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Featuring
Bruce Lipton’s
NEWEST BOOK,
The Honeymoon Effect
AND HIS BREAKOUT BOOK
The Biology of Belief
p20
Bruce & Margaret Lipton
• Therapeutic Massages & Treatments
• Private and Group Yoga Classes
• Vitamins & Herbal Supplements
• Epicuren Skin Care & Facials
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www.allergydropstherapy.com | www.sanjevanistore.com
The Honeymoon Effect: A state of bliss, passion, energy and health resulting from huge love. Your life is so beautiful that you can’t wait to get up to start a new day and you thank the Universe that you are alive.

Think back on the most spectacular love affair of your life… the Big One that toppled you head over heels. For most, it was a time of heartfelt bliss, robust health and abundant energy. Life was so beautiful that you couldn’t wait to bound out of bed in the morning to experience more Heaven on Earth.

It was the Honeymoon Effect that was to last forever. Unfortunately for most, it is frequently short-lived. This book reveals how we manifest the Honeymoon Effect, the reasons why we lose it and how to create it again in a way that ensures a happily-ever-after relationship that even a Hollywood producer would love.

Bruce Lipton also offers that if we use the 50 trillion cells (that live harmoniously in every human body) as a model, we can create not just honeymoon relationships, but also a “super organism” called humanity that can heal our planet.
Removing Energy Wounds & Embedded Objects
September 29, 9am-5pm
$80 in advance, $97 at the door
When our physical bodies are injured, damage is created in our Aura, Subtle Bodies or Meridians. Join us for this hands-on workshop and practice identifying, clearing and healing critical wounded areas that influence our present lives and create a new future. Presented by Sandee Mac, president of the American Society of Dowsers; sponsored by Kokopelli Dowers, Santa Fe, NM. Individual sessions by appt.
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Reiki I Classes • $150
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September 12-15,
October 3-6 & 24-27
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505-299-0011 • www.ReikiABQ.com

New Lemurian Healing Chamber Group
Sept 12-Oct 17, 6:30pm
Only $69.55 (prepaid), 6 Sessions
1st session trial: $15
Restore original DNA; achieve physical healing and spiritual growth within Lemurian etheric healing chamber, revived from Lemurian times by Lemurian Priestess Circle of 13. Feel more happy, vibrant, alive! Amazing experience with concrete results. Attend first session for $15.00 to see if you want to continue with series of 6. Advance registration required.
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www.starlightspiritualhealing.com

Dr. Norman Shealy’s Energy Medicine: Practical Applications & Scientific Proof
Nov 16, 9:30am-4:30pm
Member/Senior/Pre-Register Fee: $74
Don’t miss this opportunity! Learn how to create a life filled with greater health, energy, vitality. Enjoy balanced living – uniting body, mind and soul. Join Dr. C. Norman Shealy, M.D., PhD, medical doctor and holistic practitioner for a unique adventure in inner awakening and self-discovery.
The Association for Reseach and Enlightenment
To register call: ARE Headquarters, 800-333-4499.
Local info: Wanda Barrows, 505-890-0878
www.edgarcayceabq.org
www.edgarcayce.org

Ongoing Events by Appointment:

Healing Sessions:
Transformational Healing
$65 - 1 hour • $95 - 1 hr 30 min
Experience life changing, balancing, and transforming healing with Gifted Teacher and Healer Inga Madsen.

Heart Healing
$35 • 30 min
Healing of broken hearts; also benefits those with high blood pressure, heart attack or stroke survivors with Gifted Teacher and Healer Inga Madsen.

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Earn national certification in Hypnotherapy, Medical Hypnotherapy & Past Life Regression. New Mexico’s only state licensed hypnotherapy training, taught by Tim Simmerman Sierra, author of the definitive text “Medical Hypnotherapy.” International Board of Hypnotherapy Approved.
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www.HypnotherapyAcademy.com

Geotran: Brain/Mind/Body/Integration
October 24, 6:30-8:30pm
Free Introduction:
Mandatory for class participants
October 25-26, 9-5pm
Call for Special Pricing.
(Incl $125 Manual)
GeoTran is a digital, numeric, languagen which speaks directly to the in-formation fields or memory fields that hold the record (past and present), of who you are and what your potential is. These fields are like computer memory. Learn the codes to transform your life today! Repeat Students pay half. I have seen many healers and no one does what you do! I feel so different–you have changed my life, thank you, thank you. This is the best session and integration I have ever had! H.G., Albuquerque
Held at: ABQ Natural Health Center
New location: 4550 Eubank Blvd. NE, Ste. 205 Louise Swartswalter, ND, CBS • 505-797-0540
www.abqnaturalhealthcenter.com
Events

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

Carol Joyce Channelings
September 29, 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

Self-Hypnosis Class
Sept 26 & Oct 17, 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

Sound Healing Meditation
October 13, 6-7:30pm • $10 Donation
Trudy Charlton, Sound Alchemist will lead each meditation is different and non-experienced meditators welcomed. Each meditation is different and no two people have the same experience.
Trudy Charlton: 505-565-0620

E V E N T S O F F E R E D B Y:
The Ascended Masters Foundation
1325 Park Ave. SW, Suite 110
ABQ, NM 87102 • 505-401-2527
www.ascendedmastersfoundation.org

Chopping Wood, Carrying Water
Presentation by Phaeryn Sheehan
September 1, 2-4pm • Offering: $20
Discover the ultimate secret of rapid Spiritual Advancement.
Held at: Crystal Dove Bookstore
525 Central NE
RSVP to: Phaeryn 505-206-6139

Spiritual Warrior of the Deep Heart
Intensive Video (streamed)
September 6, 10-11:30am • FREE
Don’t miss this opportunity to hear the channeled presence of St Germain speak of the power of becoming a Spiritual Warrior of Deep Heart.
RSVP to Marshall: 505-850-2132
Ascended Masters Foundation
223 14th St. SW, ABQ, 87102

Building a New World Community
Consciousness Sundays
Sept 8 & Oct 6, 11am-1pm • Offering: $20
Divine Mother Presence channeled through Phaeryn and receive the courage and strength to fully play your part in bringing our world back into love.
RSVP to Marshall: 505-850-2132
Ascended Masters Foundation
223 14th St. SW, ABQ, 87102

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

E V E N T S A T:
Albuquerque Natural Health Center’s New Location
4550 Eubank Blvd. NE Ste. 205
ABQ 87111 • 505-797-0540
www.abqnaturalhealthcenter.com

Brain Boosters Group (free meeting)
Sept 18, Oct 16, Nov 13, Dec 11
6:30-8pm
Sept 14th (Out of Towner’s meeting)
Do you have ADD/ADHD, Allergies, Autism or other brain imbalances? Are you forgetting details you use to remember? Do you lack motivation? Are you stressed, depressed or anxious? Free demo on the use of biofeedback, nutrition and detoxing. Limited seating, call 505-797-0540.

Albuquerque Natural Health Center
Grand Opening – 10th Anniversary Celebration at our New Location!
October 5, 11am-3pm
Join us for free demos and mini workshops — biofeedback, Fascial Stretch Therapy, hypo-

ABQ Natural Health Center cont’d
therapy, aura pictures, allergy treatments, frequency enhanced products complete with muscle testing, nutritional samples, raffle! Meet our practitioners. Details on our website: www.abqnaturalhealthcenter.com

Starlight Spiritual Healing cont’d
The New Lemurian Healing Chamber is a living, conscious, etheric chamber assisting us with physical healing, spiritual growth, restoration of our original DNA. Given to us by the Lemurian Priestesses who come through in each session with channeling, energy, valuable information. Amazing experience. Concrete results.

Autumn Equinox Celebration
September 20, 6:30pm • $15
We will have fun celebrating Autumn Equinox with guided meditation and ceremony. This is the time of earth when day and night are equal, so we will focus on balancing our own beings and balancing our energies with the earth energy.

