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Integrative Medicine Health & Lifestyle Center
Sunil Pai, MD - Integrative Medicine
9001 HOLLY AVE | ABO, NM 87122
505-821-6300

www.sanjevani.net | www.bosmeric-sr.com
www.allergydropstherapy.com | www.sanjevanistore.com
Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: recognition of the body’s ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind.

Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings and beliefs can alter the body’s physiology. She lays out scientific data proving that loneliness, pessimism, depression, fear and anxiety damage the body, while intimate relationships, gratitude, meditation, sex and authentic self-expression flip on the body’s self-healing processes.

In the book, you’ll be introduced to a radical new wellness model based on Dr. Rankin’s scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life so that you can create a customized treatment plan to bolster the health-promoting aspects of your life.
Matrix Energetics cont’d
System of Transformation, Dr. Richard Bartlett, and the talented and inspirational Melissa Joy. Take your Matrix Energetics experience into new realms of proficiency that will further open your intuitive abilities and provide a practical and deep expansion of your M.E. skill sets. ME Fundamentals is Prerequisite.

New Lemurian Healing Chamber Group July 10-August 14, 6:30pm Only $69.55 (prepaid), 6 Sessions 1st session trial: $15 Restore original DNA; achieve physical healing and spiritual growth within Lemurian etheric healing chamber, revived from Lemurian times by Lemurian Priestess Circle of 13. Feel more happy, vibrant, alive! Amazing experience with concrete results. Attend first session for $15.00 to see if you want to continue with series of 6. Advance registration required.
SanRa Alworth, CHt, 505-239-2445 www.starlightspiritualhealing.com

A Weekend of Light Work Mastery with the Galactic Councils of Light July 12-14, 2013 Golden Willow Retreat (near Taos) Only $475 (Previously offered: $1200) Accelerate your spiritual awakening and become the Highest Expression of Who You Are! Commune with the highest realms of Spirit for profound transformation and integration of Ascension energies. The Councils of Light, comprised of Ascended Masters, Angels and Archangels, the Ancients, and other benevolent Galactic Emissaries of the Highest Vibrations will impart their Love and Wisdom to clarify your energies, raise your vibrations, and assist you in becoming a more adept creator. (More Info, Online article: http://www.trulyalive.net/a-weekend-of-lightwork-mastery-with-the-galactic-counsels-of-light) Experience direct connection with the multi-dimensions and expand your consciousness—beyond your wildest dreams. Attend this unique Initiation and answer your Soul’s desire for Awakening! Space is limited. Don’t miss this wondrous opportunity. Sign up today! www.CouncilsofLight.com

Reiki I Classes • $150 Usui System 14-hr class July 11-14, July 25-28, Aug 22-25 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

Amma’s IAM Meditation Technique Training July 13, 8:30am-4pm Lunch is provided. $25 fee.
Trainees handpicked by Amma will conduct the event. Center for Conscious Living 505-343-8001 2825 Broadbt Pkwy NE, Suite E Albuquerque, NM 87107

‘T’ai Chi Chih Class July 28, 2:30-4:30pm 1st class $45 • Review $10 Learn 10 movements and one pose in a soft, flowing, moving meditation practiced by tens of thousands of people around the world. It’s easy to learn and brings benefits to many—including peace of mind, improved health and, simply, joy. Session conducted by Linda Fellion, certified T’ai Chi Chih instructor. High Desert Center for Spiritual Living 5621 Paradise Blvd NW, ABQ 87114 Info, Call: 505-922-1200

Channeling Classes w/Master Teacher/Author Betsy-Morgan Coffman Teleclasses (International) Wednesdays Albuquerque Classes Saturdays $99/Class (limited to 4 participants) Call or email for monthly schedule. 4 Different Skill Levels taught. Private classes are available upon request ($150). 505-275-4746 • www.AskBetsyMorgan.com

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

**E V E N T S AT:**
819 Vassar Drive NE
Albuquerque, NM 87106

**Sound Healing Meditation**
July 14 & August 11, 6-7:30pm
$10 Donation
Trudy Charlton, Sound Alchemist will lead meditation using selected crystal bowls, matching color frequencies and other sound tools. Non-experienced meditators welcomed. Each meditation is different and no two people have the same experience. Trudy Charlton: 505-565-0620

**Self-Hypnosis Class**
July 18 & August 15, 6-7pm • 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
Please RSVP: 505-463-7392.
www.davidbfisherhypnotherapy.com

**Carol Joyce Channelings**
July 28 & August 25, 6:30-8pm
$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 of experience. Carol’s messages offer advice for our highest good. Info: 505-884-4533

**ABQ Natural Health Center cont’d**

motivation? Are you stressed, depressed or anxious? Free biofeedback demo including use of nutrition/detoxing for balancing and creating the focus/attention you desire! Limited seating. RSVP Now!

**Center for Conscious Living cont’d**

Tune up your Body, Mind AND Spirit with Body Therapist and Tai Chi Chih Instructor Gregory Goodson and Co-Facilitator Paula Getz.

**Consciousness and Relationships Class**
July 11 – August 15, 6:30-9pm
What Does Your Consciousness Have to do with the Shape of Your Relationships? with Wendy Foxworth.

**Consciousness and You**
July 20 & 27, 9:30am-1pm
What Does Your Consciousness Have to do with You? with Wendy Foxworth

**Sustainable Albuquerque**
July 27, 1:30-4pm
Gathering the Community to co-create a sustainable future, with Wendy Foxworth, David Hill and Nancy Southern.

**Do the Work of Byron Katie**
Fridays ongoing, Noon-1:30pm
Facilitated by Lana Wheeler.

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

**Lets Design a New World Community Consciousness**
July 7 & August 4, 11am-1pm
$20 Donation
Join the Ascended and Angelic Realities channeled through Phaeryn. With a group ceremony, planetary healing prayers and meditations, we will recover our communal HEART to cause the quickening we now need.
RSVP to Marshall: 505-850-2132
Ascended Masters Foundation
223 14th St. SW, ABQ, 87102

**Stirring the Wild Feminine Heart and Soul**
July 12, 7pm-10pm • $20
Phaeryn will engage everyone in having an inner experience of divine feminine enchantment. Join Phaeryn for this unforgettable evening!
RSVP to Phaeryn: 505-206-6139
Held at Crystal Dove Bookstore
525 Central NE, 87102

**Sustainable Albuquerque**
July 20 & 27, 9:30am-1pm
Gathering the Community to co-create a sustainable future, with Wendy Foxworth, David Hill and Nancy Southern.

**Do the Work of Byron Katie**
Fridays ongoing, Noon-1:30pm
Facilitated by Lana Wheeler.

**EVENTS OFFERED BY:**
The Center for Conscious Living
2825 Broadbent Pkwy NE, St. E, ABQ 87107
Wendy Foxworth, Dir. • 505-343-8001
www.consciouslivingnm.com

**Consciousness Study Service**
July 7–August 25, 11am-1pm
Serving Humanity: What’s Your Calling? with Wendy Foxworth.

**TUNE UP:**
**Body, Mind AND Spirit**
July 8-August 26, 6-7pm

**New Lemurian Healing Chamber**
July 10, 6:30pm • $15
The New Lemurian Healing Chamber is a living, conscious, ethereal chamber assisting us with physical healing, spiritual growth, restoration of our original DNA. Given to us by the Lemurian Priestesses who come through in each session with channelling energy, valuable information. Amazing experience. Concrete results.

**Attract Abundance Now!**
July 24, 6:30-8:30pm
FREE Informational Meeting
Receive frequencies to manifest abundance (wealth, joy, happiness)! New wealth codes! 3 people had daughters in the group who recently got jobs from being in the group frequencies. Another member received a check for $1000 for a piece of writing!

**Brain Boosters: The Seven Steps to Permanent Change**
Aug 21, 6:30-8:30pm plus Sept 14, Oct 16, Nov 13, Dec 11, 6:30-8:30pm
FREE Informational Meeting
Do you have ADD/ADHD, Allergies, Autism or other brain imbalances? Are you forgetting details you use to remember? Do you lack

**EVENTS AT:**
9910 Indian School NE • 505-239-2445
www.starlightspiritualhealing.com

**WHALE MEDITATION by Daywai**
July 1 & 8, 7pm • $15 First 1 FREE
Receive gifts of tranquility, flow of life and acceptance from the Whales during silent meditation. You will experience more peace in your life and become more accepting of your true self. The struggle of life will drop away as you move into the flow.

**Journey Through Orion’s Belt**
July 6, 11am • $15
The stars bring us wonderful, inspiring, expansive energy. Each star offers something different. This week, ORION will bring us the experience of moving beyond the duality that has become so entrenched in our experience as humans, to our deeper knowing of the Oneness within.

**EVENTS OFFERED BY:**
The Center for Conscious Living
2825 Broadbent Pkwy NE, St. E, ABQ 87107
Wendy Foxworth, Dir. • 505-343-8001
www.consciouslivingnm.com

**Donations Appreciated for All Events**

**New Lemurian Healing Chamber**
July 10, 6:30pm • $15
The New Lemurian Healing Chamber is a living, conscious, ethereal chamber assisting us with physical healing, spiritual growth, restoration of our original DNA. Given to us by the Lemurian Priestesses who come through in each session with channelling energy, valuable information. Amazing experience. Concrete results.

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

Chakra Meditation & Pineal Toning
July 25 & August 29, 6:30pm • $15
Open and activate your chakras by chanting the seed sounds of the chakras. 6:30-7:00pm: PINEAL TONING (FREE), 7:00-8:00pm: CHAKRA MEDITATION ($15). You can join us whether you have previously practiced the pineal tones or not. Attend 1 or both. Feel cleansed and renewed.

Lemurian Priestess Circle of 13 Group Channelling
August 10, 11am • $15
SanRa is a Priestess of the Lemurian Priestess Circle of 13 and they speak through her, activating our pineal gland, chakras, DNA and empowering the re-emerging beauty, love, compassion and creativity held for safekeeping for 26,000 years since we walked upon the continent of Lemuria.

Sirius/Leo Festival
August 20, 6:30pm • $15
During Leo full moon, the influence of Sirius is focused through Regulus, the heart of the Lion, to Humanity. Receive the pure energy of love and liberation from our limitations, as it flows through our sun and into our planetary heart. Guided meditation and ceremony.

EVENTS AT:
TechLove
3901 Central Ave NE, ABQ, NM 87108
(Three blocks east of Carlisle in Nob Hill)

Law of Attraction Group
July 2 & August 2, 6:30pm • $5

TechLove Healing Arts Faire
July 20, & August 17, 11am-4pm
FREE Admission

WOMEN’S MIDLIFE EDUCATION
PROGRAM EVENTS:
Ongoing Mtgs. 3rd Mon of Each Month
Presbyterian Healthplex • www.phs.org
6301 Forest Hills NE, ABQ
Registration/more info: 505-563-6500

How to Evaluate the Body through Basic Laboratory Tests:
Philomena Marcus, CFNP
July 15
Would like to know how and what makes your body run and the essential nutrients you need for anti-aging? A basic lab test can help keep you healthy. Hear suggestions to keep your body going strong and make you feel so much better!

Osteoporosis, Fact and Fiction:
E.M. Lewiecki, M.D.
August 19
Osteoporosis is a common disease that weakens bones and increases the risk of bones breaking. Learn about treatment options; which medications are best and how long to use them. Bring your questions for a lively discussion about this important topic.

Pet Shot Clinic
1st Sunday of the month
July 7 & August 4, 10am-4pm
$10 and up
Take advantage of the low costs per shot offered by TLC Pet Hospital. Free Assessments, No Appointment Necessary.
Earthwise Pet Supply
2801 Eubank NE, #201, 87112
Info: 505-332-8005

Art Show
July 19, 6-9pm & July 20,10am-7pm
FREE Admission, FREE Parking
Artist Reception Friday evening. Original Art works, Prints, Jewelry, Pottery, Sculpture, Photography. Come and enjoy the beautiful art. Indoors with air conditioning!
Info, Larry: 505-296-2910
Albuquerque Center for Spiritual Living
2801 Louisiana Blvd. NE, 87110
www.ABCQL.org

A Common Practice of Reiki
July 20 & August 17, 1:30-4:30pm • $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
Elizabeth Valsala: 505-299-0011
www.ReikiABQ.com

Dances of Universal Peace
July 21, & August 18, 5pm
Suggested Donation $10-$15
Joyful, meditative circle dances combine simple movements with singing sacred chants, prayers, and music from the spiritual traditions of the world. Join us for teachings and practices at 5:00. Dances begin at 5:30. No experience is necessary. Everyone is welcome. Albuquerque Friends Meetinghouse 1600 Fifth Street NW, ABQ 87102
www.ahadcobb.com/dancesofuniversalpeacealbuquerque

Matrix Energetics Fundamentals Intro
July 26, 7–9
FREE & Open to the Public
Learn about Matrix Energetics, and how it can transform your life. ME Fundamentals is offered as a complete 3-day seminar, July 27, 28 & 29. Matrix Unplugged Advance Course, July 30. Held at: Embassy Suites Albuquerque Hotel & Spa 1000 Woodward Place NE, ABQ 87102
www.MatrixEnergetics.com

Carol Joyce Ascension Group
August 18, 6:30-pm • $10 Donation
Are you stuck in the transition process? Come learn and discuss your options on how best to move forward during these challenging times.
3901 Montgomery Blvd NE, #1513
Info: 505-884-4533

Ongoing Events

EVENTS AT:
High Desert Center for Spiritual Living
5621 Paradise Blvd NW, 87114
505-922-1200 • www.hdcsl.org

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.

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.

Introduction to Science of Mind
4 times a year on 3rd Sunday,
After Service
January-April-July-October • FREE

Additional events added in between issues! Check the website often: www.trulyalive.net
High Desert Center cont’d
Learn what Science of Mind is all about in this 1½ 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!

Free Reiki Clinic
Wednesdays, 7-9pm • Love donation
Experience this 10,000-year-old system using gentle, light touch to transmit healing energy. Accelerates natural healing, heightens energy, and reduces stress. Enjoy a 30-40 minute session of this relaxing, safe, body therapy offered by experienced Usui Reiki Practitioner volunteers.
Call Ethel Hayes: 505 659-6451.

