Hydrate, Hydrate, Hydrate  p32
Prosperity Consciousness  p31
Love Your Pets Healthy  p28
Healing Your Brain  p14
Follow Your Bliss  p23
Gifts of Spirit  p19

An Interview with Dr. Eben Alexander and an Overview of his book Proof of Heaven p20
• Therapeutic Massages & Treatments
• Private and Group Yoga Classes
• Vitamins & Herbal Supplements
• Epicuren Skin Care & Facials
• Coffee/Ice Cream/Juice Bar
• Integrative Medicine MD
• Allergy Drops Therapy™
• Specialty Medical Foods
• Nutritional Counseling
• Sanjeevani REST Pod
• Scalp Acupuncture
• Vegan Restaurant
• Bosmeric-SR™
• Panchakarma

Your Health Starts Here.

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

www.sanjeevani.net | www.bosmeric-sr.com
www.allergydropstherapy.com | www.sanjeevanistore.com
Dr. Eben Alexander’s near-death experience is the most astounding I have heard in more than four decades of studying this phenomenon. He is living proof of an afterlife.

Raymond A. Moody, Jr., MD, PhD, author of Life After Life

This story sounds like the wild and wonderful imaginings of a skilled fantasy writer. But it is not fantasy. Before Dr. Alexander underwent his journey, he could not reconcile his knowledge of neuroscience with belief in heaven, God or the soul. That difficulty with belief created an empty space that no professional triumph could erase.

Today, he is a doctor that believes true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence, but only a transition.

That this story happened to Dr. Alexander, with his years as a neuroscientist makes it revolutionary. No scientist or person of faith will be able to ignore it. Reading it can change your life.
**New Mexican Style Mad Hatter’s High Tea: Alice’s First Cinco de Mayo**

May 4, 1-3pm

Adult: $25 Under 12: $15

This popular event returns to HDCSL with all the trimmings. Join us for the fun and food. There will be a silent auction and a prize for that participant wearing the best hat. Limited Seating.

RSVP by April 26: 922-1200

High Desert Center for Spiritual Living
5621 Paradise Blvd. NW, 87114

**Reiki I Classes • $150**

Usui System 14 hr class

May 9-12, June 20-23

Thurs & Fri: 6-8 pm

Sat & Sun: 1-6 pm

Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 25 years, teaching for 21 years.

505-299-0011 • www.ReikiABQ.com

**Photon Energy & the Transformational Influences of 2013**

May 26, 1:30-4:30pm

$15 in advance, $20 at the door

Kokopelli Dowsers presents NASA engineer/master dowser Gary Plapp for an experiential workshop on changing your world through photon energy.

May 9-12, June 20-23

Thurs & Fri: 6-8 pm

Sat & Sun: 1-6 pm

Taught by Reiki Master Elizabeth Valsala, Furumoto lineage, practicing Reiki for 25 years, teaching for 21 years.

505-299-0011 • www.ReikiABQ.com

**Heart Healing**

$35 - 30 min

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

**Heart Healing**

$35 - 30 min

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

**Ongoing Events by Appointment:**

**Reiki I, II, III & Refresher Courses**

Reiki Master Mary O’Gara teaches private Reiki classes. Call for pricing: 505-872-4990.

**Neonatal Dao Yin Exercises**

Thursdays, 7:15 - 8:30 PM • $40

5 classes – With Laurel Schillke. Call Laurel for information on when the next set of classes begins: 505-243-8368.

**Healing Sessions:**

Transformational Healing

$65 • 1 hour • $95 - 1 hr 30 min

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

**Limited Albuquerque Engagements With:**

Oklahoma Intuitive Shelly Wilson

918-782-4778 • shelly@shellyrwilson.com

**Group Reading at Crystal Dove**

May 17, 6-8 pm

$25 per person

Intuitive Medium Shelly Wilson will be offering messages from your angels, guides and loved ones in Spirit.

Location: Crystal Dove

525 Central Ave NE, ABQ

**Reiki I & II Class**

May 18, 9am-4 pm

$150 for both levels

A natural healer attuned to Usui & Karuna Reiki, Shelly encourages you to listen to your Higher self & follow your intuition as you open to the flow of Reiki. Price includes manual & certificate. Limited to 12.

RSVP today: 918-782-4778, shelly@shellyrwilson.com

Location: Convenient NE Heights Private Residence

**Geotran: The Language of the Field**

Brain-Mind-Body Integration Class

June 8-9 & July 27-28, 9:30-5:30pm

$470 Early Bird by May 18, $540 after

$899 for both classes Early Bird by 5/18

Are you ready to create the life of your dreams? Do you want more happiness, success, healthier relationships, and better health? June 8-9: Introduction and Miracle Integration. July 27-28 Three Integrations for Life! For those who have taken both classes before, only $270 to repeat.

Albuquerque Natural Health Center

5341 Wyoming NE, 87109

Info: 505-797-0540

www.abqnaturalhealthcenter.com

**Amma Retreat – ABQ • June 18-20**

Website pricing - see below (Meals included)

The retreat starts on 6/18 with an evening orientation, program, satsang, bhajans, meditation, darshan. Retreat activities also include a video, guided meditations, bhajan practice class, Q & A with Amma prasad dinner (Amma hands EVERYONE a special cooked Indian dinner for all), arati, prayers and special performances. Many say that Amma’s retreat is the experience of a lifetime!

Marriott Pyramid North

5151 San Francisco Rd NE

www.amma.org • www.amritapuri.org

**Small Group Classes Unlimited Monthly Attendance**

$45/Individuals, $70/Couples

New guests: enjoy one week of small group classes—FREE. Designed to fit your busy schedule, most classes are 25 minutes long, circuit style.

Quick, effective workout, 16 choices/week. Drop in for one or all—no limit! Ask how you can get a reduced membership rate.

Michelle Morath: 505-550-8322

New Mexico Fit Personal Training, LLC

6001 San Mateo Blvd NE, B-3, 87109

www.NewMexicoFIT.com/schedule

**Additional events added in between issues! Check the website often: www.trulyalive.net**
Sound Healing Meditation
May 12, 6-7:30pm • $10 Donation
Trudy Charlton, Sound Alchemist will lead meditation using selected crystal bowls, matching color frequencies and other sound tools. Each meditation is different and no two people have the same experience. Trudy Charlton: 505-565-0620

Self-Hypnosis Class
May 16 & June 13, 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
June 2, 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 experience. Carol’s messages offer advice for our highest good. Info: 505-884-4533

ECLIPSE EXPERIENCES
By Conference Call
May 10 (Solar Eclipse) • FREE
Experience the power and the presence as well as the healing of the Eclipses. Be with people all over the world in prayer/meditation to invoke a new community consciousness. Mondays and Fridays, 7 and 8:45am. Conference call #1-626-677-3000. Access code #55565#. RSVP and receive login info: Marshall Estner: 505-850-2132

Engage with Ascended Presence
May 12 & June 9, 10-12:30pm • $20
Walk The Celtic Medicine Wheel to remember that the blueprint of the New World Community ‘lives’ within us! Meet at Our Foundation Headquarters 1325 Park Ave. SW, Suite 110 Albuquerque, NM 87102 Info: Marshall Estner 505-850-2132

ECLIPSE EXPERIENCES
By Conference Call
May 25 (Lunar Eclipse) • FREE
Experience the power and the presence as well as the healing of the Eclipses. Be with people all over the world in prayer/meditation to invoke a new community consciousness. Mondays and Fridays, 7 and 8:45am. Conference call #1-626-677-3000. Access code #55565#. RSVP and receive login info: Marshall Estner: 505-850-2132

Cooking with Essential Oils Class
May 9, 6:30pm or May 11, 10am or 3pm $15 Includes Product
Experience the healing benefits of essential oils while creating therapeutic/organic body butter, body wash or bath salts. Indulge yourself or give the gift of relaxation/health this Mother’s Day with natural, hand-made products! Zyro Compass Bio-feedback scans available for $10. Space is limited; RSVP today!

Organic Spa Products Classes
May 9, 6:30pm or May 11, 10am or 3pm $15 Includes Product
Experience the healing benefits of essential oils while creating therapeutic/organic body butter, body wash or bath salts. Indulge yourself or give the gift of relaxation/health this Mother’s Day with natural, hand-made products! Zyro Compass Bio-feedback scans available for $10. Space is limited; RSVP today!

Spice Up Your Love Life Class
May 30, 6pm • $15 Includes Product
Learn to make your own natural products for romance, enhancing your love life, rekindling the fire in your bedroom. Includes educational literature about essential oils traditionally used as aphrodisiacs and mood enhancers. Zyro Compass Bio-feedback scans available for $10. Montano/Unser area. Space limited; RSVP today!

Center for Conscious Living
May 25 (Lunar Eclipse) • FREE
Experience the power and the presence as well as the healing of the Eclipses. Be with people all over the world in prayer/meditation to invoke a new community consciousness. Mondays and Fridays, 7 and 8:45am. Conference call #1-626-677-3000. Access code #55565#. RSVP and receive login info: Marshall Estner: 505-850-2132

Conscious Relationships
May 8, 15, 22, 29, June 5, 12, 6:30-9pm Donations gratefully accepted
Do you know how your consciousness impacts your relationships? Learn from Facilitator and Center Director, Wendy Foxworth, when it is time for you to make a shift in consciousness and how to apply the four level model to evolve your personal and professional relationships.

Consciousness and Life Challenges
June 1 & June 8, 9:30am-1pm Donations gratefully accepted
So what does consciousness have to do with you? Explore where you are in consciousness for eight lines of human development. Find solutions to life challenges. You’ll gain a greater sense of peace and security in all of your affairs.

ECLIPSE EXPERIENCES
By Conference Call
May 25 (Lunar Eclipse) • FREE
Experience the power and the presence as well as the healing of the Eclipses. Be with people all over the world in prayer/meditation to invoke a new community consciousness. Mondays and Fridays, 7 and 8:45am. Conference call #1-626-677-3000. Access code #55565#. RSVP and receive login info: Marshall Estner: 505-850-2132

Consciousness and Life Challenges
June 1 & June 8, 9:30am-1pm Donations gratefully accepted
So what does consciousness have to do with you? Explore where you are in consciousness for eight lines of human development. Find solutions to life challenges. You’ll gain a greater sense of peace and security in all of your affairs.

Additional events added in between issues! Check the website often: www.trulyalive.net
Maitreya Meditation Ctr. cont’d

Lemurian Priestess Circle of 13 Group Channelling
May 16 & June 13, 7pm • $15
Activating our pineal glands, chakras and DNA, the re-emergence of the Sacred Feminine will be awakened… the beauty, love, compassion and spiritual creativity that has been held for safekeeping within our beings for 26,000 years since we walked upon the continent of Lemuria.

Wesak Celebration
May 24, 7pm • $15 & fruit
At the exact moment of the Taurus full moon (Wesak, said to be the most sacred day of the year), the Light of the Cosmos is transmitted through the eye of Taurus, the star Aldebaran, to humanity. In this moment, we experience our own Divinity!

Chakra Meditation & Pineal Toning
May 30 & June 27, 7pm • $15
Open and activate your chakras by chanting their seed sounds. 7-8pm: Chakra Meditation ($15). 8-8:30pm: Pineal Toning (no charge). Join us whether you have previously practiced the pineal tones or not. Attend 1 or both. Feel cleansed and renewed by clearing and activating your chakras.

Journey through the Galaxy
June 8, 11am • $15
Relaxing, expansive journey through our solar system to the center of our galaxy. As we remember that we are just as much a part of the galaxy as any star or planet, we can feel a kinship to humanity. In this experience, we embrace creating an uplifting and spiritually charged atmosphere.

Festival of Humanity and Summer Solstice Celebration
June 21, 7pm • $15 & fruit
Festival of Humanity (the Gemini full moon): people unite and stress the importance of right human relations. Help distribute the energies of light to all beings and unfold the Divine Plan of humanity. Summer Solstice, (longest day of the year) Celebration same time! Ritual/guided meditation.

TECHLOVE CONT’D

Questions Jeanine Gabbei: 505-908-9266
RSVP: www.meetup.com/albuquerque-lawofattraction

TechLove Healing Arts Faire
May 18, & June 15, 11am-4pm • FREE Admission
Fun for a Saturday afternoon! Albuquerque’s holistic boutique faire in Nob Hill hosts a variety of psychics, artists, healers, other types of practitioners and lightworkers. Ongoing, every 3rd Saturday! Interested in being a Vendor? Call Jeanine Gabbei, Holistic Consulting Services NM: 505-908-9266.
Info Tom Carlson: 505-990-2551
http://www.meetup.com/healingartsfaire/techlove

A Common Practice of Reiki
May 4 & June 1, 2-4:30pm • $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

Attract Abundance Now!
May 8, May 22, June 26, July 24, 6:30-8:30pm • FREE Informational Meeting
Receive frequencies to manifest abundance (wealth, joy, happiness) New wealth codes! I had been trying to sell my house for 2 years. Went through 6 buyers that didn’t work out. I just know it was the frequencies that brought me the final buyer! D.H., ABQ
ABQ Natural Health Center • 505-797-0540
5341 Wyoming NE, 87109
www.abqnaturalhealthcenter.com

Lets Channell A Spiritual Gathering with Intuitive Medium, Reiki Master and Spiritual Teacher Shelly Wilson
May 16, 6-8pm • Love Offering
TechLove: 3901 Central Ave NE, ABQ

Photon Energy & the Transformational Influences of 2013
May 26, 1:30-4:30pm • $15 in advance, $20 at the door
Kokopelli Dowsers presents NASA engineer/master dowser Gary Plapp for an experiential workshop on changing your world through photon energy, sacred geometry, clearing detrimental energies, healing, transforming negative influences and dowsing awareness. An evolving holographic universe is inviting us to create a new way of being.
RSVP: 505-982-8549;
info@kokopellidowsers.com

PHOTON ENERGY CONT’D

Center for Spiritual Living
505 Camino de Los Marquez, Santa Fe
http://www.kokopellidowsers.com

June 8, 10am–noon
Automatic Writing Class
$15 for Truly Alive Readers (reg. $20)
Learn the form of channeling called Psychography. Bring a pen & a notebook. We will explore different types of automatic writing & you will leave with skills to enhance your life (including guidance & direction) you may never have imagined possible! Space is limited.
www.holisticnm.net
RSVP Jeanine Gabbei: 505-908-9266
Crystal Dove • 525 Central NE, ABQ 87102 505-842-5265 • www.crystal-dove.com

Meeting Amma - Public Darshan
June 17, 10am & 7:30pm • FREE
The Sanskrit term darshan is used to describe the meeting with a holy person, especially a Self Realized master. As the embodiment of supreme motherhood, Amma welcomes and hugs every person who comes to her. Her presence and love brings reassurance to troubled hearts.
Mariott Pyramid North
5151 San Francisco Road Ne
www.amma.org • www.amritapuri.org

Devi Bhava
June 20, 7pm • FREE
Devi Bhava is an incredible night filled with the most radiant intoxicating love. The evening begins with a sacred ceremony to promote world peace. Following that is a night long celebration of the Divine Mother. Beautiful and lively music provide the backdrop for Amma’s compassionate embrace creating an uplifting and spiritually charged atmosphere.
Mariott Pyramid North
5151 San Francisco Rd Ne
www.amma.org • www.amritapuri.org

ONGOING EVENTS

EVENTS AT: Eckankar Center • 505-265-7388
2501 San Pedro NE, Suite 113, ABQ
www.eckankar-nm.org
www.facebook.com/EckankarNewMexico
www.meetup.com/Albuquerque-HU-meditation

Community Meditation • FREE
First Fri, 6-6:30pm (ongoing)
Fourth Sun, 10:30-11am (ongoing)
Join a group meditation and chant an ancient sound. Access the higher power within you and experience more love in your daily life. HU is a universal word that can be sung or chanted to bring solace in troubling times,

Additional events added in between issues! Check the website often: www.trulyalive.net
Eckankar Center cont’d
and to find inner harmony. People of all faiths and beliefs are welcome.

