Holiday Author Gallery Event p12

Dreams p26

Should I Cleanse p17

A Time of Reflection p34

Ahhhh... the Holidays! p24

Special Holiday Discounts p8, 12, 22, 23, 26, 27, 38, 39

A Heartfelt Interview with Neale Donald Walsch and an Overview of his book, The Only Thing That Matters p20
A Healing Event for Families

Has your family lost a child suddenly?
Please Join Us for this Special Event to Honor Your Loved One...

Group Experience
with Healers
Sherry Mossavar Rahmani & Ellen Tadd
Saturday, December 7
5-6pm

Workshop
based on Ellen Tadd’s book
Death and Letting Go
(book our gift)
Sunday, December 8
2-5pm

Limited Private Appointments available
on Monday, 12/9 with both healers
(based on their usual fees)

Space is Limited for all offerings.

Info/RSPV: 505.850.0257
thelightwithin777@gmail.com
www.amazinghealingevent.com

Donations to VILA (Veteran’s charity) accepted for the Group Event and the Workshop
Somewhere in the neighborhood of 108 billion people have lived on our planet during its history, and despite all of the experiences in all of the lifetimes of all of those people, we have still not found a way to exist together in peace and harmony...much less create individual lives with powerfully glorious, intrinsic meaning and a wonderfully joyful purpose.

You have been told that humanity’s basic instinct is survival. If that were true, no one would ever save anyone from drowning, a baby from falling or anyone from anything if it put their own life in peril. Yet we do these things instinctively all the time. Once you remember your true basic instinct, you will have a whole new basis upon which to make every decision and choice in your life. This book speaks to you about this premise.

Life has deep meaning and purpose, but across thousands of years only a very small number of human beings seem to have really understood it...until now. Here is the missing piece of the puzzle...Finally everything fits.
**High Desert Center for Spiritual Living**

**Info**, call 505-922-1200.

Darlene at darlenehdcsl@gmail.com

RSVP by Nov. 12th to food. Limited Seating.

All the trimmings. Join us for the fun and

**This popular event returns to HDCSL with**

**November 16, 12-3pm**

**High Tea for Ladies & Gentlemen**

**Fairy Tea for You Young Girls**

**Info**, call 505-922-1200.

[further information]

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**Ongoing Events by Appointment:**

**CRYSTAL DOVE**

**Healing Sessions:**

**Transformational Healing**

$65 - 1 hour • $95 - 1 hr 30 min

Experience life changing, balancing, and transforming healing with Gifted Teacher and Healer Inga Madsen.

**Heart Healing**

$35 - 30 min

Healing of broken hearts; also benefits those with high blood pressure, heart attack or stroke survivors with Gifted Teacher and Healer Inga Madsen.

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**Breaking Through the Weight Loss Barrier**

**November 17, 1-2:30pm**

**$29 or 2 attend for $45**

Discover and resolve the top 5 words that subconsciously trigger resistance and cause women to sabotage their weight loss efforts. Presentation designed to complement and supplement every other diet plan and exercise program. Cynthia Magg, founder and owner of [www.TranscendingMindset.com](http://www.TranscendingMindset.com), will conduct the presentation.

Info, call 505-922-1200.

**Fairy Tea for Young Girls**

**High Tea for Ladies & Gentlemen**

**November 16, 12-3pm**

**Adult:** $25 **Youth:** $15

This popular event returns to HDCSL with all the trimmings. Join us for the fun and food. Limited Seating. RSVP by Nov. 12th to Darlene at darlenehdcsl@gmail.com

Info, call 505-922-1200.

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Hanna Kroeger’s Methods and Practice - Level 1

**November 16 & 17**

**9:30am-5:30pm**

**EARLY BIRD by Nov 6: $295 w/book!**

**$350 plus required book ($55.00) = $405**

Learn the seven physical causes of ill health, Kinesiology/dowsing, simple trauma release techniques, herbs/homeopathic remedies that get results. Required Book: *Help One Another.*

Space is limited. Call today! 505-797-0540

ABQ Natural Health Center

4550 Eubank Blvd. NE, Suite 205, 87111

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

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**Reiki I Classes • $150**

**Usui System 14-hr class**

**November 14-17, December 5-8**

**Thurs & Fri: 6-8pm**

**Sat & Sun: 1-6pm**

Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 25 years, teaching for 22 years.

505-299-0011 • [www.ReikiABQ.com](http://www.ReikiABQ.com)

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**Interfaith Chaplaincy Circle for Learning**

**Two Year Program Starts January 8, 2014**

**Check website for pricing**

Learning how to incorporate spirituality working with clients in your professional practice as a social worker, nurse, physician or any other licensed clinical profession. Or do chaplaincy work in a variety of settings. Become a certified Interfaith Chaplain and meet people where they are with a holistic approach.

Rev. Dr. Marie Braman, DMin, MSW, MA

505-301-9997 • marieML333@gmail.com

[www.interfaithchaplaincycircleforlearning.org](http://www.interfaithchaplaincycircleforlearning.org)

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**Clarifying Meditative Work – An Extended Retreat**

**January 2-9, 2014 • $55 to $260**

One to seven day silent retreat for people from any meditation tradition or no tradition at all. Explore directly what meditative work is and how it sheds light on the concerns of our lives from a simple meditative listening. Price includes food/lodging. On a property in the National Forest outside Albuquerque.

Jay Cutts, NM Center for Meditative Inquiry and Retreat • 505-281-0684

144 Sedillo Hill Rd., Tijeras, 87059

[www.cuttsreviews.com/meditation/retreat.htm](http://www.cuttsreviews.com/meditation/retreat.htm)

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**Dream Discoveries**

**Experiential Dream Group**

**Jan 12, 26; Feb 9, 23, 2014**

**2-4:30pm**

**$71 • Series of 4**

Ever wonder why you had a particular dream? Dreams help us to solve problems, to heal and offer information about the future and connect more deeply to our intuition. Learn how to decode your dreams, understand the symbolism and benefit in life-changing ways from your dreams. [Read more on pages 26-27](#).

Info: 505-508-5805 or janet@mindbalance.us

[www.mindbalance.us](http://www.mindbalance.us)

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**Journey Back to Self Workshop**

**February 1, 2014; 9:30am-5pm**

**$97**

Come on a journey... a journey back to the natural joyous person that you truly are, but may have forgotten; a journey where you leave the old baggage behind (that does not serve you any longer); a journey that brings you back into this very present now moment, here and now; and lastly but not least, a road map to where you want to go, and how to get there. You will leave this day with a bag full of new tools and understanding to help you along your new journey from where you are today to where you want to be.

Advanced registration required (online)

Jini Wimmer: 505-926-1606

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

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**Hypnotherapy Certification - Only NM State Licensed Course**

**500 Hour Course begins February 3, 2014**

Earn national certification in Hypnotherapy, Medical Hypnotherapy and Past Life Regression. Individual 2-week modules can be taken one at a time or together (accelerated). Only complete accelerated hypnotherapy certification in the U.S. The National Institutes of Health (NIH) now using hypnotherapy protocols designed by our lead instructor, Tim Simmons Sierra; after clinical trial shows our approach to be “superior.” Integrate your interest in healing, quantum biology, the mind sciences and practical spirituality. International Board of Hypnotherapy Approved.

Now in Albuquerque: 505-767-8030


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**Additional events added in between issues! Check the website often:** [www.trulyalive.net](http://www.trulyalive.net)
Events

**EVENTS AT:**
819 Vassar Drive NE
Albuquerque, NM 87106

Carol Joyce Channelings
Nov 3 & Dec 8, 6:30-8 pm • $20 Donation
Do you seek a message from a loved one or want to hear a message that will help you during these challenging times? Carol brings with her, her heart, spirit and 40 years experience. Carol's messages offer advice for our highest good. Info: 505-884-4533

Self-Hypnosis Class
Nov 21 & Dec 19, 6-7 PM • FREE
David B Fisher, Clinical Hypnotherapist provides an overview of Hypnosis and a discussion/demonstration of Self-Hypnosis Techniques. Class will include Q & A. Space is limited. RSVP: 505-463-7392
www.davidbfisherhypnotherapy.com

**EVENTS OFFERED BY:**
The Ascended Masters Foundation
1325 Park Ave. SW, Suite 110
ABQ, NM 87102 • 505-401-2527
www.ascendedmasterysfound.org

Creating A New World Community Ceremony of Gratitude & Thanksgiving
Nov 10, 11a-2pm • $20 Donation
Bring offerings of food, drink, sacred herbs, crystals or significant memorabilia. RSVP to Marshall: 505-850-2132
Ascended Masters Foundation HQTRs
223 14th St. SW, ABQ, 87102

Celtic Winter Solstice Ceremony
Dec 21, 7pm • $20 Donation
Ignite the first Light of Winter by joining us ceremoniously. Walk The Celtic Medicine Wheel. RSVP to Marshall: 505-850-2132
Ascended Masters Foundation HQTRs
223 14th St. SW, ABQ, 87102

Spiritual Warrior of the Heart Retreat to Jan 23-27, 2014 in Taos, NM
Cost & Exact Location: To Be Announced
The Ascended Master Consciousness channeled through Phaeryn Sheehan shall initiate and awaken Attendees into the Sacred Path of Spiritual Warrior and Global Stewardship.
Contact Phaeryn Sheehan: 506-206-6139

World-Wide Bi-Weekly Prayer Call
Mon & Fri, 7am & 8:35am • FREE
Practice Prayer and Meditation with us each week and experience the 'lightening up' of every area of your life.
Conference call #1-626-677-3000 access code #55565

**EVENTS SPONSORED BY:**
The Bruno Groening Circle of Friends
Location: Healing House, 10240 Rempas Dr. NW, ABQ, 87114
Info, Contact Phone #: 505-994-8244
http://www.bruno-groening.org/english

Documentary Film: The Phenomenon Bruno Groening
“The tracks of the Miracle Healer”
Saturday, November 23, 1-6pm
Donations Gratefully Accepted
Amazing healer in the 1950’s who is still effective today. Healings have even occurred while watching this film. Intermission, bring snacks. Youtube film trailer: https://www.youtube.com/watch?v=s95tF4n9MkE
Bruno Groening Circle of Friends
Christmas Party & Potluck
Sunday, December 22, 5pm
Donations Gratefully Accepted
Celebration, potluck, brief focus on healing energies.

**EVENTS OFFERED BY:**
Center for Conscious Living
2825 Broadbent Pkwy. NE, Suite E, ABQ 87107 • 505-850-5529
www.consciouslivingnm.com

Donations Appreciated for All Events

Weekly Consciousness Study
Making the Shift from BS to Living @F-L-O-W
Sundays, Nov 3-Dec 29, 11am-1pm
Leave the gravitational pull of the BLANK STATE paradigm (BS) and shift to living @F-L-O-W at work, at home & in community. Great series to plan your resolutions for 2014!

TUNE UP: Body, Mind AND Spirit
Mondays, Nov 4-Dec 16, 6-7:30pm
Popular class! Learn about and share practices that help you integrate Body, Mind and Spirit in your life. Wear loose clothing. Class includes movement.

Weekly Consciousness Study
What Does Consciousness Have to Do With Your Life?
Saturdays, Nov 2, 9 & 16, 9:30am-1pm
Learn how your consciousness determines your experience of life. Learn what you can do to expand your consciousness to experience more love, joy, and relational harmony.

Do the Work of Byron Katie
Fridays in December (Ongoing)
The Work is a simple yet powerful process of inquiry that teaches you to identify and question the thoughts that cause all the suffering in the world.

**EVENTS OFFERED BY:**
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Location: Healing House, 10240 Rempas Dr. NW, ABQ, 87114
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**EVENTS AT:**
Starlight Spiritual Healing
9910 Indian School NE. • 505-239-2445
www.starlightspiritualhealing.com

Reservations Suggested
Whale Meditation by Daywai
November 6, 7pm • $15
Receive gifts of tranquility, flow of life and acceptance from the Whales during silent meditation. You will experience more peace in your life; you will become more accepting of your true self. The struggle of life will drop away as you move into the flow of your life.

New Lemurian Healing Chamber
Nov 9, 11am, Nov 21 & Dec 5
6:30pm • $15
Living, conscious, etheric chamber helps with pain relief, improved sleep, emotional peace, spiritual growth, DNA restoration. Lemurian Priestesses come through in each session; channelling energy and valuable information. Amazing experience with concrete results.

Lemurian Priestess Circle of 13
Group Channelling
Nov 14, 6:30pm • $15
Lemurian Priestess Circle of 13 speaks through SanRa. This is a special session where the priestesses will answer questions of a planetary nature asked by the participants. Receive wonderful information and insights about our current state of the world, health, crystalline grid, and more.

Winter Solstice Celebration
December 20, 6:30pm • $15
Let us celebrate the Winter Solstice and welcome the return of the Light. Receive preparation for the incoming energies of 2014. We will have chanting, ceremony, guided meditation and social time to talk and eat fruit.

**EVENTS OFFERED BY:**
Women’s Midlife Education Program
Ongoing Mtgs, 3rd Mon of Each Month
Presbyterian Healthplex, 6301 Forest Hills NE, ABQ • Registration/more info: 505-563-6500 • www.phs.org

From My Lips to Your Brain.
Is the Chain Broken?
November 18: Callie Beauchamp, Audiologist
We will discuss how we hear, what can happen to reduce our ability to understand speech, and much more. We will review the hearing process and discuss the importance of hearing health.

Additional events added in between issues! Check the website often: www.trulyalive.net

continued on next page
**Women’s Midlife** cont’d

why we hear unwanted noises in our ears, and how is dizziness related to our ears. Questions are always welcomed and addressed during the presentation.

**The Do’s and Don’ts of Dietary Supplementation**  
**December 16: Frank Latino, RPh, MS**

More than half adults in the US use supplements. Are your supplements making you healthier or increasing your risk for illness? Some supplements should not be taken with certain prescription medications and specific foods. Learn the truth about some of the controversy regarding dietary supplements.

**Learn How Hypnosis Works**  
**4 Opportunities • ALL FREE**

“Self Hypnosis Solutions for Pain/Anxiety”  
Nov 6, 6:30pm  
“Calm the Mind & Optimize Health”  
Nov 17, 1pm  
“Overcoming Addictions,” Dec. 15, 1pm  
“Synchronizing the 2 Brain Hemispheres,” Dec 18, 6:30pm

Alternative Wellness Center • 505-294-9355  
9809 Candelaria NE, Suite 1-B  
www.alternativewellnesscenter.org

**A Common Practice of Reiki**  
**Saturdays, Nov 9 & Dec 14, 1-4pm • $5**

Reiki practitioners of any level, any lineage, are invited to give & receive team treatments, following a “common practice” (practitioners use designated hand positions & follow predetermined guidelines). RSVP required: call the day before—leave your name and phone number.

