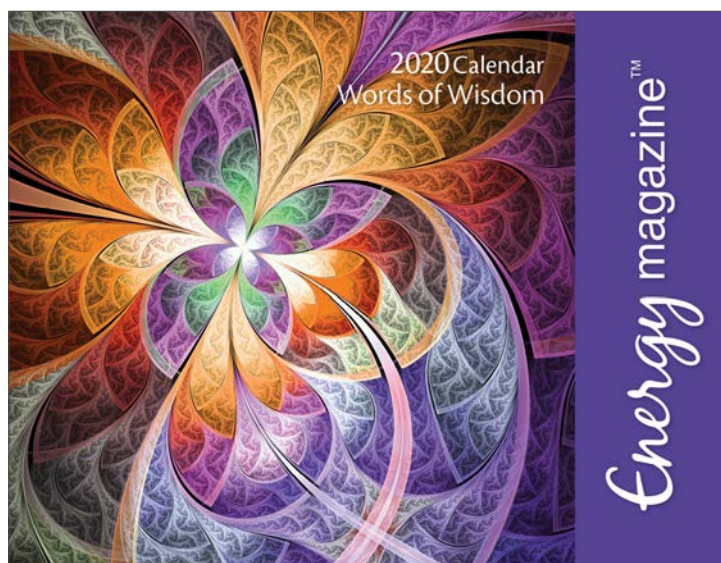
You can influence your environment with beautiful energetic images and positive thoughtful sayings throughout the year. You can do the same for family, friends or clients when you give an Energy Magazine calendar as a gift.

We invite you to take a calming moment every day, tune in, center and still your mind as you read and contemplate the monthly words of wisdom. Find gratitude for each moment, without judgment, and bring yourself into the present to find beauty, fulfillment and peace.

Purchase the new 2020
Energy Magazine Calendar
Pre-order sale \$9.95/each (normally \$12.95)
expires 10/1/19 or while supplies last.

10 pack \$6.00/each \$60.00 total (normally \$12.95/each - SAVE \$69.50)

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**2020
Words of Wisdom**

We invite you to tune in and listen — to the wisdom residing within, behind and underneath these words of wisdom.

Deep listening, seemingly simple and yet, within today's fast-paced society, often elusive. By slowing the breath, grounding the body and quieting the mind, you have an opportunity to go beyond the face value and tap into the true meaning. When practiced regularly, deep listening can become a heightened means of receiving deeper messages from family, friends, colleagues, wisdom keepers and the universe.

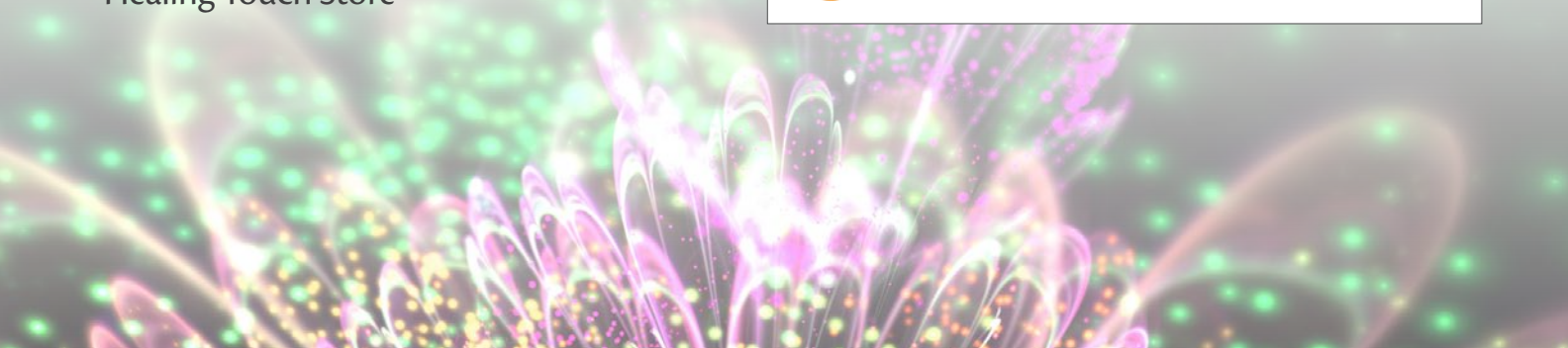
Our goal at Energy Magazine is to offer simple and effective tools to assist you on your journey to energetic health and well-being. May these words and practices resonate deeply each month of 2020, allowing you to become more educated, liberated, inspired and passionate!

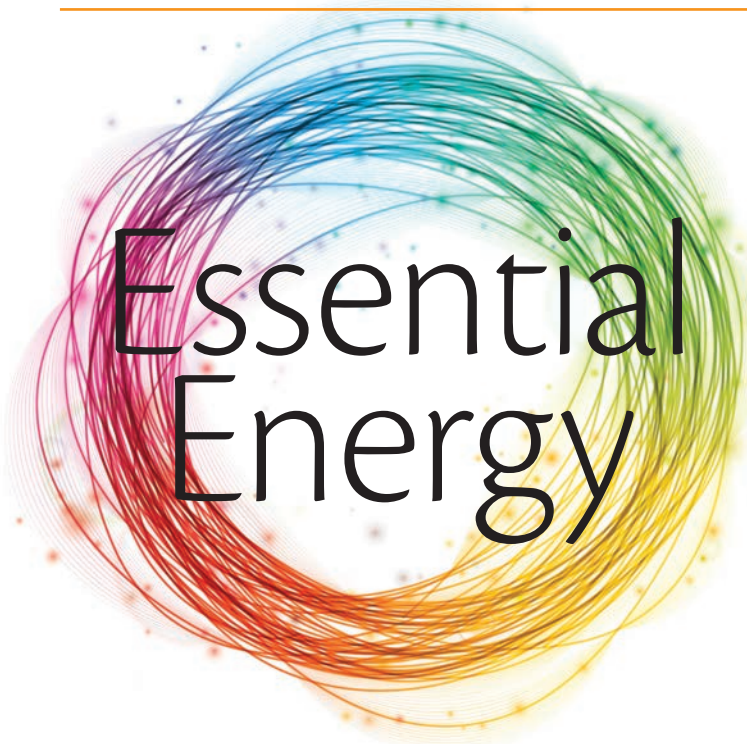
Astronomical events are based on Pacific Time.

 **Energy magazine**
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Wisdom is the reward you get for a lifetime of listening when you would rather have talked.

— Mark Twain





Essential Energy

When Honey Ate the Couch: *Musings on Predictability*

Several years ago, my dog Honey ate the couch.

The Honey of that time was actually an earlier incarnation of my current Honey and had already been alive. I know — convoluted. Let me explain.

In my ex-husband’s family, the only acceptable dog to own is a male Golden Retriever named Honey. My ex grew up with a Honey, which I will call Honey I. I have owned two such Honeys, which I will label Honey II and Honey III. The third is alive. I believe that all three Honeys are actually the same soul, returning over and over. Because of this, they display the same traits. Because of the fortunate — and unfortunate — consistency of these characteristics, the “Honeys” provide me a platform to reflect on predictability and client work.

I have heard many a story about Honey I. As a puppy, he joined his Italian family with a full cadre of idiosyncrasies. Above all, he loved his people. Every member of his family was greeted with incessant barking. So much to tell! So many matters to communicate! And then, there was his love of food.

My ex’s family lived next to Yarusso’s, an authentic Italian restaurant. At dawn, Honey I would sneak out the side door

and sit patiently on the back stoop of the cafe. Pretty soon, the owner would crack open the door and throw out a few meatballs. Partially satisfied, Honey I would saunter down the block and await his dues at another restaurant. After making the rounds, he would settle under the breakfast table at home for his final meal.

Years later, when ready to buy a dog for my youngest son, my ex-husband asked if I would be willing to keep up the Honey I tradition. I agreed.

Along came Honey II, who kept up the tradition of constant chit-chatting. When either of “the boys” would arrive home, he would jump on the couch near the front window and start yapping. Besides loving his people, there was his appetite. His first night in our home, he ate a chocolate Easter bunny that was hidden in a cupboard, along with the aluminum foil. I called the Emergency Veterinarian and they outlined symptoms that would demand immediate care. Honey II was perfectly fine with his steel stomach.

In fact, one day, a huge cement truck pulled up in front of my house. A man got out and rang the door.

“Do you own a Golden Retriever?” he asked.

I said “yes” and looked into the truck cab. There sat Honey II, grinning. Apparently, he had snuck into the front seat and eaten the men’s lunches.

Not long after that, my son threw a piece of pizza under my new green leather couch. Thinking the couch an extension of the crust, Honey II nibbled away the entire couch. What did not pass through his system was left in tatters in the living room.

The current Honey — the third — also talks all the time. And of course, his food fetish is back. In fact, over the summer, he ate every lunch left on the deck by the young man I hired to landscape, even though it was in a lunchbox.

The truth is that every human is as predictable as Honey, notwithstanding comparisons between this-and past-lives. We simply are who we are. We can certainly make minor changes, and often must, to accommodate others and become healthier. As healers, we are part of the team supporting our clients in pinpointing and making necessary shifts. A diabetic might truly need to give up chocolate cake and the agoraphobic learn how to step outside of the house.



Our client will have an easier time making a change if shown how to apply their strongest personality features toward a goal. Imagine that you are interacting with a client with a few of Honey's aptitudes, like an adoration of conversation and eating. Take the challenge up a notch and suppose that the client must lose weight. You could advise them to call a friend every time they want to overeat and to learn how to cook healthy food. The energy work might center in unearthing beliefs compelling any overeating, perhaps holding dialogues to clue in.

While we often experience our own and others' mannerisms as negative, all attributes can be employed positively. What if we could assist a client in perceiving their aptitudes in a beneficial fashion? The ability can then be put to work. For example:

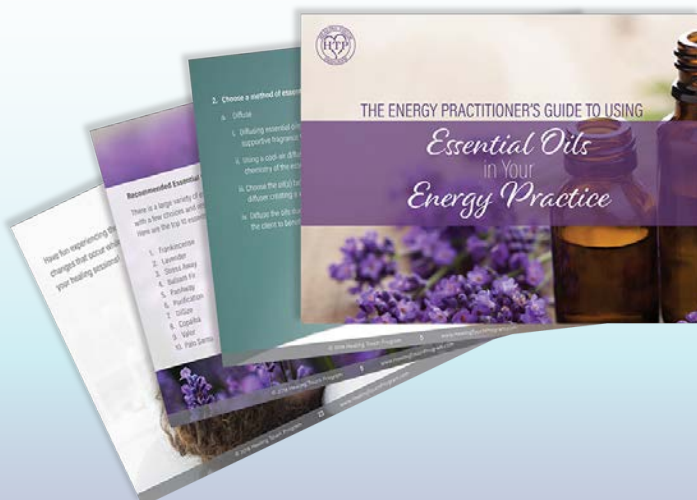
- Stubbornness can be turned into perseverance.
- Spaciousness can lead to intuition.
- Pessimism can enable logical planning.
- Willfulness can become loyalty or dedication.
- Melancholy can formulate reflectiveness.
- Argumentativeness can be the root of persuasiveness.
- And a big appetite can create a great chef!

Though life can be seen as anything but predictability, we can use our predictability to meet our ends. €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling 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: www.CyndiDale.com.

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Anxiety and the Adrenals – Part 5 *Unraveling Fear and Worry*

“If you treat every situation as a life and death matter, you will die a lot of times.”

-Dean Smith

In last issue’s segment on Anxiety and the Adrenals, we spent time discussing the ways we can counter the physiological damage that anxiety creates in the body by using the Spirit Points. In this column, we are going to discuss the meridian of Triple Warmer, examination of how the Triple Warmer meridian organizes energy in the body and how this meridian interacts with our adrenals; these insights will assist us in getting in front of anxiety before the adrenals have reacted and unloaded the sequence of stress hormones.

Triple Warmer meridian governs our Fight-Flight-Freeze response to a danger. When we encounter a danger — say we spot a saber-toothed tiger lounging in the backyard flower bed — our body will have a stress response. Our response to that danger is what we have come to call the Fight-Flight-Freeze response. We fight the tiger. We run from the tiger. Or we freeze like a statue until the tiger gets bored with the flower bed and wanders back into the jungle. The F, F, Fs are designed to keep us safe in dangerous situations. Our ability to get strong and Fight, get fast and Flee or get very still and Freeze, are all

governed by the adrenals. The meridian that governs the adrenals is Triple Warmer.