**ECK Worship Service • Free**
**Second Sun, 10:30-11:30am (ongoing)**
Each service focuses on an aspect of Eckankar and often features a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in daily life. The services are followed by fellowship and refreshments. People of all faiths and beliefs are welcome.

**EVENTS AT:** Highland Senior Ctr
131 Monroe NE Sponsored by Eckankar

**Community Meditation • Free**
**Second Fri, 10:00-10:30am (ongoing)**
Join a group meditation and chant an ancient sound. Access the higher power within you and experience more love in your daily life. HU is a universal word that can be sung or chanted to bring solace in troubling times, and to find inner harmony. People of all faiths and beliefs are welcome.

**EVENTS AT:** Highland Senior Ctr
5621 Paradise Blvd NW, 87114
505-922-1200 • www.hdcl.org

**Pilates Style Mat Classes**
**Tues & Thurs evens, 6-7pm (ongoing)**
$5/each (Ask about monthly rate)
Combines challenging, Pilates-type movement and resistance training with a meditative atmosphere for body and spirit. Designed to improve strength, flexibility, balance, and coordination. Most are adaptable to a wide range of fitness levels. Bring yoga mat/wear comfortable clothing. Free trial class.
Elizabeth Summers 505-710-2259.

**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 Wed. & at High Desert Center for Spiritual Living on 3rd Wed.
Facilitators: Mike Loewen, 259-2803, RScP, Don Wismer, RScP, 505-897-0482. Call Don.

**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, & reduces stress. Enjoy a 30-40 min. session of this relaxing, safe, body therapy offered by experienced Usui Reiki Practitioner volunteers. Call Ethel Hayes: 505 659-6451.

**High Desert Center cont’d**

**Dancing with Spirit**
**1st Friday of the month, 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.

**Spiritual Mind Treatment – Healing Prayer**
**Sundays, 11:30am-Noon • FREE**
HDCLS 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 Sun, After Service January–April–July–October • FREE**
Learn what Science of Mind is all about in this 1 ½ hour class. Concepts/beliefs overview, plus brief description of the development of Science of Mind thought, and explanation of its power and spiritual tools. You don't have to sign up – just join us! 505-922-1200.

**Pranac Healing Clinic**
**1st & 3rd Tuesdays, 6:30–8pm • FREE**
Experience no-touch clearing of congested energies, and energizing and balancing of the energy body.
First Unitarian Church
3701 Carlisle Blvd NE, 87110
Contact Rita Herther: 505-298-4823

**Small Group Classes**
**First Week FREE**
New guests: enjoy one week of small group classes—FREE. Designed to fit your busy schedule, most classes are 25 min. long, circuit style. Quick, effective workout, 16 choices/week. Drop in for one or all—no limit! Ask about regular monthly memberships/reduced rates.
Michelle Morath: 505-550-8322
New Mexico Fit Personal Training, LLC
6001 San Mateo Blvd NE, B-3, 87109
www.NewMexicoFIT.com/schedule

**Edgar Cayce ARE Study Groups**
**Weekdays 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

**Awesome Chair Massage**
**7 days/week: Noon-8:30 M-F**
**12-7 Sat, 12:30-5 Sun**
**$1/minute, $20 for $20 minutes**
Shop for your favorite books (new or used) and enjoy a relaxing chair massage. Chair Massage Program at Page One ongoing for the past 20 years! Staffed by licensed massage therapists. No appointment necessary!
Page One Bookstore • 505-294-2026
11018 Montgomery Blvd, NE, 87111

**Additional events added in between issues! Check the website often: www.trulyalive.net**
The book on the cover of this May/June issue is truly extraordinary. *Proof of Heaven* takes the experiences (reported by those who have returned from near death experiences for decades) to a new level of information, detail and credibility. Interviewing Dr. Eben Alexander punctuated my belief that the journey he took and has been compelled to share—is the exact and perfect reason he incarnated this lifetime.

His experience provides clear proof (for most—some in the medical community are still skeptical) that the spirit exists beyond the brain and body. His “odyssey” as he calls it—of what happened to him in days 1-5 while deep in coma is extraordinary. The book is a profoundly compelling account his amazing adventure; so much so that many people read it all the way through—they just can’t put it down…and so well written, it’s almost like reading poetry. And even as descriptive as it is, Dr. Alexander asserts (over and over) his inability to do justice to the experience because of the limitation of words. While the gap between traditional medical science and spirituality has been closing, *Proof of Heaven* takes a huge bite out of the chasm; building a credible new bridge that—in my view—can no longer be denied.

*Proof of Heaven* is now one of my all time favorite books and will always hold a special place in my heart. I hope you choose to read it. If you do, it’s likely that your life be forever changed…for the better.

If you haven’t visited the Truly Alive website lately, check it out: [www.trulyalive.net](http://www.trulyalive.net). New features have been added, and the feedback has been great. Additional online-only articles, ads and events are being added in between issues; so visit often!

Happy Summer!

Karen Larré
Experiencing the Moment of Death (Crossing Over) of a Loved One

By Betsy-Morgan

I had dozed off, having spent the last twelve days (and nights) in the hospital with my little sister. It was four am. I felt Bryan, my sister’s son, touch my shoulder. “Betsy, her breathing sounds off.” I checked her oxygen levels…they were low, but good, safe. I pushed the button and administered a little more morphine. “There”, I said, “That will help her rest better”. “Do you want to sleep”? “No, I can’t,” he said; the pain in his voice so predominate…his brow furrowed with anxiety. As sad as I was, the sleep called to me. It would be an escape from the devastation. Cancer. Spread throughout the body. Instead of days, we started counting time in hours, then minutes. I prayed.

Six hours earlier, we were singing songs to her; every song we had ever sung from birth to the present. She loved to sing. What a voice… like Patsy Cline but better. What a laugh. What a Light. This last evening, she had little energy, yet she lifted her frail body, up, up to reach the sounds of the music she so loved. For one blessed hour, the three of us were transfixed, immersed in the music. We were all making the most of it. And the clock was ticking louder.

The next time Bryan touched my shoulder there was panic in his voice, “Betsy—I don’t think she is breathing!” I couldn’t believe someone so big, so brave, so perfect…could die. I gently placed two fingers on the main vein on her throat. I felt a strong beat! “Oh Bryan—She’s alive—her heart is beating. It’s okay—she’s alive!” And, then nothing.

What does it feel like at the moment of someone’s death? Empty. There’s nothing you can do. If you are blessed, you get to experience that very painful, exquisite moment. I have been so blessed three times with my Mom, my Dad, and my little sister.

The silver lining is that I’m a psychic. I am able to see beyond the 3rd dimension into the higher realms. When a loved one passed in my presence, I watched everything very carefully. I saw their souls—each a soft milky-white vapor—leave their bodies. Dad’s went quickly out the window into the flower garden in the back yard. Mom’s lingered in the hospital room and then flew to others in our family to let them know she was free and safe and happy. Gigi’s stayed with us in the hospital room. She heard her son Bryan cry out, “Oh Mom can you hear me?” Stunned, we immediately watched as she demonstrated “yes” by moving the humidifier (that had been on center of the table for three days) to the edge and spilled it onto the floor. “Yes, I cried to myself —she lives”! We will all live on.

Since these extremely moving experiences, I have focused much of my psychic work on doing mediumship readings for my clients. It’s incredibly rewarding to bring people the knowledge that their loved one is safe and happy….and that we will see each other again!

There is SO much they want to tell you. They will tell you how much they love you, that you are forgiven, that they are okay. All of us get to go to heaven, even those who take their own lives. Isn’t that a relief? For some, there is a long healing period…like a nice long nap to rest and heal before heaven. When our heavenly caretakers know we are ready, off we go!

The sweetest message is the one I received last year from Gigi. I was down and I asked her for advice. I literally heard her voice whisper, “Live.” And, that’s the message I would like to share with you. Wherever you are, Live.
Blood Clots – What are the facts? Part 2
By Janet L. Hall, ND, CKP, CMI, CHt, CBT

In the last edition of Truly Alive for March/April, I discussed the causes and treatment choices for Blood Clots.

Helpful Remedies for Blood Clots:

Kinesiology is a way for your body to gently guide you in preventing and healing blood clots. It can help relieve your clot pain and help you learn what alternatives can contribute to dissolving it. Your body can tell you just what it needs including the increments, steps, modalities of treatment, supplements and dosages. Your body is on your side. It wants you to recover easily, gently and naturally. If you have a clot, your body has created it for a reason; to stop internal bleeding. It also knows just when and how to break down a clot safely. Doctors will tell you that nothing they can do or give you will break down the clot, your body does that on its own, with its internal wisdom! And, the body generally does not dissolve a clot until it adheres to the vein wall and hardens so that pieces do not inadvertently break off and travel, which could lead to death.

Nattokinase has been touted as a supplement that breaks down a blood clot in a petri dish within 18 hours. I have yet to see that happen in a human, yet it can be a catalyst to help the body alleviate itself of a clot, along with the correct digestive enzymes with minerals. Recovery from a blood clot can typically take six months to a year (less with natural treatment).

Horse chestnut is often used, along with Mullein, Tienchi, Red Marine Algae, Ginger, Gingko Forte, Vitamin E, Garlic, Essential Fatty Acids and Castor Oil packs. However, every individual body is different and what works for one person may do nothing for another (hence, the value of Kinesiology). You must also be sure to treat the cause of the thickened blood and/or blood clot.

There are many contraindicated therapies. Even a simple massage has been said to cause a blood clot to travel from the extremities to the lung or heart. What you can do includes using the Hannah Kroger-created magnetic blood clot board (for the purpose of breaking down blood clots naturally), a Bio-Electric machine (which has a frequency to break up blood clots and create better circulation), Bio-Mats soothe and relieve pain with infra-red and warmth. There are also cold, soft lasers to help heal an injury and alleviate pain.

This knowledge comes from my own personal experience and extensive research. If you need help with such a situation, just give me a call!

Janet L. Hall is a Certified Naturopathic Doctor, Medical Intuitive, Clinical Hypnotherapist, Kinesiologist and Biofeedback Specialist. Her center is dedicated to healing, preventative health, life change and empowerment...helping people “rise above!” www.alternativewellnesscenter.org, (505) 294-WELL (9355).
Life in the world has become so hectic that many people find the need to get away to manage the chaos and overwhelm in their lives. As we are bombarded with thousands of communications every day, the faster and faster-paced draws us into the chaos and it's easy to get lost.

The Morris Ranch is an amazing oasis in the desert; a place to refresh; renew and rebalance. A visit to the Ranch provides the perfect vehicle to return to yourself... remember who you really are and nurture your soul.

Nestled in the East Mountains of Albuquerque, you'll find a rustic yet cozy and comfortable retreat center. This peaceful setting surrounded by Ponderosa Pines is bathed in high vibrational vortex energy. The four cabins can sleep up to ten people and the land can accommodate many tents as well. You'll find the spiritual circle energy (and the energy of the whole property) truly transformational... perfect for spiritual retreats.

Enjoy sitting on the porch of your cabin, cooking meals on one of the two fire pits or hiking the expansive 150 acres. Complete your spiritual ceremony in the spiritual circle and feel its’ extraordinary energetic support.

This beautiful, secluded mountain retreat is ideal for small, spiritual or sustainable retreats with six to ten people. The large cabin is equipped with appliances for cooking and includes running water. The outdoor space includes picnic tables and outhouses. When your energetic experience is more important than a trip to the spa, this retreat center is for you. Very affordable and only 35 minutes from Albuquerque, the Morris Ranch Retreat Center makes for a practical experience as well as a memorable one.

My husband and I stayed in the cabins for a few days in early April, 2013. The property is very quiet. The night skies were our favorite, as we could see thousands of stars, clear and bright. The basic amenities make it very comfortable while you take some time to reconnect with nature. We highly recommend spending some time on this very special property.

S.M. & H.M., Albuquerque

Are the quiet, peaceful, serene aspects of nature calling you? Leave your electronic devices at home and prepare for a truly remarkable experience. Unplug from the chatter and bring your spiritual healing, meditation or sustainable living group and experience the enchantment of this very special place. Accepting reservations now for stays beginning May 1st. The wild flowers will soon be in bloom and will take your breath away! Call now for pricing and to book your reservation! Larry or Rene: 505-286-5188.

Read more articles online: www.trulyalive.net
Benefits of Exercising with Cancer  
By Michelle Morath, NM Fit

One of my clients was diagnosed with stage IV colorectal cancer almost 2 ½ years ago. He was in his early forties when he received the diagnosis. After major surgery (to remove the cancerous mass), he has had many chemotherapy treatments since. Other than his positive outlook on life, one thing that has helped him to maintain his quality of life is exercise. His exercise regimen has primarily consisted of strength training, yoga and walking. Because of exercising, he has been able to continue working and keep living a normal life while going through the arduous chemotherapy treatments. The primary goal of exercise for cancer patients is to maintain strength, range of motion, weight, energy level and normal breathing. In dealing with the cancer and treatments, my client has had many ups and downs but because of his dedication to exercise, overall, he has been able to maintain all of these qualities.

The old guidelines for cancer patients recommended rest. It has since been found that being sedentary for a prolonged period can be detrimental and contribute to health complications for cancer patients. According to the American College of Sports Medicine, the new guidelines recommend that cancer patients avoid inactivity and strongly recommend exercise. Exercise will help lessen fatigue and offer many other benefits including:

- Decreased fat mass; increased lean mass
- Alleviated symptoms including nausea
- Less depression, anxiety, emotional distress, pain
- Increased muscle mass, strength and endurance
- Improved physical functioning
- Enhanced bone health and heart health
- Improved appetite
- Better sleep

Although it is vital for the cancer patient to exercise, there is not a “one size fits all” exercise routine. Many factors must be considered before beginning an exercise routine. Some of the factors include age, type of cancer, surgery, cancer treatments, current energy level, and whether or not the patient has a low red blood cell count, a low white blood cell count, or a low platelet count. Before pursuing an exercise regimen with me, the patient must receive written consent from his or her doctor. The doctor will determine when the patient can begin exercise and what limitations the patient has, if any. Once the doctor has given consent, I then work with the cancer patient to determine his or her goals and create an individualized exercise program to achieve those goals.

In addition to exercise, nutrition is vitally important in fighting cancer and preventing recurrence. One main objective of making dietary changes is decreasing systemic inflammation. This may sound difficult, but has an immense impact on the immune system and on body’s ability to heal. By adding more fresh fruits and vegetables in your regular diet, you can greatly reduce inflammation in your body. 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. To get more information about Juice Plus+® visit www.nmfitjuiceplus.com.

Most of us have been affected by cancer in some way. Perhaps you have been diagnosed with it, or know someone who has. Cancer can be an extremely traumatic experience, both emotionally and physically. Several people throughout my life have succumbed including an uncle who lost his battle with skin cancer. Others are survivors including one of my parents who survived colon cancer. If you or someone you know has cancer, call me. Learning about and regularly completing the right exercises contribute to the best cancer outcomes possible. Michelle Morath, New Mexico Fit: 505-550-8322, mmorath@newmexicofit.com. www.newmexicofit.com
Afloat and Pain Free!
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!

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

Recently published in American Academy of Pain Management’s The Pain Practitioner: 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

Sanjevani REST Pod gives immense pain relief and immediate relaxation. This 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.

Feel free to come in to see the REST Pod and watch our instructional video. Visit our website for more information: www.FloatABQ.com or http://sanjevani.net/index.php/rest-pod-flotation-therapy.

Here is what some of our recent clients have experienced:

A float is an exquisite experience. It goes beyond. You experience relaxation, letting go of tension, floating and releasing. A rest in the Pod gives you optimal pain relief, stress reduction and a deep feeling of wellbeing that lasts for days! Give yourself the best gift ever!
Nancy, ABQ

Complete silence, what a rare experience. Pauline, Rio Rancho

Time-space melds into a stream of infinite potential.
Krishna, Taos

I broke my leg in 7 places last December which required major surgery, 19 pins and 2 plates. The constant pain made me feel depressed and unable to sit up for any length of time. After only one float in the Pod, I felt complete relief from pain! So I floated again and was able to completely relax. I no longer feel consumed by pain, my mood has lifted and I feel ready to get back to my life. I encourage anyone who has any kind of pain to seek this remedy.
Nicki, S. California

My first float was totally relaxing, but after the second float, I experienced lucid dreaming.
Connie, ABQ

Gift certificates available for Sanjevani REST Pod sessions.