NE Heights Residence • www.ReikiABQ.com  
Elizabeth Valsala: 505-299-0011

**Law of Attraction Group**  
**Nov 12 & Dec 10, 6:30pm • $5**

Get ready to turbo charge your life to the highest level possible and activate more joy, love, happiness and prosperity. Facilitated by Jeanine Gabbei, Life Coach and empathic healer. First Tuesday of every month.

Jeanine Gabbei: 505-816-8616 • RSVP to: info@reikiForAttraction.com

**Brain Boosters Group**  
**Nov 13, Dec 11, 6:30-8pm**

FREE Meeting

Do you have ADD/ADHD, Allergies, Autism or other brain imbalances? Are you forgetting details you use to remember? Do you lack motivation? Are you stressed, depressed or anxious? Free demo on the use of biofeedback, nutrition and detoxing.

Limited Seating, RSVP: 505-797-0540  
Albuquerque Natural Health Center  
4550 Eubank Blvd. NE Suite 205

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**Nob Hill Healing Arts Faire**  
**Nov 16, & Dec 21, 11am-4pm**

FREE Admission

Fun for a Saturday afternoon! Albuquerque’s holistic boutique faire in Nob Hill hosts a variety of psychics, artists, healers, other types of practitioners and lightworkers. Ongoing, every 3rd Saturday! Interested in being a Vendor? Call Jeanine Gabbei, Holistic Consulting Services  
NM: 505-816-8616.  
Info Tom Carlson: 505-990-2551  
http://www.meetup.com/healingartsfaire

**Clarifying Meditative Work – A Fresh Look**  
**Nov 16 & Dec 14, 2-5 pm**

S$2 Donation

A workshop for people from any meditation tradition or no tradition at all. Explore directly what meditative work is and how it sheeds light on the concerns of our lives, from a simple meditative listening that includes others/self. Seven day retreat in January.

New Mexico Center for Meditative Inquiry and Retreat • Wat Center, 145 Madison NE (Corner of Madison/Copper, ABQ)  
Call Jay Cutts, 505-281-0684  
http://www.cutsreviews.com/meditation

**Weight Release with Guided Imagery and ThetaHealing®**  
**January 10, 2014, 6-8 pm • $15**

Learn how to: (1) Test for unknown sabotaging beliefs regarding weight, (2) Replace those beliefs, (3) Experience guided imagery focused on ideal body weight. Come, Learn, Relax, Release! Space is Limited. RSVP today!  
Janet Wahl PhD, CHt, ThetaHealing® Master  
505-508-5805 • janet@mindbalance.us  
www.mindbalance.us

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**Ongoing Events**

**EVENTS OFFERED BY ALIX SELDON:**  
Info: Alix Seldon • 505-363-5679

**Matrix Energetics Study Group**  
**2nd Tues. of the Month, 6:30-8:30pm**

$20

Have you completed at least one Matrix Energetics seminar? Join facilitator Alix Seldon, certified ME Study Group Leader and practice!  
At: Page One Bookstore  
11018 Montgomery Blvd. NE, 87111

**Access Bars G & R (for practitioners)**  
**3rd Friday of the Month, 5:30-7:30pm**

$5 Donation to Cloud9Divine

Have you completed one Access Bars class? Join facilitators Alix Seldon and Annie Taylor for this incredible experience!  
At: Cloud9Divine  
6910 Montgomery Blvd, NE, Suite C

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**Alix Seldon cont’d**

**Awesome Chair Massage**  
**7 days/week: M-F: Noon-8:30**

**Sat: Noon-5:30, Sun: 12:30-5pm**

$1/minute, $20 for $20 minutes

Shop for your favorite books (new or used) and enjoy a relaxing chair massage. Chair Massage Program at Page One ongoing for the past 20 years! Staffed by licensed massage therapists. No appointment necessary! Gift Certificates Available.  
At: Page One Bookstore  
11018 Montgomery Blvd. NE, 87111

**EFT Practice Group**

**Mondays, Thursdays, 6:30-8pm**

**$10 Donation**

Join others in this ABQ TapAlong and tap on your issues in a safe, supportive environment. No prior experience required. Group organized and facilitated by Meg Colby and others. A $10 cash donation is requested. For more information including exact dates, email ef@megcolby.com.

**An evening with Brother Francis**  
**Last Friday of the month**

**6:30-8:30pm • $10 Donation**

Take a guided journey and receive spiritual messages from The Angel of Grace and more through Brother Francis.

**Community HU Chant**  
**First Friday, 6:00-6:30pm**

**Fourth Sunday, 10:30-11am**

**FREE**

Group contemplation using ancient sound. Access the higher power within you; experience more love in your daily life. HU is a universal word that can be sung or chanted to bring solace in troubling times, and to find inner harmony. All faiths/beliefs welcome. Held at Eck Ctr.

**ECK Worship Service**  
**Second Sunday, 10:30-11:30am**

**FREE**

Each service focuses on an aspect of Ecka-

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**Additional events added in between issues! Check the website often:** www.trulyalive.net
**Eckankar Center cont’d**

nkar and often features a reading from the Eck works, singing HU, talks, music, and a group discussion of spiritual principles at work in daily life. Services followed by fellowship and refreshments. All faiths/beliefs welcome. Held at ECK Ctr.

**Community HU Chant**

2nd Friday, 10-10:30am (ongoing) FREE

Group contemplation using ancient sound. Access the higher power within you; experience more love in your daily life. HU is a universal word that can be sung or chanted to bring solace in troubling times, and to find inner harmony. All faiths/beliefs welcome.

Highland Senior Center
131 Monroe NE, ABQ
Info: 505-265-7388

**High Desert Center cont’d**

a 30-40 minute session of this relaxing, safe, body therapy offered by experienced Usui Reiki Practitioner volunteers. Call Ethel Hayes: 505 659-6451

**Introduction to Science of Mind**

4 times a year on 3rd Sunday, After Service

January-April-July-October • FREE

Learn what Science of Mind is all about in this 1 ½ hour class. Concepts/beliefs overview, plus brief description of the development of Science of Mind thought, and explanation of its power and spiritual tools. You don’t have to sign up – just join us! Call 922-1200.

Albuquerque, NM 87114

**Faster EFT Group**

Every 3rd Thursday, 7-8:15pm • $8


**Kadampa Meditation Center cont’d**

maintain a peaceful mind in daily activities. Includes a practical discussion about how to use spiritual understandings to create happy, meaningful lives.

**Health-Related Movies with Discussions**

Ongoing Monthly Event • FREE

Join us for our monthly health-related movie event, followed by lively discussions and Questions & Answers Sessions with Sunil Pai, MD and practitioners from Sanjevani Integrative Medicine Health & Lifestyle Center. Sanjevani Integrative Health/Lifestyle Ctr.

9001 Holly Avenue NE, 87122

505-821-6300 • www.sanjevani.net

**Pranic Healing Clinic**

1st & 3rd Tuesdays, 6:30–8pm • FREE

Experience no-touch clearing of congested energies, and energizing and balancing of the energy body.

First Unitarian Church
3701 Carlisle Blvd NE, 87110
Contact Rita Herther: 505-298-4823

**Reiki Drumming Journey**

2nd Tuesday of the Month
7pm • $15

Let the beat of the drum take you deep into your super-consciousness to receive answers to what may be blocking you from becoming, having or achieving all that you desire and deserve. Space is limited.

RSVP required: 505-994-0337

Desert Flower Energy Spa
1010 26th Street SW, Rio Rancho

www.desertflowerenergyspa.com

**Edgar Cayce ARE Study Groups**

Ongoing Monthly Event • FREE

Questions & Answers Sessions with Sunil Pai, MD, and Sunil Pai, MD, and Dartmouth College, Health & Lifestyle Center.

9001 Holly Avenue NE, 87122

Sanjevani Integrative Health/Lifestyle Ctr.

Integrative Medicine Health & Lifestyle Center.

Contact Dayle Goldsmith at 505-281-3999

**Desert Flower Energy Spa**

RSVP required: 505-281-3999

www.edgarcayceabq.org

**Singing Bowl Meditation**

Saturdays, 7:30-9:30pm • FREE

Powerful meditation using crystal bowls that resonate with Divine Energy. The bowls harmonize our energy and provide greater balance. Add your wishes, hopes and dreams to the circle which increases their manifestation. Our combined energies empower and strengthen everyone in love. (Doors close at 8p.)

Crystal Dove • 525 Central Ave. NE

505-842-5265 • www.crystal-dove.com

**Spiritual Mind Treatment**

- Healing Prayer
  - Sundays, 11:30am-Noon • FREE
  - HDCSL practitioners are available after services for healing prayer sessions for any attendees to the services. Any practitioner wearing a stole is available for prayer work.
  - 505-922-1200.

- **Men’s CSL Group**
  - 1st & 3rd Weds of the month, 4:30-6:30pm • FREE
  - Safe environment for men to confidentially share deeply. Enables the expression of feelings by providing mutual support. Meets at ABQ Ctr on 1st Wednesday and at High Desert Center for Spiritual Living on 3rd Wednesday. Facilitators: Mike Loewen, 259-2803, RScP, Don Wismer, RScP, 505-897-0482. (Call Don.)

- **PSYCH-K Balances**
  - Sundays 11:15-11:30am • FREE
  - PSYCH-K facilitators provide FREE PSYCH-K balances after Sunday services at the church. Get rid of the limiting beliefs stuck in your subconscious and generate life-supporting behaviors. 505-922-1200

- **Free Reiki Clinic**
  - Wednesdays, 7-9pm
  - Love donation
  - Experience this 10,000-year-old system using of gentle, light touch to transmit healing energy. Accelerates natural healing, heightens energy, and reduces stress. Enjoy

- **Pranic Healing Clinic**
  - 1st & 3rd Tuesdays, 6:30–8pm • FREE
  - Pranic Healing Practitioner volunteers.
  - 505-292-5293
  - www.meditationinnm.org

- **Meditation for Beginners**
  - Wednesdays, Noon-1pm (ongoing)
  - $5 per class
  - Take a break from your busy day and enjoy a quick and easy guided meditation that can immediately provide a peaceful state of mind, which you can take with you the rest of your day!

- **Beginning Meditation Class**
  - Thursdays, 7-8:30pm (ongoing)
  - $10 per class
  - Learn easy, effective methods to calm a busy mind, experience inner peace. Great for reducing stress, insomnia, more. Practical teaching from Buddhist philosophy helps

**Additional events added in between issues! Check the website often: www.trulyalive.net**
holiday time already... where did the rest of the year go? Seems to have flown by so fast. The featured book, Neale Donald Walsch’s *The Only Thing That Matters* is really exceptional and I hope you will read the interview all the way through. *Conversations with God* (the first books with Neale dialoguing with God) has had more of an impact on my personal growth, understanding and evolution than any other body of spiritual work. I so love the simple, conversational style of *Conversations*. It’s so easy to understand (no prose or poetry; no meaning to figure out). At the beginning of *Conversations With God*, book 1, Neale asks God, “How does God talk, and to whom?” God answers, “I talk to everyone all the time. It’s about who listens.” *That is so unmistakably clear— I love it! I didn’t connect to the original 3 books until preparing to interview Neale for my July/August 2011 issue! As God said to Neale, “When the student is ready, the teacher appears.” And so it was for me (although I had been a student of metaphysics since age 13).

After our recent interview, Neale’s staff sent me a copy of his very newest book *What God Said* (which he mentions at the end of the interview). It’s truly worth reading as well. It’s a perfect summary of the 25 most important points of the *Conversations With God* works. *(Did you know there are 9 books total in the series?)*

This issue includes many holiday gift-giving ideas and discounts as well as some new advertiser offerings and great information. I hope you find it enjoyable as well as educational, and an asset to your holiday season.

Rates are going up starting with the Jan/Feb 2014 issue. If you have been considering advertising in *Truly Alive*, but haven’t started yet, you can lock in current rates for the time of your agreement. Contact me between 11/1 and 11/25 (12/1 is the space reservation deadline for the Jan/Feb issue). Sign a new agreement (3 or 6 issues—new advertisers only, please) and save!

*May your holiday season be filled with light, love and joy!*

Karen Larré
505.828.3430
info@trulyalive.net
Honoring Families Who Have Lost a Child

Sponsored by a local Veteran’s charity: VILA

This December, families who have experienced the sudden death of a child will be honored. On December 8th, from 2-5pm, families can attend, free of charge, an event offering comfort, understanding and energy healing. A benefactor, who wishes to remain anonymous, is gifting this event to the community. Donations are not required, and should anyone feel compelled to give something, can be made to VILA.

Two powerful healers will be facilitating the event: Shahpar (Sherry) Mossavar Rahmani, recognized by John of God, the Dahli Lama, Paramahamsa Nithyananda and other spiritual leaders and Ellen Tadd, Clairvoyant and Author of Death and Letting Go and The Wisdom of the Chakras. The event will begin with introductions, followed by a workshop with Ellen Tadd specifically designed for this event, and private sessions with Sherry and Ellen for those who wish them.

Early in life, Sherry made predictions for her friends with a high level of accuracy. At age 16 Sherry had a near death/out of body experience. After years of defending battered and abused women (winning nearly all cases—against incredible odds), she started her journey into the spiritual world consciously. Around 1982, Sherry connected to the profound healing power of the divine, which has been increasing and flowing through her to clients ever since. Thousands of Sherry’s clients have experienced complete healings (she never makes promises or guarantees, but many people around the world have experienced medically unexplainable healings). Loved ones often join her and her clients, speaking messages of love and recognition; providing great comfort and closure.

For more than thirty years Ellen has taught, lectured and counseled on the actualization of spiritual potential in everyday life. Shortly after completing her freshman year of college, she experienced being in contact with her deceased mother. Her mother’s presence and message healed Ellen’s childhood trauma of denying her clairvoyant and clairaudient gifts and transformed her view of the world. Ellen discovered that she could serve as an intermediary between the material and spiritual worlds. www.ellentadd.com

A husband and wife (both physicians) lost their son by suicide. The son took his life the day after he graduated from medical school. The mother was so distraught and depressed, that after 2 years of therapy, she still could not sleep or eat. She questioned God over and over asking “Why?” She visited Sherry and her son came through and said that everything that happened was perfect for his mission on earth; that he wanted them to know that we don’t die and that they (she and his father) would see him again in another dimension. The mother cried from her depths, and after was able to eat and go on with her life. Read what local holistic neurosurgeon Dr. Pamela Costello has to say about Sherry: www.amazinghealingevent.com

This event is sponsored by VILA, a local charity benefitting mentally ill and disabled Veterans. Donations can be made out to VILA.