Triple Warmer is the meridian that determines what is scary to us and sets off the stress response so we get out of the way of the scary thing. This is a good thing. Triple Warmer is best described as our Sentinel. Triple Warmer’s main focus is to keep us safe. As a result, Triple Warmer is the energy that is perpetually scanning the horizon for threats. It is a really a good thing to have this energy making sure we do not step out in front of a bus.

Here is the rub.

It is no secret that there are exceedingly massive amounts of information coming at us. Arguably, more information than any other human generation has had to digest. Triple Warmer has the crushing job of sorting through all those bits of incoming data and it must pick out the dangerous stuff. We smell smoke and because Triple Warmer is in such overwhelm, Triple Warmer reacts to the smell of a burning candle with the same amount of adrenaline as the smell of a burning house. Triple Warmer just does not have the capacity, without intervention, to pause and be discerning. Triple Warmer smells smoke — candle smoke or burning house smoke — and says run whenever you smell smoke. “Better safe than sorry,” Triple Warmer shouts. It makes more sense to Triple Warmer to react to everything with an adrenalized response and survive, than not react at all and not survive.

It is simply not sustainable to react to everything with stress hormones. But Triple Warmer will keep us perpetually primed to run, to fight or to freeze unless we do some intervention.


Donna Eden, author of *Energy Medicine*, has developed several exercises that will help Triple Warmer be a better discerner of true danger, and in turn, provide our adrenals a much-deserved rest..

Triple Warmer Smoothie

1. Place your fingers at your temple. Hold for one deep breath, breathing in through your nose and out through your mouth.
2. On another deep breath in, slowly slide your fingers up and around your ears, smoothing the skin while maintaining some pressure.
3. On the out breath slide your finger down and behind your neck and hang them on your shoulders.



4. Push your fingers into your shoulders, and when you are ready drag them over the top of your shoulder and smooth them to the middle of your chest over your heart and take another deep breath.

to differentiate between the burning candle or the burning house. . . because if we react to every situation as a life and death matter – we will die a lot of times. 

Reference:

Eden, Donna. *Energy Medicine*, 1998, 2008.

Tap Triple Warmer Hand Point to Calm Triple Warmer Meridian

This exercise can also calm anxiety and worry — even when Triple Warmer is triggered.

1. On the back side of your hand, find the groove between the ring and pinky fingers.
2. Simply tap into the groove while thinking of that stress.
3. Tap 10 times in about 10 seconds. Pause for 10 seconds. Tap again for 10 seconds.
4. Repeat until the anxiety begins to abate.



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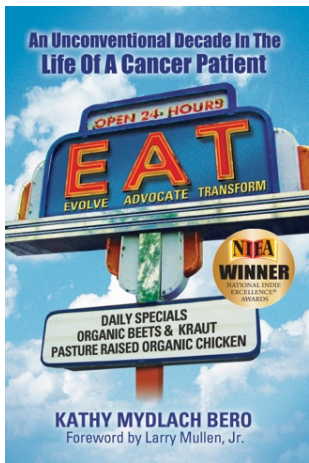
Trace Triple Warmer Meridian Backwards to Calm

1. Take a deep breath in.
2. Using the opposite hand, begin at the temple, trace down over your ear, around to the shoulder, to the elbow and down to the 4th finger — the ring finger.
3. Pull energy off the 4th finger.
4. Trace this backwards slowly 3 times.
5. Repeat on the opposite side.


Calming Triple Warmer Hug


1. Place right hand on your left rib cage — over the organ of Spleen.
2. Place left hand on your right elbow — there is a critical acupoint on your elbow that belongs to Triple Warmer.
3. Take several gentle inhales and exhales.
4. Repeat on other side.

All of these exercises can be done while in acute stress to help calm ourselves. However, these exercises have the most productive impact when they are done on a daily basis. Regular intervention re-routes the neural pathways of Triple Warmer overreaction and encourages Triple Warmer's capacity



One woman defied the odds of dying from stage 4 inflammatory breast cancer when she stepped off the protocol train and used an integrative approach to not merely survive but thrive cancer-free.





Kathy Mydlach Bero
Author, Speaker,
Jikiden Reiki Practitioner,
Western Reiki Master,
Integrative Health Coach

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Intermittent Fasting: *The Buzz in Dieting*

Everyone talks about intermittent fasting but not everyone knows what it means or how it works. It is sometimes called intermittent energy restriction (IER) and it is popularly used for weight control in normal, overweight and obese individuals. Calorie restriction (CR), an older and less popular method, involves consuming less calories than needed indefinitely. While IER and CR are different, many of the same biomarkers for health can be affected by engaging in one or the other. Here are a few questions clients ask me:

“Is intermittent fasting good for me?”

“Are there any dangers to concern the average person looking to control their weight?”

“Who should try it?”

These are all valid questions that are good to have answered prior to making any changes in one’s diet.

What does everyone already know? Excess calories from food and weight gain as body fat are consistently linked to illness, sometimes disability and often result in death.¹⁻³ Studies also show that losing weight reduces type II

diabetes as well as all causes of death.⁴ Weight loss may also increase cognitive and physical function.⁵⁻⁶ It is a lot easier to get into a yoga posture if you do not have to wrestle around your own fat roll!

For years researchers have known that CR, or overall energy restriction, prevents many age-related maladies including tumors, cardiovascular disease, diabetes and cognitive decline.⁷ Consistent calorie reduction over a lifetime has been shown in animals to slow age-related decline in the general function of the body and increase overall life span.⁷

While CR effects are established, IER effects are being studied and show promising results. Many of my patients who attempted CR reported feeling intensely hungry and irritable. Let’s put it this way, none of them have continued to maintain it more than a few years and those were the really tenacious who lasted that long. IER on the other hand is easy for many folks to integrate into their lifestyle, which is why it is a more viable method.

What is IER? Loosely defined, IER is alternating periods of energy restriction with normal eating behavior. IER has become popular due to the “intermittent” factor, meaning one does not have to “diet” or “restrict,” just eat normally at specified intervals. What defines the fast? It can be two consecutive days of fasting per week, alternative days of fasting, or an 8/16 with 8 hours of eating and 16 hours of fasting. To be clear here, it is not 8 hours of straight eating — it is 8 hours of eating normally. Clients do become creative with what works for them around their schedule, maybe fasting until lunch on workdays and having an early dinner on the weekend. The 8/16 method seems to my clients to be the easiest. As one millennial said, “it is justification for skipping breakfast.” When I was a kid we did not snack all day and at night, so calorie intake was naturally less dense than it is now and our bodies rested from food intake after dinner until breakfast. We literally “broke our fast” when we ate breakfast. There is something intuitively satisfying by regulating food intake with the cycle of the sun.

What does the research show? A couple of studies show both weight loss and body fat loss with IER.⁸⁻⁹ Weight loss maintenance is the barometer for success and there are not any solid published studies yet, as those take time. If you ask my clients, though, it is working for the ones who are using it.

To answer the questions posed above, “Is it good for the body.” Yes, IER can be a means for individuals who struggle



with weight to lose weight, body fat and improve their biomarkers for disease. As to the dangers for the average person, there really are not any. That being said, anyone with blood sugar dysregulation should see their doctor before beginning a fast as the interval timing matters to those patients. If you ask me who should try it, I suggest it to almost all patients who have a small to moderate amount of weight to lose and have no health problems (other than being overweight).

For those who want to try intermittent fasting, the easiest way to begin is to eat dinner early, do not snack at night and then skip breakfast. This is a schedule of normal food intake during the day for 8 hours and 16 hours of no food intake. One factor that I discuss with patients is beverages. Black coffee is fine in the morning. Alcohol in the evening is not recommended during the fasting time period. If you have any health concerns at all, see your healthcare provider before beginning.

Good luck! ☺

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The Heart Chakra: Window to Change

Susan Wagner

We are at an important crossroads in time. Now is the end of “fence sitting.” We are either moving forward into higher consciousness or falling back into continued suffering. None of us can stay where we are — the universal momentum is too great.

To be very clear, there is no judgment in our choice. We often become caught up in emotions of right and wrong, when in reality it comes down to physics. I see all of life and its experiences from a quantum perspective. When I say quantum, I mean energy. We live in a world defined by frequency. Of course it is probably much more complicated than that, given all the unanswered questions about entanglement, dark matter and dark energy. But we can let the theoretical physicists have fun with figuring all of that out. To keep perspective simple, let’s stick to the terms “quantum,” “frequency” and “energy.”

The laws of physics governing our planet define the outcome of our choices. For example, if Mother Theresa and Hitler both jumped off a skyscraper, who would go splat? Obviously, the answer is both. Gravity is one of the forces inherent to our planet, so the way Mother Theresa and Hitler were living their lives would not matter in that moment. And when we go beyond gravity to quantum physics, the results are the same.

One area of physics I am especially fascinated with is Nicola Tesla’s concept of magnetic resonance. This theory can be used to look at our own life patterns. Tesla believed that if an oscillating device is placed on a physical structure, it would ultimately cause its demise. The oscillations would resonate with the structure’s inherent frequency and slowly cause it to vibrate. With each oscillation, the energy intensifies and the vibration of the structure magnifies. It is similar to a child on a swing — with every gentle push, he goes higher than the time before. Ultimately the physical composition cannot withstand the force and breaks down. Collapsing bridges and opera singers shattering crystal glasses are two examples of this concept.

If oscillating devices can tumble a skyscraper, how can repeating energy patterns not topple our lives? As with Tesla’s oscillating device, I believe our childhood wounds are frequencies that continually recur in our life’s energy field, becoming increasingly stronger. We believe the obstacles holding us back are new problems, or our current disease is a *new* illness, but they are not. They are physical manifestations of an old issue recurring in different forms. I call this *The Tesla Principle*.

A disease or relationship cannot resolve until we understand what it really is. In fact, that is what



healing is! Healing is becoming aware of our energetic patterns, discovering what they teach us and learning how to stop reacting in a negative fashion. If we become angry victims, we push the swing harder. Once we understand this concept and respond in a positive manner, we slow down the swing. The oscillations become calmer and dealing with the pattern each time it returns becomes easier and easier.

So when we choose to see our patterns, no matter how frightening they may be, we get off the swing and the fence. As we approach our illnesses and issues from a perspective other than blame and victimhood, we move into a higher frequency. And now is the

chakra and its connection to wisdom, synchronicity and healing frequencies.

I realize that connecting to higher realms can occur through other chakras, especially the crown. I also know there is something very special — very powerful about the heart chakra. It is through the frequencies that channel into and emirate from this divine portal that we can connect to universal wisdom, create a safe haven for ourselves and our families, help ourselves heal and become warriors of light. It is through the heart chakra that we also connect with others around the globe, including the planet herself and all animals who occupy her. It is

As we approach our illnesses and issues from a perspective other than blame and victimhood, we move into a higher frequency

time in which we all must choose. We are smack dab in the middle of a universal battle between low and high vibrations — it is Harry Potter vs Voldemort. The more we work with our own patterns in a positive way, the more we empower Harry. We are trying to heal, however, in the midst of chaotic, difficult energy on the planet. No wonder we are all exhausted!

But we are not alone in our efforts. People all over the planet are developing spiritual curiosity. Some are just beginning their journeys while others are fervently walking their spiritual paths. They are choosing to see their difficult patterns, choosing to understand themselves completely and most importantly, choosing kindness and compassion for themselves and others. Every person who does this, no matter how insignificant it seems, is increasing their vibration and helping the battle.

Is there a way we can make the journey less stressful? Can we make our spiritual and healing paths a bit easier and straighter? The answer lies in our heart

no wonder there are so many wonderful programs focusing on heart centered awareness, whether it be opening to compassion or synchronizing the mind with the heart. We instinctively know that the answers to all our questions lie in the realm of the heart chakra.

How can we access these empowering frequencies? As with everything in life, we begin with intent. From the pure intent to live life from heart-centered energy, action steps reveal themselves. Perhaps you have a chakra balancing or energy boosting method you do every morning. Taking a minute to remind yourself of your intention while you are working with the heart chakra can be very helpful. I love sound therapy and will often use tuning forks near my heart chakra to strengthen and clear it. The Inner Sound® Pair Five Tuners I acquired during my Healing Touch for Animals® training are fantastic for this.