Sanjevani
Integrative Medicine Health & Lifestyle Center

Therapeutic Massages & Treatments
Vitamins & Herbal Supplements
Private and Group Yoga Classes
Epicuren Skin Care
Coffee/Ice Cream/Juice Bar
Integrative Medicine MD
Allergy Drops Therapy™
Specialty Medical Foods
Nutritional Counseling
Sanjevani REST Pod
Scalp Acupuncture
Vegan Restaurant
Bosmeric-SR™
Panchakarma

New Location:
9001 HOLLY AVE
ABQ, NM
505.821.6300
www.sankevani.net
www.bosmeric-sr.com
www.allergydropstherapy.com
www.floatabq.com

Maureen Sutton, LMT/RYT
Health & Lifestyle Director
Sunil Pai, MD
Integrative Medicine

Read more articles by Sanjevani online: www.trulyalive.net

TRULY Alive | May/June 2013 11
The warm weather is finally here! It's a perfect time to begin your grounding practice (since we naturally go barefoot more often). Physically grounding the body reduces chronic inflammation and stress...the two leading causes of disease and doctor visits in this country.

Recently I took my first ever restorative yoga class. The positions had profound effects on me: deep unwinding, surfacing emotions and opening of tight areas which continued through the following days. I got to reacquaint myself with my body’s response to deep relaxation.

One important thing that I noticed was that although each position initially felt great, after a few minutes I felt a period of intense discomfort, as my body unclenched from what it had been holding. As with yoga, sometimes bodywork can feel intensely uncomfortable, as old held patterns begin to shift, or old emotions come to the surface. When people begin to physically ground themselves, they may also feel strange sensations and periods of discomfort as their body equilibrates with the earth.

We often begin a new self-care routine with too much gusto. Excessive exercise (when you are out of shape) can leave you sore and discouraged. Receiving too much bodywork can make you nauseated and head-achy. What I would like you to know is that it’s OK to ease into it.

As much as I like to educate people about the benefits of bodywork, there are those who just do not like it. For some, the idea of receiving bodywork is unappealing, distasteful...even threatening. And that’s okay. But how else can you receive similar benefits? Physically grounding has been proven to improve the clinical outcome for stress-related medical issues. It also is clinically proven to reduce inflammation, which is the other leading cause of disease. So try grounding. It’s easy. It’s restful. And it’s good for you.
Don't Settle! Get Rid of Your Pain Now

By Victoria L Magown

Don't put it off another day! You know how you think that low or upper back pain or neck pain and headaches will just go away by itself? It's been six months since that “little fender bender” and the insurance company tells you that you should be better by now, so let's get it settled. Don't settle until you have had appropriate treatment and are no longer in pain. You have the right to have appropriate treatment to return you to the condition you were in before the car accident.

Contrary to what many may say about that “little fender bender” which did not dent your bumper, your body is still injured and often worse than if you were in a more serious car accident. When you are stopped at a red light and rear ended, your car moves forward, out from under you. As the lap and shoulder seatbelt locks your body tightly against the car seat, centrifugal force takes over and actually “whips” your head and neck faster than if your car was moving.

Car bumpers are now made to take the impact when being rear ended and do not dent. But in actuality, the less damage to your car, the more damage to your neck. No wonder you have been suffering with upper back pain, neck pain and headaches, even though your car is alright.

When Joan came to MyoRehab, it had been six months since her car accident with no relief of her pain. In fact, the pain was getting worse by the day. She did not fill out the entire two-page History Intake, because she thought some of the questions did not apply to her. After all, she had had a car accident and that's why she was here. After asked how she was sleeping, she said that she wakes two to three times a night and has difficulty getting back to sleep. When asked how she used to sleep before the car accident, Joan reported that she never had any difficulty sleeping. She was waking frequently in the night, but did not realize it was due to upper back, shoulder and neck pain from the car accident.

When we asked Joan if she was having anxiety driving or nightmares related to the car accident, she replied that now she never drives on the street where the accident happened because it causes her too much anxiety and nervousness. Also, she did admit that one of the reasons she wakes in the night, besides having pain, was due to nightmares about someone rear ending her car again.

Joan was experiencing Post Traumatic Stress Syndrome since the car accident. If this is not addressed, it is more difficult to expect full recovery with complete pain relief. MyoRehab networks with other Health Practitioners and were able to find a therapist that Joan could work with comfortably to relieve the nightmares, anxiety and nervousness while driving. And this therapy was covered by the Medical Payments from her Motor Vehicle Insurance.

People usually do not like to talk about digestive or elimination difficulties and Joan was no different. It is not one of the questions on the History Intake, but, we, as certified Myofascial Trigger Point Therapists, know to ask the right questions. The impact from the lap seatbelt can cause the abdominal muscles and fascia to tighten which then affects the organs. This in turn, can slow the digestive process and cause constipation. Joan did admit that since the car accident, she had been taking a stool softener because she was experiencing constipation.

And Joan also admitted that since the car accident, she had gone to her Primary Care Physician for severe acid reflux. She had been prescribed a medication to keep it under control but never realized it was because of the muscle and fascia restriction caused by the shoulder seatbelt which impacts the lower sternum area at the xiphoid process. Once we treated the abdominal muscles and fascia, Joan no longer needed to take the stool softener or the medication for acid reflux.

What Joan did not tell us and we did not ask about, was the fact that since the car accident, she had not experience menses and was experiencing peri-menopause at the age of 32. She had a slight build with little body fat and the impact from the lap seatbelt can cause the abdominal muscles and fascia to tighten which affects the organs. This in turn, can slow the digestive process and cause constipation. Her menses started again two weeks after we treated the abdominal muscles and fascia. That's when she told us and we were all amazed at the power of Myofascial Trigger Point Therapy.

This gives you an indication of the impact of the trauma from a car accident. The results are not only physical pain (such as upper back pain, neck pain and headaches), but also functional pain involving your organs...in addition to emotional and psychological pain due to Post Traumatic Stress Syndrome.

Don't put off having your pain appropriately treated another day! If you are experiencing symptoms that you did not have before your car accident or other trauma, call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109.
The term “mad as a hatter” will forever be associated with the ‘lunatic’ hat maker in the classic Alice in Wonderland. Mercury was commonly used during the process of turning fur into felt, causing the workers to breathe in the fumes of this highly toxic metal. The resultant accumulated mercury in their bodies led to such symptoms as tremors (known as “hatters’ shakes”), loss of coordination, slurred speech, loosening of teeth, memory loss, depression or mania, irritability, and anxiety. Other mercury related neurodegenerative and neuroinflammatory diseases, such as Alzheimer’s and Parkinson’s Dementias, MS and ALS, brain fog, restless leg syndrome, neuropathy, as well as neuropsychiatric disorders, the Autism Spectrum, and childhood behavioral and attentional disorders, have all contributed to extensive human suffering.

The list of neurotoxins to which the human nervous system is currently being exposed is ever increasing, but the singular most potent toxic burden (that is largely avoidable and, in many cases correctable), is the toxin mercury. It is the single deadliest non-radioactive source of poison on our planet, and it’s surprisingly often overlooked. Although modern scientific research is catching up to mercury’s contribution to neurodegenerative disease, it’s still far behind lead toxicity awareness, and continues to actively be used in industry and placed in our mouths. The truth is that if you suffer from neurologic or immunologic illness, mercury is often a root cause and knowledge of both your diagnostic and treatment status is a powerful tool in your recovery.

Knowing the secret life of mercury and other neurotoxins in your brain just might save your brain health, your sanity, and possibly even your life. Mercury in any form is poisonous, with its greatest toxicity affecting the nervous and immune systems, as well as the gastrointestinal tract and kidneys. The biggest challenge with diagnosing heavy metal toxicity is its slow, smoldering effect that eludes one to the fact that mercury is the root of their problem.

Wilson’s classic textbook of neurology, published in 1940, described mercury-induced cognitive impairments, such as inattention, excitement, hallucinations, tremors, sensory loss, visual loss, extremity numbness, hearing loss, and ataxia. Babies exposed to the methylmercury in utero were the most severely affected. Furthermore, because mercury was also discovered in the breast milk of the mothers, the babies’ exposure continued after birth. Exposure to mercury begins in the womb, where the mother transfers the mercury to the developing fetus across the placenta. After birth, the child’s environmental exposures continue, with the accumulating, retained mercury levels continuing to rise. Poisoning continues throughout development and afterward, with ongoing exposure resulting from mercury vapor inhalation, ingestion, injection, and absorption through the skin from both environmental sources and from mercury amalgams. Mercury exposure is both treatable and preventable, with the most preventable and highest risk exposure to mercury being from dental fillings.

More recent research of Alzheimer’s Disease, Parkinson’s Disease, ALS and MS reveals a multitude of neurotoxic effects of mercury on the brain. Mercury contributes to nerve cell damage by a variety of mechanisms, both in its inorganic form, as well as the far more neurotoxic, organic methylmercury form,
If you wish to be evaluated for a neurotoxic assessment, please contact our office at 505-503-8325 for an appointment.

**Common sources of mercury exposure are:**

- Coal burning power plants
- Dental silver amalgams
- Thermometers
- Vaccinations
- Contaminated fish
- Exterior house paints
- Germicidal agents and disinfectants
- Insecticidal products
- Seed preservatives
- Wood preservatives
- Chemical laboratories
- Cosmetics

**NOTE:** Newer compact, energy-efficient fluorescent lights contain substantial mercury concentrations, making breakages with subsequent release a concerning source of exposure.

**Mercury and dental health:**

If you are like most Americans, you probably have mercury and/or other metal fillings in your mouth. Mercury fillings, also known as “silver fillings” or “amalgams,” are the most common fillings in the world. Called silver because of their color, they actually contain 45 to 52% mercury and only 30% silver. Copper, tin, silver and zinc make up the remaining volume. Scientific research has demonstrated that mercury, even in small amounts, can damage the brain, heart, lungs, liver, kidneys, thyroid gland, pituitary gland, adrenal gland, cells, enzymes and hormones, and suppress the body’s immune system. Mercury is continually released from dental fillings in the form of mercury vapor and abraded particles. Mercury vapors can increase as much as 15-fold by chewing, brushing, drinking hot liquids, etc. The World Health Organization recently concluded that the daily intake of mercury from amalgam dental fillings exceeded the combined daily intake of mercury derived from air, water and food (including fish). In human autopsy studies, it has been found that there is a direct correlation between the amount of mercury found in the brain and the number and surfaces of mercury fillings in teeth.

**A call to action: What are your treatment options?**

Begin by identifying your past and any ongoing mercury exposures, as well as your bodies’ current toxic burden. Then become informed on appropriate avoidance behaviors, as well as safe routes of mercury removal from your body and completely avoiding mercury amalgam fillings in the future. There are alternative techniques to treat metal toxicity problems. For those mercury amalgams already placed, consider the safe removal with a biological dentist or specialist, followed by chelation therapy. If your mouth is already mercury-free, and you’ve established your toxic burden, chelation therapy options can be pursued.
**Stress...How it Affects Our Lives and Hormone Balance**

By Tom White, RPh, PhC and Frank Latino, RPh, MS, PhC

**Former Highland Pharmacy employees Pharmacists Tom White and Frank Latino strike out on their own with “The Hormone & Anti-Aging Center of New Mexico” (HAAC) a compounding Pharmacy and Clinic.**

“I’m all stressed out.” How many times have we heard this expression in our lives? Has this become such a common remark that we forget to really understand what it means? More than likely, it is overstated, but maybe not. I don’t think we understand how much stress we all have in our lives. We have become very accustomed to daily stress and in most cases have been forced to adapt to stress even in the most extreme cases. STRESS HAS BECOME A WAY OF LIFE.

In this article, I will discuss “stress” and how it affects hormone balance; which consequentially and dramatically affects our health and daily lives.

What is the definition of stress? In short, almost anything and everything can produce stress. Even when we are “not stressed” we can be stressed thinking about why we are not stressed. Below are some of the common stressors in our lives:

- Job and finances
- Illness, surgery
- Parenthood (Who wrote the book?...I want a refund)
- Hormone imbalance (age related, stressed induced)
- Pollution (all types including radiation pollution)
- Alcohol
- Diet (sugar, high carbohydrate foods)
- Emotional stress (divorce, relationships, death of a loved one)
- Physical stress (over exercise)
- Poor life decisions
- School
- Hydration (fluid balance)

There are basically three types of stress: **Acute stress;** stress that has a sudden onset and is quickly resolved. **Chronic stress;** stress that may or may not have a sudden onset, but lasts for a prolonged period of time (maybe our whole lives). And **oxidative stress;** or metabolic stress. This is stress at the cellular level which is generally chronic and will without a doubt destroy our bodies if left unchecked. Chronic stress causes the formation of free radicals such as the, “reactive oxygen species” (ROS). These free radicals are absolutely necessary to our health. They are used to kill foreign bacteria, viruses and the like. But when unbuled, they are indiscriminate killers. These very useful but very destructive free radicals when left unchecked can kill healthy cells. The body uses “antioxidants” such as: super oxide dismutase (SOD), catalase, and glutathione at the cellular level to neutralize the ROS and other free radicals to keep their destructive behavior in check. In short, anti-oxidant, anti-oxidant, anti-oxidant becomes absolutely paramount to good health. Chronic stress leads to oxidative stress and anti-oxidant are the answer. Chronic stress also affects the “telomeres”, which are the end caps of a strand of DNA. Telomeres are constantly regenerated by “telomerase” and chronic stress reduces this regeneration process. As a result, the DNA, which contains the chromosomes (which has the genetic sequencing code to reproduce a cell) becomes damaged and the cell dies. This can lead to many cell deaths and tissue necrosis, or death of tissue.

The body tries to control the inflammatory process of stress by increasing the release of “cortisol” or “hydrocortisone” produced by the adrenal glands. The adrenal glands sit just above the kidneys and have a monumental job to perform. They produce cortisol to control inflammation and stress. They produce aldosterone, which regulates fluid balance in the body. They produce adrenalin and nor-adrenalin for our fight and flight mechanisms. Additionally, they produce 40% of our sex steroid hormones, i.e. estrogen, testosterone, DHEA, progesterone.

Fortunately and unfortunately we have a system in the brain called the “Limbic System”. It is a primitive part of the brain, which through the process of evolution hasn’t changed much. It is a part of the brain which has allowed “man” to survive. It always acts as a defense mechanism. Through the release of adrenalin, cortisol and aldosterone, man has been able to survive. In today’s world, we have replaced primitive man’s survival dilemma with the stress of everyday life of modern man. The limbic system of survival does not make a distinction when it comes to stress. Stress is Stress. Ancient or modern it is all the same. Good and Bad. Not every stress in our modern day lives involves a life or death situation as in primitive man. But the body still responds to stress as a life or death situation. Therein lays the problem. Modern man (in many ways due to the Limbic System) is no different than primitive man. Modern man has exchanged the extreme stress and challenge of ancient man to survive with the chronic stress of everyday life of today’s world to survive. This can lead to hormone imbalance. Remember that the adrenals produce 40% of the sex steroid hormones in the body. That is on a good day with minimal stress. When we become stressed, sex steroid hormone production basically stops to increase cortisol production to control stress. Primitive man’s life...
expectancy was only a fraction of today’s modern man. They probably never lived long enough to experience menopause or andropause.

Understanding the adrenal contribution of sex steroid hormones and the effect that stress has on the production of these hormones is absolutely the key to understanding “Hormone Balance”. Simply stated: "the more stress, the less hormones". When hormone levels become imbalanced or reduced, quality of life changes. The many benefits of hormone balance can be jeopardized or complicated with stress and it's effect on the adrenal glands.