A Healing Event for Families

Has your family lost a child suddenly? Please Join Us for this Special Event to Honor Your Loved One...

Group Experience
with Healers
Sherry Mossavar Rahmani & Ellen Tadd

Saturday, December 7
5-6pm

Workshop
based on Ellen Tadd’s book
Death and Letting Go
(book our gift)

Sunday, December 8
2-5pm

Limited Private Appointments available on Monday, 12/9 with both healers (based on their usual fees)

Space is Limited for all offerings.
Info/RSVP: 505.850.0257 thelightwithin777@gmail.com
www.amazinghealingevent.com

Donations to VILA (Veteran’s charity) accepted for the Group Event and the Workshop

After losing my daughter in a car accident last year I was devastated by the loss. I felt that I stepped upon a land mine and part of my body had been blown off. Working with Ellen helped me to realize that our spirit never dies and that my relationship with my daughter is everlasting. Ellen’s class is training me to attune myself directly with my daughter and the spiritual world that exists all around us. She has shown me that death is not an end but a transition and that our relationship with our loved ones is eternal.

Tracy Keegan

Read more articles online: www.trulyalive.net
Your natural self innately knows how to create the life you want and desire. When you were born, you came equipped with the ability to create. From birth to age seven, you were like a sponge, absorbing everything around you with no ability to filter anything that was said, done or taught to you. Let’s call these programs. Some of these programs were good. Some, not so good. Based on these early childhood inputs you made decisions about what you were experiencing. Some correct, and some, not so much.

So let’s fast forward to now. You probably have had some successes in your life, but perhaps not on a consistent basis. Why? Most likely it’s because of programs running in the background (in your subconscious). You may not be aware of how they are influencing your life. Only 5% of life is created through our conscious mind, and 95% is run through our subconscious mind like programs in a computer. Garbage in, garbage out. There are tools available to help rewrite these programs, and they have been around for a very long time.

In my workshops and private coaching practice, I help clients understand how this works—and more importantly—how to change the programs instantly and in most cases permanently without a long drawn out process. Sometimes it might take several sessions because there can be many facets or causes to the main issue at hand. But once you get to the root cause, it can be rewritten immediately.

For instance, did you know that most allergies are to a person, not to a substance, food or animal? It just shows up that way. But when you deal with the root cause of the allergy, the symptoms go away.

We want to welcome our two new Myofascial Trigger Point Therapists to MyoRehab. Daphne Barrett and Carolyn Genet Martin are Licensed Massage Therapists and Certified Myofascial Trigger Point Therapists personally trained by me. They know how to treat patients suffering with Myofascial Pain and Dysfunction. They both bring with them a sincere compassion and empathy for our patients in pain, as well as the knowledge and skills to help them recover and “get their lives back”.

We want you to know that it is important to not give up when you have experienced pain for a long time. I truly believe there is an answer to finding pain relief and you just have to be persistent. We often have people come to MyoRehab who have been in pain for a long time. They have been everywhere and done everything to find pain relief. You know what I am talking about. We like to pride ourselves in helping you find pain relief and if we can’t completely relieve your pain, we will give you options, suggestions and recommendations to other pain practitioners.

One of the components we include in our treatment is to recommend other therapies which complement our Myofascial Therapy if we feel they would be beneficial to you. Combining two therapies at the same time often decreases the pain and dysfunction more quickly; saving you time and money. An example would be after several Myofascial treatments, we will ask you to return to your chiropractor for an adjustment of your spine. These two therapies work well together and you benefit by improving and becoming pain-free more rapidly.

We also might recommend taking magnesium—nature’s fascia and muscle relaxant. Powered magnesium is utilized more effectively in the body than other forms. We sell Natural Calm Powered Magnesium, also found in health food stores, which quite effectively keeps your fascia and muscles released after treatment. The goal of treatment is to release the tight, restricted fascia and muscles which are causing pain like a cramp or “Charlie Horse”. So taking the powered magnesium every night helps to maintain the release gained in treatment. It also calms your fascia and muscles so you sleep more peacefully.

Of course, we always give you specific home exercises to do which are always done in the pain-free zone. Part of the reason for releasing your tight fascia and muscles is so you can stretch without pain. Stretches should be pain-free and feel good. And here’s the good part; we only give you three or four exercises—TOTAL—that are gentle and pain-free. You do them about four times a day—breakfast, lunch, dinner and bedtime. They are your dessert!

Well, the holidays are upon us, Halloween, Thanksgiving and Christmas. We want you to remember that although we all enjoy the occasional “sweet”, please go easy. Sugar is an inflammatory in your body and activates and exacerbates your Myofascial Trigger Points. That means sugar will cause you increased pain! And keep drinking a lot of good, clean water. Fascia and muscles need to be hydrated; they are 65-70 percent water.

Happy Holidays and Happy New Year!

Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109 • www.myorehab.net

GOT PAIN?
WE HAVE ANSWERS

MyoRehab
872-3100

Providing drug-free treatment
for pain relief for over 30 years.

Read more articles by Victoria L. Magown online: www.trulyalive.net
(1) While the US makes up only five percent of the world’s population, Americans consume over 50 percent of all the world’s pharmaceutical drugs! (2) The US spends more than 17 percent of our gross domestic product on healthcare. (3) If the US health care system were a country, it would be the 6th largest economy on the entire planet. (4) Americans pay 50 percent more than other countries for identical drugs, as a result of laws and regulations.

We keep pumping millions of dollars into medical research with the result being the development of more chemical formulas to combat our ever emerging “diseases”. However, are medical researchers really asking the right questions?

The Ancients invented Gods; Zeus, Hades and Apollo to explain phenomena they didn’t comprehend, like we do via Diabetes, Lupus, Cancer. To heal the body, we must reduce and eliminate the waste that’s pushing it out of balance. We are toxic, not broken. We can heal. Roger Bezanis

As medicine begins to catch up with physics, a new era in healthcare is emerging where “Bio-energetic Technology” promotes the healing process by stimulating the healing ability of the body. Your body is designed to heal itself. Unfortunately, we live in a world that continuously interferes with this natural healing capacity, through the modern day stresses of biochemical toxins and electromagnetic pollution. The concept of energy medicine is that energy systems are the infrastructure of the body and energy is the medicine. When your energy is vibrant, so is your body!

I developed Good Energy Products to assist the body to achieve such a higher level of well-being, utilizing a proprietary process of “frequency infusion,” whereby health-promoting frequencies are infused into products. Being as healthy as one can be is not about suppressing our body’s expression of imbalance, but instead about detoxification and cleansing our bodies of erosive waste products and allowing our natural healing energy to flow. Good Energy detoxification products for enhanced health...

Crystal Clarity: Energetically enhanced MSM supplies a biologically active form of sulfur, which promotes the intercellular transport of toxins and nutrients.

Homeopathic DeTox Formula: Homeopathic formulation to detox dental and environmental pollutants.

Body Therapy Cream: An energetically enhanced Aloe Vera gel formula to warm the area where applied, unblocking chronic energy blockages, stimulating blood flow, and promoting muscle relaxation. In Chinese medicine, pain is blocked energy flow, therefore, through this energetic stimulation of chronic pain areas, patients experience relief.

Body Therapy Gel: An energetically enhanced Aloe Vera gel formula to cool the area where applied, unblocking acute energy blockages, reducing inflammation, promoting muscle relaxation and energetic stimulation of chronic pain areas.

Digestive Enzymes: This energized enzyme formula contains the high activity enzymes required to be digestive enzymes, and if these same enzymes are taken between meals, they serve the function of metabolic enzymes. Such supplementation assists the immune system, detoxification, and improves the functioning of the entire body.

Happy Skin Enzyme Rejuvenation Cream: Healthy skin is the result of the detoxification and repair of the skin, our largest organ of excretion. The formula is Aloe Vera based with anti-oxidants, and a proprietary enzyme mixture. This energized product helps firm and tighten skin, enhance texture and elasticity, and reduce the appearance of wrinkles, an anti-aging miracle!

Energized Toothpaste: Enzymes are incorporated into this energized Aloe Vera, fluoride-free formula to metabolize loose food debris and to help fight dental plaque, the primary cause of dental disease. The energetics in this product stimulate the oral acupuncture meridians. For the above and other Dr. Wolfe’s products: www.goodenergyproducts.com

“Modern Medicine is equal to taking a car to a mechanic to fix a loud noise, being sold earmuffs and then being sent home.”

~Roger Bezanis
As diseases of the nervous system escalate reaching epidemic proportions, understanding the equally escalating causal factors that disturb our brains becomes increasingly important. Radiation is proving to be a major source of brain dysfunction and disease. The global voice on an overwhelming and dangerous tragedy remains largely silent as to what has happened in Japan and what continues to increasingly threaten our planet and our nervous systems.

An ongoing leak of Plutonium isotopes from the Fukushima Power Plant heavily damaged by the March 2011 tsunami, is globally contaminating the planet with substances which are extremely neurotoxic, yet difficult to diagnose and monitor. Please see video of Fukushima Report from Investigative Reporter Harvey Wasserman: [http://www.youtube.com/watch?v=NucjTiOXxSQ](http://www.youtube.com/watch?v=NucjTiOXxSQ)

While much of the country is aware of the fateful tsunami that ravaged the coast of Japan in 2011, most are not aware of the fallout of this tragedy on a global scale. The Fukushima Power plant was not sufficiently protected during the tsunami, having ignored the Japanese Nuclear Regulatory Commission demands that a proper sea wall be built to protect the plant from just such natural accidents. As a result, the plant was demolished and three of the nuclear core reactors melted down, due to the cooling system being damaged.

Subsequently, the plant has leaked highly radioactive Plutonium isotopes directly into the air, as well as continuously into the Pacific Ocean and globally via air currents and rain water. The levels of radiation reaching beyond the Japanese coast have been estimated at varying degrees from ten to thousand fold increases of levels—considered dangerous for human exposure. Unfortunately, radioactive fallout carried around the globe by trade winds and weather patterns has not been adequately addressed. What is the harm of radioactive fallout or of any form of radiation to the human nervous system and body? Our brains are electrical organs, acting as both generators and receivers. Radiation toxicity is absorbed and creates an electrical blockage or interference to normal neurological function, as well as damages our genetics and the DNA carried on to our future generations. Although our nervous systems can and do suffer numerous insults which act to create neurological inflammation and dysfunction, radiation exposure from the environment is one insult for which it is critical to maintain high surveillance.

What to do? We can minimize our exposure and maximize clearing of the radiation which we do absorb. Knowledge of the radiation issue is the first step, and managing the issue is second. Such management would include minimizing exposure to ionizing (X-rays, gamma rays, and microwaves) and non ionizing (EMF—computers, cell phones, Wi-Fi, and all electronic devices) sources of radiation. Also, avoidance of all microwaved food is critical; with removal of microwaves from your home and work environments; replacement with convection or toaster ovens is an easy solution. An important dietary consideration is minimizing consumption of seafood from contaminated ocean sources, preferring inland Alaskan waterways or Arctic wild-caught seafood sources and checking carefully the sources of fish oil and other ocean derived supplements.

Our nervous systems and our DNA are being bombarded by these damaging elements, therefore reduction of our exposure, and clearance of what we’ve already absorbed, is mandatory to survive and thrive in today’s environment. Please don’t assume that this is not a global threat and life-changing issue nor trust you or your children’s future to the ill-informed or those who are denying this global tragedy. Be a voice of awareness and change, and minimize your risk of radiation induced illness.

If you’d like a neurotoxic evaluation and a detailed, customized treatment plan for managing radiation exposure, please contact my office at 505-503-8325.
Meet the Authors: Holiday Gallery Event
By Sam Kolman, Bear Sunshine Gallery

Looking for great gifts for the holidays? Want to support local businesses? The Bear Sunshine Gallery is hosting a Holiday Event, featuring six local authors of natural health and spiritual books. The gallery is choc full of spectacular wildlife and nature photography in beautiful custom frames (perfect gifts for that special guy in your life, ladies!). Bear Sunshine's stunning custom-framed photography is very affordable. You’ll find a nice selection of small items (mini framed pieces, fine art cards, calendars and more) priced as low as $3—great for gift-giving. Authors will be on hand to answer questions and sign books, which will be on sale at a 30% discount for this one event only.

Hiking Toward Heaven by Ian Palmer
This enchanting story, packed with wisdom and spiced with intrigue, rocks along from one hiking episode to the next. The mystery is engaging, emotions are stirring, the ending moving. The book is based on actual hikes. The coangel is imaginary, added to inspire you to open your heart to miracles.

S.T.A.R.—A Now State of Being by Nina Brown
How do we create and anchor the new earth when we have never done so before? We need a new tool. This new book, S.T.A.R.—A Now State of Being offers us a magic wand. The philosophies of surrender, trust allow, receive are taken to a new octave.

I’m Beside Myself by Betsy-Morgan
This book takes you into the author’s unusual and exciting life experiences that lead up to her becoming a channel overnight. Read about channeling experiences for Shirley MacLaine, Wayne Dyer, and assisting John of God. This seasoned psychic of 25 years reveals her amazing secrets in the book!

Autism: Disease, Disorder or Choice? by Jerome Lewis
Autism is not what we think it is. It is not a disease or a disorder. There is nothing inherently wrong with an autistic child. This book, from the spiritual point of view, explores in-depth these truths and brings light and new understanding to the dark and mysterious world of autism.

Serenity and Beauty by Rita Mosiman
Serenity and Beauty, (JB Stillwater Publishing Company) has been described as inspirational with “picturesque scenes you can walk right into” and prose that “strikes the heart of the reader”. Author Rita Mosiman’s photography and writings make this book a healing treasure.

Spirit Wisdom for Daily Living by Clint Bridges
This book of inspirations was written and is offered within the context of pure love. The words came to the author from a deep place within his being. May you enter into an awakened state of awareness through contemplation and introspection, and discover the light that dwells within.