The most important way to access the assistance you need is to actively engage the heart chakra for



every dilemma, question and healing activity. When my Tesla patterns return and I begin to feel afraid or angry, I choose to see the pattern and ask for any wisdom embedded in it. I then remind myself of the intent to be in the heart chakra space. I will take a moment and think of something peaceful and joyful. I allow myself to get to a calm state. I will next actively tell myself that I am giving the issue to these frequencies and let it go.

The synchronicity from this process is wondrous. I know when I am actively engaging with heart frequencies that the outcome will be the best that it can be. I ask for clear guidance as to my action steps and it comes. I may not receive it in that moment, but it does show up. The more time spent in quiet contemplation or meditation allows easier access to this wisdom.

Our physical and mental properties will perform at their optimum in this energy as well. We are literally tuning our body and mind to our spirit. When negative mind chatter distracts us, we can simply

intend to come back to the heart. Being in this space also keeps us safe from the chaotic energies swirling around us. In fact, asking for protection from the heart-centered space is a powerful tool when we are feeling threatened. And do not forget to use these frequencies before beginning any creative endeavor. They allow your soul to come shining through and guide the process.

It may take practice to get to the heart-centered feeling quickly, but do not despair. Remember that intent is everything. If you are overly anxious or in a crisis, just tell yourself you are accessing heart frequencies and the connection will form. Repeat the process when you can calm yourself.

I hope that you are able to manifest magical change in your life by continually being present with heart energy. It is so simple, yet powerful. And is that not what we find as we gain more and more wisdom? Simplicity is like a laser beam of light. The least amount of scatter creates the most powerful outcome. ☺

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IT'S NOT WHAT YOU TAKE, IT'S WHAT YOU ABSORB!



Every Body: You, Me + Connectivity

Stephanie Marango

At this point in our time-space continuum, we need a little more *kumbaya* around a campfire. You know — connection, empathy, togetherness, getting-along. At the least, we need to be able to conduct *truly* open-minded discussions about a variety of button-pushing topics. But I am not here to belabor that point.

I am here to help with the 'how.' *How* we remember — despite our seeming differences in race, politics, religion, etc. — we are all connected. So, when we say, 'We are all in this together' we hold a visceral understanding of what that means. Because, at all levels, we are in this [fill-in-the-blank] together.

The proof is in the pudding as we take a magic microscope and peer into the body:

At the gross level, every body is comprised of similar regions and structures like a head, chest and heart. Peer deeper into a structure like your heart, for example, and you see an organ made of tissue that, in turn, is comprised of like-minded cardiac cells (Greek *kardia*, heart). These cells are comprised of organelles like mitochondria (which use the oxygen you breathe to create energy); break the mitochondria down and you will eventually reach the macromolecular level of proteins (carbohydrates, fats are others). Proteins

consist of organic compounds like amino acids (for instance, the tryptophan in turkey), which are made up of elements like carbon. And if you remember the Periodic Table of Elements from your elementary school science class then you know we are not done yet. . .

Carbon is comprised of atoms. We have approximately seven billion billion billion atoms in our (adult) bodies. Atoms are considered the building blocks of all matter and come from stars that lived and died about 14 billion years ago (so when someone tells you that you are 'stellar' they are telling the truth!) But despite their association with matter, atoms are about 99.9999999% 'space' — a tiny nucleus surrounded by a bunch of charges. These charges come from particles like electrons and result in electric and magnetic fields.

Electromagnetic interactions lead us down the rabbit hole known as quantum field theory, which (very) basically states what we perceive as particles — like the aforementioned electron — are excitations of the quantum field itself. This means the electron is not a discrete particle; it is nothing you can touch or pick up; you cannot point to its position. Rather, it is a bundle of energy of the field. As is every particle in the universe — including those of your heart, with



which we started this whole shebang.

The electromagnetic field (EMF) of your heart is a powerful field that may be detected several feet off your body. So, then, you are the body you see, plus 'space' extending around you. What this means is when you are sitting at a café, the person sitting next to you may be in your field (as well as your chair, table, mug, etc.). And you in theirs. Essentially, your fields would be intermingled. What is more, is your fields and theirs are made of exactly the same components. The only difference why you are a 5'4" brunette and he is a 6'2" bald man is not your bits and pieces, but how they are arranged. The same goes for you and your dog, kitchen sink, etc. This means, at this point in the game, there is no 'you versus him,' the two of you are

Just like your mom taught you to do when you were angry as a kid. A measured breath — especially in a button-pushing situation — will give you a moment's pause to remember you and the button-pusher are actually connected and have quite a bit in common.

Breathing for 5 counts? Not a radical suggestion (would you really want it to be complicated?) but maybe one that is simple and convenient enough to do. And, by doing it, maybe you turn a screaming match into a productive conversation and shift the rest of your day from seething to considering. Because talking about important matters angrily/fearfully/etc. is not always as effective as talking about them respectfully. And in the heat of the moment there is not a lot of thought going on. So, if you can

The electromagnetic field (EMF) of your heart is a powerful field that may be detected several feet off your body.

just a bunch of fun-loving fields. And it would likely be very hard to attribute what field particles belong to you versus him.

While the scientific complexity of the café situation is still being understood, the fact you are fields-in-form is Physics 101. Pick up any such textbook and read for yourself. This is not news. And yet, we do not live our lives accordingly. We somehow close the science books, say 'that is nice,' and go about living as if we were actually something different than fields and distinct from those of others.

But, as you have seen, nothing could be further from the truth. At the least, we have the most fundamental aspects of our being in common.

So, to return to the 'how do I remember we are all connected when I really want to go ballistic on the person I am talking to' question, I propose the following: Breathe. Any technique will do, including a straight-up focus on 'inhale, exhale' for five rounds.

just remember to breathe, then you are not only ahead of the game but also shifting it. It gives you the opportunity to choose what quality of yourself you would like to bring to the table (e.g. angry, compassionate, patient, fearful) versus succumbing to circumstance.

Of course, we are not all made from the same mold. There is no one 'right' way to be or behave. The differences that catalyze controversy and make us unique are just as important as our similarities. It is not a matter of 'either/or' but 'and;' we can be connected and individuated simultaneously. Unity in diversity.

That said, we are already well-schooled in the primacy of the individual. Just look at any social media platform for proof; individuals post what they think, eat, wear and read throughout the day. This is why it is time to rebalance the scales and turn greater attention to (re)finding our commonalities. Think of it as the next level of talking about the weather.



Because there is always a point of connection between you and life around you — it is just a matter of caring enough to find it. And I hope you do. Because we are all in this [fill-in-the-blank] together. €

Author Stephanie Marango can be found at www.StephanieMarangoMD.com



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Mindfulness as a Path to Social Justice in Education

Niki Elliott

When I first embarked on mindfulness practices almost 20 years ago, I thought of it only as a tool for personal well-being. It offered strategies for repairing my nervous system after the shock of losing of my first baby and it allowed me to imagine and manifest a life free of asthma symptoms. Over the years, mindfulness helped me cool my hot temper by putting space between me and my natural inclination to “burn down the barn” on many occasions. It was because of these personal life-changing events that I embarked on a career path that now includes leading mindfulness retreats for teachers and other helping professionals.

My passion for sharing mind/body wellness techniques with educators grew in part from recognizing how many teachers, like myself, are physical or emotional empaths who absorb or take on the energy of those around them. This can be especially depleting for teachers who work in communities where students experience higher rates of violence or suffer from the effects of economic disparities. The burnout rate for these teachers is high, leading many to leave the classroom within the first five years of entering the profession.

Teacher burnout affects many aspects of classroom

functioning. In addition to burnout causing a decline of positive interactions between teachers and students, teachers also experience more difficulties in providing effective feedback to their students due to their lack of ability to establish or maintain close relationships with them. A teacher’s occupational stress is very likely to negatively affect their ability to create a caring atmosphere that aligns with their students’ needs.¹ Research shows students taught by disengaged or exhausted teachers have the tendency to become frequently disruptive, struggle both emotionally and socially and meet their education goals less frequently than their well-supported peers.² With this research in mind, I began designing mindfulness retreats to support teachers in the development of self-care routines that would allow them to rejuvenate and learn to set healthy energetic boundaries to prevent empathic burnout and remain in the profession. Little did I know, mindfulness-based wellness practices would become the basis of a social justice revolution in the classroom.

The Mindful Path to Change

Earlier this year, I led a group of teachers from a local school district in Southern California on a 4-day, 3-night mindfulness retreat. My team and I led the participants in a range of exercises and activities



that explored both the science and practice of mindfulness. As is appropriate for public school teachers, our approach was built on teachings within the secular mindfulness movement as promoted by thought leaders like Jon Kabat-Zinn, Daniel Siegel and Stephen Porges.

Each morning began with an optional 7am outdoor yoga class. During workshop time, participants built clay models of the human brain, discussed the inhibitory effect of trauma and toxic stress on learning and explored the healing power of the vagus nerve. Participants practiced evidence-based breathing techniques, structured to reset the autonomic nervous system. They explored the use of visualization and the cultivation of elevated emotions

against Christian religion by practicing mindfulness. And the worry made it difficult for them to completely engage.

When I checked the rest of the room, we discovered approximately ½ of the group had some level of concern about believing they could use their own breathing patterns and the visualizations of their minds to spark a healing response in the body, without invoking God or Jesus to intercede. The concern stemmed from the idea they were denying the power of God to heal. For some, it meant they were putting themselves above God by claiming they could potentially heal themselves with mindfulness practices. What emerged from the initial disclosure was a 90-minute conversation about the role of

A teacher's occupational stress is very likely to negatively affect their ability to create a caring atmosphere that aligns with their students' needs.

to spark healing reactions in the body. For many of the teachers, this was the first time they had been introduced to the possibility that their minds could be used as a tool for self-healing. While most of the them were excited about the possibility of using these techniques to manage their own stress and optimize performance in the classroom, I could sense several 'holdout' participants in the room even though participation was 100% voluntary.

Initially, I thought perhaps 'holdout' participants were uncomfortable with breathing in a new way or closing their eyes in an unfamiliar setting. By the morning of day 3, the real elephant in the room emerged and the true breakthroughs began. I started the day with the usual morning rounds, to assess the emotional temperature. Cautiously, a third-grade teacher raised her hand to share that her group had concerns. She shared although her group was enjoying the teachings and felt relaxed by the practices, in the back of their minds group members were worried they were going

religion in public education — we moved from the role of God in how we heal, to the role of God in how we teach and finally, to who we teach.


One Nation Under God with Liberty and Justice for All

My work with this group of teachers began as a secular practice of mindfulness — one that was consciously stripped of all religious associations and grounded in science to create a program that could be implemented for the benefit of public-school teachers. In that moment, our work together turned into a mindful exploration of whether teachers strip themselves of their Christianity when they enter public schools to teach children who are raised in different religions, cultures and traditions. On the surface, the participants insisted they treat all children fairly and they do not promote their religion beliefs in the workplace. They asserted because it is a public setting, they honor the separation of



church and state. Instead of addressing their initial inquiry about mindfulness and Christianity, I gently redirected them to engage their new mindfulness skills to notice, without judgment, which students they have positive relationships with and which students they struggled to reach. I assigned a 3-hour silent meditation and invited them to become mindfully self-aware of how their interactions with students reflect their Christian beliefs and values. I asked them to notice which students are included and which students are excluded in their classroom. Finally, I asked them to contemplate how the relationships are reflective of their deeply held beliefs, even the ones they would never speak about in a public setting.

At the end of the day, a few teachers approached me privately share. They spoke about how the silent mindfulness practice made them aware of how they have used their religious teachings to silently discriminate against students their faith tells them are unworthy of God's blessings. For example, the teacher did not openly disrespect a homosexual or transgender student in the classroom; however, they allowed other students to bully the homosexual student without stepping in to stop it, because the student's "lifestyle choices" were wrong or against God. Some participants also became mindfully aware they withheld affection, denied attention and/or did not go out of their way to build relationships with Muslim, Jewish or atheist students. Again, these actions resulted from being taught in church that only those who believe in Jesus are saved. I was especially touched by one teacher who told me, "Dr. Niki, I say that God teaches me to love all people, but at the same time the bible tells me there will always be the poor among us. When I think about it now, I think in the past, maybe I gave up on some of the low-income students of color in my class because I accepted the belief that maybe they are supposed to be the poor among us. . . and there was nothing I could do to change that. I choose not to believe that anymore. I need to find another way to apply the teachings of my faith."