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 Loeven, 259-2803, RScP, Don Wismer, RScP, 505-897-0482.
(No Call Don.)

Faster EFT Group
3rd Thursday of the month,
6:45-8:15pm • $7
Change your life by gaining insight into unknown areas of your mind. Enjoy expanding confidence while releasing stress, painful memories, automatic reactions, unwanted feelings—anything you want to let go of. Faster EFT is a newer, potent blend of NLP. 505-922-1200.

Dancing with Spirit
Last Session July 5th, 7-8:30pm
Love Offering
Explore and express your Divine connection through movement. Blissful for all, no dance experience required. All are welcome! Elizabeth Summers, 505-710-2259.

Healing Service
July 8, 7-8pm • Love offering
All are welcome for this special service for the healing of body, mind and spirit. Inspirational readings, healing harp music, energy field healing, affirmative healing prayer and laying on of hands.
505-922-1200.

Surrendering into True Happiness: Leaving Limitations Behind
September 28, 9am-4pm
Love Offering

High Desert Center cont’d
Discover your best path in this powerful mind and heart-opening workshop. Presented by the HDCSL Practitioners. Learn more about this amazing workshop on page 16 of this issue! 505-922-1200.

Events & Classes AT:
Kadampa Meditation Ctr New Mexico
8701 Comanche NE, ABQ • 505-292-5293
www.meditationinnewmexico.org

Prayers for World Peace
Sundays 10-11:30am (ongoing)
$10 suggested donation
Bring meaning to your Sunday morning by learning how to practically bring more peace and happiness into our world by learning to cherish others, overcome anger, and deal with stress. No prior meditation experience is necessary and everyone is welcome.

Freedom from Anger
Thursdays, 7:00-8:30pm
To enjoy our lives, we need to understand and conquer anger. Learn about the inner peace that comes from meditation through practical teachings that help us maintain a peaceful mind.

Food for Thought
July 13, 6:30-8:30 pm • $20 per person
The evening includes a simple, guided meditation to bring a sense of inner peace. Followed by a gourmet 3-course vegetarian meal that is both delicious and healthy. Made with local produce.

Meditations for a Happy Life Retreat
August 16-23
$3/session
The entire Buddhist path includes many different meditations leading to an experience of loving-kindness, awareness of impermanence, perfect wisdom and full enlightenment. Enjoy the peace and fulfillment that come from a spiritually meaningful life.

Events AT:
Sanjevani Integrative
Health & Lifestyle Center
9001 Holly Ave, NE, Ste. B • ABQ 87122
505-821-6300 • www.sanjevani.net

Hatha Yoga – Asana, Pranayama,
Meditation
Mon/Tues/Thurs/Fri, 6-7:30pm
Saturdays, 10:30am-12noon
$15 drop-in, discount class cards available

Sanjevani Integrative cont’d
Maureen Sutton, RYT and Jordan Wolfe, RYT lead you through classical Hatha Yoga techniques for greater flexibility/balance. Improve your fitness, sleep better, feel better. Private classes available upon request.

Ongoing monthly event:
Health-Related Movie with Discussions
(see web: www.sanjevani.net) • 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.

Pranic Healing Clinic
1st & 3rd Tuesdays, 6:30–8 pm • 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

New Thought Consciousness
Life Changing Group Discussion
2nd Tuesday of the month
(July 9, Aug 13), 6:30-8:30pm • $20
Join this potent group discussion on New Thought Consciousness and how it unfolds in your life. Play with tools from Matrix Energetics, Access Consciousness and other powerful methods to transmute outmoded thought/behavior patterns. Facilitator Alix Seldon, MS, LMT #767, certified in multiple Quantum Modalities.
Page One Bookstore
11018 Montgomery Blvd NE, 87111
Info, Alix: 505-363-5679

Edgar Cayce ARE Study Groups
Wednesdays 7-9pm
ABQ • FREE
Contact Wanda Barrows: 505-890-0878
Tuesdays, 3-5pm
East Mountains • FREE
Contact Dayle Goldsmith at 505-281-3999
www.edgarcayceabq.org

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505-294-2026

Additional events added in between issues! Check the website often: www.trulyalive.net
The book *Mind Over Medicine* on the cover and feature pages of this issue is wonderful! With all of us working so hard to heal and be as healthy as we can be (learning about/engaging in the plethora of natural/integrative health services available, organic foods, supplements, exercise, clean air/water and so much more), it’s refreshing to know that without spending another penny, we can heal ourselves. That being said, many of us who have been working on healing our bodies through our minds and spiritual practices for a long time haven’t gotten there yet. So I am not advocating a change in the “good things” you are (or I am) doing in order to be healthy. As *Mind Over Medicine* makes crystal clear: Our minds have the ability to create illness or health and *what we believe is outpicted in our bodies*. So, stopping any supportive measures that are working for us is not a great idea. I highly recommend continuing everything you have integrated into your life that feels good and you believe contributes to your well being.

Rather, why not take our self-healing to the next level with what Dr. Rankin has learned and see what happens? The miracles we are all seeking could be closer than we think…

For me, I feel incredibly encouraged and empowered by reading this book and plan to work Dr. Rankin’s Program along with continuing everything I currently do to be healthy. Perhaps the item on the list I resonate with most is the healing power of gratitude. I continue to be deeply grateful to do something I love so much (produce *Truly Alive Magazine* every two months). *Truly Alive* allows me to work with some amazing natural health and spiritual providers in our community. It also affords me the opportunity to further one of my most closely held missions in life: to assist in the evolution of consciousness on the planet—the one aspect with the most potential to change the way we humans treat each other.

*May you have a joyous, healthy, happy and wondrous summer!*
Many of you know that I have almost completed my Graduate Degree in Dental Hygiene and am in the middle of writing my thesis. My thesis is titled: New Models of Dental Auxiliaries—Are they the Solution to the Oral Health Disparities in New Mexico? My research has been a true eye opener for me as I have come to realize how difficult it is for many to receive good dental care for an affordable price. Here is an excerpt of my work:

Oral health needs are most critical in rural states and in New Mexico where dentists’ rank 49th among the 50th states per capita (www.pewcenteronthestates.org). New Mexicans suffer from more dental disease than residents of most states; for example, 37 percent of third-graders there have untreated tooth decay, the sixth highest prevalence in the country (Harrison 2008).

The unavailability of dental care to certain minority and disadvantaged groups in New Mexico is pronounced. Medicaid helps alleviate the problem for many who would not be able to afford dental care otherwise but the challenges in finding dentists who accept it and getting an appointment when you need one are significant.

From this information, Sandi’s Smiles is taking up the challenge to make a difference in the lives of those who cannot afford dental care. We have committed our practice to provide high quality holistic dental treatment for an affordable price to anyone in need. We offer low fixed prices that are (on average) less than half of what other local practices charge.

Comprehensive Dental Exam and X rays $59
Adult Cleaning $85 (Licensed Dental Hygienist)
Child Cleaning $45 (Licensed Dental Hygienist)

At Sandi’s Smiles, you can expect to be treated with respect, a caring attitude and a gentle touch. We are conveniently located in the Rio Grande Plaza, North of Historic Old Town. Call us today and make your appointment! 505-480-7200.
Breaking the Worry Habit
By Camille Scielzi, Certified Life Coach

Do you have the worry habit? Are fear, doubt, anxiety, shoulda, coulda, woulda all constant companions when you need to make choices and decisions? Would you rather be friends with inner peace, calmness, clarity, and confidence?

Mindful Practice: I Choose Peace of Mind

Principle 1, Acknowledge the worry: The worry you feel is a habit that was formed based on experiences you had and are still holding on to as your possible future. It is very real to you, even when others tell you it is not the truth. To diminish worry’s power, it needs to be seen and named appropriately.

Principle 2, See the worry in all its Truth: Acknowledge the worry, and experience it for what it truly represents. We use worry as a stalling technique to avoid the pain of possible outcomes and consequences. Does worry actually prevent you from being hurt, rejected, etc.?

Principle 3, Be willing to let worry go: Be willing to let worry go by stating out loud, “The past is past, the future unknown, and I am ok with the unknown because I can take care of myself in any circumstance.” Repeat it until you believe it.

Principle 4, Choose one action to move forward: Once you feel centered in knowing you will be ok, list your possible options to move forward and pick one to do. Studies show just choosing will decrease worry by 50%.

Principle 5, Act on your choice doing your best: You will remove another 40% of worry by doing what you said you would, even if it takes all the courage you possess to do it!

Put More Life into Your Pets
By Tanya Santistevan

At Earthwise Pet Supply, we take the health of your pets seriously. We know how much you love them and want them to be with you as long and as healthy as possible. So we take great care in selecting the foods we sell. Earthborn Holistic dog food is a great example (www.earthbornholistic.com). Earthborn selects nature’s finest digestible proteins, fruits and vegetables and combines them with specific vitamins and minerals that support immunity. Every ingredient is carefully balanced to provide nutrition to every part of your dog’s system — naturally.

Before conventional dog food, your dog’s ancestors relied on their instincts and hunting capabilities to capture raw, protein-rich food. Today, your dog relies on you for good food, but dogs still crave animal nutrition. Earthborn offers four grain-free dry formulas and five grain-free canned formulas that provide the taste your dog will love and the nutrition your dog needs to be healthy longer. Earthborn also uses cage-free animal protein in its variety of food choices.

Earthborn also cares deeply (as Earthwise does) about the environment and the earth we inhabit and will plant a tree for every UPC code you submit! Bring your UPC codes into the store. We mail them to Earthborn regularly.

Have questions on the method? Email me at Camille@takeactionguru.com or by calling 505-350-4116.
www.takeactionguru.com

EarthWise Pet Supply also offers natural, healthy treats, a variety of supplements including probiotics and pre-biotics, a full line of environmentally-friendly pet accessories including leashes and collars, treats and toys, beds, food and water bowls, pet warmers and outfits and more. Try out our easy-to-use self-wash station—fully equipped with a variety of pet shampoos, conditioners and affordable in-store grooming services. We are happy to assist with a special order (see coupon offer for food and a free wash!). Open 7 days/week: Monday-Friday, 10a-7pm; Saturdays, 10am-6pm and Sundays, 12 noon to 5pm. Stop in and visit: 2801 Eubank NE, Ste. D (next to Albertsons @ Eubank/Candelaria). 505-332-8005, www.earthwisepet.com/Albuquerque. Please like us on Facebook www.facebook.com/EarthWisePetAlbuquerque.

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- End emotional blocks
- Jumpstart new projects
- Play a bigger life game

www.takeactionguru.com
505-350-4116

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2801-D Eubank Blvd NE
(On Corner of Eubank & Candelaria
Next to Albertsons)
A Beautiful Summer Yard
By Rhonda Owen, Perpetual Landscape

There is much to love about gardening in the southwest, and it has its challenges. It is always good to plant plants that enjoy our climate. Water evaporates quickly in the heat of July, August and September. These are the months to increase watering, but please do it wisely as we are in a drought year.

Drought-intolerant plants are susceptible to root rot in warm, soggy soil. For most non-drought tolerant trees and shrubs, a deep watering every 10-14 days is sufficient. Applying mulch about 4-6 inches thick around annuals, vegetables and landscaping plants helps hold in moisture.

July is filled with beautiful colors, flowering perennials, shrubs and trees. Some trees and colorful shrubs include crepe myrtle, desert willow, yellow bird of paradise, butterfly bushes and rose of Sharon. Drought-tolerant plants also need TLC when first planted. They become drought-tolerant after their root systems are established.

Hot weather provides the ideal environment for spider mites, which frequently attack cypress, roses and juniper. Signs of a spider mite infestation include stippling on upper leaf surfaces and webbing under leaves and along stems. A strong stream of water can often dislodge mites and not harm beneficial insects.

Lightweight horticultural oil (sometimes called summer oil) controls garden pests such as aphids, mites and scale. When using summer oil, it is best to water plants well first, then make sure to coat the underside of leaves thoroughly.

As a woman landscaper, you may find that I am more meticulous and gentle with your project. My team and I will take the time to do your project right; communicating with you every step of the way. We are hard working, polite and experienced. My rates are very reasonable and reflect more my love of this work than my desire to get rich doing it. In business for eight years, I have many satisfied customers and references. Call me to schedule your free estimate today! Landscaping That Lasts a Lifetime! Rhonda Owen, owner: 505-720-6950.

A Return to Youth with Facelift Massage
By Ludmila Reina, #4497

In our busy society, stress affects all of us, and it can show up in facial muscle and skin. As time progresses, each expression that crosses our features accelerates the aging process, leaving us with fine lines, wrinkles, a sagging brow, and a dull complexion.

The ancient Chinese found that by using certain acupressure points on the face, remarkable results were achieved in improving and retaining youthfulness. Facial massage was popular in Hollywood in the 1950’s and 1960’s before plastic surgery came into vogue. Movie stars used to have weekly facial massages to enhance and maintain their beauty. Now facelift massage is becoming popular once again.

Facelift massage is a pampering, relaxing massage that improves the appearance of the face, while rejuvenating the facial muscles and skin. Using gentle firming, lifting, and contouring strokes, acupressure points, and lymph drainage, facelift massage can restore the skin’s radiance while toning the muscles. Massage penetrates the deepest layer of connective tissue (collagen and elastin), and underlying muscles, increasing circulation and stimulating a metabolic process which tones and tightens the face.

Facelift massage can “iron out” small wrinkles, remove puffiness and swelling, and reduce water retention. For clients in their 40’s and 50’s, after just a few treatments, a contouring of the cheeks, a minimalization of the nasolabial folds (“laugh lines”), and a less saggy and puffy jaw line can be seen. Facelift massage has a deeply relaxing and therapeutic effect that can even counter some medical conditions. For example, clients who suffer from sinus problems or TMJ-type issues will often notice some relief from their symptoms.

Bellanina Facelift Massage, (which I use in my practice), is a proven technique since 1989. It includes a home self-care program of self-massage, face exercises, proper skin care, and specific products. This program helps to maintain a client’s skin condition and supports the facelift massage treatment.