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Complimentary - One Evening Only
Thursday, December 5, 5-8pm
Light Refreshments

6 Local Authors, Book Signings
30% OFF BOOKS
Beautiful, small gift items to exquisite, sofa-sized works of art!

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Bear Sunshine Gallery
IN NOB HILL
4207A Central Ave. NE • near Washington
505.504.5343 • www.BearSunshine.com

Sam Kolman is a wildlife/nature photographer and custom framer with a special passion for bears. Sam truly captures the essence of each animal’s spirit in his art. His goal is to increase awareness of how our animal friends enhance our lives and contributes to creating a safer environment for all creatures. When you look into the eyes of one of Sam’s special bears, you will surely fall in love and want to bring one home! Sam donates 5% of all proceeds to the World Wildlife Fund. Visit: www.BearSunshine.com and join us on 12/5!
Introducing Oxi Fresh, the World's Greenest Carpet Cleaner. You may have seen other advertising for us around town—especially in the Valpak. I am happy to introduce Oxi Fresh Carpet Cleaning to Truly Alive readers. You will really appreciate our differences!

Are you planning to entertain this holiday season? Thinking about cleaning your carpets? Think Oxi Fresh! We use only 2-3 gallons of water to clean your entire house! That's right; just 2-3 gallons. This is only enough water to get the fibers wet, not the pad and subfloor of your carpet as with steam carpet cleaning. Talk about saving precious New Mexico water! Our website even has a Green Calculator to show you how much water you will save by using Oxi Fresh. Perhaps best of all, your carpet will be dry fast; in about an hour!

Oxi Fresh solutions are non-toxic and safe for kids and pets. Our process is certified green by the Green Build Council and our products are registered with the EPA. But how well does Oxi Fresh clean? How well does it work on pet stains and odors? Oxi Fresh works so well you will wonder why you ever used another carpet cleaner. Check out our customer reviews: www.oxifresh.com and see why we are your very best choice for carpet cleaning.

And can we talk about bathroom carpet for a minute? Most people find carpet in the bathroom gross (I'm sure you can relate). In addition to what might come to mind regarding the “gross” factor, bathroom carpet often attracts mold (which loves to grow in moist, warm places). When you steam clean bathroom carpet, inserting gallons and gallons of water into it (for a “deep cleaning”), you may enjoy a surface clean, but if you have a hidden mold or mildew issue under the surface of your carpet (even a small one—or mold somewhere else in your bathroom), you just provided a great environment for those little buggers to enlarge their families. Oxi Fresh cleans without this risk.

Let’s be honest. Most carpets could use a cleaning. Cleaning your carpets every 6 months helps keep your home cleaner and extends your carpet life. Oxi Fresh low moisture system provides a great, safe and natural cleaning (and our prices are affordable). So now that you know about Oxi Fresh, what are you waiting for? Call to schedule today! 505-999-1126. www.oxifresh.com
Look Younger with FaceLift Massage  By Ludmila Reina, #4497

Our face is very important to us. The younger we look, the more attractive and confident we feel, the better our chance to get a job/promotion, to be loved, to feel good about ourselves.

Facelift massage is a remarkable anti-aging treatment. Using the natural touch of a practitioner, it improves the skin condition, rejuvenating facial skin, toning and firming muscles, restoring a youthful glow to the face.

Tension that comes from our attitudes and thought patterns records itself in our facial expressions. When muscles are continually in a contracted state—these contractions begin to etch the face with deep lines. You can physically release this contraction with repeated strokes of massage. The muscles learn to let go and the client begins to shift unconscious holding patterns, releasing facial tension and deep lines.

The rejuvenating process accelerates by adding Honeylift Masque/massage to the treatment. The special techniques of whipping and tapoment with the Honeylift treatment give the skin nourishment and hydration, while opening the pores and eliminating toxins by removing dead skin cells. This helps smooth fine lines, has an anti-bacterial effect, and stimulates synthesis of collagen.

Once the face is toned, it’s easier to keep in shape by incorporating a home toning program. This includes self-massage and facial exercises 3-4 times a week. A few minutes of home maintenance effort each week will help a toned face stay that way.

The Bellanina Facelift Massage is a pampering and effective treatment for people of most ages (especially age 35 or older), most skin types, and for both males and females. Clients with aging skin are recommended to have a 12-session regimen. Clients with younger skin should see results during sessions 1-6.

Very relaxing—my skin is glowing. Redness and puffiness are reduced, wrinkles across my forehead are less noticeable and I look younger! You have excellent touch. Thank you!

C.M., age 52, Albuquerque

Read more articles by Ludmila Reina online: www.trulyalive.net
It is that time of year again! (The time of year that many dread but don’t want to admit they feel this way.) Many of us dread the coming of the late Autumn and the Winter Holidays of Thanksgiving and Christmas. For most all of us, we have to persevere through a really brutal blizzard of Holiday Advertising that very seductively (or blatantly) tells us what we need to buy and what we need to do to create the best Holiday Season Ever!

But the overwhelming and unavoidable advertising that comes our way every year isn’t the only reason for ‘dread’ in the air. There may be the sour remembrances of how last year’s family celebration went... perhaps a ‘having’ to face some familial painful behavior or other heart breaking holiday memories that haven’t receded much yet.

Of course it can’t be said that all Americans have dread for the holidays. There are surely those, hopefully many, who have happy memories and associations. One fact, however, remains...that the sacredness of Thanksgiving and Christmas has diminished greatly. What has replaced it is causing many to miss what once was experienced as magical, wholesome and divine.

Surely, those of you reading this now can remember in times past when celebratory circumstances just seemed to unfold as tender, poignant and miraculous. These events were more likely to be rather simple, even ordinary in content but extraordinary in how they ‘moved’ you.

For example, my Grandmother Guilfoyle was the epitome of an Irish Catholic woman. She stood all of 4’11”, was rather rotund and exceedingly kind and humble. She openly shared about the connection and closeness she felt to several of the Catholic Saints through her prayers. There was St. Gerard, St. Patrick, St. Ignacius Loyola, St. Francis...and of course, first and always, Mother Mary. One Christmas morning after Mass, my grandmother whispered to me to walk her up to the elaborate Christmas Stable on the right side of the altar. Of course, since I was 11 years old, I was to do whatever my elders wanted and so I offered her my arm because she had severe arthritis in her knees.

Then I will never forget what happened next. She was very determined to kneel before the Christmas Lair full of the statues of Mary, Joseph, Baby Jesus, Shepherds and Wise Men. (I thought it was just so she could see them all more clearly and simply appreciate the Holy Family scene.) Then in an instant, I felt my heart tremble as I realized she would endure any pain in order ‘to fall to her knees’ before Baby Jesus.

‘She put her face in her hands and prayed so devotedly and then turned to me and said ‘come sweetheart, I want to tell you something important.’ She said,,, ‘you must always make room in your heart for the spirit of Baby Jesus because His Presence there will always keep you safe and loved and constantly blessed.” I didn’t really know if all that was true. When you are 11 going on 18, Grandmother’s advice can seem rather unimportant or dated at least.

‘I do know though that when she turned back to pray, I witnessed my Grandmother and the spirit of Baby Jesus coming in to each other’s hearts. (drop as she prayed there). ‘I truly felt Him...I felt His love for her...and then, suddenly, I felt Him come to me. His love radiated out to me. Since then, I have never been the same.

Experiences like this are what we long for, don’t we? And how often do we grieve for them because they elude us no matter how we well we ask or prepare? ‘What comes to mind (that might make all the difference) is that, like my Grandmother Guilfoyle, we just must ‘fall to our knees’ in humble awe and loving reverence for the Great Love of those like Jesus and Rumi, Buddha and Mother Mary...those who have been brought to us to inspire our spiritual growth and inner healing and, most importantly, birth the Infant Christ within us all as well.

For more information about the Ascended Masters Foundation, mission and vision, events and offerings including audio and video prayers and presentations, please visit: www.ascendedmastersfoundation.org or call Marshall Estner: 505-850-2132.
Transitions
By Rev. Kylie Renner

We humans can benefit greatly by paying attention to the transitions happening within us; as they are preparing us for what is next. Transitions within are movements from one place of consciousness to the next. They contain the same need to change and release as do transitions in the outer world, but on a deeper level. Internal movements of consciousness can be uncomfortable because they take you someplace you haven’t been before. And because it looks and feels different, you don’t know exactly how you are supposed to feel or act. At this point in the newness, it’s really easy to start telling the story that something went wrong.

I find that people will continue to tell the story of being in transition even though they’ve been past it for a long time. They have new vision, but because they don’t know how to be in it yet, they continue to tell the story of transition. One can create being in transition for a really long time. Since the divine will perpetuate whatever story we are telling, we can start to see that transition time will stretch out for as long as we are willing to let it and it will expand to fill the place we give it.

For example, I have a friend who completely believes in new technological advances, and was an early adopter of the transition lenses for eyeglasses that make it so that your prescription glasses will change tint to become sunglasses outside. He tells the story of the first time that he wore them. When moving inside from the bright light of outdoors, he had convinced himself he was going blind because he didn’t realize these new lenses take time to adjust.

Our adjustments in consciousness also take time, and for awhile we may feel as though we are stumbling around in the dark; but we must remember not to panic. When we make a transition in consciousness we are in a new place, seeing with old eyes. If we aren’t aware, we can start to think that something has gone terribly, horribly wrong and try to go back to the way it was before. In our panic, we wish to return the gift of consciousness and send it back to the person, situation or idea that gave it to us, but there is no return policy on shifts in consciousness.

When we, as spiritual beings, encounter transitions, we are presented with very powerful opportunities to remember that the divine is moving through us, and we are being repositioned. From this new position, we will be able to see more clearly and be more in accordance with who we have come here to be. This means the falseness we’ve been carrying around will fall away. If we remember the nature of this shift, we can allow a transition to reposition us powerfully, without resistance to it, and we can allow ourselves to stop carrying around things that no longer serve us.

In writing, there is a principle called Chekhov’s Gun. If you say in the first chapter that there's a rifle hanging on the wall, it must be used later in the story. If it's not going to be used, it shouldn't be hung there to begin with. These times of transition are perfect times to remove everything that has no relevance to the story we want to create because what no longer serves us it is really clear to see during transitions. The power of these transitional times—if we walk them consciously—is to remove everything in the story that no longer serves us. These are exactly the times when it is most important for us to remember we do have choice and we can choose what we want to create and the energy with which we want to create it.

Rev. Kylie Renner is the Senior Minister at the Albuquerque Center for Spiritual Living, located at 2801 Louisiana NE, between Menaul & Candelaria. Call 505-881-4311 or visit online: www.abqcsl.org
Should I Cleanse???

By Bill Haggard, All About Health

Yes and no. Everyone on the planet is toxic! It can’t be helped. We are exposed to pollution in our air, water and food, as well as our toxic thoughts, emotions, and through electronic bombardment.

Some people seem to handle these insults well and take them in stride. It doesn’t seem to affect them; yet it does...there is an accumulation factor taking place and it’s only a matter of time until the weak link appears and registers a problem. And the cause is never the manifestation of disease or the symptom that shows up. It is always the end result of the accumulations—the accrued violations of spiritual, mental, emotional, physical, psychological and environmental laws.

Most tiredness, aches and pains come from toxicity. Toxins have accumulated to a point that your body is breaking down. Toxins eliminate, or exit your body, through your colon, kidney, bladder, skin and lungs (breathing).

So do we need to cleanse? YES! Why the ‘NO’ then in my beginning statement? It’s because some people are soooooo depleted that they do not have the energy to cleanse (yet). They need to nourish first.

Americans are one of the most overfed and under nourished people I know of. Ever since the 60’s and with the introduction of fast food, processed food, preservatives and chemical use in farming and food production, nutrition has spiraled downward and disease has spiraled upward.

The nursing home population is ever increasing and emergency rooms are full. So again I say: “Everyone needs to cleanse,” but cleansing takes energy. For people who don’t have the energy, cleansing may only make things worse. Nourishment and assisting the body in eliminating toxins gently is a good start for these folks.

So how do I define nourishment? Anything in a bottle, can or package is NOT nourishment! It will fill you up, but it will not feed you. It takes something with life force to give life force and provide energy. That means live plant food, grown in healthy soil: fruits, vegetables, nuts, seeds, and legumes. If you eat animal products for protein, it is important that those products come from animals that are grass-fed, free range and healthy (no added hormones, anti-biotics or other chemicals to fatten them up and increase profits).

When your energy comes up, you may be ready to do some cleansing. And there are many ways to cleanse. One way is to introduce more fruit. Try eating nothing but fruit until noon (instead of the typical processed food breakfast of cereal, bagel, pancakes, etc., or bacon and eggs). Fruit feeds your cells and nourishes you; and so begins a cleansing. Follow your fruit with fiber (plant foods). Minimize bread and grain products. Eat your meats with plenty of vegetables (preferably non-starchy vegetables such as green beans or broccoli vs. potatoes).

The next level of cleansing is vegetable juicing (for best results, juice yourself—fresh! No bottled juices, please!). Blending or smoothie-making goes up the cleansing ladder (fruits and vegetables...be sure to buy organic produce and use a powerful blender such as Blendtec, Vitamix, or Ninga).

Herbal cleansing ramps up your cleansing even more. This includes intestinal cleansing, parasite cleanses, liver-gallbladder flushes, kidney and lymph cleanses, etc. These cleanses feature herbs designed by nature to help cleanse, detoxify and energize every organ system in our bodies.

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Read more articles by Bill Haggard online: www.trulyalive.net

TRULY Alive | November/December 2013 17
Remember the scene near the end of The Wizard of Oz when Glenda tells the incredulous Dorothy that she'd always had the power to return home? "Why didn't you tell her before?" the Scarecrow asks. "Because she wouldn't have believed me; she had to learn it for herself." But how did Dorothy manage to learn that she'd always possessed the power she was seeking? She spent time acting as if she was someone who could set an intention and follow her intuition even if she didn't quite know how it would all end up. She put one foot in front of the other and started walking towards where she thought she needed to go.

The truth is that all of us have a set of ruby slippers with the power to take us to wherever we want to go, but we don't act as if we know this. I know I sometimes forget to let myself in on the secret. It's because we want the adventure. But I think for me, it's that I don't really recognize how powerful I am...probably because, as Marianne Williamson said, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” The scary part about that is that it means taking responsibility for what's happening.

The As If Principle

By Nancy Bowers, Realtor®

The way out is the As If Principle. Put a smile on your face, and you will feel happier; shuffle your feet and look dejected and you will start to feel depressed. If you want to become a home-owner, you must act like you already are one. If you've been acting as if your rental is truly yours, taking pride in your home and maintaining the upkeep, then home ownership will bring you deep satisfaction. But if you're in the habit of acting as if the clogged sink is someone else's problem, then you're probably not ready to take that next step—because once you sign the mortgage papers, you no longer have a landlord you can call!