For the remainder of the retreat, I watched in awe as the teachers sat at mealtimes and break times, discussing effective ways to reconcile mindfulness with their faith. I was blown away by their commitment to return to their classrooms and uproot injustice as they would now see through new eyes of non-judgmental self-awareness. Once back in the classroom, many of them noticed their own (and their colleagues') behavior toward students in a new light. They also began to see how certain children, particularly African American boys, were treated more harshly than white children for the same behaviors in school. In a follow-up meeting, several teachers reported they have found effective ways to incorporate mindfulness into their existing spiritual beliefs. Some have begun to address the inconsistencies in their faith and how it plays out in the classroom and in their work with children. As one teacher reflected, "mindfulness has shown me that if Jesus told me to love my neighbor as myself, I have to be mindful of whether I actually love myself first. That's the self-care part of what you taught us. Then, I have to remain mindful of whether I truly am sharing my love with **ALL** of the children I have been called to serve. That's the social justice part." 



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Safer, Homeopathic Alternatives for Children with ADHD

Dana Ullman

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In 2004, American physicians wrote over 28 million prescriptions for ADHD (attention deficit hyperactivity syndrome) drugs, and by 2008 alone, this number increased substantially to over 39 million. Despite these scary-high numbers of powerful psychiatric drugs prescribed for our children, the *Washington Post* reported on a large multi-center federally funded study that “confirmed there were zero long-term differences between children who were continuously medicated and those who were never medicated”.¹

Hyperactivity and its related syndromes (ADD: attention deficit disorder; and ADHD: attention deficit hyperactivity disorder) has become America’s #1 childhood psychiatric ailment. One of the common drugs to treat children with ADD and ADHD has been Ritalin, and its use has become so common that some people are calling it “vitamin R.”

It is initially surprising and confusing to learn that Ritalin is an amphetamine-like drug. One would think that this type of drug would make hyperactive children even more hyperactive. However, when Ritalin is prescribed to children who are already hyperactive, it tends to slow them down. Ironically, the use of a drug that causes symptoms similar to those as those of the patient is actually the basic

principle of homeopathic medicine (treating “like with like”).

Ritalin and a select number of conventional drugs (including digitalis, nitroglycerin, colchicine, allergy shots and vaccination) are all known to cause the various symptoms they are known to treat. Despite this fact, none of these drugs are considered true “homeopathic medicines” because homeopaths use much smaller and safer doses of their medicines, plus a homeopathic medicine is individualized to the patient and the unique syndrome of whatever disease the sick person experiences.

Although Ritalin and other psychiatric drugs given to children with ADD or ADHD may provide short-term benefits, research to date has found that these drugs do not provide long-term benefits. However, even scarier is the fact that even *Newsweek* noted, “There are no definitive long-studies to reassure parents that this stimulant isn’t causing some hidden havoc to their child.” And many people today believe these drugs do create havoc.

The most common side effects of ADD/ADHD medication are restlessness, anxiety, tremors, headaches, allergic reactions, dizziness, abdominal discomfort, heart arrhythmia, increased blood



pressure and psychosis (including hallucination). Children who take these drugs are also known to experience a reduced appetite, and in part as a result of this, some children experience a dramatic reduction in height. When a drug can have such deleterious systematic effects as reducing a child's height, one has to acknowledge that such drugs can create other significantly serious impacts on the lives of the children who take them.

Clearly, it makes sense for parents and doctors to explore and even exhaust safer methods of

disprove the entire system of homeopathy.

In other words, just because one antibiotic is not effective in treating an infection does not mean that another antibiotic will not be effective.

The challenge that homeopathy presents is that it, like acupuncture, is largely dependent upon the clinician and his/her knowledge of their system of healing and his/her ability to find the individually chosen treatment for patients and their idiosyncratic ailment. Despite the complexity of providing

Clearly, it makes sense for parents and doctors to explore and even exhaust safer methods of treating for ADD and ADHD before resorting to conventional drugs.

treating for ADD and ADHD before resorting to conventional drugs. Homeopathic medicines provide one viable alternative and several double-blind studies published in medical journals have confirmed good results and much safer treatment. That said, it should be acknowledged that at present there has been only a handful of studies testing homeopathic medicines and not every study showed efficacy of treatment. However, because some studies have shown benefits of homeopathic care and because these medicines are so safe, it is reasonable to consider homeopathic treatment before resorting to more risky therapeutic measures.

More research is certainly warranted. In the meantime, readers will benefit from knowing that there are different ways that homeopathic medicine is practiced, and although one style of prescribing these natural medicines may be shown to be effective in one or more studies, these results do not necessarily mean that all methods of using homeopathic medicines are similarly effective. Likewise, when a study shows no obvious benefits from one strategy to using these medicines, this does not necessarily

individualized homeopathic treatment, children will more likely benefit in the long run when their parents explore safer therapeutic measures.

A Study Comparing Homeopathic Treatment and Ritalin

Numerous studies testing Ritalin have found it to be effective in the short-term. The question then becomes: how does homeopathic treatment compare with it?

A study in Switzerland evaluated 115 children (92 boys, 23 girls) with an average age of 8.3 years at diagnosis of ADD/ADHD.² The children were first treated with an individually chosen homeopathic medicine. Children who did not improve sufficiently on homeopathy were changed to Ritalin and evaluated after 3 months. After an average treatment time of 3.5 months, 75% of the children responded favorably to homeopathy, attaining an improvement rating of 73%. 22% of the children were treated with Ritalin and attained an improvement rating of 65%.

The children were evaluated according to the



Conners Global Index (CGI), which is the most respected scale that measures the degree of hyperactivity and attention deficit symptoms. The children who responded to the homeopathic medicine experienced a 55% amelioration of the CGI, while the children who responded to Ritalin experienced a 48% lowering of the CGI. Three children did not respond to homeopathy or Ritalin, and one child left the study before completion. The researchers concluded that homeopathic treatment was comparable in its benefits to Ritalin — and homeopathic medicines simply do not have the side effects that Ritalin has.

Because this study was not placebo controlled, one does not know if the good results are from the homeopathic medicine or from the homeopathic interview (or a combination of them both). In any case, this study showed that 75% of the children with ADD/ADHD benefited from the “package of care” provided by homeopaths, a better result than the “package of care” provided by conventional pediatricians. Although skeptics of homeopathy insist that homeopathic medicines are placebos, these skeptics unwittingly suggest the metaphysical thesis that each homeopath is magically endowed with special healing powers, especially since most people who seek homeopathic treatment experience chronic problems for which long-term conventional medical treatment has not provided adequate resolution.

A Major Study Published in the “European Journal of Pediatrics”

Although the previous study was not double-blind or placebo controlled, this next study was both — and even more. This next study included a sophisticated research design that included a “crossover” effect, that is, half of the patients begin with a placebo treatment, while the other half begin with a homeopathic treatment, and then, after 6 weeks, the groups each receive the other treatment (or placebo). This sophisticated design therefore seeks to compare each child under homeopathic treatment with that same child under a placebo.

The famed *European Journal of Pediatrics* published an article that included two studies: a clinical observation study followed by a randomized, double-blind trial. These studies concluded that homeopathy has positive effects in children with attention deficit hyperactivity disorder (ADHD).³ A total of 83 children aged 6-16 years, with ADHD diagnosed using the Diagnostic and Statistical Manual of Mental Disorders-IV criteria, were recruited.

Prior to the randomized, double-blind, placebo-controlled crossover study, the children were treated with individually prescribed homeopathic medications. The 62 patients, who achieved an improvement of at least 50% in the Conners’ Global Index (CGI), participated in the trial. The responders were split into two groups and received either homeopathy for 6 weeks followed by placebo for 6 weeks (arm A), or vice-versa (arm B).

At the beginning of the trial and after each crossover period, parents reported the CGI and patients underwent neuropsychological testing. The CGI rating was evaluated again at the end of each crossover period and twice in long-term follow-up. At entry to the crossover trial, cognitive performance such as visual global perception, impulsivity and divided attention, had improved significantly under open label treatment ($P < 0.0001$). During the crossover trial, CGI parent-ratings were significantly lower (this means the child was “better”) under homeopathic treatment (average 1.67 points) than under placebo ($P = 0.0479$). Ultimately, the CGI and parent ratings showed a 37% and 63% improvement over the long-term observation period of 14 weeks ($P < 0.0001$). The teachers also found an improvement in the homeopathic treated group vs. placebo in the CGI by 28% and in the teachers’ rating scale by 37%.

An interesting feature of this study was that the homeopaths only met with each child once and carried out follow-up visits only with the child’s parents. This strategy was to minimize contact the child’s contact with the homeopath in order to minimize possible psychological support from the clinician.



A Double-Blind Study Using a New Unconventional Style of Homeopathy

It should be freely acknowledged that not all studies verify the efficacy of homeopathic medicines. Because the results of homeopathy are best evaluated when these medicines are individually selected to each patient, some clinicians are simply better and more accurate prescribers of these medicines.

A randomized, double-blind, placebo-controlled trial was conducted with 43 children between 6 and 12 years of age who met the DSM-IV criteria for ADHD.⁴ The 43 subjects were randomized to receive a homeopathic consultation and either an individualized homeopathic remedy or placebo. Patients were seen by homeopathic physicians every 6 weeks for 18 weeks. In this pilot study, a new, unconventional style of homeopathy was practiced by the physicians, called “the Bombay method” (aka “the Sensation method”).

There were no statistically significant differences between homeopathic remedy and placebo groups on the primary or secondary outcome variables, including the Conner Global Index scale and various other scales. However, there were statistically and clinically significant improvements in both groups on many of the outcome measures.

This pilot study provided no evidence to support a therapeutic effect of individually selected homeopathic remedies in children with ADHD. The researchers concluded that a therapeutic effect of the overall homeopathic package of care (the homeopathic encounter and homeopathic medicine) was beneficial and warranted further evaluation.

A Double-Blind Study Comparing Homeopathy and Placebo

John Lamont, PhD, a psychologist in Southern California, conducted a trial of 43 children with attention deficit hyperactivity disorder (ADHD).⁵ He randomly assigned half of the children to receiving a placebo and the other half to homeopathic treatment. The researcher, the parents and the

children did not know which children were given the homeopathic medicine or the placebo.

The evaluations of improvement were based on parent or caretaker ratings of ADHD behaviors. A simple 5-point scale was used: Much worse (-2); a little worse (-1); no change (0); a little better (+1); much better (+2). Parents or caretakers were contacted by telephone 10 days after remedy/placebo taken and again after 2 months.

To avoid any potential influence from the homeopath, he had no further contact with children except during the initial testing and case-taking interview. Even the medicine was not given directly to the patient by the homeopath but was sent via the mail.

All children in the experiment came from foster homes or from parents under the supervision of social workers. The average age was 10 and there was a mixture of races: 47% Hispanic, 35% black and 18% Caucasian.

The children were only accepted into the trial if they fit the specific criteria for ADHD, as determined by the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM-IV). Children who were on medication for ADHD could be accepted for the study but only if they had been on this medication for at least six weeks. The latter condition was determined because Dr. Lamont did not consider it wise to admit children new to medication in the trial since it then could not be ascertained if improvement was the result of their conventional or homeopathic medicine.

Half of the children were given an individualized homeopathic medicine and half were given a placebo that resembled a homeopathic medicine for 10 days. After this, the half that was given a placebo received an individualized homeopathic medicine. Neither the children nor their parents were told that they might be given a placebo because the researcher did not want to influence the parent or the child with the knowledge that the second round of medicines would be the “real” ones.



Only the 200C potency of an individualized homeopathic medicine was used, based on the homeopath's small pilot study of 15 patients in which a trend was observed that the 200C was more effective than 30C.

The mean improvement scores after 10 days were .35 for the placebo group and 1.00 for the homeopathically treated group ($p=.05$). The greatest improvements were noticed by the third day, while a smaller number showed improvement after 10 days.

Children who were initially given a placebo were given a homeopathic prescription after 10 days and then compared with their earlier score. The mean improvement scores were .35 for the placebo group and 1.13 after a homeopathic medicine was given ($p=.02$).

When parents reported that improvement from the treatment was not obvious, the homeopath prescribed a second or a third remedy. When comparing the results after these remedies, improvement from the homeopathic group was 1.63 and from the placebo group was .35 ($p=.01$).

Besides the improvement 10 days after the homeopathic medicine, follow-up interviews observed that the majority of children treated homeopathically experienced sustained and increased improvement in their condition. In total, after 2 months, 57% of children experienced continued improvement; 24% showed improvement for several days or weeks following homeopathic treatment but relapsed by the 2-month interview. 19% said that they only observed improvement while taking homeopathic treatment (one could guess that this improvement was primarily from the placebo effect).