Call for more information and to schedule your appointment, 505-349-1491, www.ludasmassage.massageplanet.com.
Adrenal Fatigue – Getting Your Body Back in Balance!
Part 1 By Janet L. Hall, ND, CKP, CMI, CHt, CBT

Do you feel stressed out? You could be suffering from Adrenal Fatigue. Fatigue is the most common complaint of adult patients. If you have symptoms such as chronic tiredness, reduced memory, difficulty concentrating, insomnia, fearfulness, anxiety, depression, and inability to lose weight after extensive effort—you may be suffering from adrenal fatigue (hypoadrenia).

Your adrenals are your body’s built-in mechanism to deal with stress. With chronic stress, poor health, or over consumption of coffee or sugar, your adrenals can become fatigued and weak. You may feel “burned-out”. Over time, your adrenals can become inoperable, such as in Addison’s disease.

Work pressures, the death of a loved one, moving, changing jobs, illness, relationship problems, worry, fear, a fast-paced life or anything that causes recurrent stress can cause adrenal fatigue.

Skipping or eating meals too far apart creates an imbalance in blood sugar (which affects the adrenals). Late hours/sleep deprivation, toxic exposures, gluten intolerance, food allergies, excessive exercise, anxiety, anger issues, an infection in the body (causing an inflammatory response) and chronic pain…all add to the issue.

Adrenal fatigue can begin a domino effect causing a myriad of symptoms. Your adrenal glands produce over 50 different types of hormones in your body, including sex hormones and cortisol, the most important anti-stress hormone. When you do not have enough cortisol, your body is unable to cope with stress.

These are the three stages of adrenal fatigue:

1 Flight or fight response—your body tries to keep up with the high demand for cortisol.

2 Exhaustion—your body is unable to produce enough cortisol, and goes into the “crash” stage.

3 Failure—cortisol has been called “the hormone of death,” as excessive stress can and does kill. In adrenal failure, people have a high chance of cardiovascular collapse and death.

Additional results of adrenal fatigue include hair loss, hot flashes, reduced insulin sensitivity (that can lead to diabetes), osteoporosis, viral infections, yeast overgrowth and herpes. It also causes an increased fat accumulation around the waist and protein breakdown that leads to muscle wasting and the inability to reduce weight AND creates high blood pressure and estrogen dominance.

Kinesiology identifies the problem at its beginning stages; whereas blood tests may be misleading. For example, your body will continue in the progression until Addison’s disease can be fully diagnosed through complete failure of your adrenal glands.

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).
MyoRehab treats all pain, whether it is related to a Motor Vehicle Accident, Workers Compensation, Sports Injury, Chronic or Acute issue. Did you know that in a car accident, the lap seatbelt can impact the abdominal muscles so hard that you can experience constipation or cramps during menses or may completely stop your monthly cycle? The impact of the lap seatbelt can cause acid reflux or chest pain like a heart attack with pain down your left arm.

When you call MyoRehab, you can expect exceptional service with people who are caring, considerate and informative in their conversations with you. You will first meet Joni, our admin, who will slowly, carefully walk you through the necessary steps. She will explain Myofascial Therapy, our fees, go over your insurance, the various forms which need to be completed to begin as well as what to wear for therapy treatments. She will also answer any questions you might have.

Once you are scheduled, EXPECT A MIRACLE. That is our motto. We help people get their lives back every day. We help you return to a functional life that you can manage on your own so you don’t have to be treated forever. We give you the tools you need to take care of yourself; so if you do have a flare-up, you will know how to handle it.

How are we different? We do a thorough History Intake back to when you were born and record all of the trauma your body has had up to this point. Myofascial Pain is an accumulation of all the injuries you have had in the past, plus all the “funny” ways you sit, sleep and stand. The goal is to return you to your correct, neutral posture—pain-free.

We do a complete Orthopedic and Postural Examination to find all the fascia/muscles that are restricted and can no longer stretch to their full, normal length. Sometimes, you will be amazed at “why” your shoulder still hurts. You know it really started to hurt after the car accident and may not understand why we are asking you about an old knee injury. During the car accident, you braced with your right foot on the brake and now your knee is hurting as well.

So, subconsciously, your brain is telling your right arm/shoulder to help you sit and stand so you do not put full weight on the right knee. Consequently, you are not aware of any restriction in the right knee, but your right shoulder was whiplashed with your neck and is now doing the work that your right knee should be doing. That's why we check and evaluate your entire body, so that all of the fascia/muscles are released and the joints are allowed to return to correct alignment.

During each treatment, we discuss what Perpetuating Factors could be complicating matters and keeping you in pain. Normal postures while sitting, sleeping and standing that you used to do all the time are now causing the fascia/muscles to retighten and the pain returns. We teach you new postures so the body remains in a neutral (straight) position as much as possible. This makes all the difference in the world.

Though we are not nutritionists or dietitians, we discuss the basics of good nutrition to help the fascia/muscles repair. Also, certain foods cause inflammation of the body and inflammation will cause the fascia/muscles to reactivate with restriction and pain. It makes them ache and hurt all the time. Our job is to help you figure out what you can do to stop the inflammation.

And last but not least, after we have released the fascia/muscles, we give you specific, gentle stretches for your Home Exercise Program to retrain the fascia/muscles to stay at their full normal length. These exercises are performed in the “No Pain Zone” so you “Stretch to the Pull, Not to the Pain”.

Sometimes, we need to network with other practitioners to help you fully recover. We have multiple pain practitioners we network with, and coordinate treatment with them so you can fully recover. Examples include dentists we coordinate treatment with if you have Temporomandibular Joint Dysfunction. Or if you are suffering from Post-Traumatic Stress Syndrome and having anxiety or nightmares after your car accident, we will suggest a counselor you can see to relieve these issues. We also network with multiple chiropractors so you can find the one that works best for you.

Come to MyoRehab and EXPECT A MIRACLE! Call 505-872-3100, talk to Joni and make an appointment now.
A Float to Release Your Pain and Tension!

By Sunil Pai, MD and Maureen Sutton, LMT

If you suffer from chronic pain, fibromyalgia, arthritis, muscle tension or have anxiety, depression, or insomnia, the Sanjevani REST Pod will bring you fabulous relief!

The zero gravity environment of the Sanjevani REST (Restricted Environmental Stimulus Therapy) Pod allows the body and mind to genuinely rest. With the warm, super-saturated solution of saline water with 1,200 pounds of Epsom salt (magnesium), your body becomes buoyant and floats on top of the water as if you are floating on air. Without any effort, the REST Pod relieves pain, accelerates healing, relaxes, improves sleep, and is incredibly enjoyable.

Here’s what the American Academy of Pain Management’s The Pain Practitioner had to say...

Integrative Pain Management for Optimal Patient Care showed therapeutic and health benefits of using the REST pod for:
- arthritis
- muscle tension
- back injury/sports injuries
- fibromyalgia/chronic fatigue
- anxiety
- depression
- insomnia

If you are seeking profound pain relief and immediate relaxation, a treatment in the Sanjevani REST Pod is for you. The instant, deep relaxation state allows the body to recover from stress and allows for deeper REM sleep following the session. Blood flow is stimulated through all the tissues, natural endorphins are released, and the brain is brought into alpha waves associated with relaxation, meditation and healing responses. Benefits carry over from one session to the next with progressive improvement. A recent Pain study using the REST Pod showed 70% of participants had FULL pain relief during a float session.

Here is what some of our recent clients have experienced:

I’m almost six months post-op for surgical repair of a badly broken ankle – three plates, 13 pins. Floating in the REST pod was the first time since the accident that I have been completely pain-free. In fact, it was a strange sensation to have my foot and ankle feel normal because I had become so accustomed to low-grade pain that I forgot what it was like not to have pain. The whole experience was relaxing and blissful and I felt like all stress just drained away. I was impressed by the large size of the sleek, high-tech pod. This is not a claustrophobia-inducing tank; it’s more like a giant egg with lots of room inside. I was reassured by the meticulous filtration and indeed the filter system kicked on at the end of my float. A great experience, I highly recommend.

Susan, ABQ

My first float was amazing! Initial tension in my neck and shoulders gradually lessened as I consciously let my muscles melt into the warm water. I think as I have more treatments and get used to the enclosure and humidity, it will be of great benefit. Lovely memory!

Molly, ABQ

Benjamin Franklin was aware of lead poisoning, as were the ancient Romans, Phoenicians, and Greeks. In fact, there exists a multitude of historical references to lead neurotoxicity throughout the ages. Lead poisoning is probably one of the most significant of the known toxic hazards incident to the development of our civilization.

Speed up to the 20th century. Our medical and scientific literature is replete with research addressing the known risks of environmental exposure to lead, as well as the toxic effects of lead on our nervous systems. Furthermore, our legal system includes strict laws mandating new controls of lead exposure. Although these more current efforts are noble, there still exists a general lack of awareness of the sources of lead, the increasing levels of toxic lead exposure, and its deleterious effects on our bodies. My ongoing focus as an environmental, holistic clinician is to increase awareness of such neurotoxins and their adverse influence on our nervous systems, as well as offer safe and effective treatment options, along with prevention guidelines to minimize ongoing exposures.

Both acute and chronic lead poisoning through environmental exposure pose an increasing health concern. Exposure to lead can be through lead-based paint, pigments (in pottery and cosmetics/hair dyes), plumbing, drinking water, brass, bronze, mining, roofing materials, caulking, petroleum by-products, ceramics, photography, solder, lead crystal, pesticides and fertilizers, etc. Although lead has been removed from some forms of paints and automotive gasoline in the United States, it still remains one of the primary environmental hazards facing humans today.

Much of the public continues to live their lives unaware of the dangers to the nervous system of this poison. Similar to mercury poisoning, environmental lead exposure has both acute and long-term effects on the developing and mature nervous systems, including Autism, developmental delay, and behavioral disorders such as ADHD. In adults, we see an increased incidence of neuroinflammatory and neurodegenerative diseases such as MS, ALS, Parkinson’s Disease, brain fog/cognitive difficulties, neuropathies, tinnitus, etc. Research reveals that people who have worked in jobs with high levels of lead exposure are up to 3-4 times more likely to develop Alzheimer’s Disease.

As our ingestion, inhalation, and skin exposure to lead increases, so does the amount of lead trapped in our bodies and our nervous systems. Such high levels readily surpass our natural abilities to clear these toxins, thus increasing the incidence of neuroinflammatory and neurodegenerative diseases to which lead contributes, from tinnitus and neuropathy to Alzheimer’s disease. Lead exposure for children includes exposure in the womb, where the developing fetus extracts lead from the mother’s stores, incorporating it into its developing skeletal and nervous systems. This initial exposure becomes cumulative with the ensuing life-long exposure to the increasing levels of lead in our air, water, and soil.

The good news is that there exist objective, simple methods of determining your lead burden and potential areas of past and ongoing exposures, as well as safe and effective measures to detoxify the lead in your nervous system. In doing so, you identify and minimize a known neurotoxin, thereby contributing to your brain and body’s highest health.

If you are interested in a neurotoxic assessment & lead exposure evaluation, please contact our office at 505-503-8325.
How Can You Accelerate Your Ability to Embody Unity Consciousness?

By Wendy Foxworth, MML, Director, Center for Conscious Living

The answer: Release, forgive and detach from self-centered consciousness in every area of your life. As you raise your consciousness, your light body will vibrate at a higher frequency. Your higher frequency will then provide increased protection for the earth and the human race as they shift to anchor unity consciousness in new forms of social and relational systems and structures.

From the talks of Neale Donald Walsh, Steven Farrell and Barbara Marx Hubbard at the Co-Creator’s Convergence Conference in Loveland, Colorado in May 2013, the following message was shared: The Human Race has five years to actively engage, support and nurture 8% more of humanity to take actions needed to embody unity consciousness in their lives. Only an increase in “unity” consciousness in humanity can lower the rising tide of human suffering, specie’s extinction and environmental devastation that grows daily due to the self-centered consciousness still dominant in 80% of humanity.

ARE YOU ONE OF THE 8% THAT IS NOW READY TO TOTALLY EMBODY UNITY CONSCIOUSNESS 100%?

If so, join us in co-creating the needed 10% tipping point!

The Center for Conscious Living exists to provide practical tools and methodologies you can use to make a shift in consciousness. A vibrant community of volunteer teachers and students are involved in offering educational classes and giving support to as many people as possible to embody a collective shift into “unity” consciousness. Please join us at any of the following classes in July and August (Donations are always appreciated but no fee is required):

Thursdays, beginning July 11–August 15, 6:30 to 9 PM, “What Does Your Consciousness Have to do with the Shape of Your Relationships?” with Wendy Foxworth. Learn how clashing stages of consciousness are the source of human conflict in your relationships at home, work and in spiritual community. Each stage of consciousness manifests in what you think, believe, say, do and specifically in how you interact in your relationships with people. Get the tools you need to increase integrity, respect, intimacy, trust, goodwill and productivity in all your relationships and in our world.

Fridays ongoing, 12:00 to 1:30 PM, “Do the Work of Byron Katie” with Lana Wheeler. Learn about who you are without your thoughts. Know what it feels like to understand life from the perspective of unity consciousness.

Saturdays, July 20 & 27, 9:30 AM TO 1 PM, “What Does Your Consciousness Have to do with You? Everything!” Your capacity to help create a sustainable planet and loving, respectful and productive relationships depends on the stage of consciousness you are exhibiting. Learn what choices you have in dealing with this new consciousness 101 information!

Sundays, July 7–August 25, 11 AM to 1 PM, “Serving Humanity: What’s Your Calling?” with Wendy Foxworth. Alice Bailey, in her book Serving Humanity shares the words of the Tibetan Master, Djwhal Kuhl, “Each person is called to specialize in group work and to fulfill the Law of Service”. The idea that some “great man or woman” will save us is a figment of our imagination. The future is now in the hands of each one of us. Learn about or re-affirm your unique calling and receive support to fulfill it in this lifetime.

Mondays, 6:00-7:00pm, July 8–August 26, “TUNE UP: Body, Mind AND Spirit” with Body Therapist and T’ai Chi Chih Instructor, Gregory Goodson and Co-Facilitator, Paula Getz. Get your body in shape without hurting yourself, while continuing to “mind your mind” and “feed your Spirit”.