Whale Meditation by Daywai
Sept 9, Oct 2, 9, 16, 23, 30, Nov 6, 7pm
$15 (Oct. 2 FREE)
Receive gifts of tranquility, flow of life and acceptance from the Whales during silent meditation. You will experience more peace in your life; you will become more accepting of your true self. The struggle of life will drop away as you move into the flow of your life.

Ascended Master Djwhal Khul
Group Channeling
October 24, 6:30pm • $15
Speaking through SanRa Alworth, Djwhal Khul will speak about our planetary condition and how we can help ourselves to be healthier physically, emotionally, spiritually. You will come away feeling hopeful and empowered in the presence of this great Master.

Law of Attraction Group
Sept 3 & Oct 8, 6:30pm • $5
Get ready to turbo charge your life to the highest level possible and activate more joy, love, happiness and prosperity. Facilitated by Jeanine Gabbei, Life Coach and empathic healer. First Tuesday of every month. Jeanine Gabbei: 505-908-9266 • RSVP to: www.meetup.com/albuquerquelawofattraction

Clarifying Meditative Work –
A Fresh Look
Sept 15 & Oct 12, 2-5 pm
$2 Donation
A workshop for people from any meditation tradition or no tradition at all. Explore directly what meditative work is and how it sheds light on the concerns of our lives, from a simple meditative listening that includes others/self. Seven day retreat in December.
New Mexico Center for Meditative Inquiry and Retreat, Wat Center, 145 Madison NE

Reservations Suggested
New Lemurian Healing Chamber
September 12, 6:30pm • $15

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

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

TRULY ALIVE | September/October 2013 3
Ongoing Events

EVENTS OFFERED BY ALIX SELDON:
At: Page One Bookstore
11018 Montgomery Blvd. NE, 87111
Info: Alix Seldon • 505-363-5679

Matrix Energetics Study Group
2nd Tues. of the Month, 6:30-8:30pm
$20
Have you completed at least one Matrix Energetics seminar? Join facilitator Alix Seldon, certified ME Study Group Leader and practice!

Access Bars Gifting & Receiving
3rd Friday of the Month, 5:30-7:30
FREE
Have you completed one Access Bars class? Join facilitators Alix Seldon and Annie Taylor for this incredible experience!

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

Awaken to Wellness
The Center for Wellbeing
1704 Moon St. NE, Ste. 9 & 10 • ABQ 87112
www.awakentowellnessnm.com

EFT Practice Group
Mondays, Thursdays, 6:30-8pm
$10 Donation
Join others in this ABQ TapAlong and tap on your issues in a safe, supportive environment. No prior experience required. Group organized and facilitated by Meg Colby and others. A $10 cash donation is requested. For more information including exact dates, email eft@megcolby.com.

Meditation Empowerment
September 14, 10:30am (trial class)
$10 Donation
Power up your meditation practice with Lea Pierce. Come for the trial class and if it fits, sign up for the series of 6 classes on subsequent Saturdays. Reservations requested. Email Lea at lea@comcast.net.

An even evening with Brother Francis
Last Friday of the month, 6:30-8:30pm
$10 Donation
Take a guided journey and receive spiritual messages from The Angel of Grace and more through Brother Francis.

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

Donations Appreciated for All Events

Weekly Consciousness Study Sundays, 11am-1pm (Ongoing)
This fall, we are watching enlightening movies aimed at shifting your awareness from separation to unity consciousness.

Beginners T’ai Chi Chih Tuesdays, Sept 3-Oct 29, 5:30-7pm
These 19 movements and one pose are designed to stimulate, circulate, and balance the vital energy or universal life force (referred to as Chi) which is inherent in all of us.

Evolutionary “Emergence” Circle: From Ego to Essence Wednesdays, Sept 4-Oct 30, 6:30-9pm
Learn experientially to know Universal Essential Self in You and to live as Essential Self in your daily life.

Do the Work of Byron Katie Fridays, 12pm-1:30pm (Ongoing)
The Work is a simple yet powerful process of inquiry that teaches you to identify and question the thoughts that cause all the suffering in the world.

EVENTS AT:
Earthwise Pet Supply • 505-332-8005
2801 Eubank NE, #201, 87112

Pet Shot Clinic
1st Sunday of the month
Sept 8 & Oct TBA, 10am-4pm
$10 and up
Take advantage of the low costs per shot offered by TLC Pet Hospital. Free Assessments, No Appointment Necessary.

Adoption Event
September and October dates to be announced (TBA)

Additional events added in between issues! Check the website often: www.trulyalive.net
Earthwise Pet Supply cont’d
FREE Admission
Find your new best friend! Add a furry friend to your family. They are pure love! Low cost adoptions and purchase everything you need (earth friendly products) for your new pet from us!

High Desert Center cont’d
Call 922-1200.
Albuquerque, NM 87114
Faster EFT Group
Every 3rd Thursday, 7-8:15pm - $8
Gain insight into unknown areas of your mind. Expand confidence, release stress, distressing memories, automatic reactions, unwanted feelings, more. Group practice and live demo. Different than EFT, Faster EFT is a newer, potent blend of Neuro-Linguistic Programming, Be Set Free Fast.
Call 922-1200.

Healing Service
Sept 9 & Oct 7, 8 7-8pm - Love offering
All are welcome for this special service for the healing of body, mind and spirit. Inspirational readings, healing harp music, energy field healing, affirmative healing prayer and laying on of hands. Call 922-1200.

Practitioner’s Workshop: Surrendering into True Happiness – Leaving Limitations Behind
September 28, 9am-4pm
Love Offering

Additional events added in between issues! Check the website often: www.trulyalive.net
Happy Fall to everyone! I am pleased and excited to feature Dr. Bruce Lipton and his newest book *The Honeymoon Effect* as well as *The Biology of Belief* on the cover and feature pages of this September/October 2013 issue. Dr. Lipton, early in his career as a cell biologist and college professor conducted experiments that proved direct links between our thoughts, our biological reactions/responses and our experiences. Fascinated with the correlations, he has dedicated his career to proving the science of spirituality. This feature and Dr. Lipton’s two books are truly game changers; helping humanity in its quest for achieving ever higher levels of consciousness on our planet. Enjoy!

FREE COMMUNITY EVENTS LISTINGS! Does your organization (or does someone you know) have a natural/alternative health or spiritual/consciousness event coming up? Will it cost $0-$20 to attend? Did you know that all events in central New Mexico (as I just described) qualify for FREE listings on the *Truly Alive* website (whether or not they are submitted by an advertiser)? Space in the print magazine is limited and our advertisers do fill the community events print pages. However, the website has unlimited space and all qualified listings are FREE! Online listings can be submitted any time (and are not limited to the month before a new issue comes out as with the print magazine). Please provide your info at least two weeks prior to your event to give Truly Alive visitors/readers the opportunity to find your ad and calendar their participation. And, Directory Listings can now be submitted through the website! All Community Events, Classes and Workshops and Resource Directory listings can now be sent directly from those pages. Check it out: www.trulyalive.net. Classes and Workshops and Resource Directory listings carry fees, so once your info has been received, you will receive an email confirmation along with pricing options.

Questions? Can I be of assistance in any way? Call or email me today! Karen Larré, Publisher: 505-828-3430, info@trulyalive.net.
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Eden Energy Medicine Certified Practitioner
Certified National Health Professional
505.310.1790
1420 Carlisle Blvd NE, #107, ABQ

Dr. Norman Shealy’s
Energy Medicine: Practical Applications and Scientific Proof
Saturday, November 16, 2013
9:30am–4:30pm

Join Dr. C. Norman Shealy, M.D., PhD, medical doctor and holistic practitioner for a unique adventure in inner awakening and self-discovery.

Energy Medicine: Practical Applications and Scientific Proof
This new program, based on Dr. Shealy’s book of the same name, will give you practical, readily applied guidance on creating a life filled with greater health, energy, and vitality. Drawing on his lifetime of experience as a medical doctor and holistic practitioner, Dr. Shealy will take you on a journey into the world of energy medicine, where you will learn to balance your own physical and psychological states to create healing and wholeness.

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Regular Price $84 $94
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Bring a friend and save $5 each!
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*To ensure pre-registration discount, your registration must be received at least 48 hours before the program.