A second homeopathic remedy was given to 18 of 43 subjects, and 7 required a third remedy. Phone calls were made 10 days after each remedy, and if it seemed that the remedy was not working, a different medicine would be prescribed.

Only three children were dropped from the trial, and this was the result of changes in dosage of anti-ADHD prescription after homeopathic treatment.

In summary, this study showed that the effects of the homeopathic medicine were relatively rapid (usually within 3 days) and a 2-month follow-up found that 57% of the children experienced sustained and increased improvement.

The Cochrane Collaboration Review

The Cochrane Collaboration is an internationally respected group of researchers who evaluate research. In their review of homeopathic treatment of children with ADD/ADHD, they concluded, "There is currently little evidence for the efficacy of homeopathy for the treatment of ADHD."⁶ It is important to note that they stated that there was "little evidence" not "no evidence" that homeopathic medicines have been shown to be effective in the treatment of children with ADD/ADHD.

Further, it should be noted that the Cochrane Collaboration maintains a very high standard for their definition of "efficacy," and they commonly note that there is "little" or "no" evidence for various commonly used conventional medical treatments, despite the billions and billions of dollars spent on them by individuals, insurance companies and governments.

The additional challenge to homeopathy and to homeopathic research is that various studies testing this system of medicine are often substantially different from each other, making it more difficult to evaluate them together. Because of this, the Cochrane researchers recommended "more targeted research to test different treatment protocols."

Because virtually no money is granted to homeopathic research by governments and because the "homeopathic industry" is so small in comparison to Big Pharma, there is considerably less research conducted with homeopathic medicines.



Still, the Cochrane Collaboration's review of homeopathic research on children with ADD/ADHD rightly acknowledged the high-quality research in some of the above studies,^{3,4} and they acknowledged that various studies in homeopathy utilize different styles of homeopathic treatment.

Ultimately, both physicians AND parents need to be reminded of Hippocrates' most famous dictum, "First, do not harm." Although Hippocrates directly this wisdom to physicians, it is certainly good advice for parents too.

Link of Pesticides to ADHD

An article on this subject would be remiss if it did not also mention and reference some extremely new and important research that has shown a strong connection between pesticide exposure in children to ADD/ADHD.⁷ Published in the famed journal, *Pediatrics*, this group of Harvard researchers and others showed that organophosphate exposure, at levels common among US children, may contribute to ADHD prevalence.


More specifically, using cross-sectional data from the National Health and Nutrition Examination Survey (2000-2004) were available for 1139 children, who were representative of the general US population, the researchers found 190 children who met the criteria for ADHD.

Six concentrations of urinary dialkyl phosphate (DAP) were measured to determine body burden. The researchers uncovered the fact that one or more metabolites were detected in roughly 94% of the children tested. A common chemical called dimethyl alkylphosphate (DMAP) was present in 64% of the children studied. The children with the highest concentrations, especially of DMAP, were twice as likely to have ADHD as those with undetectable levels.

Ultimately, a 10-fold increase (!) in urinary concentrations of organophosphate metabolites was associated with a 55 to 72% increase in the odds of ADHD, which means that children with a higher

concentration of these chemicals were 55 to 72% more likely to be diagnosed with ADHD.

Organophosphate pesticides have been linked to neurodevelopmental issues in the past, including memory, concentration and hyperactivity. Researchers have conducted similar studies on children regularly exposed to pesticides, like those living on or near commercial farms. This study was a first of its kind in that it did not isolate its research on children with a known exposure.

This new research did not investigate anything to do with homeopathy. However, previous research in animals and humans who were exposed to environmental poisons has shown benefits from homeopathic medicines.⁸ 

 Author Dana Ullman can be found at www.Homeopathic.com

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Things That Go Bump in the Night: Working with Children and Fear

Titanya Monique Dahlin

The only thing we have to fear is fear itself. – Franklin D. Roosevelt

The energy of Halloween is upon us. While some young children find excitement in the creepy decorations, costumes and ghost stories, these visuals may bring up fearful emotions for other kids. Many parents and teachers have noticed children born during this time are extra sensitive beings — more empathic and intuitive than their predecessors. Parents are also aware of the necessity to be more conscious of their sensitive child's needs.

A child's imagination is so much greater than adults because children constantly live in the world of make believe and fantasy. For children, a scary story can expand in their minds, play with their feelings and then a small ugly lizard can become a huge powerful dragon in their worst nightmares. Our greatest fears come from our own thoughts. We can blow up a small image into something so huge it consumes us, until it may turn into something more detrimental to our psyche.

Fear can also be thrilling — like riding on a roller coaster or walking through a haunted house. These types of thrills can be addictive and unpleasant at

the same time. These contradicting pleasures give you a sudden burst of adrenaline, which is why some of us crave it. Throughout evolution, fear has been our greatest teacher of survival. Fear can be a teaching tool if we learn from it and do not allow it to control our lives.

What happens within our bodies when we get scared?

Fear makes our hearts beat faster; our mouth goes dry and our palms sweat. We may get 'butterflies in our stomach' when we speak in front of a class or our breathing may stop when a child knows the bully is right around the corner. The burst of adrenaline that happens also makes our senses — eyesight and hearing — sharper. Being aware of these reactions can keep us attentive and 'on our toes,' as well as save us from dangerous situations.

When we are stressed, blood tends to leave our heads and move into our limbs for the fight, flight or freeze response. We react by choosing to stand and fight, run away or freeze in our tracks. We call this the Triple Warmer Effect in Energy Medicine, related to The Triple Warmer Meridian. Triple Warmer is an energy system in the body whose main job is to fight off illness and stress when you are under extreme pressure. Triple Warmer is like a great warrior that is



always there to help you survive. In fact, in Chinese Medicine Triple Warmer relates to three sections of the body (upper, middle and lower) as well to the three different ways of dealing with stress.

In life-threatening circumstances, Triple Warmer energy helps us live. It marches into action when we are in a near death situation, such as anaphylactic shock or suffering with a severe allergy to a food or medication. Triple Warmer energy proudly steps in to help with the danger. Remember the burst of adrenaline that happens in these circumstances? This is the same energy system that has been known to give a boost of strength to a parent in drastic situations, such as lifting a heavy car off a child's body in a car accident.

smallest of situations.

With your children, Triple Warmer can raise its scary head in anticipation of taking a test in school or encountering a bully on the playground. As a parent, when you are stuck in traffic trying to make it in time to your kid's soccer practice, the Triple Warmer effect can make you react as if a saber-toothed tiger were chasing you. Before you know it, you are yelling at your kids for no reason.

Triple warmer is about survival habits and is very smart! As your body's militia, it has established strategies which have literally saved your life throughout our evolution. – Donna Eden, My Mother and Holistic Health Pioneer

A child's imagination is so much greater than adults because children constantly live in the world of make believe and fantasy.

This warrior-like energy system has not changed in our body since the time of our ancestors, who were in survival mode all the time. Their daily routines included helping their tribe endure through harsh winter seasons. This Triple Warmer system was essential in ancient times when physical survival was paramount to protect you and keep you safe.

In normal everyday occurrences, Triple Warmer can swoop in like a superhero to save the day but unfortunately, it also pops up at times when it is not welcome. This natural stress modality has not evolved in our energy system and like a bad habit, Triple Warmer will often overact and become a driving force in your life, making you feel like you cannot relax. It does not recognize the difference between a real physical threat such as a stressful classroom or a house full of screaming kids or a giant woolly mammoth. Triple Warmer still mimics the same prehistoric patterns of panic and fear in the

There are literally about 30 different hormones that come in to help you react when your body feels danger. When your child feels like the scary monster is under their bed, their breathing speeds up to supply the lungs with oxygen to run away. Their heart races and pumps more blood to the brain and muscles to fight or their in preparation for a fight. Or freeze to be so still the monster will not notice them underneath the covers.

Fear can sometimes cripple and freeze us to the point where we cannot move. I believe freezing in fear is the worst of the three reactions. We feel paralyzed and therefore the energy gets stuck and feelings may stay inside us for years. When energy/emotions get trapped in our body, they can develop patterns of hidden psychological blockages or disease. We can push away the monsters, but they never really go away — only out of sight for a while, just to resurface at another time.



What happens with the emotion of fear, over time?

Fear takes us off our rhythm and we have to catch our breath to get back on track. Studies show fear and shock can make the heart lose its own rhythm as well. Experiencing too much fear or nervousness can interfere with our daily lives, especially with children, who are trying to find their own individual rhythm. If they know the bully is awaiting them at school every single day, it can trigger a habitual state of internal anxiety and fear.

As noted in the work of many neuroscientists, biologists and alternative medicine scientists such as Candace Pert, Bruce Lipton and Carolyn Myss, traumas hidden away in childhood will stay in our cellular memory, only to arise later in different but similar situations. Emotional triggers within the traumas can activate the negative cellular memories and one can experience similar stress, sometimes even worse than the initial stress, as different layers have been formed within the psyche.

When our body has a long-term habit of experiencing fear and anxiety, it can lead to being in a constant state of Triple Warmer reaction or in the “on” position all the time. This is when we develop phobias and anxieties in life. If we have not dealt with our initial emotions of fear or anxiety, sometimes an experience similar to our initial fear/shock can trigger us into a similar fearful state.

As a child grows into a young person, the patterns can get embedded in their psyche and cause emotional, mental or physical ailments. Chronic fearful conditions can lead to cardiovascular damage, heart palpitations, gastrointestinal problems such as ulcers and irritable bowel syndrome, panic attacks, depression and fatigue among so many other things. If we have not dealt with this state of anxiety and fear, we do not enjoy the fullness of life as much as we could.

We have forgotten a lot of the monsters that seemed to live... in our room at night. Nevertheless, those

memories are still there, somewhere inside us, and can sometimes be brought to the surface by events, sights, sounds, or smells. – Fred Rogers

Fear separates us from our true selves and makes us vulnerable. Shame and embarrassment lie at the heart of fear. It can start early in a child's life and cut them off from communicating to their parents or guardians. Fear invades our cells and forces us to hide and create a lack of communication, hiding a secret that is all your own. The energy of the experience gets submerged and may later fester in poisonous ways inside your body or psyche.

Sometimes a parent or teacher can even bring shame to a child by dismissing a child's fear. The child can get embarrassed and think what they were feeling was wrong, believing there is something wrong with them. Children always want to please their parents and teachers and to gain approval from them. A parent's disapproval can make a child judge themselves, thereby creating a harmful pattern that continues far into their adult life. If a child feels embarrassed or ashamed by their response, especially when an authority figure dismisses their fear, they can hide their feelings away in denial. If, as a child, we do not receive acknowledgement from our guardians that the fear for us is real, we can hold onto these emotions within us and hide them away, especially if the adults of our childhood did the same thing. Children are like sponges and can easily learn and unconsciously mimic what their parents do.

What happens when we suppress the fear?

Sometimes a parent wants to quickly save their children from fear and help them forget the scary experience and substitute it with a positive experience, “Let's go and get an ice cream cone!” This temporary fix can help, but if the child and adult do not deal with the initial fears, then this is only a temporary band aid. The emotions will still be stored deep inside the child and they will have to deal with them later. The ‘boogeyman’ will still be lurking under the bed or in the closet and the child will know it.



As their guardian, if you keep dismissing the child's initial fears, it will not empower them for future life struggles. As the child grows up, they will not learn to stick up for themselves and find the confidence they need to stand up to their fears.

If we begin to work with the child's reactions right when their fears happen and allow them to recognize their true feelings, we can melt their terrors, so they do not rear their ugly heads in the future in bigger ways. When you dissipate the anxiety of the trauma and get the child to figure out a better scenario or cure for their monsters, then the images do not become the bigger dragons but instead, show their "true selves" as the small lizards they are. In this way, the dragons do not live on within the child to show themselves later on as an adult. Then and only then, go and get them an ice cream cone!

Teaching Eden Energy Medicine Exercises to your children can bring about a powerful liberation from their fearful thoughts. All the energy exercises mentioned here will help our old friend Triple Warmer relax and then our nervous system can bring in a sense of comfort, creating a feeling of self-protection that your children will have for the rest of their lives.

The Forehead/Backhead Hug

This energy exercise can help ground a child's energies and reprogram their thoughts so they are not persuaded by the scary fantasies in their mind. When your child has a nightmare, cannot stop thinking about something fearful or is panicked or nervous do this exercise to calm them down. This calming hold will bring more blood and oxygen back into the brain and help them relax. This is also great for insomnia, when your child cannot go to sleep.