Remember —You are blessed to be a blessing! Namaste.
A Spectacular Invitation from Phaeryn Sheehan, Ascended Masters Foundation

As the Spiritual Director and Channel of the Ascended Masters Foundation Community, I warmly welcome you to participate in our new, divinely designed program of Spiritual Service.

Beginning in September and October of this year, we will offer sincere spiritual seekers and devotees the opportunity to learn the powerful, ancient spiritual practice and tradition of Seva. (Seva is the Sanskrit word for Selfless Service.)

For thousands of years, this jewel of a spiritual practice has elevated, healed and catapulted many into their true consciousness of full Enlightenment. In the beginning of this spiritual practice, individuals tended to engage in doing acts of service for others in order to:

- Get out of their personal inner and outer suffering
- Discover some of their true self
- Find various levels and intensities of inner peace and contentment

However, just like all good things that happen on our earthly planet, once one would achieve whatever they desired by “doing Seva for their own selfish benefit”, they would surprisingly discover that their newly achieved state of consciousness had its own set of problems and circumstances to solve. Lo and behold, a new state of desiring would begin just as before!

Once the Devotee, however, learned to practice Seva; not just for personal self interest, but to serve the very real needs of others, their spiritual growth began to expand and deepen. This opened them to the highest form of Seva called Guru Yoga or service to a Spiritual Master. It placed them directly in a pure-hearted relationship with a Guru or an Ascended Master Overseer.

Many in the western world (and those who embody western mentality) seriously question the value of Seva because this spiritual practice requires one to be willing to do humble tasks such as cooking, cleaning, playing musical instruments, gardening, building housing and caring for children with the attitude and spirit of unconditional love.

This love is meant for the disenfranchised; for those who have not been well served and, ultimately for the spiritual seeker’s Spiritual Master, Teacher and Guide. Ironically, the more one practices Seva, the more love for oneself unfolds because the habit of consistent, humble, selfless giving causes us to feel more love for ourselves as we are giving. “Doing Seva” provides us with a direct connection to Divine Love and Divine Love’s Plan. That Love, flowing through us has proven to purify, and protect us constantly.

Our Western mentality also chides at the thought of being dominated or dependent on any Master other than the deities our religious traditions honor. But in the Eastern and Middle Eastern Worlds, Seva, practiced rightfully is never forced upon an Aspirant or Devotee. It can only be considered true Seva when the practitioner serves from a sincere and surrendered heart.

All of the results Seva provides deeply nourish our soul, cause world healing and reward us with personal gifts, donations and unexpected blessings we never could have dreamt would come to us! Some of the outcomes we experience constantly nourish us. These include personal gifts, donations and unexpected blessings we haven’t felt we really earned.

Now that we’ve had substantial experience and success in this best spiritual practice of all, we are guided to share it with you. If you feel drawn by what this article has expressed, please contact me, Phaeryn Sheehan, at 505-206-6139.

www.ascendedmastersfoundation.org

The Ascended Master Foundation of the New Times

Divine Mother Sunday Channelings • Sacred Journeys
Channelings with The Ascended Masters
World Service & The Path of The Mother

Phaeryn Sheehan, SPIRITUAL DIRECTOR
505•247•0495
for private channeled readings & coaching
www.ascendedmastersfoundation.org

Read more articles by Phaeryn Sheehan online: www.trulyalive.net
**The Invitation:** You are warmly invited to the workshop, “Surrender into True Happiness: Leaving Limitations Behind” at the High Desert Center for Spiritual Living. The Practitioners of the Center are presenting this mind- and heart-opening workshop on September 28, 2013 from 9:00 a.m. to 4:00 p.m.

**The Event:** We could have easily named the workshop, “Surrender into Love” or “Surrender into Joy, Peace or Abundance.” Our intention is to show the way beyond mere happiness, which is a more or less temporary experience. “True Happiness” is a state that encompasses all the blissful spiritual qualities that aren’t dependent on transitory conditions.

What is Surrender? And how does it help us reach True Happiness? That’s what we’ll explore in the workshop. But here are some hints: Surrender doesn’t have anything to do with “giving up” or “resigning yourself” or “submitting” to a distasteful status quo. In fact, it’s all about cultivating your consciousness in such a way that love, peace, wisdom, beauty and prosperity can blossom in your life. When you surrender, you let go of the thoughts, emotions, and beliefs (hidden or on display with a big red button) that have hampered you from reaching True Happiness. When you let go, you Leave Limitations Behind.

How do you surrender? The High Desert Practitioners have many wonderful techniques and approaches to share with you. However, you won’t find heavy-handed lectures and intense effort. Instead, in this experiential workshop, you’ll find humor, music, sharing and general liveliness. As spiritual counselors, it is our joy to present this workshop for you.

**The Particulars:** Cost: Love Offering. Refreshments: Snacks, coffee, tea and water available during breaks. Lunch: Bring your own sack lunch or sign up for a box lunch from Catering Abode—a sandwich (choose from 3 types), fruit salad, a gourmet dessert and a drink for $12.50. Registration: Call 505-922-1200 to register for the workshop and indicate your lunch preference by September 20th.
Healing the brain is not just accomplished by using nutrition alone. Complete transformation is accomplished by addressing the physical, mental, emotional and energetic fields. At ANHC, we go further and are looking for folks who want it ALL! If you are one of those people call us. Introductory Special: Beautiful Balanced Brain session in July only $85 for 45 minutes! (new clients only.) Call now: 505-797-0540. This amazing offer is available in person or long distance.

I am often asked, “How did you develop the Beautiful Balanced Brain Program, (BBB)”? In the past ten years, I have worked with five different biofeedback/bioresonance programs and use them in my practice coupled with naturopathy, Hanna Kroeger’s work and energy work. We are the only center in the southwest (perhaps the country) incorporating many biofeedback programs and techniques that weave together, allowing for quicker transformations. Several years ago, I began to see that when I balanced the neurotransmitters everything changed; hormone balance, digestion, pain tolerance, ADD, Autism, allergies, fibromyalgia, sleep issues, allergies and anxiety. So I created the BBB to address the brain to specifically balance neurotransmitters, brain nutrition, cervical spine correlations and more.

There are two parts to the program: Reconnections and Frequency Medicine. The frequency medicines include the solfeggio frequencies and customized frequencies to zap pain, pathogens, stimulate the brain waves, lymph, and virtually anything out of balance.

The first part of the program reconnects with your holographic field, identifies an item and puts you back in balance. For example, you might be deficient in dopamine and the part of the brain out of balance is the Limbic system (processes memory and emotional reactions). The program broadcasts the energy of dopamine to you in real time. It can be set to continue to pulse for a number of minutes, weeks, even months. You receive the benefit long distance like you might receive a text message. It is like receiving a homeopathic signature that pulses 24/7. WOW!

This program is cutting edge (truly the future of medicine) and is the piece missing in conventional and alternative treatments for the brain. In fact, Dr. William Walsh, author of Nutrient Power: Heal Your Biochemistry and Heal Your Brain stated, “What is needed is therapies to rebuild new brain cells and the neural pathways called synaptic connections in the brain. We have the treatments to reduce symptoms and help the children as in the case of Autism.” Beautiful Balanced Brain is this missing piece in BRAIN TRANSFORMATION! I love the results! Read more on Autism treatment in our Blog at www.abqnaturalhealthcenter.com.

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional and health educator. If you have tried many modalities with minimal results, you can experience whole health with the use of the Quantum Biofeedback, integrations, naturopathy, trauma release work, homeopathy, herbs, kinesiology and ionic cleanse footbaths. We work with YOU to accomplish your health goals and correct imbalances in the least number of sessions possible. Call today for your appointment: 505-797-0540 or visit us at www.abqnaturalhealthcenter.com.
Attention, Focus Are NOT the Problem: Your Child CAN Learn

By Regina Coffman

A child's brain is developing until their early 20s. Poor focus or concentration isn't due to the child's inability to sit still; because they are just too young; because they have some insurmountable learning problem; or because they just aren't smart enough. A child's ability to learn is directly related to how clear their brain pathways are between sensory (intake) and execution (performance).

Most children we work with experience learning problems because their network is somehow stuck or imbalanced. Imbalances are caused by the brain's need to adapt to trauma. The more intense the trauma (physical, emotional or psychological), the more likely the child will have focus, learning, concentration, and/or issues of self-control. Trauma can occur in utero, at birth or after.

Brainwave Optimization shows the brain how to move beyond stuck patterns into healthy patterns. Once the brain is balanced, the child overcomes previous challenges; happiness, self-awareness and success are the result.

My son's school issues were first brought to our attention when he was in the first grade so we had him tested. We were told, “His mind seems to wander; he is easily distracted and has trouble focusing on the task at hand”. By the fourth grade, his teacher had a real concern. I heard about this new technology and signed him up for ten sessions of Brainwave Optimization. Within a few weeks, his teachers were noticing a difference in his class behavior and immediately his grades improved. He became an “A student” and with this came an improvement in his self esteem. He seemed to just blossom as a person. I am grateful we found a method that was safe for children and that really worked. I highly recommend it for any child struggling with attention and focusing issues.

C.D., ABQ, NM

Summertime Assessment special $49, AND a 20% discount on a 10 session package booked during July and August. Give your child a gift that will last a lifetime!
Fluoride and Dentistry: How Much Poison is in Your Toothpaste?

By Bill Wolfe, DDS, NMD

The second fastest way to deliver a drug, next to an IV, (intravenous delivery), is sublingually (under the tongue). It is very important, therefore, what chemicals we place in our mouths. Over 95% of toothpastes now contain fluoride, and many young children swallow over 50% of the toothpaste added to their brush—if they are not supervised during brushing. A single strip of toothpaste covering the length of a child’s brush contains between 0.75 to 1.5 mg of fluoride. This exceeds the amount of fluoride in most prescription fluoride supplements (0.25 to 1.0mg). A 2-ounce tube of prescription “ControlRX” contains 282 milligrams of fluoride, a nearly-lethal dose to swallow for a 2 year old child.

At high doses, fluoride is a potent poison that rivals the toxicity of arsenic. Fluoride’s potency explains why it was used for years as a rodenticide (to kill rodents) and why it is still being used as a pesticide. It also explains why the Food & Drug Administration (FDA) now requires that all fluoride toothpastes sold in the United States carry the following warning: “WARNING: Keep out of the reach of children under 6 years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center.”

Fluoride toothpastes carry a poison warning for good reason. A tube of fluoride toothpaste, including bubblegum flavored varieties with child-friendly cartoon characters on the packaging, has enough fluoride to kill an average-weighting child under the age of nine. Although fatalities from toothpaste ingestion are rare, poisoning incidents are not. A young child can receive an “acutely toxic” dose of fluoride (the dose capable of inducing toxic responses such as gastric pain, nausea, or headache) by ingesting a mere 1 gram (1000 mg) of fluoridated toothpaste. Each year there are over 20,000 calls to Poison Control Centers as a result of excessive ingestion of fluoride toothpaste. Many poisoning incidents from fluoridated toothpaste, however, likely go unreported, as parents may not notice the symptoms associated with mild fluoride toxicity. Such symptoms may be attributed to colic or gastroenteritis, particularly if they did not see the child ingest fluoride.

The National Institutes of Health encourages parents to call the American Association of Poison Control Centers (800-222-1222) anytime they have a question about fluoride poisoning. Parents are advised to take extra care to lock up these types of prescription dental products, as well as any fluoride supplements, which can easily place a child at such risk.

The obvious question is, why even have fluoride products in the house at all? The fact is, fluoride is not an essential nutrient. No biological process in animals or humans has been shown to depend on it. On the contrary, it is known that fluoride can interfere with many important biological processes and vital cellular constituents. This makes fluoride potentially toxic even at low doses.

It is known that fluorides are general protoplasmic poisons, likely related to their capacity to modify the metabolism of cells by changing the permeability of the cell membrane, thereby inhibiting basic enzyme functions. According to The Clinical Toxicology of Commercial Products, fluoride is more poisonous than lead and just slightly less poisonous than arsenic, and the PDR (Physician’s Desk Reference) states that fluoride can cause various skin eruptions, gastric distress, headaches, and general weakness. In addition, JAMA (The Journal of the American Medical Association) has published three articles relating hip fractures in the elderly to areas of water fluoridation.

I am proud to say that I have never incorporated fluoride into any of my dental products, and I that my practice has been fluoride-free for 41 years. I haven’t missed it at all.

Practical politics requires an ability to ignore the facts.

Henry Banks
Lissa Rankin, MD is a mind-body medicine physician, founder of the Whole Health Medicine Institute training program for physicians and other health care providers, and the New York Times bestselling author of Mind Over Medicine: Scientific Proof That You Can Heal Yourself. She is on a grass roots mission to heal health care, while empowering you to heal yourself. Lissa blogs at www.LissaRankin.com and also created two online communities—www.HealHealthCareNow.com and www.OwningPink.com. She is also the author of two other books, a professional artist, an amateur ski bum, and an avid hiker. Lissa lives in the San Francisco Bay area with her husband and daughter.

Intrigued but skeptical that the mind could heal the body, Dr. Rankin (a traditionally western-trained physician) pored over hundreds of objectively evaluated, peer-reviewed studies from medical journals to find proof (not just thoughts and feelings) to substantiate that the mind can heal the body and, that there are clear physiological mechanisms that explain how this happens. She learned that the body is equipped with natural self-repair mechanisms that the mind has the power to turn on or off. In Mind Over Medicine, Dr. Rankin explains how this process works (proves through medical literature that is does work) and teaches practical techniques to activate the body’s natural self-healing mechanism, while shutting off the processes that predispose us to illness.

Truly Alive: Why are both doctors and patients afraid of the idea that we have the power to heal our own bodies?