Any and all stressors cause an increased production and release of cortisol. Cortisol increases our appetite and causes us to eat more to provide and store more calories for the next stressful event. Cortisol also activates the liver to produce more glucose for more fuel. Ancient man burned off these excess calories. Modern man stores and does not generally burn off these additional calories. These extra calories are stored as fat tissue. Stress can lead to obesity. Particularly central truncal obesity and belly fat.

An elevated cortisol level with chronic stress suppresses thyroid activity. Thyroid hormone controls man’s “basal metabolic rate” (BMR). This is the rate of metabolic function or the rate at which we burn calories. As we age, BMR decreases. Chronic stress decreases BMR. This is part of the Limbic system of the brain. As BMR goes down, we burn less calories and store more calories. This provides a fuel storage for the next life or death situation. In modern man, this helps contribute to obesity and belly fat.

Elevated cortisol levels with chronic stress suppresses thyroid activity in three ways:
1. Suppression of TSH (Thyroid Stimulating Hormone)
2. Decreased conversion of T4 to T3
3. Thyroid resistance

As thyroid activity decreases, cholesterol levels generally increase and body temperature decreases, thus decreasing peripheral circulation which can cause high blood pressure. These are just 2 of the many potential problems which chronic stress and thyroid suppression can produce.

How do we control stress? There is no ONE answer. Some stressors cannot be avoided. Jobs are considered to be one of the major stressors in our lives today. However, diet, lifestyle changes, behavioral modification, rest and relaxation, prayer, meditation, yoga, a good night's sleep are just a few ways that may reduce stress.

Also, remember to conserve that life saving, precious adrenal hormone, CORTISOL. “Don't give anyone or anything a single milligram of cortisol that doesn't rightfully deserve your donation”...Tom White


HAAC is very pleased to announce Dr. Armin Foghi, MD, PhD as HAAC’s medical supervisor. Dr. Foghi is founder and prior medical director of the cardiovascular division at the Myo Cardiovascular Clinic in Eastern New Mexico. With a PhD in molecular cell biology and biochemistry, Dr. Foghi is involved in state-of-the-art molecular cardiology research at UNM. He has been an active educator and lecturer for cardiology programs in various residency training and physician assistant programs. Dr. Foghi has recently opened his new primary care facility accepting all insurances including Medicare. The clinic's phone # is 505-892-0402.

Tom White & Frank Latino have long established themselves as experts in the field of Bio-Identical Hormone Replacement Therapy for both men & women in New Mexico, with 50 years of combined experience with a previous pharmacy in Albuquerque. In addition to superior compounding & pharmacy services, HAAC offers Live Blood Analysis, FREE Visia Facial Computer Analyses, Professional “World Renowned” Cosmeceuticals, a full-time Esthetician offering “Sheerwave” RF Technology, Professional, UNIQUE Supplements, BMI/BMR Assessments with “INBODY 520”, plus a Doctor of Oriental Medicine & a Nurse Practitioner on staff. We invite you to come see us at the Hormone & Anti-Aging Center. Knowledge & experience count. EVERY BODY IS MAKING A CHANGE. We offer a 15% discount on all Transferred compounded prescriptions from another pharmacy.
Your Health – What’s Next? By Bill Haggard, All About Health

[This is an advertisement.]

Since you are reading Truly Alive, you are obviously seeking to improve on some level; mentally, emotionally, spiritually, physically, structurally, dietarily, etc. Perhaps something is not where you’d like it to be. You are aware this is true, even if tests don’t show it—YOU know it. Or perhaps tests do show something amiss, but you don’t like the options offered by traditional western medicine. But where do you start?

You must become a “fundamentalist”. The fundamentals for good health are; “everything matters”! This includes what you eat, what you drink, what you think, the emotions you are generating, and last, but not least, what you are eliminating (or NOT eliminating) and how often (or how seldom) you are eliminating.

These are similar to your automobile: proper fuel and good elimination. You car needs the intake and the exhaust. Fluids and filters need to be changed and periodic tune-ups keep your engine running at its best. The same is true for humans and other mammals. We need proper fuel compatible with our design or make up. The best fuel/nutrition is plant food. Anything else creates inflammation, and therefore, can set the stage for illness and a variety of disease processes.

If what goes in doesn’t come out in a timely manner (12-24 hours), even the very best of nutrition will stagnate, ferment and become toxic. If your bowels are not working properly and you are not eliminating regularly, other organ systems have to take up the slack. So your liver, kidneys, skin and lungs suffer and problems occur.

Symptoms that most of us ignore include: tiredness, foul smelling gas or bowel movements, body odor, bad breath and allergies. These are all voices from your body telling you (subtly or loudly), that you are constipated, stagnating, putrefying and even dying inside.

These voices if ignored, (and most of us ignore them because they are tolerable) can result in health problems. If they are ignored long enough, serious problems can arise: chronic fatigue, autoimmune problems and whatever name “they” give or assign to your problem or condition. It is all a result of toxicity... improper inputs and neglecting the importance of proper outputs.

I was born in the 40’s. Doctors were not plentiful. They made house calls. Drug stores barely existed. Most homes had a red, hot-water bottle hanging in the bathroom. It was the one-stop shop for fixing most health problems. People understood that using the red bottle (enemas) worked; that when the bowel is clean, you are healthy. The blood runs cleaner and the lymph system does not have much debris to clean up. Your liver, kidneys, adrenals, thyroid, prostate and female reproductive organs are happy; can do their job and function properly when they don’t have added work to do because of an overload due of accumulated toxins.

Knowledge, discipline and consistency can help you reclaim the vitality of your youth—IF you get back to the basics. START NOW. You’ll see that WHAT’S NEXT is a healthier, happier you. YOU CAN DO IT!!! What’s stopping you—Tradition? Culture? Habit? Be informed. Be well. IT IS WORTH IT.

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

Note: This is a paid advertisement. Please note this article is for informational purposes only and should not be substituted for medical advice. Consult your physician or health professional regarding your individual health concerns.
Gifts of Spirit

By Rev. Kylie Renner

God gives its gifts where it finds the vessel empty enough to receive them. — C. S. Lewis

Are you too full to receive the gifts of Spirit? I remember being six years old, and out to eat at my family’s favorite restaurant (to splurge on all of the good tasting treats we wouldn’t make at home). I remember being proud to be ordering off the adult menu, and eating more than I had ever eaten before. At the end of the meal even though I was already stuffed, when the mud-pie arrived, I couldn’t help myself, I had to keep eating. The thing was: I did not then understand that when my stomach is full, there isn’t room for me to keep eating, and that my body would find a way to remove that which is overfull. I’ll save you from the details of what came next, but will point out that I learned a valuable lesson about being too full.

Our lives, like our bodies—when too full—will find ways to regain the capacity to allow more to enter, and this can mean that we are forced to let go of things that we have been holding on to, in less than graceful ways. We aren’t meant to be too full, in Spirit, as in our bodies. When we are too full, we don’t have space for the grace, beauty and mystery of life to show up, and quickly become uncomfortable. We go through life as a series of burnt out, stressed out episodes that create an experience of everything needing to stop, followed by dramatic purgings. These require us to confront our own capacities to set up and experience our lives more consciously. So instead of projectile vomiting the fullness of our lives across a nearby table of diners, maybe we can let go of some of the over-fullness of our lives more gracefully. If so, the spaciousness required to welcome Spirit’s gifts can be created through our own conscious choice to let go of anything and everything that is too small for who we are becoming.

When our lives are too full, we feel like there is nowhere to move. Every moment is taken by some urgent request for our time and energy. Our lives begin to seem like a series of hassles, deadlines, frustrations, and demands…instead of opportunities to experience joy, freedom, and the vibrancy of being available to the beauty that’s simply waiting to show up. Life is meant to be full, just not too full. And if at the end of the day, you are exhausted from constant demands, (instead of deliciously satiated by the gifts of spirit that you have participated in), then your life is not full, it is too full.

A wise person in my life, (my mom), sensing that I had a tendency to create a life that was too full, taught me a great tool to evaluate what is ready to be purged from my life. She told me that if something wasn’t useful, beautiful, or loved then it had no reason to be taking up space in my life, or my mind. And those three indicators have led me in cleaning out closets, relationships, work situations, old beliefs, and the general too muchness of life. And as scary as it has been at times to let go of things that at some point served me, the tremendous energy of life that has sensed my willingness to always be willing to have space available for greater expression, has more than convinced me that consciously creating space is one of the most powerful spiritual tools at our disposal for awakening to the truth of who we have come here to be.

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

Join us for Inspiring Messages Every Sunday!

Be Inspired!

Compelling Sunday Services

Amazing Bookstore & Gift Shop

Life-Changing Classes/Workshops

ALBUQUERQUE CENTER FOR SPIRITUAL LIVING

Sunday Services 9:15am, 11am & 1:15pm
2801 Louisiana Blvd NE | 505.881.4311
www.abqcsl.org

Read more articles by Rev. Kylie Renner online: www.trulyalive.net
An interview with Dr. Eben Alexander & An Overview of His New Book
Proof of Heaven

by Karen Larré, Dave and Mary Anne Weaver and Carla Garcia

Dr. Eben Alexander, a renowned academic neurosurgeon, spent 54 years honing his scientific worldview. Prior to this extraordinary experience, he had been an academic neurosurgeon for 25 years, including 15 years at the Brigham & Women's and the Children's Hospitals and Harvard Medical School in Boston. He thought he knew how the brain and mind worked. A week in a deep coma from an inexplicable brain infection, where he was driven to the brink of death and had a transcendental Near-Death experience (NDE), changed all of that—completely!

He was shocked to find the hyper-reality of that spiritual realm; an experience with contemporary physics and cosmology. His spiritual experience is totally consistent with the leading edges of scientific understanding today.

Dr. Alexander asserts that together, science and spirituality will thrive in symbiosis (you can either delete the “a” or say “symbiotic relationship”) offering the most profound insight into fundamental Truth, yielding unimaginable power. He says, “The keystone is in global progression of individual conscious awakening. Many in both the scientific and religious (or spiritual) realms must denounce their addiction to prejudiced, closed-minded, dogmatic beliefs, in order to open our awareness to this novel synthesis of understanding Truth. By probing deeply into our own consciousness, we transcend the limitations of the human brain, and of the physical-material realm. The spiritual realm is real. Seamless blending of science and spirituality will occur.”

Truly Alive: Prior to your coma/NDE, you subscribed to commonly held medical beliefs that NDE experiences were the result of the brain under stress. Please share your views prior to your NDE.

Dr. Eben Alexander: Before my “near death experience” (NDE) I did not read any ‘near death’ literature because I didn’t think that sort of thing could be real. I was very much a scientist who believed physics, chemistry, and biology explained everything in the world. I thought NDEs resulted from the chaotic ramblings of the dying brain. I was adopted and my search for my true birth father led to contacting my birth mother in 2000. But it was not a good time for my birth mother to come back into my life and she refused to meet with me. This unraveled me in many profound ways that only became clear over the next several years. One thing it unraveled was any belief in prayer and an all-loving personal God and all things associated. Those ideas were crushed. So this has all been about.

TA: Could you describe an overview of your extraordinary experience; including the medical circumstances?

EA: It was like being struck by a freight train. Out of the blue at 4:30 in the morning on November 10th 2008, I woke up with severe back pain. Later that morning I had a grand mal epileptic seizure, and was driven to the ER. I remember nothing of this. I was too far gone by then. The next day, I was diagnosed with spontaneous e.coli (Latin biology terms are usually italicized...I think)bacterial meningitis (which is unheard of in adults—and of the cases that are reported in children—those cases are maybe 1 in 10 million per year in the USA).

The fact that I had e.coli bacterial meningitis should serve to detract from the kind of armchair neurologists who like to weigh in and say “oh, your NDE must have been a hallucination.” This disease tears the patient’s neo-cortex apart from the get-go. If you asked a neurologist like myself, how much would such a patient remember—somebody as sick as I was from bacterial meningitis—they would tell you such a patient would remember nothing. So it was a complete shocker that I had any kind of experience at all, much less this very rich, ultra-real spiritual odyssey that I went on. In fact, the only thing in my memory when I started to wake up from the coma on day seven was that incredibly rich spiritual journey. At that point, I did not remember anything of my life before. All the personal memories and my knowledge came back gradually over five to six weeks. Right after I came out of the coma, the first thing I remembered was this incredibly rich odyssey, much of which I conveyed in the book. But, my...
brain was still very sick and trying to heal. After I regained consciousness, language was coming back and I drifted in and out of this delusional kind of nightmarish paranoia for a few weeks. My doctors told me the dying brain plays all kind of tricks and that’s what happened to me. So at first, I lumped my NDE experience together with the paranoid delusions I experienced after regaining consciousness. But the interesting difference was, the crazy delusional psychotic nightmare state faded quite rapidly over the weeks. I am so glad I wrote a lot of that down because that became hard to recall! But, the memories of my spiritual odyssey from deep in coma—the ultra-real realms, the Gateway and the Core are so different from the delusional nightmares. For me as a neuroscientist, that is just fascinating (and something you hear about all the time in the literature); that the memories from deep in the NDE itself are obviously of an experience and of a type that is very resilient and don’t go away...unlike most of our earthly memories that are clearly more linked to brain function. That kind of a lesson is so profound from a neuroscientific standpoint.

**TA:** What did you think about your experience when you came back to consciousness?

**EA:** Initially I was my own worst skeptic. I was trying to write it all up as a NDE based in the brain. I talked with my colleagues, trying to explain this as brain-based, and the reality is that I got to a point where I realized that this was not the case. The clues were there very solidly; especially in the form of what I remember when emerging from coma—that show the timing of it. The vast odyssey I experienced occurred deep in coma between days 1 and 5. That means my *spiritual journey happened in the deepest part of my coma, when in fact my brain was at its lowest possible ebb in terms of being able to manufacture any kind of a rich tapestry of consciousness.* The unpleasant mental state of limited conscious awareness, I call the ‘Earthworm eye-view.’ For a long time, I saw it as the best consciousness that my pus-soaked brain could muster. The biggest mystery in all of that was... it was at the lowest levels of my conscious functioning mind where I actually was ushered into that brilliant realm, the Gateway realm with the lovely orb of light that acted as a portal.

**TA:** Please share what your experience of Heaven was like.

**EA:** I would go to that lovely Gateway realm, with the beautiful girl on the butterfly wing, with the millions of butterflies, a very lush green earth valley, flowers and blossoms opening even as we flew by. Souls were dancing below us; there was joy and merriment; brilliant bubbling clouds up in a blue-black sky with these soaring arcs of luminosity. The chants of hymns in choirs were coming down from above. All of that realm extends out into the Core, into that infinite inky black, filled to overflowing with abundant unconditional love of the Creator; filling that darkness with this dazzling bright light of a million suns. There is just no adequate words or language for the concepts that were constantly flowing in while on my spiritual odyssey. I was told, (but not in words): “You’re not here to stay. We’ll teach you many things, but you’ll be going back.” And there were so many lessons about the physical make-up of the Universe; about Higher Dimensional causality—completely independent or above any causality or time flow of this realm. So many lessons; but then I would tumble back into that state of very limited conscious awareness I call the ‘Earthworm eye-view.’ That was the big mystery for a long time: why that would happen... I would be in that lofty dwelling place of the all-powerful Divine Creator of all, and then suddenly without any apparent causality, move back into that Earthworm eye-view. I came to realize that tumbling down—that seeming incongruity of suddenly being back there at the Earthworm’s eye-view was very much a lesson about the stark realism of that realm and how it actually transcends and goes so far beyond our material realm and this reality.