1. Make your child comfortable. Calm them by holding their head — place your palm on their forehead and your other palm on the back of the head.
2. Hold their head for up to 10 minutes or until you feel a pulse. The child will find it hard to hold onto their scary feelings.

The Fear Tap

This is an easy little tool for you or your child for empowerment when either of you are caught in fear or anxiety, and parents can teach and demonstrate to their children how to do this. It becomes especially helpful when your child is alone.



1. Tap on the back side of your hand, halfway between your wrist and your fingers, in between your fourth and fifth fingers.
2. Tap on the other hand too for extra benefit.
3. You may want to even say a little affirmation. *"Even though I am so scared, I am brave and can face my fears!"* or *"Even though I am nervous, I know I can do it!"*



The Dragon's (or Dinosaur) Roar

This energy exercise is used for anger and frustration, but also when a negative image is stuck in our head, such as a nightmare or a traumatic experience. Release the stress and tame your own inner dragon!

1. Stand firm and place your hands on your thighs, feeling your energy going down your legs like strong roots into the earth. Breathe in and out.
2. With a deep breath in swing your arms out to your sides as you imagine a mighty dragon's or pterodactyl wings. Bring arms high above your head.
3. Imagine something you are fearful or angry about or an experience that keeps playing on in your head. Grab onto it with your fists.
4. Like a powerful Dragon (or Dino) with a fire breath, make a loud roaring sound, as you bring your fists down fast, through the central space in front of you.
5. "Roooooaaaaarrrr!"
6. Open up your fingers at the bottom and throw the "icky energy" to the ground! Imagine it leaving your body.
7. Repeat 3 times. On the 3rd time, do it slowly. When you get to the bottom, push out the last remaining breath from your throat like poison from the Dragon's (Dinosaur's) throat. Make the sound, "Haaaaahhhh...."



8. Open up your Dragon wings of light and bring in positive feelings once more as you close your wings around you, landing on your heart with a positive feeling or affirmation. "I am not fearful of this situation anymore and I am brave!"

We all want to protect our children and create a better life for them than we had. They will come up against fear and challenges their whole life, whether it is a neighborhood bully or an abusive spouse. Over time, ugly confrontations get easier as they encounter and tame their own dragons. Help them find their own power and strength. Be their cheerleaders and their confidants, so that learn to face their own demons. Meet the child where they are at and empower them with courage and love, so that they create a better energy on this planet for their children and for years to come.

These Eden Energy Exercises come straight out of Titanya Monique Dahlin's upcoming book, *The Energy Playground*. All rights reserved. Permission to duplicate this article is required in writing. €

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Add Sunshine To Your Day

Kathy Bero

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www.KathyMydlachBero.com

Perhaps you are already familiar with a healthy body's key nutrient — vitamin D3. It is arguably the most important essential nutrient, working to keep your bones strong and inflammation in check while reducing your risk of developing chronic disease or improving disease outcomes. Vitamin D3 tends to be the one supplement doctors strongly suggest their patients take. In fact, most oncologists will tell you they take it as part of their own cancer prevention strategy and while there are a variety of ways to obtain this essential hormone, the most simply effective way is free for the taking — the sun.

Most likely you have never thought about photosynthesis outside its role in helping plants create food from carbon dioxide and water, so you might be surprised to discover that humans also use photosynthesis to create Vitamin D, which begins when your skin is exposed to the sun's ultraviolet radiation (UVB). A form of cholesterol found in your skin called 7dehydrocholesterol absorbs UVB and converts it to cholecalciferol, a pre-vitamin form of vitamin D. That pre-vitamin travels through your blood stream to the liver where it begins to be metabolized and turned into 25hydroxy vitamin D. Then, it moves to the kidneys where it is converted into 1,25-dihydroxy vitamin D, the form your body can use. More simply put, the whole process begins

when the unprotected skin on your arms, legs, back and face is exposed to the sun for as little as 10 minutes for fair-skinned people and up to two hours for dark-skinned people. Do that three times each week between the hours of 10:00 am – 3:00 pm and you will be good to go. Because vitamin D is fat soluble, your body will store it for extended periods of time, and if you follow that simple program between the months of April and September in the northern reaches of the globe, you will have stored enough Vitamin D3 to get you through those long winters. If you live in a warmer climate, do the same. You cannot store too much of this vitamin.

The Discovery of Vitamin D

The use of vitamin D as a supplement dates back at least 750 million years before land animals roamed the earth. According to the Boston University Medical Center,¹ phytoplankton in the oceans were the first creatures to convert the UVB penetrating the water column into vitamin D2, which they used as a natural form of sunscreen. Once concentrated in their bodies, they also used it to balance out cellular calcium. As Vitamin D made its way up the food chain, the ocean's high calcium environment supported a diversity of sea life. However once animals moved onto land, calcium was harder to obtain and that is the point at which land animals developed the ability to "photosynthesize" vitamin



D. Humans did quite well until the industrialization of northern Europe by the 16th century when cities crowded with tall buildings blocked out the sun's rays precipitating the development of a devastating bone disease called rickets — a softening of the bone. In 1889, scientists began looking at the impact of vitamin D deficiency on our overall health and the significant role it played in various skin diseases including lupus vulgaris. Their discoveries led to the promotion of sunbathing as the premier way to absorb this essential nutrient and heal the skin.

The use of vitamin D as a supplement dates back at least 750 million years before land animals roamed the earth.

In 1919, scientist Edward Mellanby observed that rickets also had a connection to vitamin D deficiency. He noted that the debilitating condition was only found in city dwellers, not those living in the country. To address the lack of sun exposure, it was in Wisconsin in 1929 that the invention of fortifying milk was developed by Harry Steenbock at the University of Wisconsin-Madison, and by 1932, milk fortified with the purified form of vitamin D all but eliminated rickets. While fortified foods such as milk, cereal and orange juice are available, the sun or whole food sources offer many more health benefits. Processing such as fortification decreases the nutritional value of farm fresh foods, which are abundant in vitamins, minerals, antioxidants and other nutrients that act synergistically to maintain optimal health.

Not Enough Vitamin D3?

Modern day research continues to build on our understanding of the benefits of vitamin D3 with a 2010 study² that found 41% of Americans deficient. Symptoms including fatigue, muscle pain, weakness, weight gain, poor concentration, restless sleep, eczema and headaches went mostly ignored. Long-term vitamin D3 deficiency can cause a host of

disorders, including a weakened immune system, seasonal depression, auto immune diseases, cancer, viral infections and dementia.

A 2014 study showed people with extremely low blood levels of vitamin D3 were more than two times as likely to develop Alzheimer's or other types of dementia. Disheartened? Do not be. A little time in the sun can reap huge benefits, protecting you from cardiovascular disease, hypertension, psoriasis, autoimmune diseases including MS, diabetes,

rheumatoid arthritis, reduced incidence of bone fractures and cancer.

In 2018, PLoS ONE³ published a study that states women with the highest levels of Vitamin D3 had an 80% lower risk of breast cancer due to its ability to promote normal mammary-cell development, while inhibiting the reproduction of and encouraging the death of cancer cells. A study published in 2017 by the National Institutes of Health⁴ found breast cancer survival rates increased with the higher levels of vitamin D. Finally, Harvard University's VITAL Study⁵ is currently working to define the role of vitamin D3 in preventing cancer.

Vitamin D deficiency has also been implicated as a risk factor for infertility by possibly causing women to ovulate less, which decreases the chance that eggs will implant in the womb. Vitamin D receptors are found in the ovaries, placenta, lining of the uterus, testicles and pituitary gland, and appear to control the genes involved in making estrogen while impacting the genes that help with implantation.

Wisconsin Obstetrician-Gynecologist Joi Davis says, "I do a lot of testing and pick up a lot of vitamin D3 deficiency among my patients. I've noted that if



vitamin D is too low, endometriosis is more prevalent. Also, my patients that don't drink milk are generally low in D3, suffering with fatigue, seasonal depression, and muscle aches, but will dramatically improve when they start drinking fortified milk."

Davis reflects on her IVF patients who do better if D3 is optimized, "If levels are low, a woman's egg supply is likely low, meaning there are fewer eggs in the ovaries, resulting in a decreased chance of pregnancy."

Vitamin D3 Supplements

This is where the case for vitamin D gets a little more complicated. In lieu of the sun, supplements can bring your D3 levels up to normal, improving your metabolism by influencing more than 200 genes that reduce inflammation and prevent and treat chronic disease. When using vitamin D as a supplement, however, the form is important. Look for D3 (cholecalciferol), which is more easily absorbed by our bodies than D2 (ergocalciferol). If you need to correct a deficiency, you can take as much as 5000 IU, but it is best to have your health practitioner check your levels and guide your dosing rather than self-treating. Once you are up to proper levels, maintenance doses are somewhere in the range of 1,000-2,000 IU, and according to recent studies, Vitamin D3 absorption may be higher when taken in the evening.

Dosing Vitamin D3 Supplements

When it comes to natural sources, you really cannot get too much vitamin D since your body stops producing it when it has enough stored, but supplementation can be slightly risky. According to Mayo Clinic,⁶ vitamin D toxicity or hypervitaminosis D is caused by taking mega doses of D supplements over a long period of time, resulting in the potential for a build-up of calcium in your blood, which can decrease appetite, cause nausea and vomiting, muscle weakness, frequent urination and kidney problems. However, an overdose is quite rare having been identified with doses of 40,000 IU or more, which is stratospherically above the recommended daily allowance. That said, vitamin D toxicity is more likely to occur in people who are taking a thiazide

diuretic or have health problems such as kidney or liver conditions. The bottom line is you should always consult your medical practitioner when using supplements.

What About Skin Cancer?


To get your vitamin D for free, you will have to expose your skin to ultraviolet radiation, but what about the risk of developing skin cancer from sun exposure? Sunscreen does interfere with your vitamin D absorption, but not using it can significantly increase your risk of melanoma. As with everything, it is all about balance. UVA penetrates through glass and permanently ages skin, while UVB burns it. Too much of either can cause skin cancer, so look for a broad-spectrum sunscreen that protects against both, remembering that SPF only measures how well you are protected against UVB radiation.


When it comes to water resistant sunscreens, it is important to reapply often. Mayo Clinic points out that "water resistant" means your skin is protected for up to 40 minutes while swimming or sweating, and "very water resistant" provides up to 80 minutes of protection. There are also stark differences in the ingredients and their health impacts on us. Remember that whatever you choose, use water resistant, broad-spectrum sunscreen with SPF 30 or higher.

Sunscreen:

1. Apply generous amounts to dry skin 15 minutes before going outside.
2. Use on all skin surfaces exposed to the sun including lips and ears.
3. Reapply every two hours and immediately after swimming or heavy sweating even if the product is water resistant.
4. Sand, water and snow reflect sunlight, making it more important to use sunscreen in those environs
5. Since UV light passes through clouds use sunscreen even when it is cloudy.



6. Children as young as six months can use sunscreen but keep all children in the shade as much as possible.
7. Use sunscreen year-round.
8. Your best defense against skin cancer is a combination of shade, sunscreen and clothing.
(Source: Mayo Clinic) 

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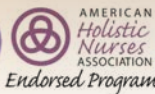
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Shamanism

A Journey of Discovery

Ruth Harris

Shamanism, as a method of Native American healing, has lasted within native cultures because it works well and is often much faster than other healing modalities. The modern definition of shaman is “a person regarded as having access to, and influence in, the world of good and evil spirits, especially among some peoples of northern Asia and North America. Typically, such people enter a trance state during a ritual, and practice healing.”¹

The Shamanic Journey

The shamanic journey is a core practice in shamanism, which uses intention and rhythmic sound to achieve an altered state of consciousness and enter non-ordinary reality. Most beginning students use drumming music during the journey — I use Sandra Ingerman’s CD from *Awakening to the Spirit World: The Shamanic Path of Direct Revelation*.²

There are three non-ordinary realities (NOR) in the shamanic practitioner’s work — Upper World, Middle World and Lower World. The Lower and Upper Worlds are solely spiritual in nature and are the recommended starting points when a student is first learning how to journey. Let me begin by explaining the Lower World.

You journey into the Lower World by visualizing

yourself going down through a tunnel, the base of a tree trunk or a hole in the ground, like a rabbit hole or a plant’s root. I sometimes use a river or go under a lake. Once you journey down, visualize walking out of your destination point into a beautiful forest. Begin your journey here.