First time home-owner programs can get folks into a home for as little as $500 down (or for a VA loan $0) down. Choosing a new home can be the perfect solution for the buyer who needs to clean up their credit, because watching the construction of your dream home builds excitement and can be a great motivator. The point is, if you want to realize your dreams, you must act as if you can. You start where you are and move forward. Act as if you are ready to be home-owner and you become a home-owner. Who are you acting as if you think you are?
Holiday Stress Relief

By Ellen Santistevan, LMT #6535, APP

Yes, yes, we are all aware…the major holidays are coming up. Did you know that on the Holmes and Rahe Stress Scale (compiled in 1967), Christmas is ranked higher than minor violations of the law, and financial burdens rank equal to the death of a close friend. Since 1967, holiday stress has only ramped up, taking its toll on finances, family, and personal health. How do we cope?

Self-help magazine articles proliferate at this time of year: “15 Easy Holiday Recipes to Please Your Family!” “29 Tips for a Stress-Free Holiday!” “12 Secrets to Hosting a Stress-Free Holiday Party.” Women (primary targets of the articles) are not only expected to do everything they normally do, but also complete the extra shopping, baking, cooking, entertaining, deep cleaning, hosting, wrapping, and other activities to make for a “perfect” holiday season.

Men are deemed generally useless by the holiday media machine and are reduced to bystanders in the spectacle without meaningful roles to play…except perhaps getting the tree, or buying one fabulous bauble for their significant other. Accustomed to feeling useful at work and life, they are relegated to the sidelines, which produces its own kind of stress.

Could we do things differently? We are not obligated to go into debt, put on a fancy meal, or to invite every neighbor, colleague, and relative to our homes. From the beginning of school supply sales, continuing to Hallowe’en and straight to Christmas (skipping almost entirely over Thanksgiving, since there are no gifts to buy), we are inundated by advertising and high pressure sales tactics to ensure that we save America by buying stuff. The consumption orgy pits us against our own best interests in terms of money, relationships, diet, sleep, and work.

The stressors are inevitable, but our responses to them are not. We can ask for help. We can buy only one present rather than a dozen. We can eat take out if we want to. We can, and should, set and maintain firm boundaries about how much we will take on as far as entertaining, cooking, eating, purchasing, and cleaning. Sometimes, the best response to the pressure is to refuse to partake in it. I like to ask the question, “What if you do nothing?” No matter your answer, I guarantee that the world will not actually end.

The most lasting kind of gift is the gift of good health: body and mind. The bodywork I do can be powerfully nourishing on a soul level, which allows you to profoundly relax…releasing deeply held patterns of tension, bringing awareness of the self, and empowering the body to heal itself. It’s not a sports massage or a rote spa treatment, but a highly customized, individually-focused treatment that conveys sincere respect for each person. What I bring to you as a therapist is my entire presence addressing your entire presence.

Gift certificates for massage or other bodywork are welcome presents for a loved one or friend (great for you, too!). Putting your bare feet on the earth is an instant stress reducer, but it gets cold and uncomfortable in the winter. Earthing products offer a great indoor solution for your grounding needs. Essential oils can provide a lovely boost in energy, ease your digestive woes, and help you enjoy a peaceful night’s sleep. (My watercolor paintings and giclee prints are also for sale, which can add to the beauty of any space.)
Neale Donald Walsch is the author of more than 30 books on practical spirituality, including the original Conversations With God 3-book set (CWG) followed by 6 additional titles in the series. Altogether, millions of copies have been sold worldwide and his books have been translated into 35 languages. 7 books in the series have made it onto the New York Times bestseller list.

In addition to Neale’s breakthrough books, he’s created a number of global projects revolving around his books’ Core Messages, including an education program for children and a collaboration with people across the planet to invite serious and ongoing discussion of the CWG ideas.

Wife Em Claire (the poet: www.EmClairePoet.com) resides with Neale in southern Oregon. They work and travel together extensively worldwide; sharing the information they hope may help others in finding a deeper connection with themselves, their soul and God.

Truly Alive: The concept, value and necessity of contrast, of good and evil is so clearly explained in the book Conversations With God (CWG), and well covered in The Only Thing That Matters. It helped me to dramatically shift my perception of life on earth. Can you please share some about this?

Neale Donald Walsch: Contrast is in every aspect of our lives. It’s in the totality of our physical experiences and is necessary and required. It’s the greatest gift that life itself can offer. I cannot know myself as good unless there is something in the world that is largely judged to be not so good. I cannot even know myself as tall for that matter, unless there is something in the world that is largely judged to be short. I experience myself as fast, or slow, or soft, or hard, or big, or small, or anything at all, only in the presence of its contrasting element. Therefore, life has provided those contrasting elements, what I call a contextual field, in which we can announce and declare, express and fulfill, become and experience ourselves at the next highest level of who we really are.

Absent the contrasting field, and absent the contextual field, sense expression and experience would be utterly and literally impossible. The difficulty that we have is, we judge the contrasting elements and call them, “no good at all” and rail against them. The answer is not to oppose any contrasting element, not to oppose what opposes you or what you imagine opposes you, but rather to compose yourself. That is, to gather yourself and to say to yourself, “What if I saw this contrasting element, this apparently other than my self-ness, as the greatest gift I could encounter in this moment of my life? What if I saw it as a gift, as a blessing, rather than as some difficult challenging element of life that I wish were not there?”

Suffering is the decision made by a human being about what is occurring, NOT about the occurrence itself. Pain and suffering are not the same thing. Suffering is our announcement that what is occurring should not be occurring, and so we resist the experience that’s right in front of us. When we re-contextualize our experience, whatever it might be, we’ve opened the door for the creation of a new reality, such that our entire life is transformed.

TA: You start the book The Only Thing That Matters by saying 98% of the world’s people are spending 98% of their time on things that don’t matter. Can you please speak a bit to this?

NDW: Many people feel and have responded to the teachings of their parents and their elders, which is that life is largely about doing the best we can, getting along with others, harming no one (or as few people as possible), taking care of our obligations, serving our family and those we love, offering what we have an opportunity to offer the community at large, and hopefully dying well. Largely that’s how people have framed human life on the Earth. Or, for some, life on Earth is a testing ground or a school or a place where we have to perform certain rituals or duties in order to find our way to God. Because those stories are based on ancient understandings that have not been updated for thousands of years in any serious or comprehensive way, we find that 98% of the world’s people are spending 98% of their time on things that don’t matter.

What CWG has made clear to me is, there’s something we don’t understand about life, the understanding of which would change everything. What we don’t understand is that we are, in fact, after the wrong goals. We’re after the wrong stuff. We ought not in fact, be spending our time on things that don’t matter. Can you please speak a bit to this?

The Only Thing That Matters
by Karen Larré, Mary Anne Weaver and Carla Garcia
and security for the world’s people. The economic system is not working; it has not produced abundance and right livelihood for the largest number of the world’s people. The educational system is not working; it has not produced a higher and higher level of awareness, understanding and clarity about the human condition, among the largest number of people. The social system is not working; it has not produced greater harmony and closeness among the world’s people.

So we come upon a question: “What is it that we don’t understand—the understanding of which would change all of this?” In answer, God said to me, “What you don’t understand is, you’re simply going after the wrong goals—the wrong objectives.”

What then would be the objectives that we might benefit more from going after?—and God said, “The reason for all of life, the agenda of the soul, is completion of the soul’s sacred journey. And completion is defined as the fullest expression of divinity flowing through us, in us, and as us, at any moment, situation, event or circumstance will allow, given the level of our present consciousness and awareness.”

Our opportunity, our agenda on the planet is to express and experience Divinity itself. When we decide to use every moment of our lives as the opportunity to do that, the struggles that we encounter in our physical reality virtually disappear. Everything becomes unbelievably easy, simple, and joyful. Or, as someone else far more eloquent than I will ever be once put it, “Seek ye first the Kingdom of God, and all these things will be added unto you.”

The world’s most well known and wonderful Spiritual Masters have all taught us this, each in their own way. It is exactly what the Masters who walked the planet in contemporary times have done and continue to do today; such as Paramahansa Yogananda, the Dalai Lama, Thich Nhat Hanh, or others. Nobody is pushing a clock, none of those people are worried about the size of their inheritance, the land tract they live on, the kind of car they drive, or the income that they produce every month. They are in fact among the happiest, most blessed people on the Earth.

**TA:** Why should we welcome challenges and difficulties?

**NDW:** Why should we not? Why should we not welcome anything and everything? What aspect of life would be unwelcome? And the answer is, “Nothing.” There is no aspect of life that would be unwelcome, because there would be no reason to not welcome it, once we understand the reason for every event, circumstance and situation. Once we truly embody that very reason for our being is to create; then we understand the opportunity that those events, circumstances and situations provide us to choose who we are and what we want to be in response to them. That’s the agenda of soul, in the understanding of this, every event or circumstance would be viewed differently. Every human being would be welcome by us, regardless of their apparent surface characteristics. That is why all the great Masters have said, each in their own words: “Bless those who you would call your enemies, and be a light unto the darkness.” Then you might know who you really are, and that all those whose lives you touch might know who they are as well, by the light of your example.

**TA:** How do you think we are doing as the body of humanity? Where are we in our process of evolution?

**NDW:** We are just at the beginning stages of our birthing. I think our period of gestation has finally ended. I’m going to join my colleague and wonderful friend Barbara Marx Hubbard in observing we are in a birthing process. We have been in what Barbara would refer to as, a period of gestation. Now, we are just entering the true emergence of Humanity as we birth ourselves into the Cosmic Community of sentient beings. On the scale of that Cosmic Community’s life scale, we are about 5 days old! That does not mean that we are unable to move forward with our own agenda with wisdom and intelligence. What it does mean is that we are able to understand that this is a remarkable, interesting and dangerous period of our evolutionary spiral, because we are in fact (on the scale of the Universe) children. We’re like children playing with matches, and we need to be careful with what we’re doing. Fukushima is a perfect example of that, and other aspects of life on this planet as well. When you start pulling tuna off the coast of California, and it’s contaminated with radiation from Fukushima, you realize “Oh—I see, I see.” Everything we do all over the planet affects all the rest of us. As the body Human finds itself emerging into a larger and larger space in its own highest identity and grandest reality, and it must proceed with more and more awareness of its responsibility in that regard.

**TA:** This book offers powerful tools. What is your favorite tool and why?

**NDW:** Gratitude; because gratitude completely shifts the context from which we consider, observe, witness or experience any outward event, circumstance or situation. Perspective creates perception, and perception creates belief; belief creates behavior. Behavior creates experience, and experience creates your reality. It’s all about perspective—and gratitude shifts our perspective about everything that we might not have previously been grateful for…in a flash, in an instant, in a nanosecond! That’s why it’s the most powerful tool that I’m aware of. Whenever I confront any outward circumstance, event or experience that I would ordinarily consider in my mind’s valuation unwelcome, I move to a place of gratitude: “Thank you God, for another chance to be in my highest self. Thank you for the wonder of this gift, the joy of this opportunity, the celebration of Your Divinity here and now.”

**TA:** The book talks about “forgiveness as not being necessary.” (Forgiveness foregone.) Please explain.

**NDW:** The great misunderstanding of the human species is that forgiveness is a gift that we give to ourselves and to others. In fact, it’s not. It’s the most unnecessary aspect of the human emotional experience. God forgives us for nothing. God never forgives us for anything because God has no reason to forgive us because we can’t possibly damage, hurt, destroy, injure, anger or offend God. There is no way we could possibly do any of that…any more than a 2-year-old child would anger or offend us if he knocked over the glass of milk, reaching for the chocolate cake in the middle of the table. So, we are in the place of Divine Love, in the embrace of Divine Love in the experience of God. One lives that embrace. We are the embrace and the embracer, at one and the same time.

We as manifestations and individualizations of Divinity cannot be hurt, damaged,
injured, offended or angered in any way, although we imagine that we can. Thus forgiveness becomes utterly unnecessary—in fact, pointless. The tool that replaces forgiveness is understanding. The reason we don’t have forgive the two-year old who spilled the milk is that we understand perfectly well, how it could happen. No one has to coax us into not feeling bad about it, no one has to convince us not to punish the child and send him to his room for the next week and a half. No one has to interfere with our interaction with that child in any way because we naturally reach out to that child with compassion. If we have any sense of humanity of all, the first words out of our mouth when the child starts crying are, “Oh, sweetheart, it’s OK,” and we even have a phrase for it: “there’s no use crying over spilled milk.” So, we rush to that child’s aid, to make that child feel better and not worse because of what occurred.

God said to me, “Understanding replaces forgiveness in the mind of the Master.” Therefore, when someone does something to us that we imagine has hurt us, injured us, offended us, or damaged us in any way, all we need to do is to understand how it’s possible that they could have done such a thing. I’ve often asked the question, “Tell me please what hurts you so bad, that you feel you have to hurt me in order to heal it.” When I have the courage to ask that kind of a question, I often get a tearful response and a very genuine reaction. But if I don’t, I look deeply into my own heart when something occurs in my life that I find offensive or hurtful or anger-producing, and I ask myself in that place deep in my heart: Have I done anything even close to this, in the totality of my life, with anybody else?

There are only 7 deadly sins. Everyone has had these experiences: I’ve been betrayed, and I’ve betrayed others. I’ve been offended, and I’ve offended others. I’ve been cheated, and I’ve cheated others. I’ve been lied to, and I’ve lied to others. There is nothing that has happened to me that I haven’t done to someone else. Therefore all I have to do is look to myself and say, “How is it possible that I justified this behavior at some point in my life, at some level, at some scale with another person?” If I can understand how I did that, then I can understand how they could possibly have done it. Understanding replaces forgiveness in the mind of the Master.

TA: Is there anything else you would like my readers to know about?

NDW: My newest book is titled What God Said. It came out on 10/1/13. What God Said is the answer to the request of literally thousands of people through the years who have said to me, through letters emails and phone calls have said, “Neale, you’ve written nine books in the Conversation with God series covering 3,000 pages. Unless you’re deeply dedicated to the work it’s a lot to go through. Is there any way you could condense that to its most salient powerful important points and put it between the covers of one book?”

I said, “You know what? You’ve got an idea there, and I’m going to do it.” And after years of hearing that from people right and left, I’ve finally produced What God Said, which is a look at the 25 most important core messages of Conversations with God, with elaboration on their nuance and meaning, and how to apply them as a practical matter in everyday life. I’m very excited about the book, and it could be one of the most meaningful books that I’ve ever produced.