Dr. Lissa Rankin: It’s a narcissistic wound for physicians: I went to school for 12 years, and practiced for 8 years, ostensibly so that I would know the body better than you would know the body; and so that I would have the power to cure. I think the same is true for patients in some ways. It can be scary for patients to embrace and expect that they can heal their bodies, because that then places the responsibility on themselves for their healing. So we have this agreement in modern medicine where the patient gets to hand their power over to the doctor, and then the doctor is responsible for “fixing” the patient. Yet, if we start to shift how both doctor and patient think, then it starts to shift the entire paradigm.

For example, I came to realize during my own healing journey (and in medical research) that patients know their bodies better than any doctor. While I may know anatomy and physiology, and I may have a better knowledge of how to wield a scalpel than a patient, when it comes right down to it—we each have within us this inner doctor that is our North Star...that is our guiding compass back to health. We’ve been proving this in the medical establishment for over 50 years. In the 1950’s we discovered that all clinical trials needed to have placebo arms because usually between 18-80 percent (average about 30 percent) of patients in clinical trials would get better from being given nothing but sugar pills. So the mind can heal the body.

TA: Please explain the “stress response” and the “relaxation response”, and why stress reduction is so important in the healing process.

L.R: We know that the body has natural self-repair mechanisms. In our physiology texts, it’s well known that the body knows how to repair broken proteins, kill cancer cells, fight infections, retard aging, and more. Yet this was the big “aha” for me and a true epiphany for me in studying all of this. There are two operating systems of the nervous system. One is the sympathetic nervous system (or what Walter Cannon at Harvard called the stress response). This is the fight or flight emergency response which kicks in when the body is at risk; when life and limb are at risk, and it’s there to protect you in case you’re getting chased by a tiger.

The opposite is the parasympathetic nervous system, or what Herbert Benton at Harvard called the relaxation response. This is the homeostatic state of the body. What I didn’t realize is that, while the body has these natural self-repair mechanisms, those self-repair mechanisms only function when the body is in the relaxation response.

They are not supposed to be, but our bodies are in stress response more than 50 times per day in modern life, and so every time we’re in stress response, our bodies are unable to heal themselves.

TA: What sparked your interest in spontaneous remissions?

L.R: My curiosity about spontaneous remissions began when I was working in an integrative medicine practice in Marin County, California, which is one of the healthiest places on the planet if you look at the health behaviors of the residents here. My patients from the inner city of Chicago were sick; and I understood why they were sick. They were eating poorly, weren’t
exercising, were smokers or drinkers and were not taking their medication. However, my patients in Marin County were drinking their green juice, eating a vegan diet, working out with personal trainers, taking 20 supplements a day, seeing the best health care providers at Stanford and USCF and a variety of alternative health care providers. And some of them were the sickest people I’d ever met! This didn’t make any sense to me. Based on what I had understood about nutrition and exercise and that sort of thing, Marin County residents should have been the healthiest people on the planet, and yet they weren’t.

So I started revamping my intake form and asking my patients different types of questions. I asked about their romantic lives; their creative lives and their spiritual lives, their sex lives, and how financially stable they felt, and whether or not they felt like they had found their calling and were happy at work (those sorts of questions). I started asking people things like: if your illness showed up to instruct you about how to live your life more in alignment with your truth, what would it be telling you? And then the mother-lode question was this one: what does your body need in order to heal?

What I started discovering was that, people had very intuitive answers to those questions. My patients started saying things like “I need to quit my job” or “I need to leave my husband”, or “I need to go to art school and pursue that dream I had.”

Some of my patients got really brave and they started actually doing what they had prescribed for themselves. Then they started having spontaneous remissions that made no sense to me. I hadn’t done anything. I hadn’t fixed them. I hadn’t given them any treatment. However, it led me to start investigating spontaneous remissions.

**TA:** Please speak to what you learned about spontaneous remissions in your research.

**LR:** I came across “The Spontaneous Remissions Project” database, which contains over 3500 case studies in the medical literature of patients who had “incurable” or “chronic” or “terminal” illnesses. These were case studies written up by doctors that were considered medical mysteries. Doctors couldn’t explain why these patients suddenly got better. Cases included everything from stage 4 cancers that went into remission, to an HIV positive patient who became HIV negative to heart disease that went away, to kidney failures that disappeared, to more common illnesses like thyroid disease or high blood pressure or diabetes that vanished. I mean, you name it—and it was in there! It was totally paradigm-shifting for me.

**TA:** Do both the conscious and subconscious minds play active roles in the healing process, and if yes, how?

**LR:** As long as you believe that you’ve got a chronic illness, that you’re incurable, that you’re gonna have to take medication for the rest of your life, that will manifest. You will be incurable and chronic as long as you believe you will be. The challenge is that many of us have been programmed with negative beliefs about our health from the time when we are very young. Most of us get downloaded a program from our parents by the time we are 6 years old.

By the time I was 33 years old, I was taking medications for a whole variety of illnesses that my doctor told me were chronic and incurable. I believed them. And, when I started doing my research and investigating the kinds of case studies that I found in “The Spontaneous Remissions Project” and elsewhere in the medical literature, I suddenly realized that there was a case study out there, at least one for every illness I was facing. Physiologists used to believe that the human body was incapable of running a mile in less than 4 minutes, as no athlete had ever done it. So, Roger Bannister ran the mile in 3 minutes and 59 seconds. All of a sudden, athletes all over the world started breaking the 4 minute mark. Now, almost every world-class runner has run a sub 4-minute mile.

The belief in the subconscious mind is very important because, even if your conscious mind says “I believe I can heal myself”, you’re only operating from your conscious mind about 5% of the time; 95% of the time, when you’re not really thinking about thinking, you’re operating from that subconscious program (that was downloaded when you were 6 years old), when you might have been told, “you’re a sickly person,” or “cancer runs in our family,” or whatever other negative health belief—like “I’m always going to be struggling with my weight.”

So the trick is not just to change our conscious beliefs, but to change our subconscious operating programs. There are a bunch of tips in the book about how you can go about shifting your subconscious beliefs. Because, until you believe you can get well, you can’t.

**TA:** How do our social connections/support, friendships, relationships and spiritual community, affect our health?

**LR:** Essentially, the health of the body is the sum total of our rich, precious inner experience. It’s important that we’re not just healthy in what we eat, or whether or not we exercise. It’s also important that we have healthy relationships; a healthy professional life, creative life, spiritual life, sex life, financial life; that we live in a healthy environment, and that we have healthy thoughts and beliefs. Let’s say you’re in a relationship and it’s going really well. That’s going to be very healthy for the body because it calms the amygdala (which puts the body into relaxation response), and bathes every cell with healing hormones like oxytocin, dopamine, nitric oxide, endorphins. All of these things flip on the body’s natural self-repair mechanisms.

However, if you’re in a relationship that’s toxic, then it’s going to trigger the amygdala to feel threatened, and the amygdala is going to turn on the stress response. The body is then going to be bathed with poisonous hormones like cortisol and epinephrine, which over time can harm the body in a variety of ways—not the least of which is turning off the body’s natural self-repair mechanism. Each of those facets of who we are—our relationships, our work life, our financial life...can be either stressors or relaxers—so it’s really about looking at those various aspects of our lives and identifying where we might be triggering stress responses, and making an action plan to reduce them.

We also want to make proactive decisions about how to increase our relaxation responses. These things can be easy, fun and pleasurable. While it may be challenging to get out of your soul-sucking job, or consider leaving a relationship that isn’t healthy, it’s very easy to add in things that will activate your relaxation response. These can include adding a meditation practice, laughter, playing with animals, continued on p26
expressing yourself creatively, gathering in spiritual community, having sex, doing Tai Chi, Qi Gong, massage, yoga—all known relaxation response activators. One of my favorites is the healing act of generosity. We can be proactive.

**TA:** Please speak a bit about how your research revealed the factors involved in extending life expectancy.

**LR:** There’s copious data demonstrating that all of these factors—healthy relationships, healthy work life, etc., affects your longevity. There is a great story I tell in the book about the people of Rosetta, PA. These people were a group of Italian immigrants who came over from the old country and re-created their lives here in the new country. They were living in this little hillside town in Rosetta, PA. A cardiologist was visiting the town and having a drink with the local doctor at the bar, and the local doctor was saying, “It’s just strange; these people of Rosetta never die of heart disease. They seem to be dying of old age.”

So the cardiologist sent in a team of researchers to find out why the people of Rosetta were so healthy. The researchers found it wasn’t what the residents ate; they ate pizza and pasta and meatballs fried in lard; they were smokers, they drank wine every Sunday and they weren’t consuming olive oil because it costs too much. They thought it might be something genetic, but they looked at people who came from the same village in Italy who settled elsewhere in the United States, and those that were not in Rosetta had the same rate of heart disease as everybody else.

Ultimately, they found that all regions where people live longer—like Okinawa in Japan, Ikaria in Greece, Loma Linda in CA, and Rosetta in PA—had multigenerational homes, and people taking care of each other. If somebody got sick, the community nurtured them. If somebody was down on their luck financially, they would give them money, etc. The researchers finally concluded that the overwhelm that lonely people face in daily life triggers stress responses that turns off self-repair mechanisms that put the body at risk.

Longevity is a function of how strong your community is...how loved you feel...how much you love your work and how optimistic you are. Optimists have a 77% lower risk of heart disease than pessimists. Happy people live 7-10 years longer than unhappy people. All of these things contribute to our longevity as much or more, than what we eat or whether or not we exercise.

The book provides a wonderful treatment Prescription and everyone interested in healing should buy the book. Don’t miss Lissa on her upcoming public television special airing in September (check out: www.pbs.org for more information) and consider attending an upcoming Hay House I Can Do It conference www.hayhouse.com. Read Lissa’s blog at: www.LissaRankin.com and show your commitment to putting the “care” back in health care at: www.HealHealthCareNow.com. You can also listen to both of Lissa’s TEDx talks on YouTube: https://www.youtube.com/watch?v=LWQfe__fNbs and https://www.youtube.com/watch?v=7tu9nJmr4Xs.
Waking Up in the Matrix

By Lisa Braun Dubbels

An interview with Richard Bartlett and Melissa Joy of Matrix Energetics

Q: Richard, you were a successful Chiropractor studying for a degree in Naturopathic Medicine when, in 1996, you experienced a life changing experience. Can you tell us what happened?

A: I was obsessive-compulsive and thought I must have missed something the first time. I spent a lot of time trying to figure out what I could do if I just had the right degree. So, at age 42, I decided to go back to naturopathic medical school. I could not work as a chiropractor in Seattle at the time, so I had to travel to pay for my family's needs. I was stressed to the maximum, not sleeping, driving long distances, sleep deprived and my reality bubble popped. I saw an archetypal vision of what looked like Superman in full color, in three dimensions—right there in my office, directing his x-ray vision into a child who was a patient of mine. This was a message from my sub-conscious to pay attention that something new was in the works. In that session, that child was healed of their condition. I had the same experience with the first patient in my office the next day—when I touched them, their bones went into position by themselves. I saw thirty patients that day and every one of them had some strange new experience. My reality was never going to be the same, and the phenomenon of Matrix Energetics was born.

Q: You say that Matrix Energetics is more than a technique—can you explain that to us?

A: All techniques are based upon a set of beliefs or experiences. When someone has had an experience outside of their normal encoded reference for what is possible, they then try to recreate that experience. In order to make it teachable, they create a set of rules and procedures delineating how to access the experience. This would be called a technique. I strongly suspect and believe that all techniques are morphic fields, as Rupert Sheldrake calls them. You will only get out of any technique the parameters that you have put in as your rule set. Matrix Energetics was deliberately designed to transcend the limited set of perceptual references that we call rules. Therefore it cannot be called a technique.

Q: Melissa, when did you start working with Richard, and what were you doing at the time you met?

A: Prior to finding Matrix Energetics, I spent over 13 years in the pharmaceutical industry, marketing several blockbuster drugs. In the last few years of my career there, I became increasingly disillusioned by the ongoing overuse of pharmaceutical medications to treat disease. I was convinced there was a better way to treat the whole person and this became the beginning of my journey into alternative medicine. In addition, I had been suffering from a very debilitating, incurable disease. I was unable to get the correct diagnosis or the correct treatment. In my quest to find a solution to what ailed me, I attended a ME seminar in January of 2006. I noticed immediately following the seminar that all of my symptoms had disappeared and I had gained a new sense of clarity around all of my experiences of reality and my sense of self. Everything felt different.

I proceeded to attend every seminar taught in 2006, and in early 2007 and began intensive training with Dr. Bartlett. I joined him on stage in early 2008 and have been his teacher partner ever since. Additionally, Richard and I partner together in co-leading the organization that is Matrix Energetics International.

Q: You are presenting Matrix Energetics Fundamentals and Practitioner Certification workshops for the first time in London this June. What can beginners expect to gain from these events, and are they also suitable for people already trained in other healing modalities?

A: The Matrix Energetics seminar experience speaks to all types of students, from the engineer to the energy medicine practitioner to the teenager to the physicist to the housewife to the lawyer and to the child. There is something available for everyone at an ME seminar. We tell our students to expect the unexpected to let go of any expectations. Matrix Energetics is a consciousness technology that interacts with everyone in a unique way. The skillsets and tools that you will require as an xx of attending this seminar can be applied to healing, relationships, finances, jobs, anything in reality is up for grabs. While ME can be used as a technique or a tool it is much more than a technique, it is a way of life. Attending one seminar can transform all of your experience of yourself that which is universal consciousness. Come just as you are—and leave transformed!

Matrix Energetics will offer their introductory ME Fundamentals seminar July 26-29 and Matrix Unplugged on July 30 at the Embassy Suites Albuquerque Hotel & Spa. To register, call 800-269-9513 or online at www.matrixenergetics.com.

Read more articles online: www.trulyalive.net
Understanding that everything seems to be a stressor, which affects hormone balance, which affects thyroid balance, which affects almost every major thing that happens or doesn’t happen in our bodies, one starts to wonder “where do I stand”. Stress is something that I don’t think most people completely understand. In my many consults with patients, regardless of the type and origin, stress has become a major topic of discussion.

In this article, I will discuss “complete Adrenal Shut Down or Adrenal Fatigue”, and some of the many ways to recover. Also included is information about the necessity to support the body in conserving and controlling that precious hormone called “Cortisol” or “Hydrocortisone”.