1. The first time you journey to the Lower World, it is recommended you find your power animal. This spirit helper will assist you with healing, answer questions, guide you and protect you.
2. It is very important to only have one goal and one thought during the journey. Keep repeating the goal or question as you travel along your path. If you have trouble visualizing, repeat the question or repeat the phrase “nothing is happening yet.” This will help to keep your mind focused. If you wander in thought or dreaming, bring your focus back by repeating your goal.
3. Look for animals and when you ‘see’ or sense one, ask if they are your power animal. They may indicate a yes or no in some fashion with a word, nod or wander off. An animal must say yes four times to confirm it is your power animal. If they do not show themselves four times during the journey, you may see a picture of your animal later that week, you might have a dream of the animal or



you may meet them in another journey. The first time you discover a power animal, you may feel a very strong connection.

4. Once you find your power animal, invite their spirit to travel back with you into ordinary reality. Get a picture or a small statue to remind you of your helper. If you forget about your spirit animal or do not use their assistance, they will move on.

There are many ways your animal may help and guide you. You can ask them for advice, for an answer to a question or for protection. I dance like my power animal to feel their spirit, essence and a deep connection to such an amazing guide and protector.

My Personal Journey

My personal journey into the healing arts has been a lifelong interest in paranormal phenomena and clearing. Since my teen years I have been reading about the Duke University extra sensory perception (ESP) research and other paranormal occurrences. As a child, I would wake up before the rest of the family and put my ear to the floor to hear the noises in the basement. There was movement and a clicking noise, but no one was down there. I never liked going into the basement, as it had a “strange feeling”. I eventually forgot about my basement discomfort and only remembered many years later, after beginning shamanic training.

It was not until my 40s that I was introduced to a school called Delphi University. I was having breakfast

There are three non-ordinary realities (NOR) in the shaman’s work — upper earth, middle earth and lower earth.

in a small café in Copperhill, Tennessee with a few friends. I made a comment that caught the attention of a couple who had joined the table and suddenly found myself being asked if I talked to the dead! For some reason, I was not surprised and responded, “No, but I would like to.” It was during this conversation I learned that Delphi University was teaching a singular course on psychic investigation and clearing. My friends took me to the school and I signed up that day.

Little did I know, breakfast in a small café would become the official start of studying, and later practicing, shamanic healing. With passion, I launched into learning healing methods and philosophies of other cultures, traveling to India 10 times in 10 years to immerse myself in eastern thought.

In addition to attending Delphi University, I participated in both classroom and mentorship training. I currently live in the mountains of North Carolina and have had the wonderful opportunity to meet and talk with the Cherokee Indians living here and on the nearby reservation. I also attended a local class, hosted by a visiting Cherokee from the Oklahoma Reservation. After participating in these meetings, sweat lodges and other events, I took a workshop with the [Foundation of Shamanic Studies](#). The Foundation of Shamanic Studies was founded by Michael Harner in 1979 and is the world’s foremost training program in shamanism and shamanic healing. Michael Harner is best known for his book *The Way of the Shaman*, which offers an excellent introduction to shamanic journeying.

As I advanced my learnings and experienced personal gains and insights, I was asked to perform a soul retrieval. This concept was new to me and again, I headed out to learn more. I read, participated in workshops and sought out others who were versed in soul retrieval. I learned that soul retrieval is formulated around the idea that when an individual experiences trauma, part of their vital essence separates for their soul to survive the experience.³ When I felt confident enough to offer soul retrieval as a healing modality, I was amazed at the profound results! In



my opinion, soul retrieval is still the most powerful method for healing and transforming lives. During a workshop I was giving in Texas, several attendees shared that I had performed a soul retrieval for them years ago, helping firmly shift their lives toward realizing their dreams. One participant reported that post-soul retrieval all his relationships turned to the positive, especially with his mother. All these years later, the feedback I receive continues to astonish me!

I begin the soul retrieval by assessing the client's past life, DNA and ancestors to identify energetic patterns. I also help them understand blocks or negative issues that might be stopping them in their path. Finally, I look at early childhood experiences that may continue to impact them into adulthood.

A healing then takes place and I help bring back any parts of the soul that have been lost.

Some common symptoms of soul loss

- A feeling of emptiness — like something is missing
- History of depression or loss that you cannot understand (clinical)
- Not feeling connected to yourself or others — cannot remember much about your childhood
- Grief that just does not heal
- Past or current trauma or unknown dread and fears
- Feeling like something is wrong or you are just not good enough
- Nothing seems to work out for you

Before performing a soul retrieval, I first teach my client the process of shamanic journeying. Then I journey into non-ordinary reality to find the parts that have been left behind. I find them in caves and in landscapes. Sometimes the soul parts are in the Upper World and other times I find them in the Lower World. I work with each soul part and invite them to come back to the client, healed. I do not have my client 're-live' the events that caused the soul loss; instead, I heal what is needed through Native American ceremony. A full report and discussion follows, along with post-session expectations.

I have added other Native American healing methods into my practitioner toolbox since learning how to journey and perform soul retrieval, including general healing and extraction of negative energies or entities. In the past, I did not believe negative energies could be attached to an individual. After working with several clients who just could not move forward, who felt something outside of them was stopping their progress and who did not have significant underlying mental health issues, I began to also understand and work with extraction. Extraction is not required for most clients, but when it is needed, it is very affective.

With all Native American healings, there are ceremonies, drumming and procedures that are time tested. I have discovered rituals and ceremonies are important for supporting healing. It is a quick way to direct intentions to the task on hand. Similar to stepping into a church or temple or like the Sanskrit chants, meditation and prayers, there is a long history of peace, healing and positive vibration.

It is important to listen to your client and determine their individual needs, as each client is walking a unique journey. Healing practices and modalities can easily be modified to fit the client you are working with. Your job is to alter your work to best support the healing of others. I have found shamanic and Native American practices to be both powerful and uplifting to those who try it. I also believe integrating these modalities into your energy healing practice will be very rewarding. And if you choose to do so, it just might change your life. ☺



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Making the Time to Be More Present in Your Life

Abby Wynne

We are creatures of habit. We love routine and we go on autopilot without even being aware of it. The car knows how to get you to work, you turn the kettle on for a cuppa at 11:00am and you look for snacks at 3pm. Before you know it, it is time to pick up the kids, make dinner and another day is over.

When we work on automatic, we get tangled up in the doings of the day and disconnected from being present in the moment. We also find that the day flies past, without taking a few precious moments to disconnect from what is going on around us and reconnect to our hearts. I say to my clients, “you will not get the time to do this; you have to make the time. It does not just happen by itself.”

When we work on automatic, we become disconnected from ourselves and can be working at 30% of our potential. It is like being on daydream mode all the time and when we make choices while we are working on automatic, we are not fully aware of the consequences of these choices until too late. Does this resonate?

“Mindfulness” and “self-care” are much more commonly heard these days, but actually practicing self-care or mindfulness requires being, instead of doing.

Mindfulness means bringing our mind into the present moment. It does not mean meditation or that we stop thinking. We can be mindful while carrying out an activity. Like making that cuppa, for example! When we are present in the moment, in a state of “being here,” we are no longer unaware of our environment, we become aware of our feelings and the quality of our **presence** improves. It also means we can decide if we really want that sugar in our coffee, or an extra cookie.

Just as mindfulness gets confused with meditation, self-care can be confused with pampering. I tell my clients self-care can mean screaming at the wind and breaking things, if that is what you need to do. Self-care is not a facial or getting a massage, although that can be a wonderful thing to do for yourself. Self-care is looking after yourself so when you are feeling sad, you allow yourself to feel sad and make the space for the emotion, or when you are feeling angry, you go outside and scream at the wind until you feel better.

When you combine mindfulness, an awareness of how you are feeling, with self-care, looking after yourself and giving yourself what you need, the likelihood of you wanting to be here, in your life, feeling what you are feeling, increases. Because you allow yourself to feel what you feel, you make the space and time to feel it, you can release it and



it allows a higher level of physical, emotional and mental health.

So how do you make the time to be more present in your life?

You start by giving yourself permission to be your best-self. Your best-self is you when you are at 50% capacity or more. Why do you need to give yourself permission to do this? Well, it can be scary to be more functional in your world if you have a deep-set belief if you feel great, you need to be doing more things. We all long to be super-heroes — that is why they are so popular; however, once you let yourself just be the person you are, without forcing or pushing yourself to do more, you are more

important to you and choose what and whom you engage with, then you have no chance of connecting to the best version of you.

Making the time to connect

You have to make the time; it does not just happen. And many people who are busy often decide ten minutes connecting to themselves could be better spent doing something else. You need to clear it with your whole self, and by this, I mean all the aspects of you have to agree this is a worthwhile task. Ask yourself right now — is spending ten minutes a day disconnecting from everything around you and reconnecting to the essence of who you are worth the time? If you feel anxious or nervous about the

When we work on automatic, we become disconnected from ourselves and can be working at 30% of our potential.

likely to allow yourself greater presence. Another limiting belief is that you cannot feel good when others around you do not feel good — but a shining light encourages other lights to shine brighter too. Instead of dimming your light to fit in, you need to consciously give yourself permission to shine.

Let us talk a little more about being your best-self. It is rare for anyone to be 100% capacity, so 50% or higher is great. Your best-self is more alert and present in the moment, can hear what is being said, but is also able to pick up on said and more easily ascertain what is not being said. Your best-self does not need to take things personally and react, but can step back, see the full picture and respond. Your best-self does not want to get tangled up in other people's emotions, or drama, yet can make space for other people to have their drama if they want it. Your best-self does get angry, yes, but they do not hold onto it for three months. Your best-self is you when you are at your best. And if you do not take at least ten minutes a day to connect to your centre, re-prioritise what is truly

idea, write down all of the reasons why you should not do it. Walk away from the list and come back to it a few hours later, when you are in a different frame of mind and work through all the reasons you have given yourself, you will likely eliminate them all.

The next step is to pick a time of day that works best for you. 11am is good because it is usually a rest time, but you can choose any time of day. Set an alarm on your phone to go off at your designated time. Make certain the alarm sound is relaxing, and different to the alarm you use to wake up in the morning, or the one you use as a reminder. A special tone just for "me time."

It will take a while to get used to this, so you need to consciously make an effort and commit until this, ironically, becomes part of your routine! Each morning when you look at your plan for the day, make sure you are available for me time. Move your 'me time' alarm to a time that best fits your day — it does not need to happen at the same time. The



objective is to be more present all of the time; you really do not want to do this on autopilot too.

When your alarm goes off, take ten minutes without fail.

- Turn off the phone, close the door, whatever it is you need to do to create a space for you.
- Set a timer to go off in ten minutes so you do not need to keep checking if it has been ten minutes yet.
- Breathe. Notice how you are feeling, place your feet on the ground and slow your breathing — like you are stopping time by slowing down your breath.
- Imagine your energy as octopus arms, entangled in all of the things you are consumed by; see them slowly detangling themselves and pulling inwards, into you, so there is more of you present. Do this slowly and deliberately and notice where you have trouble. Take the full ten minutes.

Notice how you feel when you are done. Take a moment before you jump back into your routine to re-calibrate yourself. You may notice the quality of your interactions improve. You may notice you are more aware of what you are choosing for the rest of the day. Notice if ten minutes in the morning is enough for you, or if you need to do another ten minutes in the afternoon.

After a while, your 'me time' alarm will be a prompt for you to stop, breathe, listen, focus, detangle, ground and centre yourself. With a little practice you get good at it, it happens quicker and you will not need a full ten minutes to get back into the 'zone.' Start practicing 'me time' before a meeting, before an event or a phone call and see if your best-self shows up. Try it at the end of the day when you are worried about something and let your best-self handle it, instead of you, at a lower capacity. Bring your best-self home to your family; the quality of your evening will improve and work can wait until the working hours.

You have the power to take control of your awareness, energy, focus and concentration. Make this the year your best-self shows up, so you can have the best year yet. ☺



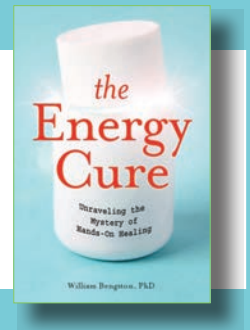
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5 Steps to Discovering the Secret Language of Your Body



Inna Segal

Did you know your body has a secret language with which it communicates?

The obvious way our bodies talk to us is through pain, discomfort, pleasure and various sensations.