**TA:** How was your NDE experience different from others you have read about?

**EA:** The most important difference is, during my NDE, I had complete amnesia regarding my life on Earth. I had no words, I had no language, I had no knowledge whatsoever of the existence of humans, or Earth, or this Universe. All that was gone; which as an explorer gave me free rein to go widely and drink deeply from the well of this experience. I think my ability to go where I did, and experience what I did, was because I had that complete detachment. For me to see that the brain does not create consciousness, required this amnesia. I got the lesson multiple times when going in and out of that realm; having the blinding light coming off, realizing the power of that ultra-reality. It was a very vivid demonstration that consciousness does not come from the brain at all. The brain actually reduces it from that much higher level. Consciousness, soul, spirit is actually primary, and eternal, and is enriched when our physical body dies. Quantum mechanics has been telling us that, and my second book will get much more deeply into how it all really works. At this point, it is still several years from being completed.

**TA:** You quote Albert Einstein in several of the chapter headings. What do you think his response would be to your experience and all that is evolving out of your experience?

**EA:** I think Einstein was hot on the trail of trying to understand this. For example, Einstein enjoyed conversing with Kurt Gödel, one of the most brilliant logicians and mathematicians of the 20th Century. Gödel’s *Incompleteness Theorem* demonstrates, in a broad sense, the limits of what modern mathematics can define.

*continued on p26*
In essence, you could extend Gödel’s theorem to show why materialistic thinking will never ever come up with any kind of idea about the generation of consciousness out of the physical brain. Gödel also used an argument from Modal Logic to define a beautiful theorem in which he says that he proved the existence of a personal loving God. I think Einstein would be front and center in agreeing with every bit of this, with what he came to know. What brain sciences, neuroscience, and philosophers of the mind have come to realize is the hard problem of consciousness. It really is a very, very deep conundrum. Especially in this era of reductive materialist science; scientists are claiming to have the theory of everything, which seems pompous to me. For example, regarding dark matter and dark energy, we’re down now to having a material reductive scientist in a position maybe to tell us maybe about 4% of what they know exists. The other 96% is absolutely out of their bounds.

**TA:** What about reincarnation?

**EA:** We’ve all been to Heaven many many times before, and we’ll do this many many times in the future. What I saw was the eternity of consciousness, and how reincarnation is absolute and real. It helped me make sense of a lot of the injustice and evil in this world, and the tragic and seemingly senseless loss, especially of children. Reincarnation answers so much of that. It also helped me realize the power of understanding and maturity of our consciousness, soul and spirit, and that it is all connected as one at the deepest level. It’s all connected as Divine, as one with God.

**TA:** Is there anything else you’d like to tell our readers, in closing?

**EA:** This is all about getting to the reality of our existence in a very deep and fundamental way…in a way that shows that each and every one of us is deeply and personally loved by our Creator. We don’t have to almost die to get this. In fact, through deep meditation, centering prayer, (whatever means we individually use to get there)—we can all go deep into this knowing. Next, its about getting to a deeper understanding of what that means, how it happened, and how people can prove it for themselves. Knowing that our connections with loved ones do not end with the death of the physical body and brain is such a comfort. In fact, those connections are eternal, and we can all come to know that in a very deep, powerful way, by starting with the belief and then opening up to the reality. If we ask, they will give us that information in ways that are irrefutable, and very validating.
Have you seen the quote “follow your bliss”? Does it make you smile in recognition or wistfulness? The author of the quote (Joseph Campbell) intended the phrase to be an invitation for you to take a unique spiritual journey or quest.

Acceptance of the quest would lead you on a grand adventure where you, the seeker, becomes the Hero in the story. Why become a Hero? What is there to gain? There is a promise for a prize or reward, of course!

What are you seeking? Spiritual journeys are about personal growth and development. Would you like to have a deeper understanding, wisdom, and knowledge about your life purpose, and what would make you feel spiritually full?

If these are the goals you seek, then a quest is right for you. Here are a few strategic tips from other Heroes to make your journey go smoother:

- There is no journey until you say “Yes” wholeheartedly
- Have faith and trust this is your journey to take
- Your rewards will be proportional to the risks you take
- Be prepared for obstacles to appear; they are normal to the quest and surmountable

The number one tip from other Heroes: You do not need to take your journey alone!

Guides will appear to you along your journey. If the Hero is willing to see their wisdom and use the knowledge they offer, the journey becomes smoother, and the rewards will appear sooner.

Don't give up your opportunity to claim the ultimate reward of personal transformation and growth. Together we can remove temporary obstacles keeping your journey moving forward!

There is a certain energy, an awareness that is present in all living creatures. It is the animating force that quickens the flesh and causes the breast to rise and fall with each breath.

This is what I call GOD. It is the creative spark—the eternal flame of our Spirit that's with us always as we travel across time and space… throughout eternity.

Forget who you are for a moment and focus your Mind on What you are. This is your True Self.

But as many as received Him, to them he gave power to become the Sons of God. (John 1:12)

Wake up Brothers and Sisters. Claim your Birthright!

For then you can see that…

Your world is nothing more than a psychological construct you have created for yourself, based on the agreements you have made, with yourself and those around you.

This construct and these agreements have become your belief system. This is what you believe to be true about your self, and the world you live in.

This is your world view, and your world view determines the world you view. You have within you, the power to change your world in the blink of an eye.

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

By Phaeryn Sheehan, Ascended Masters Foundation Community

It’s that time of year when Spring has begun, but Summer blooming is yet to arrive...a time when we have a very important decision to make. That is, ‘are we going to really Going to Go for it this year and make Real Change in our lives or is this year going to be just another rendition of last?’

Major change had to happen in my life before I embarked on my spiritual path. As I contemplated this, I often would find myself remembering Albert Einstein's infamous quote of ‘one cannot solve problems with the same thinking one used to create them.’

I wanted this brilliant observation to empower me, but found it instead stymied me because I had no idea how to change my thinking or my feelings. They seemed to have overpowering authority over me most of the time.

With that belief, I also felt that the only way I could create change in my life was to work extremely hard and then deal with some lingering disappointments over the results. Mostly, it was because I had to continue working like a dog to keep the changes continually happening!

It wasn’t until my spiritual nature was stirred enough that I realized Real Change was waiting within me...waiting for the right time to manifest into my everyday reality and in perfect synchronicity with every other unfoldment in my life. I came to also realize that our world is constantly being woven into degrees of physicality by an all encompassing Field of Sacred Power that we can tap into on an ongoing basis.

Knowing this changed my entire orientation to life because I was shocked to discover that I no longer had to access my personal power and natural confidence by conforming to the demanding and demeaning guidelines of the outside world. I could instead find a diversity of ways to tap into my inner world where, that Sacred Power also existed within me to actually transform my everyday experience.

One of the ways I found was to practice the pre-Buddhist/Tibetan teaching of ‘Raising Windhorse.’

**The first step** (I was guided to take) was to slow way down and increase my attention to being totally present in each moment (mindfulness). Whether I was washing dishes, getting dressed or preparing a speech, I began to concentrate only on that. When I felt my mind leaving the moment, I would snap a rubber band that I had placed on my wrist and it would bring me back to the present moment. There were so many moments that I lost track of at first. Nonetheless I kept on practicing.

Secondly, I committed to watching my mind as it was being judgmental of myself. I was appalled at how intensely my mind judged and criticized almost my every move and thought I made.

And so, Thirdly, I strove to meticulously practice contradicting those judgments with sincere, self loving compassion.

By practicing these simple steps devotedly, I learned to co-create wondrous changes in my life with the sacred forces and powers assessed by ‘Raising Windhorse’ and still do.

The reason the practice of ‘Windhorse’ causes effortless change and miraculous outcomes is because, when we consistently connect to the very essence and Wind of Life, an overall state of Enlightenment just has to happen. It is as if we are riding on the back of a mystical horse that is being catapulted into the heavens by mysterious winds of Sacred Power to divinely alter us forever, albeit ‘Raising Windhorse’. The best part of embracing this tradition is that unlike the enormous effort our 3D world requires of us, the practice staying in the moment (when typical mindlessness takes us over), we simply begin again and fuel our sense of self with loving kindness and tender compassionate patience.
Hygiene Care without the Scare

By Sandi Ganshaw, RDH, BS

Recently, thousands of Oklahoma patients were put at risk for HIV and Hepatitis B & C by a dentist accused of unsanitary practices during routine dental appointments. Health officials found several violations which could have contributed to cross contamination. This news created a lot of fear for many who are now wondering if they are safe in their local dental office. Infection control practices are of utmost importance at Sandi’s Smiles.

1. How do I know that your office is complying with all the infection control rules? Sandi’s Smiles: We monitor everything from the sterilizer through every procedure. We take an OSHA course yearly and update our information daily with materials from the Center for Disease Control and Prevention.

2. How do I know you are sterilizing instruments correctly? SS: We use three methods to assure that sterilization is complete. We have a system in the sterilizer, a system on all bags, and send out to a third party a spore test to make sure the system is working. Anyone is welcome to see a copy of our spore test results. We open product and instrument packages in front of you so you can be assured they are safe and can show you the indicator we use.

3. How do I know you are keeping me safe? SS: Our office uses barrier protection and disinfection for each and every patient regardless of health status. We use disposable items to limit the chance of cross contamination.

4. Can I see the sterilization area? SS: All areas are welcome to be viewed as long as long as it's done compliance with infection control and HIPPA laws. I can take you from the start of the process to the end so that you can see how dedicated we are to your safe care.

Ask these questions of your dental services provider. If you are not satisfied with the answers or what you see, choose another provider!

Truly Alive | May/June 2013
Scheduled for a Mammogram? Read this first… By Dr. Carla Garcia, DOM

Excerpted from the CBS News website: [www.cbsnews.com](http://www.cbsnews.com), search on “mammogram over diagnosis.”

Mammograms may not offer the life-saving benefits many women may hope for, new research suggests. A big study of the U.S. population finds that mammograms have done surprisingly little to catch deadly breast cancers before they spread. What’s more, the researchers found more than one million women have been treated for cancers that likely would never have posed a threat to their lives.

The study, published in the Nov. 22, 2012 issue of the New England Journal of Medicine suggests that up to one-third of breast cancers—or 50,000 to 70,000 cases a year—don’t need treatment.

“Our study raises serious questions about the value of screening mammography,” wrote the researchers, led by Dr. H. Gilbert Welch of Dartmouth Medical School and Dr. Archie Bleyer of St. Charles Health System and Oregon Health & Science University. “And although no one can say with certainty which women have cancers that are over-diagnosed, there is certainty about what happens to them: they undergo surgery, radiation therapy, hormonal therapy for 5 years or more, chemotherapy, or (usually) a combination of these treatments for abnormalities that otherwise would not have caused illness.”

The study provides the most detailed look yet at overtreatment of breast cancer, and it adds fresh evidence that screening is not as helpful as many believe. Some abnormalities that doctors call “cancer” are not a health threat or truly malignant. There is no good way to tell which ones are, so many women wind up getting treatments they don’t really need.


So what is the answer to mammography? Thermography. The technology has been around since the 50’s. It’s safe, natural, quick and pain-free and can detect abnormalities long before mammograms. Call The Thermography Center for more information today: 505-271-6608, [www.thermographynm.com](http://www.thermographynm.com)

Mammogram Alternative
Experience the best in early detection with an amazing, pain-free Thermography Screening
Breast & Whole Body Screening

DR. CARLA GARCIA
Thermography Center
4550 Eubank NE, #105 · 505.271.6608 · www.thermographynm.com

Powerful, Positive Healing for Life!

Most Comprehensive Alternative Health Care:

- Board Certified Biofeedback
- SCIO-Indigo, CoRe, Life System
- Naturopathy | Kinesiology
- Medical Intuitive | Life Coaching
- Nutrition, Herbs, Homeopathy
- Hanna Kroeger Products
- Ionic Cleanse Detox Footbath
- ADD | ADHD, Autism, Addictions
- Advanced Sound Therapy
- Structured Music for Brain Health

Louise Swartwalter, ND, CBT, CNHP
Kerry Ann Foster, Office Manager
Trudy Charlton, Sound Therapist

5341 Wyoming Blvd. NE, Suite B | Albuquerque
505.797.0540 | 408.981.6130 – Trudy Charlton
[www.abqnaturalhealthcenter.com](http://www.abqnaturalhealthcenter.com)

Improve your Life with Hypnotherapy!

Hypnotherapy can:

- Accelerate Learning, Healing and transcend Low Self Esteem
- Provide Comfort and Support with the Grief Process
- Vastly Improve ADHD & RAD Symptoms without Medication
- Provide Relief from Anxiety, Phobias, PTSD, Stress & Traumas
- Help you Quit Smoking, Lose Weight and achieve sound Sleep
- Provide Life Coaching and Performance/Goal Achievement

Mention this ad to get 50% off your first session or treatment.


FREE CONSULTATION

David B. Fisher,
Clinical Hypnotherapist & Reiki Master
CMS-CHT MBA
American Council of Hypnotist Examiners Certification
CHT # 709-287
505.463.7392
819 Vassar Dr. NE
Albuquerque, NM 87106

[www.trulyalive.net](http://www.trulyalive.net)
Fibromyalgia Syndrome (FMS) is not actually arthritis but more about soft tissue pain. Individuals often experience pain in the lower back, neck, shoulders, upper chest and thighs. Headaches, allergies, depression, anxiety, insomnia, digestive problems and relentless fatigue are also characteristic of individuals with FMS. Doctors might tell you it is all in your head. You are not crazy and there are simple answers. I have experienced your pain and I am living my dream now! Freedom from pain requires neurotransmitter rebalancing, addressing the stressors, detoxing and rebuilding. I have found that everyone is unique and healing is about putting together the pieces of the puzzle for each individual. Please check out our website at www.abqnaturalhealthcenter.com.

Often, releasing past trauma is the missing piece when someone has done nutritional therapy and lifestyle changes and they are still suffering. Low levels of the neurotransmitter serotonin are common along with a dysfunction in the hypothalamus-pituitary-adrenal axis often caused by long term stress. Our Beautiful Balanced Brain Biofeedback program is my own creation combining twenty nine years of work with ADD, dyslexia, Autism, anxiety and fibromyalgia, severe allergies and chronic fatigue. This amazing program rebalances the neurotransmitters including serotonin, acetylcholine, dopamine and norepinephrine using frequency! Ask about our special Beautiful Balanced Brain package.

What programs and techniques have created success for folks with Fibro?

1. Combination of Biofeedback programs — Indigo, CoRe, Envision, Life System, Infin-

Do you suffer from stress, muscle pain, poor sleep, inadequate digestion, loss of libido? Are you ready to live your life again? Call us today! 505-797-0540 whether you live here or elsewhere. Also, check out our new group — ATTRACT ABUNDANCE NOW, May 8th at 6:30 PM in the office. Please see Events.

At a friend’s suggestion, I called Dr. Louise’s office and got a cancellation on 12/21/12 — what an auspicious occasion! For years, I had suffered from MCS/CFS starting in the ‘80s; alternating between flare-ups and very short remissions, spending weeks, months or years in bed. I had literally gone from living to existing. The good news is that I was compelled to do some soul-searching and eventually connected with my Higher Self! Louise put me on a strict diet, cutting out all sugars, etc. For years, I would have considered myself a candy addict. It was not easy for the first six weeks, but I knew that what I put into her program is what I would get out of it. I am happy to say that in a very short time, I have gone from being non-functional to being able to go for a short walk and to make a pot of chicken soup!!! Once again, I am beginning to have joy in my life and at 81 years young, I look forward to a wonderful and exciting future. I am so thankful to Louise for her passionate commitment to her patients and for her very caring and positive disposition. To her I say “Thank You, Thank You, Thank You” and I am sending a big hug and lots of Love and Light.

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, and 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.
Most pet owners have no idea that what they are feeding their pets is either contributing to a long life (or more often), a shorter life span. If pet owners (feeding grocery store pet foods) had any idea of the impact these foods are having on their loving companions, they would switch immediately. (Not to mention the contribution these foods are making to medical issues resulting in vet bills.)