Save the Date!

Unity Spiritual Center Albuquerque • 9800 Candelaria Rd NE, ABQ, NM 87112
For more information or to register call:
A.R.E. Headquarters 800-333-4499 • Wanda Barrows 505-890-0878
“Myofascial Therapy has helped me so much that I wish my mother could have treatment for her low back pain, but I don’t think she could handle it.” “My daughter was in the car accident with me, but she is only 5 years old and I think Myofascial Therapy would be difficult for her.”

In the past year, I have had to explain quite a few times how Myofascial Therapy for pain relief can benefit everyone—young, old, female, male, athletes, couch potatoes, physically challenged, etc. And that’s good news.

Years ago (when I graduated in 1983 to be exact), we were taught to treat Myofascial Pain and Dysfunction one way—use your elbows and thumbs with a lot of pressure on the muscle, hold for seven to twenty seconds and sometimes up to a minute to inactivate the Trigger Point. It was painful for the patient and exhausting for the therapist. But it did work; only it took a very long time for the patient to become pain-free.

Since those early years, I have attended two to three conventions, meetings, seminars and lectures each year to continue learning and developing a more comfortable way to treat a person who is already in pain. During these years, continued research has given us answers about Trigger Points, muscles and fascia. We now have a clearer understanding of what we are putting our elbows into when treat.

Now, we treat and teach the importance of working with the patient at a level of pressure they can tolerate... We treat and teach the importance of working with the patient at a level of pressure they can tolerate... Myofascial Therapy treatment begins with broad contact on the tissue, usually using the flat of the forearm or heel of the hand. Pressure is applied to the patient's tolerance followed by a short push to lengthen the Superficial Fascia just under the skin. The short push is held only 2-5 seconds at a tolerable level. It is important that the patient not tense up or contract the fascia and muscles, as this does not facilitate a good release.

After an area of Superficial Fascia is released, we specifically treat Fascia Points and Trigger Points using the elbow or thumbs. We use the same technique of Pressure, Short Push, holding 2 seconds, all to the patient’s tolerance level. If an area is quite tender, then we “Surround the Dragon” which involves treating in a circle all around the point slowly moving closer to it until it is released. The goal of treatment is to elongate and lengthen the fascia and muscles to be at their normal full length, pain free.

Each person who comes to MyoRehab is uniquely different and it is the Myofascial Therapist’s responsibility to involve the person in the treatment explaining what they are doing, feeling, etc. It is also the therapist's responsibility to determine how much pressure to apply without the person tensing their fascia and muscles. In this way, therapist and patient work together to obtain a good release of Fascia Points and Trigger Points.

“One Size Does Not Fit All”. Call MyoRehab at 505-872-3100 and make an appointment now. Conveniently located at 4263 Montgomery NE, #200, Albuquerque, NM 87109 www.myorehab.net
Wine, Cheese and Mammograms?

By Dr. Carla Garcia, DOM

This is not a joke! Mammogram clinics are now hosting “Mammogram Parties”. According to an ABC News story titled Festive Mammogram Parties Deserve a Dose of Caution, “Most women don’t exactly view the test as a whimsical experience, so offering a few refreshments and perhaps a spa treatment or two helps lighten the mood and makes the breast exam seem less intimidating.” One attendee at a mammogram party in Nevada is quoted as saying “This time it didn’t hurt. Maybe it was the glass of wine I had before I went;”—this from an article in the Huffington Post, titled “Mammogram Parties Offer Wine, Cheese and X-Rays”. The article goes on to say, “But Some Experts Say Don’t Rush to RSVP.”

Tactics to lure women into getting a mammogram include offering gift certificates to retailers like WalMart. Mammogram vans also travel the country recruiting women for breast x-rays. The vans were originally designed to reach women in rural communities but are now setting up “shop” in major cities where there are already reliable mammogram centers with on-staff radiologists and consistent office hours. These offers will be especially prevalent as we enter the month of October, also known as Breast Cancer Awareness Month. According to Wikipedia, “National Breast Cancer Awareness Month (NBCAM) was founded in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs). The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.”

Numbers of women returning to mammogram offices every year for their annual breast x-rays are declining. Women are questioning the benefit to risk ratio of exposing their breasts to ionizing radiation. Why wouldn't women question the wisdom of getting x-rays, if according to www.cancer.org sponsored by the American Cancer Society, “Ionizing radiation is a proven human carcinogen (cancer causing agent)?” The site goes on to say that “Cancers most strongly linked to radiation exposure in studies include: Breast Cancer”. When asked about the dangers of radiation exposure in mammograms, one technician said “but it is not very much radiation because it is low dose.” Is this the equivalent of being just a little bit pregnant?

AND if that is not enough to make you think twice about what these companies are doing, the Mayo Clinic says: “Breast cancer prevention starts with healthy habits—such as limiting alcohol”, and yet the mammogram parties are serving alcohol prior to breast screening. This is not saying you should never have a mammogram or a glass of wine, but we do need to keep ourselves informed about what is in our best interests. The Hippocratic Oath (An oath stating the obligations of doctors, previously taken by those beginning a medical practice) says: “First do no harm”. The modern version of the Hippocratic Oath says: “I will prevent disease whenever I can, for prevention is preferable to cure”, and yet we are subjected to practices that have documented health risks. In our attempt to be healthy we have the ability to do more harm than good.

Women have become resistant to annual mammograms because more often than not, it is not a pleasant experience. You need only look up “Are Mammograms Painful?” to find hundreds of women looking for suggestions to help reduce the trauma of having one. In an article by Maressa Brown in Healthy Living, she lists “10 Secrets to a More Bearable Mammogram”; including taking pain killers and using a topical anesthetic cream right before your appointment time. Other secrets include things such as avoiding caffeine and salt for days before your breasts will be compressed in the x-ray machine. Salt contributes to fluid retention in the breast and caffeine can contribute to breast tenderness. For those of us who have been drinking coffee because it helps with
weight loss, fatigue and sanity; facing caffeine withdrawal for a few days in order to have a breast screening... is out of the question.

**There is a painless and radiation free breast screening** available at the Thermography Center. Thermography is a painless, non-invasive, state-of-the-art clinical test without any exposure to radiation. It is used as part of an early detection program which gives women of all ages the opportunity to increase their chances of detecting breast disease at an early stage. It is particularly useful for women under 50 where mammography is less effective; women with breast implants who are concerned about breast compression; and women over 50 who are concerned about annual exposure to ionizing radiation. We have done thermograms in our office for people aged 9 to 90.

Thermography’s role in breast cancer and other breast disorders is to help in early detection. It is useful in monitoring abnormal physiology and can help establish risk factors that contribute to the development or existence of cancer. When used with other procedures, the best possible evaluation of breast health is assured. This test is designed to improve chances for detecting fast-growing, active tumors in the intervals between mammographic screenings or when mammography is not indicated by screening guidelines for women (as with women under 50 years of age).

All patient thermograms (breast images) at our clinic are kept on record and form a baseline for all future routine evaluations. **Images are evaluated by medical doctors** and a narrative report with images is sent to her physician and to the patient (if the patient requests it). Dr. Carla Garcia at the Thermography Center in Albuquerque has been doing breast and full-body thermographic screening for 15 years. Her expertise is recognized by doctors in the U.S., Canada and Europe. She acts as a consultant to thermographers in other cities and her patients include well know celebrities, physicians and people from all walks of life. Dr. Carla was featured in a news story about breast thermography on NBC affiliate station KOB TV: [http://www.youtube.com/watch?v=999DZbl6sIs](http://www.youtube.com/watch?v=999DZbl6sIs)

The Thermography Center is unique in that it offers **three types of screenings**. DITI (Digital infrared thermal imaging) for breast and full body, computerized regulation thermography (used primarily by biological medicine specialists), and clinical breast examination.