For more information about Neale Donald Walsch, his books, CDs, DVDS, online courses, teleclasses, newsletters, global programs and more, visit: www.nealedonaldwalsch.com, www.CWGPortal.com, or www.TheGlobalConversation.com. Neale can also be contacted through www.twitter.com/NealeDWalsch or www.facebook.com/NealeDonaldWalsch

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Probiotics are the good bacteria that are found in your colon. Lactobacillus is found in the small intestine (responsible for absorption) and Bifidus is the bacteria that inhabit the large intestine (responsible for evacuation). Symptoms of lack of the good bacteria include constipation, acne, digestive issues, Candida, repeated infections and brain imbalances. We have more neurotransmitters in our guts than our brains. Our Probiotic Daily is non-dairy and contains 100 billion CFU per capsule. My boys are so much healthier since giving them the probiotic ENT! I am taking it also and it helps my sinus and ear issues.

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional & health educator. Our team offers Biofeedback, hypnotherapy, Geotran integrations, naturopathy, life coaching, trauma release work, homeopathy, herbs, kinesiology, flexibility therapy (Melissa Kruse) & ionic cleanse footbaths. We work with YOU to accomplish your health goals & correct imbalances in the least number of sessions possible. Call today for your appt: 505-797-0540 or visit: www.abqnaturalhealthcenter.com.
Holiday dinner is a time honored tradition. The richness of friends and family gathered at the holiday table creates a feeling of great love and deep gratitude. It is a time to honor the Oneness of our lives with feelings of connectedness and unconditional love. Food is the glue that holds these special gatherings together.

My passion for preparing fresh tasty food is rekindled to new heights every holiday season. Soooo, I invite you to create the intention that your holiday meals are deliciously happy and peaceful, whether you are responsible for the whole event or a small part.

We provide full service catering for your holiday parties as well—Home or Office. Bright colors, fresh flavors and happy attitudes create an atmosphere of fun for your friends, colleagues, clients, customers and family. So if you have a holiday event coming up, need help with your holiday dinner, would like to learn how to diversify your present menus or need help creating menus for your specific diet plan, give Joyous Creations a call. We can help you create the perfect event from beginning to end. Call early for Joyous Creations to deliver your entire holiday meal, or just a part of it.

Also, consider Joyous Creations as a means to say thank you, or I love you, or order fresh, tasty meals to be delivered to your favorite clients, friends and family as a very special delicious gift. Our clients are often professionals who do not have time in their hectic schedules to prepare fresh tasty nutritious meals for themselves.

My Heart is filled to overflowing with gratitude for your part in making 2013 a greatly successful year! I look forward to creating fun with you in 2014.

With deep appreciation, Joy Lynn

What is Prosperity Consciousness?
By Lara LaVonne Jordan, RScP

We’ve heard the saying, “Change your thinking; change your life.” So does this mean we should visualize a huge savings account or affirm we’re receiving big salary checks? Positive thinking works, but we need to take action, too. We can’t expect money to jump into our pockets.

Nor can positive thinking be used as a Band-aid. If our spending exceeds our income, we need to heal that sore. We need to think creatively, think differently, so we get out of the mindset that led us to max out our credit cards. Then we need to fix the problem. There’s no greater drain on mind and heart than carrying a deficit—financial or otherwise.

In truth, personal prosperity is an outcome of prosperity consciousness. And prosperity consciousness is an outgrowth of who we are. Everything in the outer world is a manifestation of an invisible source. Beliefs and convictions are a part of the invisible realm that have a big impact on our lives. If we are convinced that money is difficult to obtain, then the probability that we’ll manifest that belief in the outer world is increased.

However, we can influence probability by using prayer, affirmation and visualization to change our beliefs. We can also cultivate a prosperity consciousness by practicing gratitude and appreciation in our daily—even hourly—life. We can focus on the many blessings we have, from the tiniest to the greatest: a bright green leaf to a loved one’s smile. We can actively appreciate everything and everyone in our life. Believe me, we will never run out of opportunities.

All this gratitude and appreciation makes us feel good and brings more love, peace and joy into our life. This is true prosperity, and it’s what we’re all looking for. Yes, we’ll enhance the probability of getting more money. But by then, money will only be an afterthought.

Joy Lynn is a Spiritual Practitioner with the Rio Grande Center for Spiritual Living.

Lara LaVonne Jordan is a Practitioner at High Desert Center for Spiritual Living.
Wanting to slim down? We make it easy! Get personalized testing, a 21 day highly nutritious, do-it-yourself at home meal plan customized for your body, and a simple grocery list to go with it!

Between all the media messages, conflicting internet information and literature out there, you may find yourself confused about your diet—you are not alone! Sometimes what you read tells you to avoid carbohydrates. Other articles say you must have some carbohydrates to avoid depression and have energy. You may hear that you must have some of the good fats in order for your body to burn stored, unwanted fat and then read something that tells you to avoid fat altogether.

When you choose us for naturopathy and kinesiology, you have access to a great deal of information about your body and how it reacts. You will receive guidance about how to work with it. Our testing method shows just how many proteins, carbs, vegetable servings, fats and fruit your body needs daily; and what type! Each individual meal plan is completely customized and even timed for you, so that you will not unbalance your blood sugar by going too long in between meals without eating. We’ve had great results!

Some meal plans are based on the Eat for Your Blood Type diet book which can be helpful, yet if your blood type specifies that you can eat dairy and you have a yeast over growth, you will not do well on that plan. Other meal plans are based on questionnaires with hard to answer questions that could reduce its accuracy.

Instead, we test your body for the answers to create your customized food plan. What could be better than that?! We can test your body’s percentage of fat and metabolic rate to determine if you have a fast or slow metabolism and how many calories per day you need to lose weight. We test the allowable grams of fat that you may consume daily to reduce your fat storage and weight. You will receive a balanced plan for weight loss wherein you do not gain the weight back. The techniques of Integration and hypnotherapy may be added to ensure your complete success.

We test to see what type of exercise is of most benefit to you to increase health, be your ideal weight and have plenty of energy. You will feel great, gain longevity and a higher level of health.

Janet L. Hall is a Certified Naturopathic doctor, Medical Intuitive, Clinical Hypnotherapist, Kinesiologist and Biofeedback Specialist. Her center is dedicated to healing and preventative health, life change and empowerment…helping people to “Rise Above!” www.alternativewellnesscenter.org, (505) 294-WELL (9355).
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“I am a private person. I don’t share dreams.”
“My dreams are too scary.”

The Truth About Dreams: Almost everyone dreams if they achieve REM, rapid eye movement, during the theta and delta brainwave stages of sleep. Dreamers can recall dreams if they set the intention before drifting to sleep and write the dream down immediately upon awakening. Fear not the scary dreams; no one dreams about something they are unprepared to explore.

Dreams come from our creative subconscious mind, which controls us to keep us safe. The subconscious regulates our hormones, heart and breathing rates, and our emotions. Additionally, our subconscious is a memory bank: Memories upon conception, from ancestors, and of society, the collective consciousness. We are all connected by collective consciousness energy. All these memories construct our beliefs, some of which we are unaware. All serve to keep us safe.

Decoding Dreams: One process to decode dreams was developed by Psychiatrist Montague Ullman, (http://siivola.org/monte/). After 30 years, Monte found psychological analysis to be long and slow, so he developed the highly structured, safe dream group process.

The dreamer is safe because he/she:
Understanding the messages and symbols embedded in dreams enable you to:
✓ Is always in charge and can stop anytime.
✓ Determines the level of sharing.
✓ Does not incur leading questions.
✓ Can accept or reject group projections.
✓ Has the promise of privacy.

Dreamers benefit from the group input. For example, SL changed her life based on a dream processed by the group. Here is the content of them dream:

THE ORPHAN
I encountered an orphan,
Dirty, starving.
He had chewed his own fingers.
He didn't seem to be in pain.
He had no pants.
There was a stack of used clothing;
I thought I could go through it to find some pants.
There was one pair, a maroon, knit sweat pant.
I didn't know if he would like it.
There was a green pair, but full of burned holes.

Through Ullman's process, SL identified with the offered
Janet Wahl, PhD, CHt, is a ThetaHealer® and educator who provides medical support hypnosis. She offers individual sessions as well as a variety of classes. Visit her website for more info: www.mindbalance.us or call 505 508 5805.

feelings: Marooned, no hope, bereft, abandoned, dependent, vulnerable, abused. One statement summed up her feelings about her work situation: “Sad children usually suck on fingers to soothe themselves, but this one has to eat himself alive.” SL wished she could retire, but believed if she waited one year, she would have $9000 more in her pension.

Other contributions also impacted SL: “Life is more than a job and money. You have to stop doing ‘life’s work’ for physical and psychological survival.” “The first need is ‘pants’. You must leap over unhappiness. The immediate needs are neglected.” “If you had cancer that was treatable, would you wait a year to treat it?”

RESULT: SL decided to retire. The image of eating her own fingers left no doubt in her mind.

Participation can be life-changing. One morning, the group spent nearly two hours on a long emotional dream. At the end, the dreamer stated, “I don’t know why this dream makes me so uncontrollably sad. My career and marriage are going well; my kids are ok.” The dream leader responded, “Perhaps a past-life regression would be helpful. Sadness might be ancestor-related sadness.” This comment propelled me, a participant, to enroll in hypnotherapy training, a life-changer.

ThetaHealers: Beliefs surface during the dream group process—a good source for digging.

Consider A Dream Group for Yourself! Ullman dream groups are forming again in Albuquerque. Dream sharing is intimate; therefore, members must commit to a minimum of 4 consecutive sessions:

EXPERIENTIAL DREAM GROUP
Led by Janet Wahl, PhD, CHt
Jan 12, 26; Feb 9, 23, 2014 • 2-4:30pm
$71 – Series of 4 • www.mindbalance.us
Holiday Special: Sign Up and pay by 12/31/13, Get Your Last Class Free (a $17.75 value!) If you decide it’s not for you after your first class, you pay nothing.

Janet Wahl, PhD, CHt, is a ThetaHealer® and educator who provides medical support hypnosis. She offers individual sessions as well as a variety of classes. Visit her website for more info: www.mindbalance.us or call 505 508 5805.

Is Your Life In a Rut? Consider Brainwave Optimization
By Regina Coffman

I once heard it said that, “ruts only differ from graves in their depth and length”. Being stuck in a rut is NOT a good feeling. I have felt that way most of my adult life, always trying the newest trend or self help method in search of how to get unstuck from unhealthy behaviors that had become “ruts” in my life. Over time, I gained a lot of insight from my search but nothing that was able to effect lasting change.

Three years ago, I experienced Brainwave Optimization and began to achieve a more balanced life. The difference then was that the “table”, (my brain) was balanced. This means that I can now “set the table” to achieve the results I desire. The reason is because the brain is the driver of everything I think, say and do. If my brainwave frequencies are “stuck” in an unhealthy pattern, that is what I will experience in my life. The many things I try (from meditation to diet and exercise) may work for a while, but eventually will “slide off the unbalanced table”. I grew weary of “setting the table” before it was balanced because I found myself exerting maximum effort with little benefit. Now, with Brainwave Optimization, my life is expanding and I see greater results than ever before.

Instead of feeling stuck in any of the behavioral ruts all too common in life, we can head in the direction of sanity. Life will not always happen the way we would like, but with our brains functioning at a more optimal level, we will better navigate the roads without sliding off into those harmful, unnecessary ruts. I am blessed to be able to offer such state of the art technology!

Call Regina today for a thorough assessment of your brain patterns at the special Holiday Rate of $49. Receive a 10% discount on an Intensive in the months of Nov/Dec 2013.

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Regina Coffman • 505-610-1190
BrainWaveBalancing.com

Read more articles by both authors online: www.trulyalive.net

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A Healthy Holiday Gift for All
By Sunil Pai, MD and Maureen Sutton, LMT #5227

Happy Holidays! Is health on your holiday list this year?
Sanjevani Integrative Medicine Health & Lifestyle Center can help you select gifts of health for yourself and those you love or you can purchase a gift certificate for any of Sanjevani’s health services.

Bosmeric-SR™: From allergy to asthma, colitis to cancer, all diseases are worsened by inflammation. At Sanjevani, we are experts at figuring out what is causing your inflammation and how to stop that inflammation at its source—naturally. One of the easiest ways is with Bosmeric-SR™.

Bosmeric-SR™ is the most potent, pure and clinically proven natural product for inflammation support available worldwide. Our patented formula now provides more full spectrum anti-inflammatory activity with an immediate onset of action and sustained-release that lasts over 8 hours. See www.Bosmeric-SR.com.

Sanjevani REST (Restricted Environmental Stimulus Therapy) Pod is a zero gravity environment that allows the mind and body to truly rest. Floatation therapy is a special, super-saturated solution of saline water utilizing 1,200 pounds of Epsom salt. With that amount of magnesium, your body becomes buoyant and floats on top of the water as if you are floating on air. Without any effort you can relieve pain, heal faster, relax, de-stress, improve sleep, and have fun in this unique state. See www.FloatABQ.com.

An Integrative Medicine Consultation with Dr. Sunil Pai, MD: Dr. Pai is Board certified in Holistic Integrative Medicine and is the first in NM to be a formally trained Fellow of the Program in Integrative Medicine at the University of Arizona directed by Dr. Andrew Weil. Integrative Medicine is the new paradigm in the approach and delivery of healthcare and lifestyle services that are safe, effective and natural.

Allergy Consultation for foods and inhalants: Do you think you have a gluten, wheat, soy or egg allergy? What about juniper or cottonwoods? Dr. Pai is the first in Albuquerque to provide Allergy Drops (allergy Solutions without shots). Visit www.allergydroptherapy.com for more details.

Dr. Pai also provides Battlefield Acupuncture for pain and Scalp Acupuncture treatments for a wide variety of neurological conditions including MS, Parkinson’s Disease, peripheral neuropathy and stroke.

Rejuvenating Massages and Panchakarma, Yoga Classes and Primordial Sound Meditation Instruction, Nutrition Consultation: Maureen Sutton, LMT, RYT and Ayurvedic Counselor is a nationally recognized spa director, massage therapy trainer and yoga teacher. She has undertaken specialized training in Panchakarma and the preparation of Ayurvedic herbs and oils from the Sri Dharmanathala Manjunatheshwara College of Ayurveda in India. Maureen is a certified Primordial Sound Meditation Instructor and certified in Plant-Based Nutrition by Cornell University and the T. Colin Campbell Foundation. She is internationally certified to teach yoga from the YogaLife Foundation in Dharmashala, India.