At EarthWise Pet Supply, we care deeply about the health and well being of your pet(s). We are knowledgeable about pet foods, brands, ingredients and can educate you about the differences. We can consult with you about the specific content of the food you are currently buying. All of the pet food brands we stock are natural and will contribute to the overall health and longevity of your furry loved ones. As dogs and cats are natural carnivores, we carry frozen and dehydrated raw foods, as well as natural and organic dry foods, and natural treats. Our natural, healthy foods and treats do cost more, but by feeding your pets healthier food you will spend less in the long term and enjoy your pets longer.

EarthWise Pet Supply offers natural, healthy foods and treats, a variety of supplements including pro & pre-biotics, a full line of environmentally-friendly pet accessories including leashes & collars, treats & toys, beds, food & water bowls, pet warmers & outfits & more. EarthWise Pet Supply also features a lovely, easy to use self-wash station—fully equipped with a variety of pet shampoos, conditioners, affordable in-store grooming services & we are happy to assist with special orders. Earthwise is open 7 days/week: Mon-Fri, 10a-7pm; Sat. 10am-6pm & Sun. 12 noon-5pm. We want to be your favorite pet supply store! Stop in & visit us at our convenient new NE Heights location: 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

When Used with Wisdom, Money is the Energy of Love…and Can Bring Balance in Receiving and Giving. In working with me, you can learn to create: (1) a new way of being around money and change your lifestyle, (2) a financial budget to bring order to your daily life, (3) a financial plan for yourself and your family, (4) a system to organize your financial and tax records. Call for more info or to schedule your tax return appointment today: Marshall Estner, 505-850-2132, www.MarshallEstner.com.

BUY ONE GET ONE
50% OFF

FREE PET SELF-WASH

Embracing Earth Mother’s Cycles to Create Financial Abundance
By Marshall Estner

Accounting, Bookkeeping, Counseling, Financial & Tax Planning
1325 Park Avenue, SW, ABQ, NM 87102

Serving Corporations & Individuals for over 30 Years

Love Your Pets Healthy
By Tanya Santistevan

EarthWise Pet Supply offers natural, healthy foods and treats, a variety of supplements including pro & pre-biotics, a full line of environmentally-friendly pet accessories including leashes & collars, treats & toys, beds, food & water bowls, pet warmers & outfits & more. EarthWise Pet Supply also features a lovely, easy to use self-wash station—fully equipped with a variety of pet shampoos, conditioners, affordable in-store grooming services & we are happy to assist with special orders. Earthwise is open 7 days/week: Mon-Fri, 10a-7pm; Sat. 10am-6pm & Sun. 12 noon-5pm. We want to be your favorite pet supply store! Stop in & visit us at our convenient new NE Heights location: 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

Co-creating Financial Abundance with Earth Mother
By Marshall Estner

Are you noticing that your desire to create a business, expand your current business or get your finances in order have been rising from within? Earth Mother has been preparing herself to create the resources to share with us. When we honor her needs and come into sync with her cycles, we prepare to manifest our heart’s desires.

Springtime is a time to plant the seeds of our ideas and nurture them within and around us. Earth Mother calls to us to assist her in doing the same. Co-creating with her means working in harmony with her and our communities. When we are in harmonious collaboration with her, we can find the wisdom and strength to assist her and bring forth our personal dreams.

This time of year creates the foundation. Lay the groundwork to unfold the rest of 2013 harmoniously and bring abundance into your life. Creativity is exponential and can expand beyond our belief systems when we have a heart-centered team supporting us. Family, friends and other professionals help make up that team, but perhaps the most important member is Earth Mother herself. Asking for her assistance, honoring and being in gratitude to her for the gifts she unconditionally bestows on us daily, and taking time through the week to walk or sit upon her connects us. Taking in her loving energy and wisdom can bring success to whatever endeavor you choose to experience during the springtime.
For Better or Worse: Your Consciousness Is Affecting Your Relationships  

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

Are you tired of struggling to make things “better” in your relationships at home or with co-workers? Have you spent thousands of dollars attending seminars, conferences, or participated in years of therapy in hopes that it would “fix” you or your relationships? Do you find yourself thinking, “There has to be a better way!”?

At the Center for Conscious Living, we teach a four level evolutionary model of consciousness seated in the historical context of human development. Once this model is understood, you will know why you have interpersonal difficulties and how you can co-create solutions that will work uniquely for you.

Learn how to co-create loving, respectful and productive relationships on Wednesday evenings, May 8 through June 12, from 6:30 to 9:00 PM where we will explore the answer to the question: “What Does Your Consciousness Have to do with the Shape of Your Relationships?” Learn from facilitator Wendy Foxworth, MML, Center Director and Spiritual Practitioner when it is time for you to make a shift in consciousness and how to apply the four level model to evolve your personal and professional relationships.

On Saturdays, June 1 and June 8, from 9:30 am to 1 pm, you are invited to attend, “What Does Consciousness Have to do with You?" Explore where you are in consciousness for eight lines of human development and find solutions to life challenges that leave you knowing a greater sense of peace and security in all your affairs.

On Sundays in May, our consciousness study from 11 am to 1 pm, is “Shamanic Tools for Healing and Vision”. Shamans, Ken Betzen, Alorah Lavender and Natara Landrau will facilitate this series. Learn to accept the wisdom of your past and support yourself in living each day as your Authentic “Now” Self.

On Sundays beginning June 2 through July, from 11 am to 1 pm we will study, “Serving Humanity: The Collective Work Needed to Co-Create a Universal Humanity”. Using the book Serving Humanity by Alice Bailey and the Tibetan Master, Master Djwhal Khul, Wendy Foxworth, will lead us in an exploration of what “service” is needed from you in order to anchor the interspiritual, love-intelligence of level three consciousness in work, family and home relationships.

On Thursdays, beginning May 23rd through June 27th, join Wendy Foxworth, for “Growing Together: Relationships for the Long Haul; Not the U-Haul”. Learn to co-create a WeWay® relationship where partners’ needs are met 100%. The WeWay® Relationship Development Model is explored and applied to personal and professional relationships. Learn how to “Get Real” about your relationships and know greater connectivity, mutual accountability and productivity as a result.

On Fridays, do “The Work” of Byron Katie, May 3 through 31 from 12:00 to 1:30 pm with Lana Wheeler. Learn how to make the shift to level three consciousness by knowing who you are without your thoughts.

On Friday evenings, join The Community “Peace” Choir, beginning Fridays, May 10 through June 28, from 6:30 to 9 pm. All people welcome to learn how to sing peace into our community—gospel style. No auditions or reading music required.

On Saturdays, May 25th and June 22nd from 1:30 to 4 pm attend “A City-Wide Sustainable Albuquerque Think Tank”. Join people from 12 different sectors who are forging a coalition to create sustainable practices and insure a healthy, positive future for all citizens for generations to come.

Thank you for helping us to increase the consciousness of humanity. Donations appreciated for all classes. Namaste.
doing energy healing for many years, I have discovered many new things about the energy body. I have learned how past lives affect the energy body as well as emotional issues, especially childhood hurts and traumas. These new discoveries have come to me intuitively over time. With each new discovery, my natural healing work has risen to new levels of effectiveness.

One of these discoveries is connected to the attachments that are holding my clients back physically, spiritually and emotionally. By attachments I mean disembodied spirits who, for various reasons, did not cross over into the light when they died. Sometimes a spirit is afraid to meet God. They may feel guilt about how they lived their life or feel that they did something unforgiveable while last on earth. Sometimes a spirit is someone we know and they just could not let go of us or we could not let go of them so they hold back. Oftentimes, I am finding there is a past life connection to the attached spirit. When I help clients clear the karma between them, the spirit is free to leave (and does).

No matter what the reason, it is not helpful to have spirits attached to us. They are meant to move on and when they don't, it affects our ability to move on. Also, we tend to attract spirits who have similar issues to our own. If we have addiction, anger, mood or self-esteem issues for example, some of the attached spirits will too and it makes it difficult for us to release those issues in ourselves. In fact, if the spirit is afraid to leave us and cross over, they will discourage us from healing and moving forward ourselves. These spirits can also cause physical issues as well as problems sleeping, letting go of addictions, fears and even losing weight.

When I do this work, I call in loved ones of these spirits and a “team” of angelic light beings to help them let go of fears and limiting beliefs that are holding them back. Sometimes I have discovered there are demons holding them back. The “crossing over” process is very powerful, as well as freeing both for the spirit and the client. It is a deeply personal experience. Clients who have never heard of this have experienced the spirit leaving and felt a feeling of lightness after the session. This process of removing spirits and other techniques help my clients to move forward on all levels with greater speed and ease.

To schedule an appointment and find out if you can benefit from a Spirit Release session, call: Charlene Lewis, 505-933-2938. www.timetohealnm.com
There are as many ways to heal as there are ways to mask dysfunction by treating symptoms, rather than treating the underlying causes of the symptoms. Do you want real healing of current, past or future life experiences, or a “band-aiding” of the situation with drugs, alcohol or food?

Everyday medical practitioners say to their patients: “you’ll have to live with it the rest of your life”; “it can’t be changed”; “there’s nothing you can do to fix it.” etc. Really?? Last time I checked, the laws of physics state that everything is energy, and energy is vibrating, moving and able to change in myriad ways. Therefore, any mental, emotional, physical, energetic or spiritual malady can also be changed. Sometimes maladies can change for the worse, sometimes the better. It is not a static process.

How we engage with ourselves contributes to how the symptom picture changes. Meeting ourselves with kindness and love exactly where we are on all levels is an important first step in our healing processes. I use Core Synchronism as the framework for the treatments I provide. This very deep way of aligning all parts of the physical, mental, emotional and etheric bodies allows me to see very deeply into another, while allowing that other to connect very deeply with her/himself as well. “Deeply, intensely relaxing” is how one of my clients describes the experience.

As a client is feeling into and experiencing him/herself in this very deep and relaxed manner, amazing things open and shift. Buried memories come to light and images/pictures are shown to one or both of us. We can often pinpoint when an incident or event happened (current or past life experience) that’s been impacting the person’s life and actually shift/release/transform the previously held emotion/mental thought pattern/physical imbalance connected to it. This creates a greater sense of ease around everything in the person’s life.
Aging Gracefully
By Regina Coffman

I don't believe we are ever too young or too old to find the balance we are seeking in our lives. I began Brain Balance and Harmony as an affiliate of Brain State Technologies® 2 years ago. In just the past two months, I've had the privilege of working with a 5 year old from Arizona, a middle aged mom and her teen son from El Paso as well as my mother-in-law from Corpus Christi. Everyone has a story, here is a part of my mother in law's story...

I am a retired Psychotherapist in my mid 70's, healthy and leading a comfortable, happy life. With aging, I was experiencing insomnia, stress and increased anxiety as I attempted to keep up with my family, friends and numerous volunteer pursuits. I could say NO, when needed, but was unsuccessful with feeling OK about those decisions. My psychological tools were not working effectively at this juncture of my life. What a pleasant surprise to undergo a potential change that was relaxing, peaceful and also invigorating. I began noticing changes immediately. As a result, I am currently very clear on the need to cut back on schedules and activities, to say no gracefully, sleep more soundly and live life without undo anxiety. How pleasant to read my book lazily in my hammock, to float peacefully in my kayak, to laugh and play more with great grandchildren and to just 'be'. I also have a new awareness... the life-long work ethic that served me so well is no longer needed; it is OK to age gracefully. Praise for Brainwave Technologies!

P.M., Corpus Christi, TX

Hydrate, Hydrate, Hydrate
By Joy Lynn of Joyous Creations

Water is an essential element of a healthy diet and keeps both your body and your skin healthy and happy. In weight reduction, hydrating is essential in the elimination of stored fats in the body and requires consistent consumption.

Below are Power Foods that serve as awesome hydrators:
• Cucumber has a smoothing effect on the skin
• Watermelon is composed of 92% water and contains the nutrients beta carotene lycopene and vitamin C
• Cantaloupe peaches and strawberries contain a lot of water and potassium
• Raw Broccoli, Radishes, Celery, Yogurt, Raw Carrots, Plums, Collard Greens, Spinach, Chinese Vegetable Bok Choy, Lettuce and Apples
• Oatmeal, surprisingly
• Soup that contains little or no sodium
• Salmon, chicken breast, pasta and beans all contain over 60 percent moisture. Dairy products such as cottage cheese, yogurt and ice cream are effective hydrators

We create food that nourishes your body and creates a feeling of being cared for. Creating food that tastes good and meets your dietary needs is of our utmost importance. We provide meals that are weighed, measured and packaged to your specification: family style, individual items packaged separately, or a meal in each container; 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 the fresh, tasty, nutritious meals we provide.

Call upon our Happy Crew to create a beautiful fun spread for your next function or event. With Love and Deep Appreciation, Joy Lynn

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

Brain State Technologies is the world's leading provider of brainwave balancing technology. This modality combines the latest advances in neuroscience, neuropsychology, computer technology, mathematics and physics. Brainwave Optimization offers a non-invasive way for people of all ages to overcome cognitive, emotional and physical challenges; enhancing overall performance and well-being.

www.Brainwavebalancing.com

Brain Balance & Harmony LLC
Experience the benefits of a balanced brain.

REDUCES:
Depression, Anxiety, Anger, ADD/ADHD, Compulsive Behaviors, Panic Attacks, Stress

IMPROVES:
Sleep, Memory, Immune System, Focus, Sport Performance, Weight Management

Regina Coffman • 505-610-1190
BrainWaveBalancing.com

Brain State Technologies is the world's leading provider of brainwave balancing technology. This modality combines the latest advances in neuroscience, neuropsychology, computer technology, mathematics and physics. Brainwave Optimization offers a non-invasive way for people of all ages to overcome cognitive, emotional and physical challenges; enhancing overall performance and well-being.

www.Brainwavebalancing.com
Death and Letting Go

Excerpt from Death and Letting Go by Ellen Tadd

Death is an inevitable fate that everyone must face. Still, the topic of death is often avoided or denied because of fears and misunderstandings about what death actually is. When we recognize death as a continuation of life, we release fears that prevent a fuller experience of material existence.

Just as attitudes and actions in one’s material life affect the quality of that life, the attitudes and actions after death affect the quality of life in the next realm. As individuals become more conscious and responsible for the thoughts and focus they choose in material life, they can have a greater impact on the quality and circumstances not only in life but also after death. By addressing fears and attachments all throughout one’s life, the death process simply becomes a continuation of the life-long practice of letting go.

Broadly speaking, there are two types of death experiences that mirror the attachments, fears, and aspirations of each individual. On the one hand, when a person leaves the physical body, aspiring to spiritual qualities such as compassion, acceptance, curiosity or truth—the individual is propelled into an expansive force of light and ecstasy. On the other hand, if a person is immersed in fear, regret, guilt, or disappointment, he or she may become anchored in density after death. This anchoring can result in being “earth-bound”—caught in earth experiences while in spiritual form—or becoming trapped in limited or “lower vibrational realms, which are restrictive and confining.

The experience of being stuck in density can last for a long period of time. Unfortunately, it is difficult for guides in spiritual dimensions to help these anchored people because guides are unable to usurp free will and enter the density caused by negative attitudes. But these people can help themselves. To do so, earth-bound or confined individuals stuck in lower realms must let go of attachments to the past and focus on positive thoughts and feelings, and in this way make an opening for guides and helpers to reach them.

When letting go occurs in the after-death state, an expansion of consciousness and energetic lightness develop in the non-physical body. This feels and appears to me like a once trapped balloon that has been freed to rise up into the higher spheres. Access to enlightened individuals who reside in these higher realms then becomes available. These beings offer comfort and insight about the proceeding life on earth, as well as teaching attitudes favorable for spiritual growth and personal fulfillment in future lives.

I have come to realize that people’s experiences after death are actually as varied as their experiences in the physical world. Through clairvoyance I have been able to study the attitudes and circumstance involved in a desirable death versus those involved in a painful and confused one.

The truth of this was brought home to me when my mother came back and spoke to me after she had died. Prior to this experience, I had assumed that if life did continue after death, a sick person would automatically become healthy in the after-death state. I was surprised to learn that even though my mother had dropped her physical body, she still had not recovered from a diseased condition in her energy body.