The cover letter that accompanies mammogram results sent to patients includes a paragraph that says: “Please remember that some cancers (about 20%) cannot be found by mammography. Early detection requires a combination of monthly breast self-examination, yearly clinical breast examination, and periodic mammograms.” Dr. Garcia offers **clinical breast examinations** and provides instruction for monthly breast self-examination. Many people that are trained to take thermal images are not licensed practitioners and cannot do clinical examinations. They are limited in their understanding of the patient’s symptoms or history. Images at the Thermography Center are taken by Dr. Carla Garcia; a nationally board certified and licensed practitioner in the state of New Mexico.

Call the Thermography Center to schedule a **breast or full-body** screening at your convenience. The Center has been serving New Mexico for over 15 years. The clinic is open for thermographic screening Monday thru Friday. Calls to schedule an appointment are answered 7 days a week and including evening hours.

**Things to look for in a thermography office:**

1. A camera that is an FDA registered Class I medical device. There are only two in the Albuquerque/Santa Fe area. The Thermography Center in Albuquerque and Dr. Russ Canfield M.D., of 360 Medicine in Santa Fe.
2. Reports written by licensed M.D.s
3. A licensed professional that can offer clinical examination if you want or need it.
4. An office that can schedule thermograms 5 days a week for your convenience. In some other states, you may find breast screenings offered by mobile thermography. These mobile units offer appointments only on certain days because they move around to different offices.
5. An office that can take thermal images of the entire body; if you decide to do more than breast screening.
Wow! We are excited about our new office space and all it offers you! It is truly a manifestation of the work we do—Brain Balance and Abundance: allowing your gifts to shine! Please stop by and see us at 4550 Eubank Blvd. NE Suite 205 (Behind Staples). Join us for our Grand Opening 10th Anniversary Celebration October 5th 11-3:00 PM. Details on our website: www.abqnaturalhealthcenter.com

After twenty three years of healing myself, ten years of practicing in New Mexico and working with over 7,000 individuals and their families, I am excited to be training others in this amazing field. Join us and our expanding staff. We have an amazing fascial stretch flexibility therapist, hypnotherapist/kinesiology practitioner, Geotran Life Coaching practitioner and five different biofeedback programs plus Ionic Cleanse footbaths and a steam room! The future brings detox days at our own mini spa retreat. Stay tuned for more on this in upcoming articles. Currently we are running our popular group Brain Boosters. Find out more at The Brain Booster's meetings September 18 and October 16 at 6:30 PM in our office. See events for more information.

What if you had all the brain power you desired? What would your life look like? How much happier would you be? Your brain is a super computer and completely runs your life. If your brain is not working properly, your life is not working very well. Often following an accident or trauma an individual will struggle in their life to get things done, stay motivated or may experience difficulty in relationships. This is a brain imbalance and we can help. You have to release the issue in all areas to have completed healing—physical, mental, emotional, spiritual and the energy field (quantum field).

Your brain is mostly water and fat. Feeding your brain healthy foods to optimize brain power is important. Examples include water, cultured foods, coconut oil, almonds, avocado, organic fruits and vegetables. Detoxing heavy metals (which are so prevalent in our environment) allows for better memory, enhanced comprehension and improved mood. The metals lead, cadmium and arsenic have been connected to depression, hyperactivity, headaches, high blood pressure, burning skin, fatigue and osteoporosis. We help the detoxing process using biofeedback, homeopathy, herbs, allergy treatments and ionic footbaths for faster results. Balancing the neurotransmitters is what our New Beautiful Balanced Brain Program does so well.

I designed this program and I love the quicker results! When we combine the use of biofeedback with fascial stretch therapy, the results are remarkable! One special needs young woman is speaking more clearly, sequencing language better, sleeping better and much happier since experiencing biofeedback treatments. Melissa Kruse has transformed her physical body, flexibility and strength.

Our NEW location at 4550 Eubank Blvd. NE, Suite 205
using fascial stretch therapy. We love this combination and its amazing results!

After losing my memory and experiencing allergies (to just about everything), my path led me to biofeedback/neurofeedback. Today, I now have five different programs and use them interchangeably, combined with naturopathy and energy work to release the old virus programs in your bio-computer and replace them with the positive signature that is your authentic self. Our Geotran Class teaches you how to rebalance and shift these patterns on a daily basis. This powerful class is life changing! See events or give us a call.

We want YOU to change your brain and live abundantly!

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional and health educator. Our team offers Biofeedback, hypnotherapy, Geotran integrations, naturopathy, life coaching, trauma release work, homeopathy, herbs, kinesiology, sports rehabilitation and fascial stretch therapy (Melissa Kruse) 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: www.abqnaturalhealthcenter.com.

Nada, Zip, Zero, Zilch

By Sandi Ganshaw, RDH, BS

Once a patient has committed to holistic dentistry, the challenge is to find a practice that’s in harmony with the patient’s treatment needs, wants and desires.

I’ve titled this article Nada Zip Zero Zilch because we at Sandi’s Smiles have been listening to the treatment wants and needs of our patients and have learned how to better meet those needs. We understand that what happens inside your mouth can greatly affect your body and we are committed to bringing you a complete holistic dentistry experience (as well as a unique and relaxing one!).

You asked for no fluoride with your polish, so we now use a pumice polish that contains no fluoride. It also contains no dyes, no oils, no trace elements and no flavors. Some patients are gluten sensitive and asked for no gluten in our dental products, so we now use products that are gluten-free. There are also no BPA materials in our dental sealants. No tap water used here either; distilled water is used in our units to avoid any contamination. At Sandi’s Smiles, you’ll find no mercury fillings. Our filling materials are tooth-colored composite and instead of chemical sterilization, we use a steam autoclave. We are continuing to learn…so keep those suggestions coming.

What we do have, is a great location, (Rio Grande and I-40) with lots of parking. Our office is cozy and comfortable and doesn’t look or smell like a typical dental office. With soft music playing, lavender soy candles burning and heated blankets if desired, Sandi’s Smiles offers a truly relaxing, spa-like experience. We do a complete oral exam, cancer screening and periodontal evaluation with every cleaning. Our ultrasonic scaler uses sound to remove most deposits on your teeth. And for your added comfort, we top off your treatment with an Indian Head Massage, including essential oils. Can I get an aaahhh?

Give us a call and remember “A Beautiful Smile Is Always In Style.” Sandi Ganshaw, RDH: 505-480-7200.

Sandi’s Smiles
Holistic Dental Hygiene

Sandi Ganshaw RDH • 505.480.7200
Adrenal Fatigue – Getting Your Body Back in Balance!

Part 2 – By Janet L. Hall, ND, CKP, CMI, CHt, CBT

Home Test for Adrenal Fatigue

If your blood pressure drops when you stand up from a lying position, this almost always indicates low adrenals. This can be measured with a simple blood pressure gauge, which you can buy at a drug store (no stethoscope required). Make sure to do this test when you are well hydrated or it could give you a false positive. Lie down quietly for about 10 minutes, and then take your blood pressure (while still lying down). Stand up and measure your blood pressure immediately upon standing. Normally, blood pressure will raise 10-20mmHg by standing up. If your blood pressure drops, you likely have adrenal fatigue. The more severe the drop, the more severe the adrenal fatigue.

Emotional Issues of Adrenal Fatigue

Adrenal fatigue usually develops as a result of “emotional exhaustion” and “running on empty”, leaving you feeling “drained of life force”. It occurs from undergoing a great deal of stress and/or over-responsibility and no longer being able to “carry the load”.

Helpful Hints for Adrenal Fatigue

Sleep is mandatory! Between 10pm and 1am, your adrenals replenish and work their hardest to repair your body. Even if you wake during the night, try to go back to sleep and sleep until 9am if possible. Avoid TVs and computers as much as possible. Turn off the TV by 8pm to stop nervous system stimulation and be sure to turn off all technological devices in your bedroom. Sleep in complete darkness; as your pituitary, which signals your adrenals, is affected by light. Avoid caffeine and sugar, foods high in carbohydrates, and expending too much energy.