I will start by saying that until you have experienced complete “adrenal shut down”, you may not fully understand what I am about to tell you. In the past, when people told me that they “just couldn’t get out of bed”, I truly couldn’t understand a situation where someone could not get out of bed; as I (personally) had not had that experience. I thought that what they were saying must be a gross exaggeration. How could someone not get out of bed unless they had experienced a stroke or something of that magnitude? I could not comprehend…until the day when I personally, “just couldn’t get out of bed”.

I was working 2 jobs, putting in about 20 hours a day 5 days a week. This had gone on for several years. I would work 12 hours in a pharmacy during the day, go home eat dinner with the family, immediately go to bed, sleep 2 hours, get up take a shower and prepare to go to work at the hospital at 11pm until 7am the next morning. Then I would go to the pharmacy at 7am and work until approximately 7pm; then go home, eat dinner and start the whole routine all over again. I was setting myself up for complete adrenal exhaustion. With sleep deprivation, hormone balance is completely upset; cortisol and thyroid balance is also completely upset. Nothing is balanced and nothing is correct.

During this time, I had committed to giving a talk on “Thyroid Balance” and “Cortisol”. Being a double-triple type “A” personality, I just couldn’t say “no” to anyone. Sense of accomplishment was my game. Give me more and I will always ask for more. Stupid, Stupid…if I only knew then what I know now.

I had taken a couple of days off in final preparation for this talk. I will never forget. One day prior to this talk, the alarm went off at approximately 7am. I was very drowsy and groggy—unable to focus. I started to reach for the alarm, when I realized that I “could not move”. I literally could not move. At first, I thought I had had a stroke. I couldn’t even lift a finger. It scared the heck out of me. I couldn’t imagine what was going on. I was so drowsy and tired that I went back to sleep and woke up in about 3 hours. The alarm music was still playing, this time I was able to move and turned the alarm off. I got up, got something to eat and realized that what I had just experienced was exactly what I was going to speak about, “Complete Adrenal Shutdown”. I had run out of fuel. I had no cortisol. Due to my self-inflicted stress, I had consequentially run out of cortisol and glucose. Our bodies run on glucose (sugar). Without it, we do not move.

Stress is a very benign thing…meaning that we become very accustomed to our stress without realizing how much
stress we have and the tremendous impact it has on our bodies. Until that day when our withdrawal of cortisol exceeds our production and our cortisol reserve becomes completely depleted, do we really start to understand what this is all about. Simply stated, when we are out of “gas”, we have no more fuel. Cortisol is responsible for giving us glucose, “fuel”. When we are out of cortisol, we are out of fuel.

There are many degrees of “adrenal fatigue”. The primary symptom is fatigue. When we are out of fuel, we just don’t have any energy to do anything. Physically fatigued, mentally fatigued, emotionally fatigued, we are just tired all the time.

It is thought that adrenal fatigue will affect 90-95% of all Americans at one time in their life. How does one recover from adrenal exhaustion or adrenal fatigue? Rest, supplements designed to support adrenal function, hormone support, lifestyle changes all become very important to the slow recovery of adequate adrenal function.

Adrenal fatigue, (depending on the individual) may take weeks, months or even years for proper healing to occur. Common sense plays a big role here. Even though I thought I had good common sense, obviously in this area, I had no sense at all. It has been years and even though currently I address adrenal support through hormone replacement (testosterone), many supplements on a daily basis and a renewed appreciation for adrenal fatigue (lifestyle changes), I struggle for good adrenal function.

What is good adrenal function? One of the first things I look for is an adequate AM-cortisol. I test for AM-cortisol in every patient. I want to know what their capability is to produce cortisol. An individual’s cortisol level should be the highest at 8:00 AM sharp. With knowledge of symptoms and an AM-cortisol level test, a practitioner can judge the condition of the adrenals and the patient’s ability to handle stress. In short, an adequate AM-cortisol level is your fuel for the day. It provides glucose. I look for an AM-cortisol level to be in the range of 18-24 for proper functioning. I rarely see a patient who is in this range. Personally, I test in the 10-13 range. The accepted range for “normal” AM-cortisol levels is approximately 5-24. How ridiculous. Let me give you an analogy: If you were preparing for a road trip in your car, one of the first things you would do is to fill up your gas tank with fuel. One of the first things we need for our daily journey of life is a full tank of gas. This means a substantial amount of AM-cortisol.

How do we fill up our tank? There are many ways. Sometimes conservation and control through lifestyle changes, such as diet, exercise and behavioral modifications can play the biggest role. Supplements such as vitamin C and adaptagens (to control the excess release of cortisol) can play a significant role.

Adaptagens are supplements which tend to normalize, or control a function in the body. Holy Basil, Aswagandha, Cordiceps, and Bicopia are some of the most significant adaptagens to improve cortisol levels. Stress is stress to the limbic system (the ancient survival part of the brain). Adaptagens tend to control the excess response, and consequentially the excess release of cortisol, thus producing a conservation effect.

Remember those famous words that every mother says, “Every growing boy or girl needs a good night’s rest”. Proper, good, deep, restful, hormone-producing sleep is absolutely necessary to our health… Tom White.
Microcurrent electro-acupuncture can **relieve your pain quickly** without the use of drugs, needles or uncomfortable stimulation. This is a “high-tech” acupuncture system getting amazing results for many conditions. **It has helped thousands of people experience relief from chronic pain without any discomfort.**

Many people have a fear of needles. They avoid acupuncture because they are afraid it will hurt. Traditional acupuncture uses needles that “puncture” the skin. The needles are very thin, but those of us afraid of needles still think they are painful. Sometimes when we are in pain the idea of doing something that might hurt is more than we can bear.

“Microlight Therapy” is a highly effective form of microcurrent electro-acupuncture. It uses gentle microcurrent with various colors of light. Gentle and tiny pulsed electrical currents are delivered through moistened cotton q-tips on special wands. The colored light amplifies the effects of the microcurrent and is especially effective when applied through acupuncture points. It works on the principle of resonance which is the basis of all energy medicine. Acupuncture harmonizes the movement of energy in the body. Energy blockages or energy deficiencies cause symptoms of disease and pain. Treatment along the meridians and acupuncture points removes blockages and deficiencies and encourages the even flow of energy that helps to dissipate symptoms and heal the body. Microcurrent therapy may also be applied through pad electrodes and is getting rave reviews for relief of pain in the low back, knees, hips and shoulders.

Our bodies are electrical. Our brain waves, the steady beat of our hearts and muscular movement, are examples of the many electrical processes going on in the human body every minute of every day. Microcurrent uses a fraction of the amps used in TENS units or conventional electro-acupuncture and is very compatible with the body’s own bioelectrical activity. Conventional electro-acupuncture uses high-intensity milliamp current applied directly to needles and can feel uncomfortable.

Microcurrent is so gentle that you may not feel it at all. It is based on the principle of “less is more”, instead of on the principle of “no pain means no gain”.

Check out testimonials on YouTube for microcurrent’s results in the treatment of chronic neck and back pain, knee pain, bell’s palsy, and depression, just to name a few! Here’s one about severe osteoarthritis: [http://www.youtube.com/watch?v=ZYvb99WHWk8](http://www.youtube.com/watch?v=ZYvb99WHWk8).

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- Peripheral neuropathy
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Looking for a venue for your next event? High Desert Center for Spiritual Living invites you to tour our newly remodeled facility and consider our reasonable rental rates for your next event. Weddings, showers, graduation parties, awards dinners, bar mitzvahs, teas, luncheons, memorial services, conferences, celebrations, and meetings of all kinds—whatever your event, we will be happy to accommodate you.

Our Sanctuary has seating for 100+ with comfortable padded chairs, a raised platform, and an audio-visual system, as well as an area for registration and general socializing. The Social Hall has tables and chairs to seat 50-55 people, and can be rented alone or in conjunction with the Sanctuary. The Hall also has tables for serving beverages and food. Coffee, tea and water are included free of charge with any event, but all food must be catered (your choice of caterer). Our private Board Room with a seating capacity of 15 and smaller meeting rooms are also available. We have a well-furnished nursery and children’s play area also available at no charge.

In addition, we are offering a special wedding package and discounted rates for weekly and monthly meetings. Please contact the church at 505-922-1200 to set up a tour and for more details. www.hdcsl.org.

Dinner-Roast of Rev. Jac Blackman: August 17, 6-8pm, join us for a night of food and fun as Ted Dale and others honor, (and roast), the long-time HDCSL minister, Jac Blackman, with a dinner, roast and tribute. $17.50/person, $30/couple. Please RSVP in advance, 505-922-1200.

True Happiness, The Workshop: The High Desert Practitioners invite you to attend Surrendering into True Happiness: Leaving Limitation Behind, a mind and heart-opening workshop at the High Desert Center for Spiritual Living on September 28, 2013, 9am-4pm.

High Tea: Saturday, November 16, 2013, 1-3pm. A Fairy Tea for children will happen at the same time. For information on this highly popular event, contact HDCSL at 505-922-1200.

Earthing Works

By Ellen Santistevan, LMT #6535, APP

There is an inevitable way that life comes in to give us lessons when we need them…like a good smack on the head. We can forget everything we know when we are or one of our family members is hurt. Western medicine is superb at trauma care; however, there are other helpful things we can do once we are out of danger.

Recently, my son broke his leg very badly. Of course, the first thing that happened was the ambulance ride to the emergency room. He was given excellent medication for pain, and was blessedly knocked out before the orthopedists set his bones. He went home in a splint to wait for the swelling to diminish before receiving a cast, took prescriptions for pain-relief as well as anti-inflammatories. Two days later, we were back in the emergency room because his ankle had swollen so much that he lost feeling in his foot.

Our family doctor emphatically told me that he had to lie flat with his leg 18” over heart-level and to keep up with the anti-inflammatory drugs. Although the orthopedic surgeon gave us the good news that my son would not need surgery, the inflammation was still too severe to cast the leg. Finally, I remembered what I know about earthing: that the primary effect of earthing is to reduce inflammation. In my distress over the whole situation, I had forgotten the easy availability of care that I had right in my own home. I asked my skeptical son to wear an Earthing wrist band for 20 minutes, just to see what would happen. And in 20 minutes, his splint was actually looser. The next day, the feeling began to return to his foot.

Earthing works.

Call for more information about Earthing products: 505-250-4483, www.thirdgoddess.com. Also, catch me at the UNM Curanderismo Class (extracurricular presentations) and the UNM/NHCC Health Fairs in July. (See the TA website for more details.)
In May of this year, we learned the shocking news that beautiful megastar Angelina Jolie had undergone a double mastectomy. This humanitarian and mother of 6 removed her two healthy breasts because she carries genes that indicate a tendency to develop breast and ovarian cancer.

Doctors told Ms. Jolie that the BRCA genes she tested positive for, placed her at an extremely high risk of developing breast cancer. As a woman who lost her own mother to ovarian cancer, the actress decided to undergo a radical procedure to spare her own children the possible loss of their mother. Her decision to go public was made in hopes that her actions would raise awareness about this genetic condition.

Angelina Jolie made a brave and difficult decision but it is NOT the only choice women who carry the BRCA gene have. Women have the power to influence their health. Simple changes in lifestyle and diet can have profound effects on lowering the risk of breast cancer and other diseases.

Making sure your vitamin D levels are sufficient can reduce the risk of breast cancer by as much as 30%. Limiting the number of hours you wear a bra reduces the risk of breast cancer and avoiding the use of anti-perspirants allows the body to eliminate toxins from lymphatic tissue in the underarm. Avoiding radioactive radiation can reduce the risk of cancer. Medical X-rays, radiation therapy and mammograms all deliver a dose of ionizing radiation which studies overwhelmingly show increase the risk of cancer with each exposure. View the video: http://www.youtube.com/watch?v=Lb6T5-ZicLw

Screening for breast cancer can lead to prevention that saves breasts and saves lives. Breast Thermography is a screening procedure that is 100 percent safe and does not use ionizing radiation or compression. It is available right here in Albuquerque at the Thermography Center, 505-271-6608, www.thermographyNM.com

**Avoiding Mastectomy**

By Dr. Carla Garcia, DOM

May of this year, we learned the shocking news that beautiful megastar Angelina Jolie had undergone a double mastectomy. This humanitarian and mother of 6 removed her two healthy breasts because she carries genes that indicate a tendency to develop breast and ovarian cancer.

Doctors told Ms. Jolie that the BRCA genes she tested positive for, placed her at an extremely high risk of developing breast cancer. As a woman who lost her own mother to ovarian cancer, the actress decided to undergo a radical procedure to spare her own children the possible loss of their mother. Her decision to go public was made in hopes that her actions would raise awareness about this genetic condition.

Angelina Jolie made a brave and difficult decision but it is NOT the only choice women who carry the BRCA gene have. Women have the power to influence their health. Simple changes in lifestyle and diet can have profound effects on lowering the risk of breast cancer and other diseases.

Making sure your vitamin D levels are sufficient can reduce the risk of breast cancer by as much as 30%. Limiting the number of hours you wear a bra reduces the risk of breast cancer and avoiding the use of anti-perspirants allows the body to eliminate toxins from lymphatic tissue in the underarm. Avoiding radioactive radiation can reduce the risk of cancer. Medical X-rays, radiation therapy and mammograms all deliver a dose of ionizing radiation which studies overwhelmingly show increase the risk of cancer with each exposure. View the video: http://www.youtube.com/watch?v=Lb6T5-ZicLw

Screening for breast cancer can lead to prevention that saves breasts and saves lives. Breast Thermography is a screening procedure that is 100 percent safe and does not use ionizing radiation or compression. It is available right here in Albuquerque at the Thermography Center, 505-271-6608, www.thermographyNM.com
You are an artist of your own life. Your choices, attitudes, and beliefs are the creative forces that are building your experience, and you have the imaginative energy to form your most extraordinary life right now.

We sometimes think that only people with special talent and skills are creative, forgetting that creative energy isn't limited to those who paint, sculpt, dance, or sing. That energy is within all of us, and we are using it whether we are conscious of it or not.