My mother had been sick for so many of her adult years that she continued to hold the image of herself as an ill person, even though she was no longer in a physical body. Through telepathic communication and mental imagery I was able to assist her in changing the way she perceived and manifested herself in the spiritual realm. To help me visualize and project positive images to her, I used a photograph of my mother as young and beautiful, healthy woman. At times I spoke out loud to her, telling her that she had been sick long enough and that now she could return to health and happiness.

Over a six-month period, I was able clairvoyantly to perceive the changes in my mother’s appearance in the spiritual form. as well as her state of mind. Her sad and diseased face was transformed, becoming young and radiant. Even her hair shifted from dark brown mixed with gray to completely brown.

My mother’s story illustrated two lessons: first, that death does not always yield liberation or freedom from difficult life circumstances; and second, that people in the material realm through communication and visualization can help people in spiritual form move out of fears and limited perceptions that trap them, keeping them stuck and struggling.

Happiness and liberation in the material and spiritual realms comes from feeling and actualizing universal spiritual qualities such as love, acceptance, compassion, wisdom, and truth. When we cultivate these principles in daily life our quality of life improves and eventually our quality of death.

Science Proves Protandim’s Benefits Run. Don’t Walk to Get Started on It!
By Dr. Carla Garcia, DOM


In addition to the impressive body of research, testimonials are pouring in from ordinary people like you and I all around the globe. This looks to be the single most significantly beneficial health product perhaps ever created.

Protandim has 5 US Patents, and was named on ABC, NBC, PBS for the advancement in scientific breakthrough to reduce the levels of Oxidative Stress in your body 1,000,000:1 (with proven results to reduce it by 40% or more in your body). Oxidative stress is associated with over 200 different diseases and conditions. Visit [www.pubmed.gov](http://www.pubmed.gov) and search on Protandim. You’ll find a wide variety of published studies.

The military is using it; as it reduces recovery time after workouts. Increases in energy levels and memory are being reported; decreases and even complete elimination of chronic pain and inflammation, smoothing and rejuvenation of skin, stress and blood pressure/cardiovascular issues, multiple sclerosis and immune system problems, viral/bacterial infections...even cancer. John Quinones/ABC Primetime News (2005): [http://www.youtube.com/watch?v=yvuNo6RwSx8](http://www.youtube.com/watch?v=yvuNo6RwSx8).

Protandim's anti-aging effects are equally as impressive; with huge numbers of people touting its youth-generating benefits too. A more recent segment from PBS’ Health Quest: [http://www.youtube.com/watch?v=g5P9n6cjgrc](http://www.youtube.com/watch?v=g5P9n6cjgrc).

What kind of results can you expect? You are individual and your chemistry is unique. Join our many patients who are using Protandim and start feeling the benefits.

Call us at the Thermography Center today. Don’t wait! You could be feeling better sooner than you think! Dr. Carla Garcia, D.O.M, Thermography Center, 505-271-6608, [www.thermographynm.com](http://www.thermographynm.com)


In addition to the impressive body of research, testimonials are pouring in from ordinary people like you and I all around the globe. This looks to be the single most significantly beneficial health product perhaps ever created.

Protandim has 5 US Patents, and was named on ABC, NBC, PBS for the advancement in scientific breakthrough to reduce the levels of Oxidative Stress in your body 1,000,000:1 (with proven results to reduce it by 40% or more in your body). Oxidative stress is associated with over 200 different diseases and conditions. Visit [www.pubmed.gov](http://www.pubmed.gov) and search on Protandim. You’ll find a wide variety of published studies.

The military is using it; as it reduces recovery time after workouts. Increases in energy levels and memory are being reported; decreases and even complete elimination of chronic pain and inflammation, smoothing and rejuvenation of skin, stress and blood pressure/cardiovascular issues, multiple sclerosis and immune system problems, viral/bacterial infections...even cancer. John Quinones/ABC Primetime News (2005): [http://www.youtube.com/watch?v=yvuNo6RwSx8](http://www.youtube.com/watch?v=yvuNo6RwSx8).

Protandim's anti-aging effects are equally as impressive; with huge numbers of people touting its youth-generating benefits too. A more recent segment from PBS’ Health Quest: [http://www.youtube.com/watch?v=g5P9n6cjgrc](http://www.youtube.com/watch?v=g5P9n6cjgrc).

What kind of results can you expect? You are individual and your chemistry is unique. Join our many patients who are using Protandim and start feeling the benefits.

Call us at the Thermography Center today. Don’t wait! You could be feeling better sooner than you think! Dr. Carla Garcia, D.O.M, Thermography Center, 505-271-6608, [www.thermographynm.com](http://www.thermographynm.com)
Empowering the healer within!

New Client Discount
Save 20% on sessions & gift certificates
(90 minutes - Regularly $90, only $72!)

Empowering Energy Medicine CAN HELP WITH:
• Anxiety & Stress
• Hormones
• Chronic fatigue
• Depression
• Digestive issues
• Pain management
• Sleep issues
• Weight loss

And much more listed on website!

FREE Consultation
Empowering Energy Medicine
Angela T. Melton, EEM-CP, CNHP
Eden Energy Medicine Certified Practitioner
Certified National Health Professional
(505) 310-1790
1420 Carlisle Blvd NE, #107, ABQ

Additional Truly Alive Articles
Now Available Online!

May/June Online Article Titles include:
- From Confusion to Clarity
  By Michele Harvey
- Mindful Pleasure(s): A Key to Deeper Happiness
  By David Kuenzli
- A Weekend of LightWork Mastery with the Galactic Councils of Light
- Inter-dimensional Review of Love Part 2
  By Nina Brown
- Hiking Towards Heaven, Part 3
  By Ian Palmer
- Transforming Negative Environmental Influences, A Photon Energies Workshop
  By Gary Plapp

Check back often. More added everyday. Deadlines are flexible, costs are minimal!
Contact: Karen Larré, Publisher
505.828.3430 or info@trulyalive.net

Free Programs June 17, 20
Retreat with Amma June 18-20

A treasured time with Amma
Including meditation, inspiring classes with the swamis, the IAM Integrated Amma Meditation Technique, and of course, Amma’s loving darshan embraces.
Retreat pre-registration required.

Marriott Pyramid North
Albuquerque
www.Amma.org (505)982-9801

Marriott Pyramid North
Albuquerque

www.Amma.org (505)982-9801

May/June Online Article Titles include:
- From Confusion to Clarity
  By Michele Harvey
- Mindful Pleasure(s): A Key to Deeper Happiness
  By David Kuenzli
- A Weekend of LightWork Mastery with the Galactic Councils of Light
- Inter-dimensional Review of Love Part 2
  By Nina Brown
- Hiking Towards Heaven, Part 3
  By Ian Palmer
- Transforming Negative Environmental Influences, A Photon Energies Workshop
  By Gary Plapp

Check back often. More added everyday. Deadlines are flexible, costs are minimal!
Contact: Karen Larré, Publisher
505.828.3430 or info@trulyalive.net
ARIES (3/21-4/19) During May, you seem to be burning the candle at both ends. Your security drives become less physical at month's end. Your financial successes seem to be your greatest source of happiness this month. The 1st sets your mind to deal with past misfortunes and plod on with the daily functions. Something is building up to the 20th. You sense it. Be ready for the unexpected as endings occur from the 20th thru the 24th. Though you crave to travel, it's not the best month for that. Next month is best. JUNE opens like a rocket lifting off the launch pad. You are so energized to travel and talk. Don't travel before the 7th and watch what you say, before and on, that day. You seem to spend the rest of the month being the one with the clearest thinking. Others have lofty ideals, but they need your clarity to solidify their dreams. You are building your reputation to a glorious and crowning recognition near the full moon of July 22nd. The 17th of this month could be the best day of the year for you. Very exciting. Your ideas reap financial gains in June.

TAURUS (4/20-5/20) MAY brings flowers and a birthday for most Tureens. Your friends may wonder what to buy for the Bull who has everything. Times are going sweetly, but there is a bee in your bonnet when the Solar Eclipse creates a black hole in your Sign on the 9th. Just avoid any strong magnetic attractions for a few months. The pursuit of the almighty dollar is a good thing after the eclipse, as long as it doesn't lead to those soul-snatching black holes. Steer toward the light this month for there is darkness all around. JUNE turns your thoughts to travel such as weekend trips. Love crosses the stage of your life. Don't just think about it. At least get an autograph (and a phone number). The 11th is filled with an energy that creates a compulsive attraction. Watch your step there. The 12th shows you why. Good financial news arrives on the 20th. The 25th feels ideal, but wait 3 weeks. What's good for others is not good for you that day. The 26th feels ideal, but wait 3 weeks. What's good for others is not good for you that day.

CANCER (6/22-7/22) MAY is usually fun for the Crab clan. It's a friendly time of year, and friends are good to have for the hermit Crabs. This month, there seems to be an issue with a friend and a possible health problem (thanks to two eclipses). Protect your liver and love your friends. Rumors could be building up til the 20th. One more thing to protect and love: your reputation. There could be a relationship drought for the single Cancerians, but Autumn looks better. At times, it's better to roam free in the sea than be shackled to the pier. JUNE holds a promise. It's a promise of happy and expansive times over the next year. Try not to expand your mid-section, however. This is a great month to pursue your career dreams. The 8th is very low energy. Stay in bed or drag out the chaise lounge. Your intuition will prevent an accident on the 7th. Avoid happy hour that day. The full Moon of the 23rd/24th brings up the element of partnerships. That subject may seem logical, but it may be premature. Even pain brings gains this month. You are finishing a yearly cycle. The 21st brings a feeling for a new direction.

LEO (7/23-8/22) MAY is not a month to travel if you can avoid it. Shocking changes occur in the world and the Leo kings and queens need to lie low and hang back this month. Your career could take a severe hit, but it seems to be for the best. Cuts and changes create the elimination of waste in your life, but fine dining and lavish spending are not always a waste to the Lions. The strength of your will and your optimistic nature will get you through any romantic difficulties, or endings. The two eclipses this month will bring dramatic changes to challenge and strengthen your spirit. JUNE sounds like a nice name for a month and the Lions are loving life. You are fired up enough to give your dreams the energy they need. Taking a class can avoid it. Shocking changes occur in the world and friends. Rumors could be building up 'til the 20th. One more thing to be aware of is the 26th, when the Solar Eclipse creates a black hole in your Sign on the 26th. The 21st is the first whole day of summer and it takes you to places alone, where happiness glows and peace is found over the next 30 days.

GEMINI (5/21-6/21) MAY has you doing double-time as you deftly accomplish your priorities. An old karmic debt is paid as of the 9th. Then, love walks in the door which ends a long-term problem. The Solar Eclipse brings six months or more of deep subconscious eruptions. Some of your ideas will just melt in the magma and you will never think of them again. The 20th blasts open the limitations to your goals. You will become free to feather your nest. Your new partner needs attention during the final week of May. This requires more than a nice gift. JUNE has you actively involved in the financial dealings of a reviving economy. You could try real estate, care facilities, or other home, food, and care fields to fluff up your bank account. Back off a little when Mercury goes retrograde on the 26th. That will be 3 weeks to double-check your books and prepare for further investments. You must have been good lately, because Jupiter wants to bless your wallet over the next year. See your astrologer for the best times to speculate.

MAY is usually fun for the Crab clan. It's a friendly time of year, and friends are good to have for the hermit Crabs. This month, there seems to be an issue with a friend and a possible health problem (thanks to two eclipses). Protect your liver and love your friends. Rumors could be building up 'til the 20th. One more thing to protect and love: your reputation. There could be a relationship drought for the single Cancerians, but Autumn looks better. At times, it's better to roam free in the sea than be shackled to the pier. JUNE holds a promise. It's a promise of happy and expansive times over the next year. Try not to expand your mid-section, however. This is a great month to pursue your career dreams. The 8th is very low energy. Stay in bed or drag out the chaise lounge. Your intuition will prevent an accident on the 7th. Avoid happy hour that day. The full Moon of the 23rd/24th brings up the element of partnerships. That subject may seem logical, but it may be premature. Even pain brings gains this month. You are finishing a yearly cycle. The 21st brings a feeling for a new direction.

VIRGO (8/23-9/22) MAY is a time for flowers, flirtations, flavorful living, fluffy pillows, flailing fun, and philanthropy. This month sees you beating speed records in whatever category you find yourself. Life moves fast, but you will find time to philosophize about the world changes after the 9th. You are transforming your spiritual viewpoints, but you do that every year. This time, events bring significant reason to reflect. Changes occur at home on and after the 24th. The final two weeks of May are exhausting at work, but it's a good exhaustion. JUNE has you focused on your long-term goals. You are nearing a point of completion, but there could be delays that need some time. Bring your "repair kit" with you. It
Because of the presence of Mercury, your intellect has a thirst like the parched desert sands. Both will be quenched during this last 3 weeks of May. The 20th seems like a good day to relax. The 1st brings inspiration. Guard against mistakes at work on the 7th. A partner has you off-balance. Saturday, the 8th, begins a three week period of caution while commuting. A summer love commences near the 1st day of summer. The 26th has Mercury turning retrograde. For you, it feels like your work is done here. You can rest for 3 weeks from that project. The 20th is your best day.

LIBRA (9/23-10/22) MAY is fully loaded for fun. The planets promise merriment and sagacity. This happy wisdom requires that you make definite choices. A long term situation could come to a head on 5/9. All endings are dark times for the Librans. Your urge is to travel, to seek the finest in other cultures, and broaden your mind. Your intellect has a thirst like the parched desert sands. Both will be quenched during this last 3 weeks of May. The 20th seems shocking in some way. Interesting news arrives on the 24th. The month has a very happy ending for you. A royal occasion awaits.

JUNE has a compatible atmosphere for the Librans. You see the potential for your life during your travels. Your mind is broadened this month. Even your career values are being realized. Romance is perfect though nerve wracking at times. Surely, queens and kings will emerge from your Sign. Of what, though? That’s your choice. So, your month is spent watching old movies, taking (or dreaming of) long journeys, and working doggedly on your job and goals. The 7th brings an interesting dream for you despite the dreaming of) long journeys, and working doggedly on your job and goals. The 7th brings an interesting dream for you despite the

SCORPIO (10/23-11/21) MAY has an energy forming, which dominates all other aspects of your life. There is a need for flexibility as events around you can be very shocking. Scorpions are the best in emergencies, so you will land on your feet. The first 3 weeks seem like an emotional boxing match with radical concepts. You can use this new force to change your life, or you can squash it like a bug. Meanwhile, your social life is exciting. Stay unattached, if single, as you are likely to meet someone on the rebound this month. Be practical for once. JUNE has you on the hunt for two-legged deer. Sometimes, you like the fantasy more than the reality. There’s someone there you could track and tease until late July. As for the other 10% of your life, there seems to be delays and reversals. It’s like a maze, but at least it has an ultimate solution. There are places you cannot go and it makes you look back in anger. Is it worth it? Does it even deserve your attention? I say, “No”. A journey is on your mind. If not that, then many of your Sign are considering furthering their education. The stars say, “Yes”. Your laugh returns. It was missed.

PISCES (2/19-3/20) MAY has you thinking deeply on matters of philosophical significance. Your greatest happiness is found at home all month. You have many personal issues to take care of, but you could also have others come to your place. You witness the demolition of an old structure and that starts your mental meanderings. It’s all so symbolic, right? The evening of the 3rd is great to get out. The 7th is energy packed. Speeding needs impeding. The 13th is lousy for love. The 20th could bring losses if not cautious. Authority clashes with the Fish on the Lunar eclipse around the 25th. JUNE: If you survived last month, you can make it through this month. Romance is a big force in JUNE. The 7th brings a sweet dream and you awake with a smile. The 19th has a beautiful morning and spiritual significance. You may want to host a Solstice party on the 21st. This is definitely a month to have a good time. Soon there will be chores to do and people to help. However, you are free to kick up your heels until the 27th. The 26th is very special, despite Mercury turning retrograde that day. You will be in the midst of love.