Supplementation is necessary and muscle testing is crucial as everyone's body is different. One person's cure can be another's downfall; one person's remedy yet another's toxin. Adrenal supplementation is generally required for recovery, but care must be taken to ascertain the correct adrenal supplement. With the wrong supplementation, adrenal fatigue can become worse. Certain types of Magnesium can be very helpful for adrenal fatigue to promote sleep along with Vitamin B, 5Htp, and Inositol.

If you have some of the symptoms discussed in this article, please call to arrange for a free phone consultation and get all your questions answered. Read the complete article, with additional Helpful Hints on the Truly Alive website: www.trulyalive.net

Janet L. Hall is a Certified Naturopathic Doctor, Medical Intuitive, Clinical Hypnotherapist, Kinesiologist and Biofeedback Specialist. Her center is dedicated to healing and preventative health, life change and empowerment...helping people "rise above!" www.alternativewellnesscenter.org, (505) 294-WELL (9355).
The skin is the body’s outer covering, which protects against heat, light, injury and infection. The skin regulates body temperature, stores water, fat, and vitamin D. The skin weighs about 6 pounds and is the body's largest organ. It is made up of two main layers: the epidermis and the dermis. The outer layer of the skin (epidermis) is mostly made up of flat, scale-like cells called squamous cells. Under the squamous cells are round cells called basal cells. The deepest part of the epidermis also contains melanocytes; cells that produce melanin, which gives the skin its color. The inner layer of skin the (dermis) contains blood and lymph vessels, hair follicles and glands that produce sweat which regulate body temperature, and sebum, an oily substance that helps keep the skin from drying out. The struggle to keep the skin healthy and beautiful and to maintain its youthful appearance has resulted in a $50 billion dollar-a-year cosmetic industry.

This article is devoted to how hormone balance can improve your skin and how indispensable a well trained, experienced aesthetician can be to the health of your skin, beauty, sense of well being and hormone balance. “Looking good is feeling good”.

The Hormone & and Anti-Aging Center of NM (HAAC) is very happy, proud and pleased to announce that Veronica Navigato will be joining our staff at HAAC. Veronica is an internationally trained aesthetician, practicing a wide range of aesthetic disciplines for over 15 years. She has practiced in England, France and the U.S. She specializes in cutting edge anti-aging hormone treatments as well as skin rejuvenation and classic aesthetic services. Veronica will be working with all the practitioners at HAAC to provide unique anti-aging custom treatments and prescription therapies available only at HAAC, The Hormone & Anti-Aging Center of New Mexico.

Read the complete, expanded article on the Truly Alive website: www.trulyalive.net.

If you want the best, you need to work with the best. Remember: an important part of happiness is how you feel inside and OUT…Tom White RPh, PhC
If you own and/or operate a business, you know how important it is to have your system up and running. If a customer is ready to pay and you can’t process, you have the potential for loss of business.

With more than 40 years of combined experience in the electronic banking/merchant services industry, we understand the value of old fashioned customer service. We know you want your equipment to be reliable and functional. You’d really like to run your business without having to think about your processing systems—having your equipment work for you. When we do receive a call for service, we work hard to get you back up and running as quickly as possible. We pride ourselves on personal service. Both of our contact numbers are listed on our business cards, brochures and in the ad below. We personally setup and service equipment and we also deliver supplies to our customers.

In addition to superior service, we believe in giving back. Empower Processing was created to assist organizations that serve our veterans. Empower Processing has donated more than $135,000 to veterans groups nationally; organizations that help wounded, disabled and veteran service personnel. These profits are the result of consumer credit card purchases at qualified Empower merchant locations.

When you want the very best electronic banking/merchant services available, including processing of credit and debit cards, ATM machines, merchant check services, gift cards and more, call us. Whether your business is retail, restaurant, wireless, mobile, or ecommerce based, we offer innovative services and custom solutions. Empower provides competitive rates. Complete a merchant application today and know that you’ve made a choice to make a difference.
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A magical presence has been afoot during the sunlight time of summer and will remain a powerful force through most of September. Our dreams and desires, deeply rooted in our souls have been nourished and strengthened and have been sprouting, growing and rising in and around us. We have been created to experience this abundance and to be constantly co-creating with Earth Mother to manifest our true nature and glow with the passion that warms our hearts. Trusting that this process is real, surrendering to it and shifting the energy that stops us from embracing our creative nature requires us to remain in the Divine flow throughout the year. Being open and allowing your dreams and desires to take hold or to search them out is an acknowledgement that you are available to receive her love and blessings and share them with your community.

When we practice universal laws of creation, we are graced with financial abundance. The laws of sharing, reciprocity, mindful stewardship of her resources, honoring all creations, and speaking words of gratitude and daily appreciation are just a few ways that enable us to develop the muscle to stop following our ego mind’s desires and remembering our heart’s desires.

Yes, financial abundance can come from hard work and sound planning, but it also can be obtained with ease and grace when we surrender to what we have been created to do and be. Visit with me and learn some powerful techniques that will enable you to become aware of the belief systems that are preventing you from becoming financially independent. Please call for a free consultation.

Grounding, or earthing, is not new medicine, but is one that is practiced all over the world, whether consciously or unconsciously, except in technology-driven societies where getting away from nature is somehow seen as progress.

Recently I learned that Dr. Joseph Mercola, the natural health care activist, has been advocating grounding as well. Not long ago he posted an interview with Dr. Stephen Sinatra, a prominent cardiologist who has been studying the effects of grounding on heart disease.

I see earthing as an easy and effective adjunct to bodywork and self-care. My bodywork practice is based on balancing energy in your body and promoting easy energetic flow, so earthing is a natural fit. The products I sell are made by The Earthing Company—the originator of earthing products, backed an enormous amount of current research. The Earthing Company is also a highly reputable and reliable company.

The maxim, “try before you buy” still rings true, and when you do that, you will find out if earthing is right for you and your body. As a local business owner committed to helping people experience the benefits of earthing, I invite you to come and try out the wide variety of products that I have available www.thirdgoddess.com.
Hippocrates, the Ancient Greek philosopher, considered to be the ‘Father of Medicine’, stated in the 4th century B.C. that disease was a product of environmental factors, diet, and lifestyle. Proper nutrition can serve to heal the brain and nervous system through multiple modalities. A healthy diet can support the neuroimmune system, aid in detoxification, repair the gastrointestinal tract, create a healing pH, decrease inflammation, and correct Candida overgrowth and bacterial imbalances (dysbiosis).

We all have individualized genetic makeups, with predispositions to disease. The increasingly deleterious effect of our toxic environment, including that of our altered food supply, has had an increasingly negative effect on that template. This contributes to higher incidences of neuroinflammatory disease, from developmental, behavioral, and neuromuscular disorders of the nervous system in children, to increasing cases of multiple sclerosis, ALS, CIDP, chronic pain syndromes, cognitive dysfunction and mood disorders in adulthood, and to earlier onset of dementias and other neurodegenerative disease in the elderly.

Reclaiming your physical health and intellectual independence, therefore, requires a focused renewed strategy of identifying and removing major dietary stressors and enhancing the diet with those foods supportive of healing your gut, immune, and nervous systems. Such an approach begins with realizing the relationship of your immune system to your gut, or gastrointestinal tract, and its health to the nervous system. Approximately 75% of our bodies’ immune system lies in our gut wall. The effects of exposure to environmental toxins, particularly adverse dietary choices, take a heavy toll on your gastrointestinal health, which can predispose you to virtually any neuroinflammatory illness.