Our lives are a reflection of our creativity. For many of us, we can see in certain parts of our lives where we have used our creativity in negative, destructive ways that no longer serve us. The power of this awareness is the remembering that we have choice in what ways we want to use our creative power, and changing our experience is as simple as making a new choice.

In fact, if we are paying attention, it is hard not to be amazed by how creative we actually are... really amazed. We are amazing at creating and recreating ourselves, and we are also really amazing at getting stuck. The funny thing is that, no matter what, we are using the same creative energy, and we get to choose if we want to be really amazing at making life magnificent, or really amazing at making it suck.

You may think that there are outside factors, past experiences that are determining what choices you can make, but believing this is just another choice. As a great teacher said, “principle isn’t bound by precedent” which means that our choice isn’t bound by anything that has ever been before. Everything is possible.

Clarissa Pinkola Estes, said “it’s not the failure that holds us back, but the reluctance to begin over again that causes us to stagnate.” Every artist knows that every creative pursuit will require us to begin over again, and we can see our own need to begin again—not from a sense of failure, and that something has gone wrong, but from the amazing power we have to choose, and choose, and choose again.

Using our creative power to create our most extraordinary life only requires us to remember that we have this power. One practice to help us remember is to simply get creative. Do something that creates a renewed sense of remembering your amazing artistic energy, even if you don't like what you create, and don't show or tell anyone about it. Do it for yourself, so that you remember that you are an artist creating your life, and that you have choice about what you are creating.

Another practice of remembering our creative power is to surround ourselves with people who are themselves artists, who have taken the time to have honed their craft, in brush, note, movement and beyond, and with their art. We may not have any desire to be able to paint, sing, dance, or sculpt like a master, but being present to the energy of those who consciously practice being connected to their creative power can remind that part of ourselves that seeks to create mastership over the art of creating our lives.

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

The Albuquerque Center for Spiritual Living is hosting an opportunity to participate in this creative flow this July. Please join us on July 19 & 20 for our annual Art Show, which will include original art, pottery, jewelry, photography, cards & sculpture. The Artist Reception is Fri, July 19th, from 6-9pm & the Show is Sat, July 20 from 10am-7pm. For information about submissions please visit www.abqcsl.org/artshow
Breathing Disorders – Improve Your Quality of Life with Exercise!

By Michelle Morath, NM Fit

One of my clients was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) two and a half years ago. People with COPD typically are able to breathe air in but have difficulty in expelling the air out of their lungs. COPD includes emphysema, chronic bronchitis and asthma. According to the National Heart, Lung, and Blood Institute, COPD is most commonly caused by cigarette smoking. My client was a long-term smoker, almost thirty years. He abruptly quit smoking when he received his diagnosis. He knew that making additional lifestyle changes would improve his quality of life. He contacted me to guide him in becoming more physically active. After receiving clearance from his doctor, he started a custom, progressive exercise program I created. His program started at his current fitness level and over time, his workouts progressed to challenge him. Now, in addition to experiencing a decrease in his COPD symptoms and being able to breathe better, he has released weight, lowered his blood pressure, increased his energy, improved his sleep, increased his strength, and significantly enhanced his mental and emotional outlook.

Many people who have COPD are afraid to exercise or just don’t feel like it. Some attempt to exercise but easily become out of breath and feel they must stop. The lack of exercise gives rise to a more sedentary lifestyle which worsens COPD symptoms and greatly increases the risk of more serious health issues such as chest infections, obesity, diabetes and heart disease. This vicious downward spiral can quickly cause an individual to become isolated and experience a severe decline in quality of life. With appropriate exercise, people with COPD can become more physically active, reduce their risk of disease, and restore their functional independence.

The Cleveland Clinic recommends the following exercise guidelines in COPD:

- Talk to your health care provider first.
- Gradually increase your activity level, especially if you have not been exercising regularly.
- Remember to have fun. Choose an activity you enjoy. Exercising should be fun and not a chore. You’ll be more likely to stick with an exercise program if you enjoy the activity.
- Wait at least 1½ hours after eating a meal before exercising.
- Dress for the weather conditions and wear protective footwear.
- Take time to include a five to ten-minute warm-up and a five to ten-minute cool down after the activity.
- Schedule exercise into your daily routine. Plan to exercise at the same time every day.
- Exercise at a steady pace. Keep a pace that allows you to still talk during the activity.
- Stick with it. Regular exercise will help you integrate it into your lifestyle.
- Keep an exercise record.

In addition to exercise, nutrition is vitally important in maintaining lung function and avoiding infections. Chest infections in people with COPD can be a major complication. By adding more fresh fruits and vegetables to your regular diet, you can greatly 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 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 decrease inflammation, but it helps improve your immune system, supports heart health, and offers many other health benefits: www.nm-fitjuiceplus.com.

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Regular rates begin at $75 per month. Get started with a free consult. To learn how you can improve your lung function, contact Michelle Morath, New Mexico Fit: 505-550-8322, mmorath@newmexicofit.com www.newmexicofit.com

Read more articles by Michelle Morath online: www.trulyalive.net
Dear Bill;

I'm confused and concerned. I have cleaned up my act so much. I am eating mostly plant-based foods, taking good, high quality supplements and probiotics. However, some days I feel so bad. I have headaches, low level nausea and body pain. I feel worse than before I started cleansing. There have been times when I feel like something is terribly wrong and I get highly irritated or weepy. It seems the better I do, the more constipated I get. WHY DO I FEEL SO BAD WHEN I'M DOING SO MANY GOOD THINGS?

Confused and Concerned

Dear Confused & Concerned;

I can empathize with you. I have been cleansing, working on myself and healing for about 28 years and I've learned a lot along the way. My health began its decline soon after leaving Viet Nam. Being exposed to Agent Orange was killing me...slowly. I was discharged in 1975 and by 1985 I was barely able to work. At 37, I couldn't blame my extreme exhaustion, chronic fatigue, body aches, heart palpitations, etc., on old age. I got on my knees and surrendered—it was a powerful come to "Jesus" moment. I turned my life over to Him asking Him to "take control".

Seeking help (in the traditional way first), I went to the VA Hospital and received the usual battery of tests. They couldn't find anything wrong with me (this was before the diagnoses of Chronic Fatigue, Fibromyalgia, Epstein Barr Syndrome, Lyme's disease and Agent Orange poisoning were commonly recognized and treatment protocols in place). Since I insisted that something was wrong and since they could not confirm anything through diagnostic testing, I was referred to a psychiatrist. It was at this point, that I said, "exit western medicine, stage right!" and never looked back.

My journey from dysfunction and despair to discovery and wellness through spirituality and natural medicine began. I was in Tucson at the time and they had a significant and lovely natural health community, as we do in Albuquerque. Since that moment of surrender to Jesus, and for the past 28 years, I have felt guided, directed and protected. I made basic dietary changes and was happy to be feeling pretty good again. From there, I sensed I could feel even better. I started reading and made the commitment to fully restore my health. I started doing "good things" for myself; juicing, exercising, herbal cleanses, massage, chiropractic, acupuncture and mercury removal from my teeth; emotional healing work and fasting. Then, I crashed. My energy and vitality flat lined. The more "good things" I did for myself, the worse I felt. Combining the commitment to restore my health with the healing momentum created by the "good things" created a tidal wave of a healing crisis—stirring up layers of toxins that had been stored in my body and stimulating my body to release them. My organs and elimination system became overloaded, hence the "feeling so bad."

We accumulate toxins a day at a time...breathing in polluted air, drinking less than pure water, eating chemical-laden foods, ingesting harmful substances. Generating negative thoughts, which create negative emotions, also create a toxic internal environment. Over a lifetime, the accumulation will usually (at one point or another) cause a break down. That's why cleaning up the mess isn't always easy (or quick). Take a good look at your history of diet, mental and emotional states and your environment. This will give you a glimpse of what you are working with to recover your health.

Then chart a course for return to vitality. Slow and steady wins the race. Try backing off of some of the "good things". Take things more slowly. And continue with colonics and consider supplementing with enemas. You will help your body eliminate the overload and eventually—experience the radiant health you desire. Trust me. This works!

Bill Haggard owns All About Health where colon hydrotherapy and cleansing is a specialty. Our five highly trained therapists have combined experience of more than 50 years in colon hygiene, natural therapeutics, and nutrition. All are very passionate about helping you on your cleansing journey and are willing to counsel you along the way. We offer weekend and evening hours for your convenience. Give us a call and let us help you make your cleansing journey easier and more successful: 505-888-5858, www.allabouthealthinc.com

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“I was nervous about getting a colonic. The actual experience proved amazing. Bill is so gentle, kind, informative. After, I felt so much lighter, more alert & awake. I woke up the next day with great energy and flexibility, without any morning stiffness. I would definitely encourage anyone who wonders what a colonic might do for them to try it! – L.H., ABQ

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“ Reads more articles by Bill Haggard online: www.trulyalive.net

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In real estate, we often hear the term “short sale,” but I’m asked constantly what that means. It means the owner of the house couldn’t sell the house for enough to cover the liens (mortgages) against the property, so the funds will be “short” and the owner is not in a financial position to make up the deficiency. The process is generally anything but short (time-wise), and buyers must be pre-approved and patient to secure a home on a short sale. The list price of a house can have little to do with the price the bank will accept and realtors often price homes as short sales to stimulate interest and jumpstart the process. The seller may accept the offer but the bank must approve the price.

The first thing to understand is that the lien holders will not accept a short sale until they’ve determined there is a financial hardship. If the homeowner simply owes more than the house is worth but can’t prove financial hardship, then doing a deed in lieu of foreclosure may be a better choice. (Sometimes selling the house on a real estate contract can work instead but it is one of those things that must be assessed on a case by case basis). Secondly, the bank may discount the price, but not for more than a maximum of 84-88% of the value (depending on the lien holder and the condition of the house). They usually base their determination of value on either an appraisal or a broker’s price opinion. So, you can get a good deal but not necessarily as good as the listing agent would like you to believe.

The other thing I hear all the time is that the auction is a week away so it’s too late to do anything. If there is a valid offer on the table, there is no reason to allow the auction to take place, but it requires persistence and the willingness to spend the time and energy to speak with the right person. I once saved a client’s house from the auction block on four different occasions, once only fifteen minutes before it was set to be auctioned off (I had two valid offers at the time). Short sales are not for the faint of heart on the buyers’, sellers’ (or the realtor’s!) side. Plus, sellers usually don’t have money for repairs or (often) inspections and banks are already taking a hit, so buyers need to be prepared to accept the house “as-is.”

A short sale can be a good choice for sellers who can’t qualify for a loan modification. But, be prepared: the process takes patience and persistence and can frustrate even so-called experts.
If you’ve been holding onto an old relationship, now is the perfect time to let go. The stars and the last 3 eclipses are all assisting this process happening!

Here’s how you can start moving on:

1. **Release Regrets.** When a relationship ends, it’s tempting to dwell on what you did wrong or what you could have done differently. This might seem productive—like you can somehow change things by rehashing it. You can’t. All dwelling does is cause you to suffer. When you start revisiting the past in your head, STOP! Pull yourself into the moment. Focus on the good things in your current situation: the friends who are there for you and the lessons you’ve learned that will help you with future relationships.

2. **Forgive yourself and your Ex.** You might think you made the biggest mistake of your life, and if only you didn’t do it you wouldn’t be in pain right now. Don’t go down that road—there’s nothing good down there! Instead, remind yourself you have learned lessons that will improve your life! If you want to feel love again in the future, the first step is to feel love toward yourself.

3. **Remember the bad as well as the good.** Scientists suggest about 20% of us suffer from “complicated grief”—a persistent sense of longing for someone we lost with romanticized memories of the relationship. These scientists also suggest this is a biological occurrence; that the longing can have an addictive quality to it. As a result, we tend to remember everything with reverie, as if it was all sunshine and roses. Let’s get real—everyone has strengths and weaknesses. “It’s easier to let go of a human than a hero.”

5. **Reconnect with who you are outside a relationship.** Odds are you lived a fulfilling single life before you got into this one. You were strong, satisfied and happy—at least on the whole. Remember that person you were. Reconnect with old friends or interests. That strong, happy, passionate person that attracted your Ex… that person will get you through.

6. **Create separation.** Hope can be a terrible thing if it keeps you stuck in the past. It’s not easy to end all contact when you feel attached to someone. Breaking off the friendship might feel like ruining your chances. But, it helps to change hopes into broader terms. For instance, instead of wanting that specific person to re-enter your life, want love and happiness instead—whatever that may look like.

9. **Replace fearful thinking.** When you’re holding onto a relationship, it’s usually more about attachment than love. Love wants for the other person’s happiness. Fear wants to hold onto whatever appears to make you happy so you don’t have to feel bad. Some examples of the habitual thoughts I had include: “I’ll never love like this again. I’ll always be sad.” Replace those thoughts with: “All pain passes eventually. It will be easier if I am aware of my thinking. I can control how I respond to life.” And choose to appreciate the people who are in your life like there’s no tomorrow!

It took me 2 years to work through my feelings about my last relationship and let go; and, I am happy to report, I did. But—I know now I could have hurt less and created even more possibilities for myself if I put more effort into letting go sooner. I hope you’ll make that choice.
Earth Mother Creations, Financial and More
By Marshall Estner

Do you feel the energy moving into and through Earth Mother? Are you taking the time to see her actively blossom and grow? Earth Mother was preparing herself during the quiet time of Winter. Her creations popped through the surface in the Springtime. Now, she has moved into the birthing process of her ever evolving blessing that is Summer.

Are you ready to surrender to what is truly being called forth for you to experience this Summertime? Are you willing to move into action, call forth your dreams, and create abundance in your life? Earth Mother offers assistance with financial abundance, yes, and so much more... **abundance in every area of life.** Earth Mother is offering us deeper connections to family, friends, new relationships, joy, health and happiness everyday as well.

Choose to co-create with Earth Mother. Connect with her and actively be in relationship with her and other realms of consciousness. Let her grace you with her love so you can release old belief systems of not being worthy enough to receive, not being good enough, or whatever flavor your mind likes to manipulate you with to stay limited. Letting go of these thoughts in our current time of evolution can be extremely difficult to do by ourselves. We are stepping into a New World Consciousness that embraces the concepts of Oneness, Love for Ourselves and Others; Creating and Working as a Community Consciousness. If you would like to learn to co-create abundance (particularly financial since that is my area of expertise) with our Earth Mother, please call for a free consultation.