For a personal consultation call John at 505-489-1122

For a personal consultation call John at 505-489-1122
<table>
<thead>
<tr>
<th>A Special Opportunity</th>
<th>Channeling Teacher</th>
<th>Cold Laser = Pain Relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intuitive Medium, Reiki Master, Spiritual Teacher and Radio Host Shelly Wilson will be in Albuquerque May 16-18 for two transformational events and a class. (See events pages.) Her book, 28 Days to a New YOU!</td>
<td>Learn to channel in a weekend or less! In person or by global tele-conference. Fun, friendly, easy. Betsy Morgan Coffman, “Teacher of Teachers”, is a psychic, author, medium &amp; radio host, teaching channeling for over 20 years. Betsy &amp; her teacher-guide, Orion, will help you connect to, &amp; communicate with your guides in just one class. Easier to learn than other techniques, you’ll feel the bliss of Spirit! This is the best gift I ever gave myself! Bala Ram Dass. FREE downloads on Betsy’s website or YouTube: 505-275-4746, <a href="http://www.AskBetsyMorgan.com">www.AskBetsyMorgan.com</a></td>
<td>Relieve or eliminate pain now! Cold Laser Therapy reduces swelling/inflammation, improves nerve function, increases mobility, reduces scar tissue, enhances lymphatic drainage and reduces pain by creating production of our natural pain killers: endorphins. Free consultation. 505-856-2600, <a href="http://www.2ndtosun.com">www.2ndtosun.com</a></td>
</tr>
<tr>
<td><strong>Acupunture</strong></td>
<td><strong>Chiropractic</strong></td>
<td><strong>Dances of Universal Peace</strong></td>
</tr>
<tr>
<td>casita community acupuncture</td>
<td>Lee F. Purcaro, D.C. 9004 Menaul Blvd. NE</td>
<td><strong>Deep Lymphmatic Massage</strong></td>
</tr>
<tr>
<td>$15–$40 Sliding Scale</td>
<td>Providing gentle, yet powerful chiropractic care and shiatsu. Shiatsu frees up blocked energy and provides pain relief through supportive pressure applied to acupuncture channel points. Powerful chiropractic adjustments align your spine and skeletal system, allowing natural energy flow and significantly reducing pain. Some Insurance Accepted. <a href="http://www.leepurcaro.com">www.leepurcaro.com</a></td>
<td>A pioneer in the field of mercury-free biological dentistry since 1979, Dr. Bill Wolfe, DDS, NMD is New Mexico’s premier biological dentist. Dr. Wolfe produces powerful, energy-enhanced healthcare products (purchasing available on the website). Financing available. 10409 Montgomery NE, #102, 505-299-6950, <a href="http://www.drwolfe.com">www.drwolfe.com</a></td>
</tr>
<tr>
<td>Open 7 days incl. evenings</td>
<td><strong>Colon Hydrotherapy Cleansing/Colonics</strong></td>
<td><strong>Eden Energy Medicine</strong></td>
</tr>
<tr>
<td><strong>Ask Melissa</strong></td>
<td><strong>Colon Hydrotherapy Cleansing/Colonics</strong></td>
<td><strong>Edgar Cayce Studies</strong></td>
</tr>
<tr>
<td>Receive your own “Dear Melissa” answers and get the clarity you have been seeking...in love, with finances, from departed loved ones or pets. Call today and change your life! 505-610-7917 <a href="http://www.melissafrei.com">www.melissafrei.com</a></td>
<td><em><a href="http://www.allabouthealthinc.com">www.allabouthealthinc.com</a></em></td>
<td>Learn about Edgar Cayce and how his prophecies can enhance your life experience right now and in the coming times. Free Study Group: 7-9pm Weds. Call Wanda Barrows 505-890-0878. <a href="http://www.edgarcayceabq.org">www.edgarcayceabq.org</a></td>
</tr>
<tr>
<td><strong>Astrology/Tarot</strong></td>
<td><strong>Lee F. Purcaro, D.C.</strong> 9004 Menaul Blvd. NE</td>
<td><strong>Buddhist Meditation</strong></td>
</tr>
<tr>
<td><strong>Bowenwork Therapy</strong></td>
<td><strong>Experience Kukana’s Angel of Water</strong></td>
<td><strong>Cellulite – Goodbye</strong></td>
</tr>
<tr>
<td>Tried almost everything to relieve your pain and are still struggling? Scheduled for surgery but not sure about it? Try Bowenwork! Most people experience amazing results in just 3-5 sessions and then require only 1-2x/year sessions for maintenance. Hans Levy, Fluid Motion Therapies, 505-934-2510. Videos/FAQ: <a href="http://www.painfreeliving.biz">www.painfreeliving.biz</a></td>
<td>Albuquerque’s only private Colonics center. Self-administer or with attendant. Pencil-sized nozzle provides spontaneous, free-flowing re-leases, easing gas &amp; large matter flow. Push &amp; assist the process. FDA approved hospital equipment. I-Act certified since 1985. Convenient NE Heights location. 505-298-1983, Detailed info &amp; coupons at: <a href="http://www.kukanacolonics.com">www.kukanacolonics.com</a></td>
<td>Would you like to reduce cellulite and free fat trapped below the skin? Endermologie is a unique, non-invasive way to smooth out fatty tissue deposits and reshape your body! Also promotes circulation which helps remove toxins and stimulates production of collagen/elastin. Free consult: 505-856-2600, <a href="http://www.2ndtosun.com">www.2ndtosun.com</a></td>
</tr>
<tr>
<td><strong>Counseling: Indiv, Couples</strong></td>
<td><strong>Counseling</strong></td>
<td><strong>Counseling</strong></td>
</tr>
<tr>
<td><strong>Buddhist Meditation</strong></td>
<td><strong>Buddhist Meditation</strong></td>
<td><strong>Edgar Cayce Studies</strong></td>
</tr>
<tr>
<td>Kadampa Meditation Center NM, 8701 Comanche NE, ABQ, NM</td>
<td>Kadampa Meditation Center NM, 8701 Comanche NE, ABQ, NM 505-292-5293 Everyone welcome!</td>
<td>Learn about Edgar Cayce and how his prophecies can enhance your life experience right now and in the coming times. Free Study Group: 7-9pm Weds. Call Wanda Barrows 505-890-0878. <a href="http://www.edgarcayceabq.org">www.edgarcayceabq.org</a></td>
</tr>
<tr>
<td>505-292-5293</td>
<td>505-292-5293</td>
<td>Learn about Edgar Cayce and how his prophecies can enhance your life experience right now and in the coming times. Free Study Group: 7-9pm Weds. Call Wanda Barrows 505-890-0878. <a href="http://www.edgarcayceabq.org">www.edgarcayceabq.org</a></td>
</tr>
</tbody>
</table>

Additional Resources online: www.trulyalive.net
Empathetic Healing

Exquisite Retreat Setting
Beautiful, secluded, spiritual mountain retreat in Ponderosa pines. Amazing vortex energy – perfect for spiritual healing, meditation, trainings, etc. 30 minutes from Albuquerque in Tijeras canyon. 3 small, 1 large cabin; for small, spiritual groups, 6-10. Appliances, running water, fire pit, medicine wheel, picnic tables, outhouses. Read online article: www.trulyalive.net, current issue, articles. Channeling Teacher Pricing/reservations, Larry: 505-286-5188.

Freedom Awaits
Experience more lightheartedness and opening to possibility! Jo Dunning’s Pulse Techniques™ (remote, by phone) powered by Source facilitate remarkable transformations. Access Bars™ energy clearing dissolves electromagnetic imprints of outmoded thoughts, beliefs & decisions. Amazing Combination Treatments. Alix Seldon MS, LMT #767, 505-363-5679, www.clearlypresent.net

Handyman
Looking for a great handyman? If trustworthiness, dependability and wonderful skills are important to you, look no further. Over 25 years experience working in all phases of construction/repair. Unlimited, Great References—unlicensed. Can do just about anything a house needs inside and out (including some remodeling) Bill Nelson: 505-892-0210.

Holistic Medicine
STEPHEN P. WEISS, M.D. Blending the Best of Western & Alternative Medicine VOTED ONE OF ABQ’S TOP DOCS 2006 505-872-2611 www.holisticmedicineheals.com
Board Certified in Family Practice/ Clinical Assistant Professor, UNM School of Medicine, Dr. Weiss effectively treats children & adults with a wide range of medical conditions using classical homeopathy, herbs, supplements, spiritual counseling, lab tests & when necessary, conventional medications. He has appeared on national television & radio discussing various topics in Alternative Medicine.

Health & Prosperity
Emotionally — physically heal, un-stress, improve health, increase prosperity, navigate change with more ease... learn and grow with quality support. Cassandra Noel is a health/healing facilitator, minister, master prosperity teacher, MBA. Individual sessions, classes, groups. See May-June offerings at: www.resourcefulhealing.com, 505-818-1078.

Holistic Counseling/Healing
Delasaria Lihon is a licensed counselor, energetic healer, & professional intuitive utilizing holistic approaches to therapy & healing, including: Angel Readings, Ascended Energetic Balancing, Egyptian Healing Rods™. Affordable sliding scale, free consultation. Enchanted Healing of NM, in Nob Hill. 505-362-5847, www.enchantedhealingnm.com

Hot Body Wraps
Detox, lose inches and feel great with a Hot Body Wrap. Great for relief of mold, heavy metals, hives, asthma, allergies (food, chemical or pollens), chemical sensitivities, Agent Orange, more. Pamper yourself with an Ion Detox Footbath, Chair Massage, Chi Machine treatment too. 505-898-0198, www.hotbodywraps.com

Integrative Medicine

Intuitive Consulting
GALAYA – INTUITIVE RESOURCES Readings • Coaching • Counseling Animal Communication Relationship • Career Health & Business 505-466-3764 (Santa Fe) 888-326-0403 (toll free) www.consultgalaya.com

Hypnotherapy/Reiki

Pranic Healing
No touch energy system removes congested energies, then energizes. Boost vitality, respiratory, gastrointestinal, musculoskeletal, genitourinary, headaches/migraines, stress, phobias, grief, additions, and more. Distance sessions available. Rita Herther: 505-298-4823.

Psychic Readings
PSYCHIC COUNSELOR since 1987. Studied meditation & hypnosis under her mentor, Sylvia Browne. Full life readings will answer all your questions, including spirit guides, angels & loved ones. Trish Ann 505-896-0958.

Reiki
REIKI MASTER ELIZABETH VALSALA Usui Shiki Ryoho Furumoto lineage Treatments/Classes/Groups www.ReikiABQ.com • 505-299-0011

Starfire Healing, Santa Fe
Chakra Attunements—Sound Healing, Meridian Clearing—Reiki—Energy Balancing, 413-259-5271 www.starfirehealing.webs.com

Yoga for Life

You Can Channel Too
Dr. Judy Vavrek channels the Golden Ascension • Mon. 6-7 pm • $10 • 616 Isleta SW. Pranic Healing for: radiation, fear, grief, trauma, anxiety, ADHD. 505-873-0606

Additional Resources online: www.trulyalive.net
PRINT PLUS ONLINE ADVERTISING RATES – No Increases for 2013!

**CLASSES / WORKSHOPS:**
Up to 4 bold line listing (required): $44
Picture or logo (required) + web link: $38
Description text: $1.80/word
Classes/Workshop Advertisers = 75%* *DISCOUNT with other article and/or ad

**COMMUNITY EVENTS:**
Events that cost $0 - $20 to attend qualify for a Free listing in the print & online magazines. Advertisers get priority inclusion in the print magazine. All FREE submissions will appear in the online magazine. Please email all event info to: info@trulyalive.net.

**RESOURCE DIRECTORY:**
Picture/Image (required) + web link: $38
Description text: $1.80/word
Up to 4 bold lines (optional): $44
Resource Directory, 3x = 15%* Resource Directory, 6x = 25%* Resource Directory Advertisers = 50%* *DISCOUNTS with other article and/or ad

**SPACE RESERVATIONS:**
JAN / FEB DEC 1 JULY / AUG JUN 1
MAR / APRIL FEB 1 SEPT / OCT AUG 1
MAY / JUNE APR 1 NOV / DEC OCT 1

**CONTENT DEADLINES:**
(articles, ads, pictures, logos, listings, etc.)
JAN / FEB DEC 5 JULY / AUG JUN 5
MAR / APRIL FEB 5 SEPT / OCT AUG 5
MAY / JUNE APR 5 NOV / DEC OCT 5

**2-PAGE COVER SPREADS INCLUDE:**
Full Color Glossy Cover Ad + Full Color Editorial Page (over $700 value!)
Inside Front Cover 1x = $1590 3x = $1490 6x = $1390
Inside Back Cover 1x = $1650 3x = $1550 6x = $1450
Back Cover 1x = $1850 3x = $1750 6x = $1650

**PAYMENTS:** All advertising payments are due in advance. Payments from advertisers located in New Mexico must include sales tax except for qualified non-taxable accounts. Visa & MC accepted for display ads & articles. Frequency discounts require consecutive placement.

---

**AD DESIGN FEES (plus tax):**
1/8 = $50 1/4 = $70 1/2 = $100 Full page = $160

**PAYMENT PLANS:** Call Karen, 505.828.3430 or email info@trulyalive.net for information about monthly payment plans.

**FORMAT FOR CAMERA-READY ADS:** Please submit all files in PDF format with all fonts and hi-res CMYK (covers) or grayscale images embedded. PDF ads must be optimized for printing. All fonts must be embedded into PDF file. All images must accompany digital files at 300 dpi and 100% of size. Colors must be CMYK.

**PAY EVERY OTHER MONTH!**

---

**505.828.3430 | web: www.trulyalive.net | email: info@trulyalive.net**

**Mailing Address & Drop-off:** 5901 Wyoming NE, Box #301, Albuquerque, NM 87109

**NEW ADVERTISERS:** If you have missed the deadline, please call Karen Larré at 505.828.3430 for last minute space availability in the print magazine. Online ads and articles can go up anytime!
A State-of-the-Art COMPOUNDING PHARMACY & CLINIC

Hormone & Anti-Aging Center
of New Mexico

Receive a 15% DISCOUNT on all 1st time transferred compounded prescriptions

Specializing in Bio-Identical Hormone Therapy for Men & Women

Frank Latino
RPh, MS, PhD

Tom White
RPh, PhD

“Give Us a Chance to Change Your Life”
5510 Lomas Blvd. NE, ABQ
505.232.HAAC (4222)
www.haacnm.com
Combining Conventional Western Medicine with Complementary Holistic Care, Dr. Costello treats imbalances & diseases of the nervous system including:

- Multiple Sclerosis
- ALS
- Dementia (Alzheimer’s & Parkinson’s)
- The Autism Spectrum
- Encephalitis and Myelitis
- Brain, Disc & Spinal Injuries/Disease
- Scoliosis
- ADD/ADHD & Bipolar Disorder
- Hydrocephalus
- Neurologic Tumors
- Stroke
- Seizure Disorders
- Brain Fog
- Gulf War Syndrome
- Much more

Testing & Treatments:

- Lyme Disease (Dr. Costello is an ILADS Sponsored Physician)
- Heavy Metal & Environmental Toxicity Testing & Detoxification
- Trigger Point/Neural Therapy Injections
- Oral & IV Chelation Therapies
- IV Ozone Therapies
- Integrative Treatment of Acute & Chronic Pain Syndromes
- Custom Homeopathic & Herbal Formulations

- Kinesiology (Muscle Testing) to evaluate structural & energetic issues
- Nutritional Allergy Testing
- Traditional Serum Analysis with Advanced Brain and Spinal Xray, MRI, CT Imaging with EMG and EEG Analysis
- Dental Interference Field & Jaw Malalignment Assessment
- Custom Holistic Orthotics

Pamela Costello MD, PhD
Integrative Neurological Medicine, Holistic Neurosurgeon

11000 Spain Road NE, Bldg. A • Albuquerque, NM 87111
505.503.8325 • www.drpamelacostello.com