Dietary stressors are typically components of the foods themselves, but also include additives, preservatives, and products of the food containers. Some general dietary guidelines to follow:

1. **Buy Organic.** Toxins such as heavy metals, aluminum cans, plastics, pesticides, radiation, additives, artificial sweeteners, and solvents in our food and water acquired during processing, preparation, and packaging, are all neurotoxic.
2. **Glycemic Index.** High glycemic index foods cause immune imbalances and adverse inflammatory reactions that directly affect the brain.
3. **Avoid GMO foods.** Genetically modified foods (GMOs) such as wheat, soy, corn, etc. stress our nervous and immune systems, create inflammation, and are neurotoxic.
4. **Dairy Intolerances.** Milk, cheese, yogurt, butter, cottage cheese, and ice cream, are all potential sources of inflammation, due to compromised tolerances of the protein (casein) and sugar (lactose) components.
5. **Gluten-free.** Gluten, which is highest in wheat and other grains, is a troublesome protein for nervous and immune systems, creating an increasing incidence of neuroinflammatory illness. Understanding which foods contain gluten, as well as safe gluten-free alternatives, is critical to neuroimmunologic recovery.
6. **Macronutrients.** Adequate consumption and proper balance of the ratio of macronutrients (fats, proteins, and carbohydrates), is required for detoxification and establishing a healthy immune system; e.g., some fats cause inflammation, while others reduce it, repairing brain tissue!
7. **Alkaline pH.** Our bodies degenerate under acidic dietary imbalances and heal with an ideal blend of a majority ratio of alkaline to acidic foods.
8. **Direct Neurotoxins.** Alcohol, tobacco, and neuroactive substances of abuse cause brain chemistry imbalances and directly kill brain cells.
9. **Irradiated Foods.** Remove microwaves from home and work environments. Replace with toaster or convection ovens.
10. **Micronutrients.** Maintain sufficient daily intake of micronutrients (vitamins and minerals), which are best utilized by our bodies when in their most bioavailable form, i.e., through dietary sources.

If you are interested in an individualized nutritional assessment as part of maximizing your neuroimmunological health, please contact my office at 505-503-8325 for an appt.
An internationally recognized stem cell biologist and internationally recognized leader in bridging science and spirituality, Dr. Bruce Lipton, PhD has been featured on hundreds of TV and radio shows, and served as a keynote presenter for many national and international conferences. Dr. Lipton’s medical lectures have received multiple awards and in 2009 he received Goi Peace award.

Best-selling author of The Biology of Belief and Spontaneous Evolution, his new book The Honeymoon Effect combines data from his breakthrough cell studies showing the molecular pathways connecting the mind and the body. This understanding helps us learn how to create and sustain the “honeymoon effect” in every aspect of our lives. Dr. Lipton describes the “honeymoon effect” as “a state of bliss, passion, energy and health resulting from a huge love.” And “living a life so beautiful that you can’t wait to get up to start a new day and thank the universe that you are alive.”

When this new science is understood and applied (as it relates to personal biology), physical well-being improves and the quality of daily life can be greatly enhanced. As a leading-edge voice of the new biology, Dr. Lipton’s work dovetails beautifully with mind-body medicine and spiritual principles. His findings are impacting our current paradigm for life and they are helping us move towards heaven on earth!

Truly Alive: In your book, you point out that we, as human beings usually spend (at best) only 5% of our time in our conscious mind, and the other 95% in our subconscious mind. Why is it important to understand this?

Bruce Lipton: The subconscious controls our nervous system. Either you’re controlling your consciousness, or it’s on autopilot (the subconscious). Here’s how it can play out: suppose you were close to a friend, and you know your friend’s behavior; and you also happen to know your friend’s parent. At some point you recognize that your friend shares some of the same behavior as their parent. Then you say something simple like, ‘Hey, you know Bill; you’re just like your Dad.’ But then you have to back away from Bill because he goes ballistic: “How can you compare me to my Dad?!”

Profound Point #1 is, everybody else can see that Bill behaves like his Dad, the only one who doesn’t see it is Bill. Profound Point #2 is we are all Bill.

So, just as much as Bill says “How can you compare me to my Father?” (When you obviously see that Bill is behaving exactly like his Father), we have to recognize that there is no difference for us. We are doing exactly the same thing. And just like Bill, we don’t see it, either. This is what is at play 95% of the time (subconscious on autopilot).

When your life doesn’t necessarily work out the way you wanted it to and you don’t see that you are participating in that problem; you perceive yourself as a victim. If everybody considers themselves victims and looks at the outside world as the source of the problem, then we end up with the world we have right now. If you don’t see that you are sabotaging yourself, then you cannot get out of the loop you keep playing. Since people are totally unaware that they are causal (creating the situation they are participating in), they have no idea that they had anything to do with what happened to them. In similar cases to Bill’s, the behavior that they are choosing to engage in, sabotages them and comes from the subconscious, below the conscious level. And this is the biggest problem in the world because everyone walks around like Bill saying “The Universe is against me!” — and, no it isn’t!

TA: How and why are human beings responsible for what happens in their lives?

BL: Most people have the experience of sitting down with a newspaper and just popping it open. And before you actually read anything, something catches your attention. You don’t actually know exactly where it is in the newspaper you will find something you’re interested in, but you start looking until you find something. People don’t realize it, but when they pop open the newspaper, the subconscious is so fast; it has already read all the words on the page. When it came across words that were relevant to you, the subconscious told your conscious mind to pay attention…that something is in the newspaper for you. But the conscious mind is very slow. It thinks, “Oh, is something over here? Where is it?”

How do we end up going where we are going? The answer is: what things in your mind are important to you? The function of the subconscious is to perceive and record every detail. It’s not seeing just a newspaper, but everything wherever you are. Anything
that the subconscious interprets as connected to you, it will call your attention to. If you’re a person who lives in love, then you’re going to be moving toward love wherever it is. But if you are a person that lives in fear, then your subconscious is going to draw your attention to everything that could be threatening to you. Then all of a sudden, you have reason to be afraid. Why? You’ve cleared out everything in your life that would have been good, and you are only looking at the things that are bad.

TA: In your book, you mention that the brain, from the womb to age 7, literally has no filter, and takes everything in as fact. Can you speak to that?

BL: If you’re going to express consciousness, then by definition you have to be able to think something. But with regard to “thinking,” you have to have information to think about. Imagine an infant, and that the moment it’s born it can speak. It’s coming out of the birth canal…you can see the crown, and then the head. When you can see it you say, “Hi! Welcome. Please say something!” And the baby says, “I don’t know anything, I just got here.”

This is why there is a period where a download of data occurs before consciousness is invoked. This is necessary so that you can use the data. It’s a period of programming. You can’t filter the data because consciousness isn’t working yet. You’re just downloading data from family members and your environment.

TA: Can you explain how feelings are communicated energetically?

BL: The brain generates electric signals, and if I put EEG wires on your head, you can see the brain activity printing out. There is another device called a Magneto Encephalograph, where the probe doesn’t touch the head. That device reads your brain activity with a probe outside of your head. You might say, “Wait! Then my thoughts are not contained in my head?” and I’d say, “That’s right!”

The concept is, your brain is acting as a tuning fork and the broadcast from your brain is not located in your head, so you’re like a radio station. In effect, you’re broadcasting. Everything vibrates—energy vibrates and matter vibrates. This is where the concept of constructive interference comes in, where two vibrations can tangle with each other, and both add up and both gain more power than either one alone. The phrase that we humans use when entanglement occurs in a constructive way, is “good vibes.”

The extreme opposite is two vibrations that are resonant, meaning that they have the same waves, but they are out of phase. It is a connection, but the frequencies are canceling each other out. It’s called destructive, because the power is now canceled for both people involved. And that’s called “bad vibes.” This means that wherever you are, the energy is antagonistic to you, and you feel weaker.

TA: How can listening to our feelings lead us to the right relationship?

BL: You don’t have to intellectualize everything, you just feel it. This is Nature’s way. All organisms on this planet, from the most primitive to the most advanced, use this as a compass in a sense…to find which way to go. Humans are unique because we also have language. So, instead of going by feelings, most people are programmed “don’t go by your feelings—listen to what someone has to say instead.” Well, the moment you do that, you lose the most important guidance system that a living organism has. We have this great compass that all organisms use to know if they are in the right place or not. Nature gave every organism this ability. Why would we not use it? The answer is, because programming says “don’t pay attention to that.” We can be programmed out of using our better sense.

For example, what is Fung Shui? Fung Shui advocates that we put objects with vibration around us that empower us like a crystal. So when we’re in a room, the energy is enhancing us all the time.

TA: Why do you say, a relationship is “4 minds” interacting with each other?