Yet when we delve deeper the language becomes more symbolic and archetypal.

The reason our body/soul speaks to us in symbolic archetypes is because whatever you experience in your life becomes reflected in your body. The body/soul wants to show you, in a concise manner, what is really going on in your life on many different levels — so it uses metaphors, symbols, archetypes, memories, colours and feelings.

Learning this language is the most exciting experience in terms of befriending and truly communicating with your body.

Step 1. Start to become aware of how different thoughts or words affect your body. What do negative words do and what part of your body is impacted? Now think of a variety of positive words. How do they make you feel? The more aware you

become of the impact thoughts and words produce the more likely you are to start consciously choosing what you say and, even more important, what you think.

It is essential to recognise your body is like a sponge; it will do whatever you tell it to. If you constantly say you cannot handle things, your hands will become stiff and clenched and you will be unable to handle anything new. If you say, 'my boss is a pain in the neck,' you will manifest neck problems. When you think, 'oh what a headache this will be,' your body is listening. Because your body is so good at taking direction it immediately starts building tension in your head, so that you can feel your head ache.

Step 2. Connect to your body. You can do this by sitting or lying down, taking slow deep breaths and placing your attention — or if possible, your hands — on the part of your body where you feel discomfort and where you would like to receive a message. Take a bit of time to explore any sensations you may feel.

Is your body tense or relaxed? Are the sensations sharp, dull, hollow or blunt? Can you adjust the



sensations by minimizing or maximizing them?

Step 3. Begin communicating with your body by asking specific questions about your thought patterns and beliefs. For example, ask yourself: “If there was a thought or a belief stored in this part of my body, what would it be? Is this belief helping me or hurting me? Am I willing to let it go?” Remember, your body listens! The only requirement for discovering the hidden beliefs holding you back are your time and attention.

Step 4. Now ask yourself: “If there was a feeling that was stored in this part of my body, what feeling would it be? Is there an experience which this feeling is connected to?” Allow yourself to breathe slowly and deeply, acknowledging the feeling as long as you can. Then ask: “Is there another feeling underneath this one?” Keep exploring. Once you feel you have sufficiently explored, ask: “What wisdom can I discover from this feeling?”

Step 5. Ask your body to show you any symbol, archetype, colour or metaphor, to allow you to understand what is really happening within.. Allow the image, or even a sense of the image, to come to you. Then meditate on what it means to you and what your body is trying to teach you. For instance, if you see a circle it could mean wholeness — a connection to the feminine within you — or it can show that you need to create healthy boundaries. Depending on which part of the body you see it in, it could also mean a pledge to love and commitment. It can also relate to a particular cycle you might be going through. The ring can also be a sign of protection. Your body speaks in metaphors so it is important to take time to explore it.

This kind of exploration not only awakens your intuitive capacities and creates a healing connected atmosphere inside your body but, also helps you develop a deeper understanding of yourself and take powerful steps toward your inner growth, self-knowledge and evolution. €



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How to Turn Stress into Ease

Cate Stillman

What if you could turn stress into ease like the flick of a switch? And what if you designed your life to be full, engaging and easeful? Let's investigate how to turn stress into ease from a Yoga and Ayurvedic perspective. First, let's look at how stress happens, what it does to the body and mind and assess your relationship with stress. Lastly, we will discover how to create a habit that allows you to transform stress into ease.

In Ayurveda, the air element within the body is disturbed by rushing, hurrying, scurrying or being overscheduled, which results in emotional overwhelm. The American Psychological Association found 75 percent of Americans report stress levels so high they feel unhealthy, with one third of parents reporting extreme stress levels.¹ Much of stress today is caused by people taking work home or always being 'on' for email and projects, which disrupts leisure time, is wearing on the nervous and endocrine systems and eventually has effect on the immune system. The Mayo Clinic Staff writes, "The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes, including anxiety, depression, digestive problems, headaches, heart disease, sleep problems, weight gain, and memory

and concentration impairment."²

Clearly, you do not want to hurry and scurry and pack more into your day. Notice how you feel about the week ahead. Do you feel at ease or do you feel overwhelmed? Ask yourself, does next week's schedule meet the needs of your body?

The way to feel most at ease is to support your body's needs by aligning your schedule to the circadian rhythms. Healthy body habits that align to the circadian rhythm, including going to bed early, getting a good night's sleep, rising before the dawn, hydrating, having a great bowel movement in the morning and completing a 20-minute movement practice before launching into your day, are all habits of easeful living. These practices unlock the experience of ease.

Like a toggle switch, you experience reaction or reception based on which part of the nervous system is activated. Activating fight or flight, the stress perspective unconsciously elects shorter, more shallow breathing, generates unconscious tension and perpetuates a stress-related negative feedback loop. The ease perspective, with its slower, deeper breath and receptive body, generates a release of tension and perpetuates an emotional experience of



ease and presence.

The energetic vibrations of stress and ease could not be further apart. Stress creates a dissipating energy, with roots in the emotions of fear or scarcity. Ease creates a field of connectivity, with roots in the experience of possibility and presence.

Find out where you are on the spectrum between ease and stress. From the next two lists, assess how many statements resonate with you. Please do not fret! Further on, we will discover how to shift from stress to ease.

- You spend time daily in silence, inquiry or quiet reflection
- Others experience you as grounded, interesting and inspiring
- Your relationships are deeply honest, in integrity; they are intimate and future-oriented
- You lead when a situation calls for leadership
- You often find yourself in a timeless, spacious experience, both when alone and when with loved ones

Next, let's investigate shifting your nervous system from stress into ease. Yogis of the past observed

Ease creates a field of connectivity, with roots in the experience of possibility and presence.

Do you come from a perspective of stress?

- There is not enough time in your day
- You are overwhelmed
- You wake up feeling rushed into your day
- You often wish you were doing something else
- You are pressed for time and often show up late
- Your body feels heavy and sluggish in the morning
- You feel trapped in your life or your body
- You want to make changes, but it seems too difficult
- You are wired, but tired, and wish you could sleep through the night uninterrupted
- You are depressed by the people in your life

Do you come from a perspective of ease?

- You wake up in joy
- You work hard and give life your all
- You navigate your life intentionally, with time for reflection and course correction
- You are inspired by the people in your life

that breath changed perspective. This discovery was of such significance, they began measuring their lifetime on Earth in breaths, versus years.³ Yogis developed deep breathing practices, called pranayama, to lengthen their breath cycles. With ongoing practice, Yogis observed an incredible outcome; deep breathing slows the process of aging. Today, studies on morning breathing practices demonstrate the same results: prolonged lifespan in a range of people, from the general population to those with cancer.^{4,5} In addition to extending longevity, slow diaphragmatic breathing awakens mindfulness and converts stress into relaxation. The yogis use breathing practices to access higher states of consciousness — the spiritual body, or that which is beyond the ordinary mind. From this relaxed and expansive vantage point, subjective time slows down.

The experience or perspective, which opens the door to aligned action, is like seeing the whirlwind from a point of stillness or being the calm in the eye of the hurricane. You can witness your thoughts, gain control over your mind or become more mindful. When you are consciously still, you



are recharging. Your immune system recovers and grows resilient. The body relaxes, biological aging slows, the mind focuses, the endocrine system rebalances and cells are quickly oxygenated, which decreases inflammation.⁶ By slowing the breath, you experience a slowing of time and thereby gain access to both ease and focus.

Mindfulness practices including meditation, contemplation and pranayama, which allow greater awareness of the present moment, also shift the subjective experience of time.⁷ When you bookend your days with a breath-centered practice, you shift into a subjective experience of time slowing down, relaxation and regeneration.

This pivotal, and sometimes elusive habit — easeful living — is about retraining your intent to navigate towards ease.

This perspective of easeful living is a habit you can generate. Easeful living is defined by how you orient your awareness and what this change perpetuates. This habit awakens the power to shift from victim to victor, from passive to active, from reactionary to evolutionary. You want to upgrade the default mode of your perspective throughout your day.

Below are tips to transition your nervous system from a state of stress to one of ease. Remember, at the core of ease is receptivity:

- Receive the gift of breath
- Receive the earth or ground beneath your feet
- Receive the sky or heavens above
- Receive a drink of water
- Receive the gift of the company you keep

The next time you notice stress, use the emotion as a trigger for the new habit of choosing ease. When you receive, you are shifting out of reacting. Also, allow your senses to shift you from stress to ease by situating yourself in the present. Look for beauty. Listen for wisdom. Speak with connection. Touch with sensitivity. Feel the breeze on your skin. Allow your hearing to

extend as far as you can hear and your vision to extend as far as you can see. Notice as you connect into the experience of expansion.

When you are practicing the habit of easeful living you are a gift to others. You are increasingly available in the moment. You are more receptive to people.


The Alchemy of Ease

Each of us has the power to choose. Will you toggle toward stress or ease? Half full or half empty? Poison or panacea? Contract or expand? The choice is ours, moment by moment, day by day, year by year, decade by decade. We can alchemize the poison of stress into the elixir of ease.

Easeful living is about showing up every day available and receptive, from a connected and open inner space.

Easeful living makes it possible to operate from a bigger perspective. This mindset balances out the fear of failure, fear of the unknown and fear of incompetence with willingness, miracle-mindedness and opportunity-orientation. We can become a bigger, better version of ourselves.

You are breaking free of a more primitive, reactive, self-centered human reflex. You are building the habit of being receptive, open to possibility, even when you are unsure or afraid. Bit by bit, when you notice you are becoming stressed, use the emotion as your cue to relax and receive. We each have dozens of opportunities each day to remember to flip the switch to ease.

We can always choose ease. You can allow stress, overwhelm or anxiety to fade into the background as you focus on welcoming each day. If you do this, you will enjoy an extraordinary life and become a greater benefit to your people. 




Author Cate Stillman can be found at www.Yogahealer.com.



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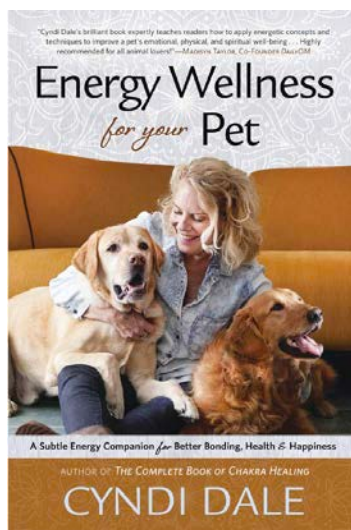
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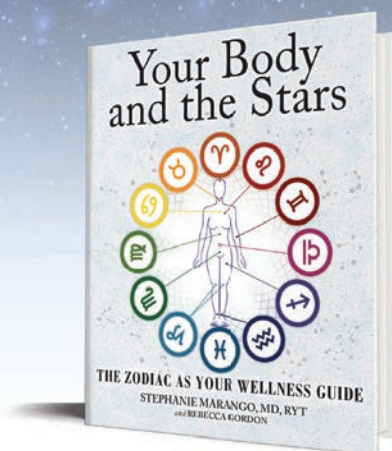
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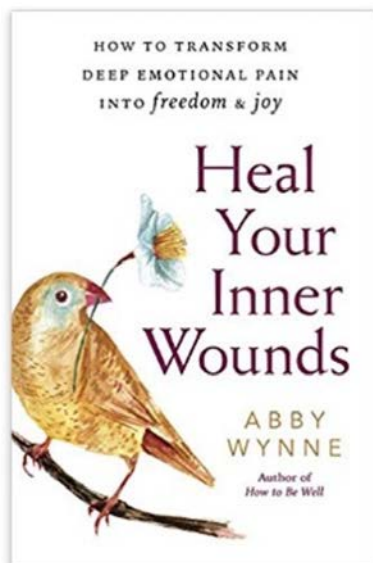
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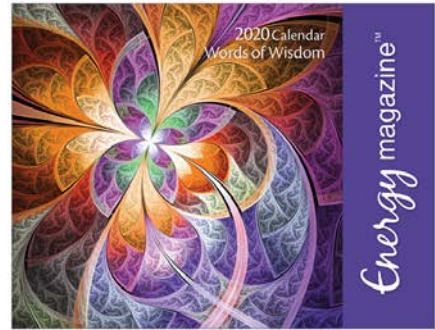
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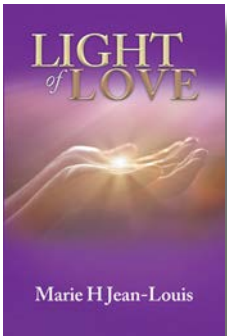
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