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**Earth Mother's Cycles to Create Financial Abundance**

**By Marshall Estner**

Accounting, Bookkeeping, Counseling, Financial & Tax Planning

1325 Park Avenue, SW, ABQ, NM 87102
Transformational nourishment means that our bodies, hearts, minds, and spirits are open and willing to take in the nourishment that's offered. To do this, we have to believe that we are valuable and worthy to receive. — From the book The Buddha Came to Dinner

I have committed to the regular, daily practice of paying attention. I realize how essential it is to feed myself with a sense of purpose, focus, love, and passion for my life. First and foremost I need to feed my spirit in order to pay attention to feeding my body.

Transformational nourishment is a way of deeply listening and responding. Each bite of food is an opportunity to connect with my “self”; it is a spiritual practice. Each time I put something in my mouth, I have an opportunity to practice awareness. Each morsel of food, each sip of water is an invitation to take care. You may find practicing mindfulness a useful exercise while nourishing your body (mind and spirit too).

At Joyous Creations, we create food that nourishes and cares for your body. Creating food that tastes good and meets your dietary needs is our top priority. Meals are weighed, measured and packaged to your specification: family style, individual items are packaged separately, or one meal per container. Your food choices can be cooked and/or raw; low carb, low fat, vegan, gluten free, dairy free to meet your needs. Our clients are families and professionals who need help creating fresh, tasty, nutritious meals.

It will be our pleasure to cater your next function or event. Weddings are our specialty.

With Love and Deep Appreciation, Joy Lynn

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

In the business world, I’m a mortgage broker. Honesty applies to every thing 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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What’s in a concept? Everything.

By Clint Bridges

The concept you hold about yourself in your mind equals your beliefs about yourself. You are that concept (whatever it may be), and it is the reality you are experiencing in this world right now! Be it rich, poor, happy or sad.

If a man believes he is poor, he may be a beggar standing on the corner looking for a handout. This is his concept of himself. It has hardened into his reality, and the riches of his mind have become lost to him.

If a woman is battered and she believes she deserves to be mistreated, abused and powerless to do anything about it, that is her concept of herself, and therefore, that is her reality.

If a man behaves like a criminal and believes there is no other way to survive other than by violating others in society, that is his concept of himself, and consequently it becomes his reality.

On the other hand, a man may be a physicist who holds the concept that by using his intelligence he can understand the working of the universe and the nature of physical reality. Because that man holds a higher concept of himself, the world experiences an Einstein or a Hubble.

If you desire to improve your lot in life, all you need to do is change the concept you hold to a higher concept. When you have become the new concept of yourself, (and if you hold it long enough you will become it), seek still a higher concept of yourself. You will also become that.

The highest concept I can see is this: God made me in His own image and likeness. I have been perfected in God’s Love. I am a loving Human Being, and that’s the energy that guides my behavior and creates the world I live in. His wisdom flows to all of us, because the same God made every one of us.

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Read more articles by both authors online: www.trulyalive.net
ARIES (3/21-4/19) JULY opens with fiery displays of patriotism. This symbolizes the Aries-like need to express pride and loyalty to country. Things feel different after the 12th. Actually, it’s “feelings” that are different. You are suddenly drawn into the world of emotional floods. There are tasks now, which require serious reflection. Inside, you find that small spark at your core. The Rams have the right gear ratio to generate great energy from that small central spark. The 20th is the best day to manifest your dreams. Respect your superiors to reach goals this month. AUGUST: You like action? August has it for you. The 2nd is a day when both sexes actually get along, smoothly. You are caught up in this love tornado and carried away to the land of bliss. Unless this new Moon on the 7th makes bad angles to your personal planets, you will be happy, loving, and playing like a kid in the sandbox. Changes go on in the world around you, but you float merrily along on life’s river. If you are affected, the turmoil starts the sandbox. Changes go on in the world around you, but you float merrily along on life’s river. If you are affected, the turmoil starts.

TAURUS (4/20-5/20) JULY opens with the ending of certain structures in your life. After a few adjustments, most of your discord can be turned to harmony by the 7th. You also begin the month with a very happy and optimistic mind-set. It’s like your brain is being tickled with butterfly wings. Changes come with the full Moon on 7/22. Your optimism has now created a glow about you which attracts romance. You will need to monitor that glow. The month ends with a clash like the beginning, but you float above it all like cream on a latte. AUGUST starts with you at full speed. The 2nd creates a strong desire at work. Watch those cameras. The bovines are inclined to social events at home. After the 21st, you regain a sense of harmony. First, however, there will be four very challenging days from 8/24-8/27. Then, just a little bump in the road, now and then is all. We are all being tested this month in different ways. Love and romance seem to be your solution. Your past-lifetime karma is brought to the table this month. Your philosophy needs updating.

GEMINI (5/21-6/21) JULY could be filled with financial promises, like: “I’ll pay you back, Tuesday” or “This is a sure thing!” or “Save Big”. However, you may not be able to afford situations like these, and others, in the legal tender realm. It’s all about Mercury retrograde until the 20th. Your best money-maker is work from the past. Though restrictive, it can still pump out a few more barrels of cash. On the 20th, you will begin to break free of those chains. Jogging to catch up with the “movers and shakers” can cause losses on many levels. Use prudence. AUGUST brings a gust of financial good fortune. Except for any possible bad aspects, Jupiter seems to pour wealth into your life for several months. This month, short trips with others seems likely. Love may draw you away this month, but you need time at home after the 22nd. You will be meeting some very important people during the final 7 days of August. Therefore, you need to stay close to home. Home projects go well on the 30th. It’s a good starting time for any large projects. Watch for deception on the 7th. The 14th is great with friends.

CANCER (6/22-7/22) JULY has a new Moon in your Sign on the 8th. Saturn also turns forward in its apparent motion that day. This is a constructive and solidifying force for good in the life of all Moon Children. Those Crabs in a love drought can construct new socializing techniques. Whatever needs improving or replacing is where your energy is best applied for the next year. The full Moon is on the 22nd as the Sun is changing into Leo. Though, you are saddened by world violence and abuse this last week, the “new you” stands strong. AUGUST is a time for the Crabs to gain financially. It’s a time to express your mind as well. Clack your claws to the beat of life’s music. Showing off is not unusual during the happy times of summer. Soon you will scuttle home to prepare for the season changes, but for now, live it up! Others may resent your happiness on the 7th. Don’t pay any attention. It’s two weeks of outrageous social activity, then, it’s two weeks of domestic bliss. The full Moon on the 20th is intense, as an ending is likely. Such is life.

LEO (7/23-8/22) JULY starts dramatically enough for the Lions…just keep your head down the first four days. Peace will be restored on the 5th. The rest of the first 3 weeks are made for secluded seductions and surrenders. Aloneness does not exclude love when you can be alone with who, or what, you love. A new yearly cycle begins for you on the 22nd. It’s also the full Moon. To me, this shows an enhanced awareness of your innate powers. You have backers and you have detractors. You have many secret options. Truth and fairness becomes your sword. AUGUST opens with your sword bringing changes in the areas of work and health. Happy Birthday, by the way. The 4th is a good day to celebrate your Sign. You love to see justice done. That seems to be what’s happening from 8/7-8/21. Religious zealots create serious problems those two weeks. However, the real winner is truth, so enjoy the show. Friends will share in your celebrations during the 2nd half of August. Your “knight in shining armor” could appear in the full Moon light of the 20th. A sadness comes near month’s end, but home is bliss.

VIRGO (8/23-9/22) JULY might feel like waiting at the airport for your lover to arrive. It seems that Flight 00Fine has been delayed by Mercury retrograde. Go home ’til the 20th. Then both Mercury and Venus will be in your favor. There is a friend connection with a new love interest. The full Moon on the 22nd implies a past lifetime with this person. There’s a lot of noise in the world around us, but you have a chance to find quietude where occasionally, you can process all your latest facts and figures. You may feel like a drifting boat this month. Adrift, but not abandoned. AUGUST has some rainy weather and you are making progress with your goals. Home and friends make life just adorable. You would pinch life’s cheek if you could. Add in an upcoming birthday and life really is cute. Oh, sure there are some major upsets in the world, but you don’t have time for all that. Near the 25th, you can rope in your dreams with the help of a friend. Like team-roping a calf, you can place your brand on that dream. Some of your Sign will be honored in some way on the 30th because of your “contribution”.

Astronomical Forecast: July/August

John Clinton | Psychic Astrologer | 505-489-1122

30+ Years Experience Interpreting Stellar Events
**LIBRA (9/23-10/22)** JULY: Your amazing good-luck keeps the party going this first 3 weeks. As the turmoil unfolds in your life, you become the great peacemaker. By the 7th, it’s time to celebrate a feeling of friendship. There is a new sense of stability about you and your work now. People are stubborn on the 9th. After the 17th, you deserve a raise, or at least, some high self-esteem. Your trademark ability to balance things could be used to break up a log jam to your prosperity. Let the river flow freely. Your charm can change the course of history. AUGUST is calling, but you refuse to answer. Friends want you out with them, but you seek solitude. Another Libran dilemma. Flip a coin. The 2nd is hard to resist, isn’t it? You love peace and harmony (unless you’re in a bad mood) so let others deal with conflicts from the 7th-21st. Then you can anchor yourself enough to deal with angry opposition on the 26th and 27th. Keep your balance. It could be like walking a tight rope with bombs going off beneath you. Stay close to a mentor. Don’t let the changes upset you. You’ve had it good for a long time.

**SCORPIO (10/23-11/21)** JULY can be a joyful time for the Scorpions. It’s a good reminder to keep on a higher path, or better still, to be the high soaring eagle above the fray, yet seeing all. On the 1st, try to avoid confrontations with women of power. It could cost you. This is an action-packed month. Some good, some bad. Your faith or philosophy should smooth out the bumps easily. The 26th and 27th are earth shaking days in more ways than one. And still your needs arise despite the destruction all around. The last four days are very “earthy”. Use caution the night of the 31st. AUGUST is good for your job or career. It also puts your character under a microscope this first 3 weeks. You hate that. Your natural fears and persecution issues will keep you poised and smiling through it all. The 7th brings a spiritual message for all of us, but especially to you. Signs can be seen in changes around you. You can benefit from knowing what these signs mean. There is a chance for permanence in a relationship by month’s end. By making agreements, you can solidify and clarify your needs in all forms of partnerships.

**SAGITTARIUS (11/22-12/21)** JULY is a fascinating time for the Archers. The warm nights allow more outdoor time to study the hidden mysteries of life. It’s a time for sharing your deepest emotions and wonderings with another. Something usually ends at this time of year. It’s like sending your soul to the cosmic dry cleaners. It comes back like new. The 17th is your best day. If you’ve been good, as usual, this can bring true love or true achievement to your life. The full Moon on the 21st and 22nd is dynamic. You could be in a march this month. AUGUST aligns with your soul, your personal energy, or your “effect” in the world. You feel Universal as you explore the highest peaks of understanding. You know! You could join with others on the 4th when deep thoughts and positive actions are likely. You are feelings of activism are activated. There will be enough challenges to challenge your fondness of challenges. You always seem to have the solution to a given problem. You can express that concisely on 8/24. Your crusade continues on the 26th and by sheer will power, you end the month victorious.

**CAPRICORN (12/22-1/19)** JULY brings an end to current delays in your life. Progress and success returns after the 8th. The 19th is like a visit to the Emerald City plus a ticker tape parade. You stand at the doorway of your dreams. If you have listened to me, you have prepared for this great day over the past 5 months. You will have met the great wizard this month and he will be you. Only a bad day on the 27th can mar this pleasure cruise you are on. Authoritarian frustration hits you like a mini-tornado. The month ends socially gratified except for the night of the 31st. Assuming you survive that, AUGUST promises opportunities for your entrepreneurial spirit. Pluto (the mighty one) is retrograde in your Sign. It’s a psychologically harmonious time. You don’t feel the pressure to change yourself due to changes around you. It is a time for introspection. Partnership issues arise on the 7th. That goes on a couple of weeks. You will finally pull yourself up to your proper level. The 27th has you waking with a brilliant solution to a problem. You will deserve a raise, but no more raze, and only warm Sun rays. The full Moon (8/20) brings you cash.

**AQUARIUS (1/20-2/18)** JULY continues the rocketing into new dimensions of adventure and exploration. The 7th has the right energy to bring love and sharing into your life. The 17th - 22nd is incredible for all of us. You are the right one to take action during that time. The 27th is another edgy day. The unexpected happens. This once again involves your Sign taking action. Thanks to you, there can now be a few days of peace until the last few hours of the month. That’s when someone could verbally attack you. Your safety could be at risk that day. AUGUST is usually socially involved, or dealing with a partner, or fighting openly with an arch enemy. You seem to be tied up with legal matters, too. The 14th brings you the words to deal with the cyclone of events around you. Somehow, as usual, you have stirred up some trouble. It’s always a learning experience for you, and I believe that to be your motive. This time, your partner is stirring the pot. Bubble, bubble, toil and trouble. It looks possible that you’ve gone too far this time and a relationship could end, but it’s your choice.

**PISCES (2/19-3/20)** JULY is a very compatible month for the Fish. Even real fish feast on an insect banquet during July. Life is good. Just a few bumps along the way are meant to keep you focused on the real world. There is a chance to travel as well as a chance to express your personal philosophy. Your successes and breakthroughs add credibility to your words. Everything builds to a five-day plateau of incredibility starting on the 17th. The Moon seems to fill until full on the 22nd with an intense magic. The 27th is disruptive, but you just keep grinning. AUGUST is a time to look back over your life. OK, just the good memories, then. All experiences are for the good, as you know. There is a purpose to your recent “togetherness”. Your special kind of helpfulness will be the perfect energy to bring positive change this month. Speak up this month, but keep your philosophy hidden. Authority gets in your face, annoyingly, around the 26th. Your partner is making secret plans to make you happy near month’s end. Come out and play. There will be friends galore to cement their love for you.

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