Custom Facials: Cecilia is a licensed expert aesthetician and skin care consultant. She has worked for over 18 years in the industry in a wide array of venues and roles. She worked for over 13 years for Epicuren Discovery as an International Educator and Regional Account Executive. Epicuren skin care is a philosophy and enzyme therapy for the face and body featured at the finest hotels, spas and doctor’s offices worldwide and now right here at Sanjevani. Cecilia recognizes that every individual is unique and therefore products and facial treatments are custom designed to reach your health-related goals and needs.

Vitamin Supplements, Herbs, Nutritional Products and Natural Skin Care and Beauty Products: Sanjevani Health & Lifestyle center carries the highest quality products available: from clinically tested, pharmaceutical grade, custom-formulated Vitamins, Minerals, Homeopathic and Herbal Supplements to exclusive, natural and organic Skin Care and Beauty Products. Most of our products are vegetarian/vegan/gluten free and have been carefully researched to follow the most up-to-date clinical studies, nutritional data, dosages and formulations. Sanjevani’s products are available in the storefront, and through the online store at www.sanjevanistore.com.

Gift certificates available for all of Sanjevani’s health services & products.

Read more articles by Sanjevani online: www.trulyalive.net
Routine Thermograms VS Mammograms

Dr. Carla Garcia, DOM

Why is anyone choosing routine mammograms anymore?

With the preponderance of evidence mounting as to the number of false positives related to mammograms, the increased risk of exposure to radiation (visit www.cancer.org sponsored by the American Cancer Society) and the known discomfort of mammograms, why is any woman choosing to have annual mammograms anymore?

While the number of women having routine mammograms is declining, we are wondering why any woman would subject themselves to the risks and discomfort when there is a better way. I’ve been talking about thermography in Truly Alive for years.

Here’s an overview of the facts about Thermography at the Thermography Center:

• Thermograms image the heat in the breasts that accompanies inflammation, lymph congestion and estrogen dominance in the early stages of disease
• Thermography Equipment is an FDA-registered, Class 1 Medical Device
• Images are read by and reports are written by licensed M.D.s (the way mammograms are)
• A licensed professional is available to provide a clinical breast exam if you want or need one
• Thermography images are available for all parts of the body as well as for breast screenings
• Thermography, while not yet covered by insurance is very affordable, and well worth the difference in cost over your insurance co-pay.

If you missed the article titled “Wine, Cheese and Mammograms” in the last issue of Truly Alive (Sept/Oct, 2013), read it online: www.trulyalive.net (search on Wine, Cheese). It’s worth understanding the lengths to which providers are going, to have women continue having mammograms.

Follow these tips for a healthy mouth not only for the holidays but all year long:

• Brush your teeth for at least 2 minutes, 2x a day and floss at least once a day
• At holiday parties, in addition to the sweet treats, munch on some celery or carrot sticks to clean away the sticky foods and plaque from your teeth
• To keep your smile bright, avoid sodas, red wine, coffee and black tea. If you do drink any of these, use a straw and rinse with water immediately after
• Chewing on some garnish (easily found on holiday platters), will freshen your breath in snap

Call Sandi’s Smiles today for your appointment! 505-480-7200. Remember… “A beautiful Smile is Always in Style.”

Future’s So Bright, I Gotta Wear Shades

By Sandi Ganshaw, RDH, BS

“Things are going great and they’re only getting better. I’m doing alright, getting good grades… the future’s so bright, I gotta wear shades,” Timbuk 3. This song from the 80’s has been playing in my head lately. You might ask, “What does that have to do with dental care?” A year has passed since I moved to my new location. My practice is growing so I’m expanding my office space. Not only has my clientele grown, but I’ve made many new friends. My family is healthy and happy and I am feeling the utmost gratitude for all the blessings I have received this year so the song resonates what I am feeling right now!

With the holidays fast approaching, it’s the perfect time to look and feel your very best for the upcoming holiday parties and celebrations with friends and family. A bright smile and fresh breath is great asset in greeting the holidays with confidence.

Experience the best in early detection

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• Physical Breast Exam Included with Imaging

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TRULY ALIVE | November/December 2013
The Journey Home

By Charlene Lewis

This morning as I sat in silence
Sailing away to higher dimensions
As far as my conscious mind would allow
An uncommon grace supporting my ascent
I observed many miracles I so often take for granted
Leaves shaking & shimmering in the late morning sun
A beautiful breeze caressing all in its path
The sun adorning everything with its light
Warming us, filling us with its healing energy
A soul calming silence pierced here & there by
A dog's bark, a child's laughter, a passing car
And the more I went within, the more I could feel
Everything that powered these miracles
Everything that sustained them and all of life
An ever present, overflowing, infinite LOVE
A love that fills the heart until it seems it will break
A love that brings the soul to tears
A love that opens the heart, allowing it to simply long for more
An unquenchable thirst, an unending exchange
Of love from the source of all that is
And love from my heart back to that source
A love that gives and gives and gives for no reason
But simply because it exists
A love that is being offered every second of every day
Waiting without judgment, with endless patience
For us to awaken like a flower in the morning sun
To accept it, to welcome it, to embrace it
It is our Creator's gift to us, given unconditionally, forever
It is infinite, ever present in every atom of every universe

It is ours to experience, ours to share, ours with no conditions
It never leaves us, never abandons us, we are always loved
If it doesn't leave me then I must leave it
Where do I go that I do not feel this love all the time?
This love is all that matters, this is what heals us, what unites us, what fulfills us
How and why do I leave this love I long for?
That is the question isn't it?
That is the question of my life, the riddle I must solve
It is my quest, there is no other
What else could possibly matter?
If I truly ask myself that question, there is nothing else that matters
So my dear Creator I make a promise and declare to you now
That my focus, my intention, my purpose in this life
Is simply to come home to you, to that love that I long for
Crying for it always deep within my soul, missing it, needing it
Like a baby crying for its mother, I cry and I long for you
At times weeping on the floor longing for that love
At times standing, shaking my fist asking—"Where are you?"
Only to be embarrassed later that I could feel such anger at such preciousness
Ashamed that I could be so arrogant
But that is the human condition isn't it? The duality.
Light and dark fighting for space within the same vessel
That is our plight and yet our gift
A game being played out on the earth plane
A game of love, of discovery, of longing
Driven by need, by joy, by a desire to come home
And on this journey to find you. I grow and I grow and I grow
Sometimes sad and sometimes joyous from reaching new heights
Ecstatic that my heart is still alive and
Knowing all the while that I am on my way
I am on my way home, without doubt, without fear
And this alone brings me to tears, the knowledge that this is my path
That I am blessed, that I am loved, that you are here...you are everywhere
My love, my life, my teacher, my friend, my protector, my creator
Words fail to express or explain you
I devote my life to you and I THANK YOU for everything
What Do You Know About Living @ F-L-O-W?

By Wendy Foxworth

Are you:

- **Ready to live in harmony** with nature and infuse your relationships with happiness, passion, and increased productivity?
- **Tired of the rat race** of perpetually yearning to be, do, have and become more?
- **Ready to be who you authentically are** and make Living @ F-L-O-W your New Year’s resolution for 2014?

On Sundays in November and December, from 11 am to 1 pm, our consciousness study will be **Making the Shift from BS to Living @ F-L-O-W**. Thomas Berry, author of *The Great Work: Our Way Into the Future*, urges all of humanity to stop being a disrupting force on the earth and to align with natural systems to become a beneficial presence. Berry calls making this transition the great collective work of our time.

Mike Jay, author of @ F-L-O-W, teaches us that our biggest block to fulfilling our great work is overcoming the gravitational pull of the **Blank State (BS) Paradigm**. To transcend the BS paradigm requires that every person make the shift to living in alignment with what Mike Jay calls the **Living @ F-L-O-W Paradigm**. Wendy Foxworth, Director of the Center, will facilitate this series in which you will discover:

- **You are not broken and do not need to be fixed**
- How to live in alignment with your inborn motivations to know happiness and success for yourself and your relationships at home and work
- How to lower your consumption and live in a more practically sustainable way
- How to embody @ F-L-O-W through awareness of your capacities, your purpose, your competencies, your values, and your wellth
- **Join us beginning Sunday, November 3 and make 2014 the year you leave BS behind!**

On Saturdays, November 2, 9 and 16, from 9:30am-1pm, join Wendy Foxworth and members of the Center Education Team, for **What Does Consciousness Have to do With Your Life?** The answer is **EVERYTHING**. Learn how everything you say, think, and do reflects one or more developmental levels of consciousness. Experience how your journey of tears and the conflict experienced in your life reveals the reality of levels of consciousness in your life. **What fun to realize “It’s not about you”! It’s about consciousness!** Calibrate where you are in the context of the Center’s consciousness model. Explore your options in expanding your consciousness to co-create a more joyful, loving, and meaningful life and a world that works for everyone.

On Fridays, do **The Work of Byron Katie** with Lana Wheeler, from 12noon-1:30pm. **The Work** is a simple yet powerful process of inquiry that teaches you to see who you are without your thoughts. Using this third level conscious methodology reduces stress and increases peace in your life.

On Mondays, from 6-7:30pm, November 4 – December 16, join in on this fun and very popular Center class titled **TUNE UP: Body, Mind AND Spirit** with Gregory Goodson and Paula Getz. This is not an exercise class but an integration class. Get your body in shape without hurting yourself, continue to “mind your mind”, while feeding your Spirit. Tighten up your core muscles, get your body in motion and have fun, walking, dancing and more. Nutrition, meditation and relaxation practices will be shared. Room for 15 people max; so register today at [www.meetup.com/centerforconsciouslivingalbuquerque](http://www.meetup.com/centerforconsciouslivingalbuquerque).

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The Center is funded totally by donations made in appreciation for the services provided by our teachers and staff. We are graced by your generosity and no one is turned away due to lack of funds. May you be blessed in this holiday season with your heart’s desires! Namaste.
So, you recently had surgery. Maybe your surgery removed cancer, or your gall bladder, or perhaps you had a joint replacement. You may be thinking “now what? How do I get back to doing the activities I enjoy?” The advice I give to my clients, friends and family is to start with following your doctor’s recommendations and do as much physical therapy as your insurance will allow. If your doctor does not prescribe physical therapy up front, ask for it. Physical therapy is a great place to start your recovery and regain your strength. However, many times physical therapy alone is not enough for a full recovery. Therefore, when you are released from physical therapy, continue doing the exercises you learned from your physical therapist. Then, start learning exercises you can do to continue your progress and get back to being physically active. This is where I come in to the picture.

When a new client comes to me for exercise guidance following surgery, one of the first things I do is obtain recommendations regarding exercise from the client’s doctor and physical therapist. Another is to sit down with the client to discuss his or her health history, lifestyle, habits and goals. The purpose of this is to get the big picture of where the client has been, where he or she currently is and where he or she ultimately wants to be with his or her physical fitness and well-being. From there, I design an exercise program that takes into account the client’s needs, goals and current physical ability. I generally start with gentle exercises and then appropriately progress the exercises over time to assist in achieving the client’s goals.

In addition to exercise, there are two other major components to recovery and getting back to normal activities. One is mental well-being and the second is good sound nutrition. Just over one year ago, a good friend of mine had bariatric surgery. She has since lost 101 pounds and would like to lose another 15 to 20 pounds. I asked her how she was so successful with her recovery and weight loss. She attributes her success to 40% exercise, 40% nutrition and 20% mental well-being. She said that actively working on her mental well-being has helped her to stay on track with her physical fitness and good nutrition. She has been able to change how she views food. She no longer sees food as fuel for her emotions but rather fuel for her body. With her new healthy relationship with food, she is able to make more nutritious food choices. She now consciously practices mindful eating instead of eating mindlessly.

Good sound nutrition is vital to a speedy recovery following surgery. Eating processed foods tends to create or exacerbate inflammation in the body, causing or prolonging pain. Feeding your body unprocessed whole foods will help you to heal much quicker and reduce your pain. By adding more fresh fruits and vegetables to your regular diet, you can markedly improve your immune system and your body’s ability to heal. An easy way to get on the right path with good nutrition and get more fruits and veggies into your regular diet immediately is by taking Juice Plus+®—a whole food nutritional supplement made from vine-ripened fruits, vegetables, grapes and berries. It’s like a salad bar in a capsule! Not only does it help improve your immune system, it decreases inflammation, supports heart health, and offers many other health benefits. Over 30 independent studies on the health benefits of Juice Plus+® have been published in prestigious medical and scientific journals around the world. For more information on Juice Plus+, visit morath.juiceplus.com.
Autism: Disease, Disorder or Choice?
By Jerome K. Lewis

This newly published book delves into the depths of autism. The thinking behind the information presented is brand new. The ideas offered are New Age/spiritual and come from a large download of information from God and his higher powers that blessed the me, the author. Because I am autistic and have struggled with the condition for most of my life, I immediately recognized the reality and truthfulness of the information that came through.

This stunning and fascinating book explores all of the aspects of autism, and provides real answers to what autism is, what causes it, and possibly how to reverse the symptoms. The medical and psychological communities have been fairly up front by acknowledging that they don't really understand autism and what it is. Their research has led them to several theoretical areas. They believe that autism is a disease or disorder that can be passed through genes to second, third and beyond generations. They are also researching the brain for neurological flaws that could cause autism. All of this is reasonable, but is it true?

The download of divine information I received contrasts completely with what the medical community believes about autism. If you are the parent of an autistic child, have you ever wondered if there is really something wrong with your child? Have you ever seen the light in the child's eyes that doesn't ring true with the symptoms you see? Does the fact that a severely autistic child seems to fight acknowledging its parents and tries to prevent input into his or her consciousness and brain trouble you?

Autism is not what we think it is. It is a fear-based reaction created by enormous amounts of fear accumulated through many, possibly even thousands—of past lives.

Please visit the author’s website at www.autismddc.com. The book is also available through Amazon Create Space as a paperback and Amazon Kindle as an e-book.

HEART
By Clint G. Bridges

What a truly wonderfully, magical and interesting word it is.

HEART...the Main Organ of Sense
HEART...the Throne of Love
If you have an EAR to HEAR
HE will show you the science of life
HE will teach you the ART of living

HEART...the Seat of the Sixth Sense
In the beginning One must lead their Being towards THAT which their Heart desires.
Once One has been devoured by Virtue,
One no longer needs to Do; only Follow.