BL: Once you start to engage with someone, your nervous system is going to create a dialog. Which part of my nervous system is going to create the dialog? In most cases, the conscious mind is used 1-5% of the time, and 99-95% of the time human beings are operating, responding and communicating from the unconscious mind. Except when you meet somebody and have an experience of love. The mind responses switches the other way around (you are responding, communicating and operating 95-99% of the time from your conscious mind.).

The conscious mind, which communicates wishes and desires, takes control of your behavior. The conscious minds of two people coming together will create wishes and desires in the context of the new relationship…that’s called the honeymoon period. That’s the beautiful part. But, life goes on, gets busy, and you still have to deal with daily life. So you have the job, you have your chores, you’ve got to pay the rent, you have to fix the car—you’ve got all these things tapping through your head, right? If your conscious mind starts to think about these things, it’s easy to see how and why the subconscious takes over at that point.

So the two other subconscious minds kick in (there are the two subconscious minds as there are two people newly in relationship). The behaviors in the subconscious minds in no way match or meet up with the wishes and desires of the conscious minds, especially since the subconscious minds are programmed by downloading from parents/environment/culture from infancy to age 7. When the subconscious kicks in, then we are like Bill, we don’t see that our behavior is based on where we learned it from—family, parents, culture.

Your subconscious is operating/controlling you, but you don’t see it. As I say in the lectures, if you play some of these unconscious behaviors on your first date, you may not have a second date! But suppose you didn’t play them for a month or two months. When you do play one of these subconscious programs down the road, your partner looks at you and says, “Who are YOU!?” There’s a new entity that just showed up! Who is the new entity? It’s actually you, responding from downloaded subconscious programs (most likely) from people you grew up with. When the 4 minds start relating, the subconscious behavior starts manifesting, and basically the fundamental behavior that has been both parties’ all along starts manifesting. Both of you are now demonstrating behaviors that were never part of the honeymoon. And once the subconscious behavior starts, it could cause the whole thing to fall apart.

TA: Please share an example of what can happen when two subconscious minds interact.

BL: Let’s say my partner says something to me, which represents some subconscious

continued on p22
program that she downloaded from her Mother. And I say, “What kind of behavior is that?” If she is asked to acknowledge it was bad behavior, she says “I would never do anything like that.” And her conscious mind knows that she wouldn’t!

What happened was that the unconscious slipped into her conscious mind. She gets very defensive because she’s thinking “What kind of person do you think I am?” And when a person gets defensive, they are protecting themselves from an attack, right? What’s the first thing that a person does to protect themselves?— Wall themselves off. When you put a wall in a relationship, then the honeymoon part falls apart. The next consequence is this. We have an argument, because she didn’t see it and I just saw it. Then, I have a choice here. My choice is, should I stick around for this? Yes, I can compromise. But if I have to keep doing it, there is a point where—if it is too many compromises—I’ll say, “I can’t accept this anymore.” And the relationship ends.

TA: How can we keep the love in our relationships alive?

BL: If I told you, “This is the way it works, and guess what —there is no way to change it”—it’d be a pretty lousy story. The good news is, we can always change any behavior. But for people to do that, both partners have to recognize the story/subconscious behavior. One partner can’t be the one with knowledge, “Oh, that was just their subconscious. The other person doesn’t even know what they’re talking about.” It won’t work. The only way to resolve it is, you have to have a discussion and not an argument.

Let’s say my wife Marge is having bad behavior. Instead of my saying, “I hate that; that was stupid,” I can say, “Oh, you’re playing that behavior like your Mother or your Father. Do you really want to do that?”

The point is, if I’m having a discussion, it’s not a personal attack any more. And every time she stops the behavior, she’s creating a new habit. This behavior stops as it happens! And if you repeat that, and repeat that, there’s a period of time when that habit will never play again, because the new pattern of stopping it kicks in. But it takes patience, repetition, and the willingness to have discussions and not arguments.

TA: How is the brain a “love potion mixing machine”?

BL: There’s a reason for this. Why should we have a “honeymoon effect”? Is it just because we’re lucky to have people and to have honeymoons? I say no. The honeymoon effect is driven by Nature, and it’s based on something called the biological imperative. The “biological imperative” is an understanding that biologists have, which is that all organisms have a drive to survive. But in Nature, the drive to survive is not just for the individual but for the species, so we are driven to reproduce. If you don’t reproduce, there is no species survival. The more complex the organism, the less developed it is when it’s born. A baby is helpless. During the vulnerable period when the child cannot sustain itself; Nature asks—who is going to take care of it? Ah—the parents.

Bonding holds animals together as it holds parents together. The chemistry of love at that level is not just of gratification, it’s also the pleasure and bonding to stay together long enough to parent the offspring. The chemistry of dopamine is pleasure. If I get pleasure from my partner, and oxytocin is released at the same time as the pleasure, oxytocin is the chemical that says “bond to the source of this pleasure.” Then the last piece of it is the serotonin. The serotonin associated with addiction, says: “wherever you’re getting that fix of pleasure, you want more of that.” When a person is in love, the person not only thinks about that individual, but also wants to be with them, they are also addicted to that individual in the sense that they want “more pleasure”.

TA: What can the individual cell teach us about living a rich, full life?

BL: This is so important for us because our bodies are made out of cells. In seeking to understand Nature, what is the strategy that a cell uses to thrive in its environment? How have they lived so long? Cells are energy efficient because they use their energy to the fullest extent to survive. We waste our energy all the time. When we waste energy, we are throwing away life; because energy is life. That’s why, when it comes down to it…the real question is, “How do I respond to life?”

Looking at how cells maneuver and live in their world supplies a template for us, teaching us how to move and live in our world. If we understand how cells do it, and then treat ourselves in the same manner, our cells are going to prosper. And if our cells prosper, then by definition we are having a rich and full life.

TA: Is there anything you would like our readers to know?

BL: I’m really just trying to wake people up. All of our issues are unconscious, invisible and coming from ourselves. Unless we know that, we’re stuck forever. People need to see this invisible influence on their lives, because being invisible means they have no understanding of why things happen, and yet there is an understanding. Knowledge is power, the power to survive and thrive.

Here’s what Bruce’s wife, Margaret Lipton had to say about the book: “In the Honeymoon Effect, Bruce has articulated what we have learned, practiced and refined over the past 18 years to create our harmonious, blissful relationship.”

And on their relationship, Margaret shares, “Living in full expression of Love continues to be the most wholesome and healing experience of my life. Loving Bruce feeds my soul. I guess that makes him soul food.”

All of Dr. Lipton’s books are amazing works outlining in easy to understand terms, the new science and how we can use these new understandings to transform our lives. In the appendix of The Honeymoon Effect, you’ll find an extensive list of resources for reprogramming your subconscious mind. For more information about Dr. Bruce Lipton, his books, upcoming lectures, presentations and events, visit his website at: www.brucelipton.com. You’ll find a vast number of helpful resources there and can order any of his books there as well. Also visit www.hayhouse.com Dr. Lipton’s books as well as a wide variety of mind/body/spirit books, CDs, DVDs, card decks and other life-changing products.
The natural aging process for skin begins in our mid-20’s. By then, collagen and elastin production slows, and skin begins to lose its elasticity. During youth, skin exfoliates every 15-20 days to expose new healthy cells. Mature skin becomes sluggish and exfoliates only every 30-45 days, leaving more dead (dehydrated) cells on the face; which show up as fine lines and sagging skin.

This natural aging process is accelerated with contributing factors such as sun damage, simple gravity, common repetitive expressions (e.g., squinting eyes or pursing lips), habitual sleeping positions, smoking, excessive alcohol consumption, improper diet (e.g., foods containing too much fat and additives), and stress.

To give you an idea of how much elasticity your skin has lost over the years, pinch your cheek for 10 seconds. If it takes more than 3 seconds to return to its normal shape, you have experienced significant collagen loss. If you are fair-skinned, your face will wrinkle faster because your skin is thinner. Olive complexions tend to be thicker, stronger and less susceptible to causes of aging.