Heart is the Throne of Love.
Mind is the Seat of Wisdom.
Awareness is the Realm of Being.
It's true. Your Heavenly Father loves you.
But who you are is not a matter of much importance.
It's what you are that counts. For out of a Pure heart, does a man bring forth his good works.

There are two ways to live;
from the mind or from the heart.
The wise one will always choose the path that is of the heart.

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JEROME LEWIS 505.323.1822

In the business world, I'm a mortgage broker. In the totality of my life, I am a man centered in spirit and a free spirit. Honesty applies to everything I do in business as well as my personal life. If you or anyone you know is seeking a mortgage, I am here to help you, and it will be my privilege to serve you. Clint G. Bridges

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Earth Mother is calling us back into her sacred caves…inviting us to engage with her as she guides us to go within. She wants to commune with us; reviewing our experiences and accomplishments co-created with her during the year. The time for gratitude for what we seeded and harvested during the past year is now. Let us discern what she is calling us to do and be as we move into a new cycle. Share with her your wishes and dreams, desires and plans for the year…already beginning to unfold before us.

What are your dreams and desires? What are the experiences and lessons you choose to draw to yourself this next year? How do you plan to manifest with Earth Mother? Join those of us who are yearning to develop, fertilize and nurture the seeds planted in our hearts in collaboration with the energy of Earth Mother; so they may bud and grow through 2014 and beyond.

Creating abundance in our everyday lives is a constant challenge. Are you ready to look within and question your willingness to expand and be in the practice of receiving and sharing the divine gifts offered to you? Abundance of all types grows in an environment nurtured in an atmosphere of love and compassion for oneself and others. It is grown by creating a foundation of trust with Earth Mother and all realms of consciousness as they strive to partner with us and assist us in our daily experiences.

Taking stock in what has grown and what has not, and how our expectations were fulfilled (or not) enables us to feel and experience how much we were available to be supported on our journey—either directly by Spirit or the human guides that are drawn to us and touched our lives.

There are many stories of how Spirit tries to interact with us; in the form of Earth Mother energies, Ascended Ones, Angelic Overseers, Ancestral Guides, Nature Realms, or Other Realms of Cosmic Light. The other side of the stories show us how our ego consciousness sneaks in to develop belief patterns of separation and distrust in order to disrupt our connection to source. Yet, with all the distractions and concerns that have been placed in our path, we as a community have found each other in order to help ourselves and our human race to break down the walls of separation and distrust built up over many lifetimes.

Each of us holds a unique gift inside that is meant to be shared. We are teachers and students for each other; friends and companions, and devoted guides that are reflections for one another. Being partners and allies to one another honors Spirit and offers us the opportunity to work with each other, and to nurture the seeds of our desires during this winter season.

Individuals such as those sharing their life experiences and their gifts in Truly Alive Magazine (including me) offer their services to assist you. We are all being called to look within and be stewards of the sacred assets that have been or are being bestowed onto us now.

As you know, developing a financial plan that embraces the spiritual teachings of honoring Earth Mother and the physical worldly structure is just one step in creating financial stability in your life. Creating a foundation of record keeping and financial statements, tax planning that encompasses current and future years are also part of the process. Now that we are in the winter season, it’s the perfect time to plan our futures. Many blessings and gifts are received when we are proactive.

Thank you for allowing me to share my insights and technical skills with you during this past year. I hope to have reignited your desire to take on the challenges of creating abundance in all areas of your life.
W

ith a motor vehicle accident, pain may start immediately, or can take more than two weeks to fully express. Medical professionals agree that the best thing you can do if you have been involved in a collision is to seek treatment within the first 72 hours after the accident; even if the accident is considered a “minor fender bender”.

In addition to the physical exam and early documentation of the accident in your medical records, having a thermogram as quickly after the accident as possible can also provide a valuable record of your initial injuries. Thermography takes a picture of your body using heat to detect inflammation and other potential issues that cannot be seen by the naked eye, or on x-rays and other medical tests. Thermography can also be used to document progress as a patient improves with treatment.

Acupuncture has long been used to relieve the pain associated with injuries. It strengthens the connective tissue, decreases inflammation and facilitates muscular relaxation and is used to effectively treat neck muscles and muscles around the spine; most often affected as a result of car accidents. Acupuncture can also stop the cycle of muscle spasms and increase circulation; promoting the body to heal itself. We offer both traditional and no-needles acupuncture along with other supportive modalities.

Most auto-accident patients’ services are covered 100% by auto insurance (theirs or the other party), with no out of pocket expense. We will work with your attorney (we can recommend one if you do not have one) and verify your insurance and file your claim for our services for you (including regular treatment/progress notes as requested).

Dr. Carla Garcia is a Doctor of Oriental Medicine. She was trained in western medicine and naturopathy before becoming a Doctor of Oriental Medicine. Her deep understanding of western medicine along with Chinese and natural/integrative medicine is a major benefit to her patients. She offers complete acupuncture services in addition to thermography and ELR (energy light rejuvenation) treatments—a powerfully effective, natural alternative to invasive facial rejuvenation. 505-271-6608, www.ThermographyNM.com

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ARIES (3/21-4/19) NOVEMBER opens the doors to Shambala. There is much work to do and you have the energy for it. Plus you will be further energized by your successes this month. Great accomplishments can come in any size. You may decide to look at a new approach to health. This is a good month to begin a few changes. Digestive problems or ulcers can be prevented with early healing methods. Open-hearted discussions near the 1st will progress to great happiness by the full Moon on the 19th. DECEMBER has you fired-up even more than usual. Someone shares a secret with you on the 3rd and deceptions are revealed on the 6th. As the 13th approaches, you become spiritually connected to your work. There is a subconscious opening to peace and beauty which fits the season. Christmas could be a time of caution and action. Your own actions could end something career-related on the 30th. Your impulses need controlling on the 31st. This month's full Moon on the 17th inspires you with thought provoking ideas.

TAURUS (4/20-5/20) NOVEMBER finds the Sun in your opposite house of partners and socialization. You are not so pleased with a person or social group. A friendly energy arrives on the 5th to dispel the friction. The 7th has a dreamy feel. There could be a memory from your past which seems to haunt you for several days. Just take what lessons there are, and don't focus on the foggy picture of a time long ago. Your constructive efforts can bring amazing results on the 23rd. You might overeat on T-day, the 28th (old prediction joke). Your psychic powers are activated at month's end. DECEMBER brings events which will shake you to your core. As November ends, so too will some of your deep “truths” which have shaped your conscious make-up of the Cancer. The month ends with a sense of balance amidst the chaos.

GEMINI (5/21-6/21) NOVEMBER has Mercury turning direct in its apparent motion on the 10th, thus ending a slump as you achieve more positive results. Ride that Mercurial train as it builds momentum over the last 3 weeks. Watch your spending this month as income could take a hit. Your health improves, but not without some discipline. A new passion enters your life after the 5th. The month has a happy ending. There is excitement. You can speak your truth and be well received. DECEMBER is normally a warm and social time for the Twins. It's a time to form all types of partnerships, and a time of closeness for family and lovers. Mercury goes into Capricorn on the 24th, just in time for a Christmas frame of mind. The full Moon of the 17th creates a state of lunacy in a friend. It's ok, and aligned with perfect truth. A light bulb goes on in your head that day. You will have snapped to something extraordinary. As the month ends, so too, will something end in your life. It's better this way. The last week is a time for giving and exploring the mysteries of life.

CANCER (6/22-7/22) NOVEMBER The Sun shines in the play sector of your chart, but you are in your shell. There, you are in a deep search for truth and happiness. At the same time, you have an abundance of energy which keeps you on the phone, online, and in your car. Solutions are found to your repair needs. This frees up your time to pursue romance in all it's varied forms. Love grows like the Moon to a fullness on the 17th. The 10th is good to clarify misunderstandings. Health improves after the 21st. Ghosts from the past are only a test. Hold the course. DECEMBER starts with a new Moon on the 2nd. It's related to your work and health. You are able to intuit your self-protective requirements in these areas. Digestion could be a minor concern. The full Moon of the 17th is a time to spend alone with your deepest thoughts. Christmas still has a living Santa in the subconscious make-up of the Cancer. The month ends with a sense of balance amidst the chaos.

LEO (7/23-8/22) NOVEMBER The Scorpio season is for home and serious thinking. The 21st brings a wisdom which you have gained this first 3 weeks. This creates a deep happiness. Romance is great, but sometimes playfulness is needed too. So, deal with the serious stuff around the 6th and the morality issues around the 9th. This month promises to bring events which will shake you to your core. As November ends, so too will some of your deep “truths” which have shaped your overly rigid outlook on life. The 30th is filled with excitement and a new understanding. DECEMBER brings 3 weeks of fun, pleasure, romance, parties, and creative pursuits as you fill the festive season with your smiling face. Christmas would be sad without at least one Leo around. The last 10 days finds you working hard to make the holiday season as magical as possible. You are the solar heat that winter needs. The last 3 days just suck for everyone, but you are there with that constant glow of optimism. Friends fill the light of the full Moon on the 17th. We all need to thank you for being born.

VIRGO (8/23-9/22) NOVEMBER You are more affected by Mercury retrograde than most other Signs. This feeling of a lack of progress will have lasted 3 weeks when it ends on the 10th. Finally, your head clears and someone close brings back that loving feeling. The 10th is also good for long lasting auto repairs if needed. You can use the final 3 weeks to make future plans, or possibly to levitate objects with your mind. A need to create becomes a new part of your character. Investments promise good returns this month. Relationship confusion makes sense after the 13th. DECEMBER starts on a serious note and ends on one, but in between it's like a jovial sandwich with serious bread. On the 24th, you finally get that happy feeling for the season. This Christmas promises romance for some and fun times for others of your Sign. Throughout the month, you move closer and closer to a
LIBRA (9/23-10/22) NOVEMBER always tips your scales one way or the other. Upsets in the world disturb your sense of peace. The beauty and harmony you seek are found in what you do within your home. Your real power is your inner beauty where calm logic can dispel fearful dragons. There could be trouble with a male and a visit to a hospital this month. It’s best to work alone sometimes, get healthy, and prepare for next month. Recent earnings will bring new opportunities, but you must remain practical. Thanksgiving has the danger of overdoing things. Otherwise, great fun ensues. DECEMBER comes with a reverse gear on the 21st. Pay attention to that day. It begins a time of deep soul searching. The social scene at home can be distracting, but a small party can be a karma balancing experience. Then, after the 21st, you may feel withdrawn. Home gives you a sanctuary from the world as it is. The season naturally brings family together. It also brings a friend from the past into your life. Christmas could disturb your sense of peace, but you are the one to restore calm that day. Do very little after the 21st until January.

SCORPIO (10/23-11/21) NOVEMBER holds a promise of new beginnings. Your birthday represents the ending of a year-long cycle of upsets. There are more battles to be fought, but your defenses are better. Relationships end, but it’s all part of the restructuring process. Friends will even try to tear down your walls. They mean well. They have a point. Your mind is deep and sometimes sad. The depth of your sorrow is a measure of how far you are from the source of true happiness. You will be surprised at what actually brings happiness. Changes are due. Let go and let love. DECEMBER has a certain intensity about it. This type of energy level brings out the higher skills of the Scorpions. With stinger at ready, only a roadrunner would dare provoke you. The full Moon of the 17th could bring an ending to any financial problems. This is a good month to find your security for the future. Use logic. There could be trouble with a man after the 7th, but you have bigger battles to fight at month’s end. You are prone to fevers during the last week, so keep your immune system boosted. Also, keep your powder dry.

SAGITTARIUS (11/22-12/21) NOVEMBER brings an end to a year-long cycle. Now that that’s done, you can make plans for your next year. This is called a Solar Return. As you plant new “seeds”, you are growing your happiness from this crop. Stay active and eat healthy to ward off the effects of a Solar eclipse on the 3rd. A relative could be moving away or leaving your life by year’s end. They won’t be too far away. Your world is changing. Your natural courage will have you stepping boldly onto new pathways. The 30th will be exciting. Love and money are the themes that day. DECEMBER sees the Archers hiding out at home more frequently. There are things to learn that have been kept from you until now. Basically, this is a month to seek and find the truth. World events and violence are almost too much to your sense of justice. Where is the love? Your true peace and happiness is found within. The 9th-13th is a time to find halfway points. Your extreme nature needs a solid foundation. Your psychic powers will return after the 24th. Winter will be the perfect time to lay out your plans for 2014.

CAPRICORN (12/22-1/19) NOVEMBER Well, at least Saturn is helping you with planning, persevering, and accepting your lot in life. Accomplishment is a measure of your worth. On a spiritual level, you are here to climb high, gain power, and build in every way. Success lightens your karmic load. Structures are removed from your life. You may have to learn detachment. You could stake your claim in a new world where the old ways are passing away and group awareness of truth will bring caring to our political systems. New goals will be required. DECEMBER can be a tricky month for you. You are working behind the scenes to reach someone in authority. However, there is a certain protocol about your work which prevents your higher-minded goals. You are striving to remove entrenched and inconvenient methods. Your attackers have backed off for now, but they will return next year. They are only like the wind, but the wind can carve mountains to fit its course. You will experience an inner happiness during the 2nd week. Does it give you a sense of joy to resist changes to the new?

AQUARIUS (1/20-2/18) NOVEMBER always brings up career and world standing. It’s hard to pose for that long. Restrictions could arise which will force you to find time for work. This is not the month to begin new projects. Computer problems are likely. Driving is safer than usual with routine traffic. You are in a deep search for truth. You might just find it! Aquarians have spent years being candy-coated by the sweetness of Neptune. You can be proud of your new-found benevolence. For several years, you can gain through investments related to the ocean. DECEMBER: Progress is restored to your life on the 10th. Uranus turns forward after 5 months of delays. The full Moon marks this change and it puts you in a party mood. Friends are not as into it as you are, but that never stopped an Aquarian. You will be actively changing your world this month You yearn for a new start. Your new life unfolds. You’re finally on board with it after a year of researching this new direction. Honestly, it has been like swimming against a tsunami. The forces of change will have their way with you.

PISCES (2/19-3/20) NOVEMBER is an intense, yet compatible, time of year for Pisceans. Even an Angel fish has to toughen up, however. Your waters remain unpolluted unless your personal chart says otherwise. Generally, life is grand. Plans could be made for long journeys, but it’s best to wait until springtime. A lover could turn into a friend, which is like turning wine into water (weakening of the relationship). The rays of good fortune shine upon you from the 2nd week. Does it give you a sense of joy to resist changes to the new? A gift arrives late.

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