Whatever your skin type, it will respond positively to face-lift massage. Studies show that massage keeps collagen and elastin fibers wet and warm which stimulates growth. If facial muscles are massaged and exercised regularly, toning and lifting benefits will increase with each session, just as regular workouts at the gym help to keep our bodies in shape.

Face-lift massage is a great stress-reducing, relaxing, and pampering treatment. It will relax your features, release facial tension, soften the appearance of existing wrinkles while slowing the formation of new ones, improve lymph drainage, tone and tighten facial muscles…all resulting in a lift in the face, a rejuvenation of sagging skin, and potentially reverse premature aging.

The combination of facial massage, facial exercises, good basic skin care and all the elements of a healthful lifestyle (e.g., diet, stress management, regular exercise) will bring radiance and a youthful glow to your face.
The practice of biological dentistry takes into account the effect of the teeth, dental treatment and dental materials on the overall health of the patient. One cannot be as healthy as one is capable of being, with an unhealthy mouth. Dr. Reinhold Voll, my German professor, stated that 90% of all chronic disease has an orientation in the mouth.

Some concerns of Biological Dentistry—Teeth and distant health issues: The major acupuncture meridians flow through the oral cavity. Dr. Voll’s research demonstrated that teeth can create an energetic disruption to these meridian/energetic pathways, reducing energetic nourishment to organs and structures, resulting in physical symptoms.

Mercury fillings: In 1826, a new dental material called ‘amalgam’, containing silver, tin, copper, zinc and mercury, was introduced to the United States. In 1840, members of the American Society of Dental Surgeons were required to sign pledges not to use mercury fillings. In 1859, the American Dental Association was formed and endorsed the mercury (50%), silver (30%) amalgam filling. In spite of numerous published scientific studies demonstrating the ill effects of mercury fillings, and the FDA having never approved amalgam as a safe dental device, amalgam fillings are still the primary dental restoration used by U.S. dentists. Approximately 100 million mercury filings are placed annually.

Biocompatibility of dental materials: There are over 2,000 different dental materials in use. Because each of us has a unique biochemistry, no one material is 100% suited for everyone… especially patients with special health concerns. In my office, everyone is tested for biocompatibility of potential dental materials.

Tooth decay: Mechanical removal of dental plaque bacteria is not the entire answer to decay. Decay is also a systemic disease. A major cause of decay is nutrition. It is estimated that the average American eats 150 lbs. of refined sugar per year. Energetically, just as a tooth affects the associated organ…the organ’s health can also affect the tooth. Also, a low pH has effects on calcium metabolism, resulting in the deterioration of the teeth.

Periodontal/gum disease: Periodontal disease is characterized by swollen, bleeding gums, bone loss, and loose teeth (present in 85% of the population.) Bacteria are absorbed in the mouth and travels throughout the body, causing systemic health issues.

Electrogalvanism: Oral galvanism is a condition created when two different metals exist in the mouth bathed in saliva. An electric current is generated by the transport of metal ions between dissimilar metal fillings, as in your car battery. High currents in the mouth can be disruptive to the oral energy meridians and be a factor in periodontal disease, muscle dysfunction, and pain.

Bite problems/TMJ: If a tooth touches its opposing tooth before the adjacent teeth, that tooth will receive more pressure. This increased pressure creates trauma. Such repeated unbalanced pressure can result in sensitivity and death of the tooth, periodontal disease, TMJ (jaw joint) pain, and headaches.

Residual jaw infections—”cavitations”: When a tooth has been extracted, and the bone hasn’t healed properly, these areas serve as a breeding ground for bacteria and toxins. Some reasons for incomplete healing of the bone include: chronically infected bone, poor circulation/clotting, poor nutrition and poor surgical technique.

Root canal/dead teeth: It is estimated that approximately nine million root canals are performed yearly (not considering millions of dead teeth that are undiagnosed). Dr. Voll used to refer to root canals/dead teeth. As “cadavers in the mouth”. The issue about retaining dead teeth in the mouth and resultant ill health extends back into the 1800’s.

Silver fillings are approximately 50% mercury! Mercury fillings: In 1826, a new dental material called ‘amalgam’, containing silver, tin, copper, zinc and mercury, was introduced to the United States. In 1840, members of the American Society of Dental Surgeons were required to sign pledges not to use mercury fillings. In 1859, the American Dental Association was formed and endorsed the mercury (50%), silver (30%) amalgam filling. In spite of numerous published scientific studies demonstrating the ill effects of mercury fillings, and the FDA having never approved amalgam as a safe dental device, amalgam fillings are still the primary dental restoration used by U.S. dentists. Approximately 100 million mercury filings are placed annually.

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An Amazing Way To Relax and Ease Pain
By Sunil Pai, MD and Maureen Sutton, LMT #5227

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 is 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 provides 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 at www.FloatABQ.com.

I have found it very helpful to do flotation therapy before my myofascial treatments. It really seems to soften the tissue nicely, helping the therapist to go deeper. I have found MAJOR pain relief this way

Daryl, Albuquerque

I felt relaxed, yet energized, after my first float and slept great. The time in the float pod was time for myself; time to meditate, relax completely, and drift away. I’m definitely going to do that again!

Lisa, Albuquerque

As seen in the Albuquerque Journal.
Gift certificates available for Sanjevani REST Pod sessions.

Sanjevani INTEGRATIVE MEDICINE HEALTH & LIFESTYLE CENTER
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www.floatabq.com

Sunil Pai, MD
Integrative Medicine

Maureen Sutton,
LMT #5221/RYT
Health & Lifestyle Director

Therapeutic Massages & Treatments
Vitamins & Herbal Supplements
Private & Group Yoga Classes
Integrative Medicine MD
Allergy Drop Therapy™
Specialty Medical Foods
Nutritional Counseling
Sanjevani REST Pod
Scalp Acupuncture
Epicurean Skin Care
Bosmeric-SR™
Panchakarma

Read more articles by Sanjevani online: www.trulyalive.net
Been Talked Out of Your Dreams?

By Rev. Kylie Renner

How many ways have you allowed the world or yourself to talk you out of your dreams? I am aware of how I use what's going on in the world as a gauge to determine whether my dreams are possible. The nightly news can tell you everything is broken and nothing can change, and so I can tell myself that my dreams about what is possible can't really happen. Or in these same news items I can find a call to a deeper commitment to no longer let the world of appearance determine what I know is possible. Because I know that it is possible to find a way to live on this planet remembering that we belong to one another, and I refuse to be talked out of it.

If we aren't paying attention, it is easy to get talked out of our dreams. Because the world is filled with people who will tell us, “why don't you get real job, or a real dream, or do something practical?” But, if you are paying attention, you will notice that what these people are really saying is that you can let yourself be talked out of your dreams. They are actually saying, “why don't you let me talk you out of your dreams? You can borrow my excuse if you like. It will make me feel better if you do.” In the past I used to take my dreams to people who I knew would be negative about them, because I wanted to be talked out of them. I wanted to have some excuse, and I wanted my excuse to be validated by someone outside myself. Because if someone I care for and respect also believes in my limitation then it lets me off the hook. But this is no longer acceptable. Someone else's validation of my excuse doesn't make it true.

But it is not just the voices in the world that have these reasons and excuses for why our dreams aren't possible. The voices in our heads are also filled with limited thinking and excuses for why we are willing to talk ourselves out of standing in the power and the truth of who we are. And these excuses mean that we are making accommodations for being less than because we haven't challenged ourselves to no longer settle.

If in fact I have a dream I can actually get talked out of, it must not have been my dream at all. Because even when I allow myself push away my dreams with my excuses, if it is really my dream, it will come back to me louder, fiercer and more determined to get my attention. Our real dreams won't go away. Here is where we have to take our power back. We must be willing to put the voices of the naysayers in their rightful place, and no longer rely on our excuses.

We can't actually get talked out of our dreams. We can get talked out of paying attention to them momentarily, but there is a space within us that isn't willing to allow that to go on for very long. And this space inside of ourselves is waiting for us to get talked into believing in our dreams, and being committed to them completely.

So since our dreams aren't going to go away, even if we ignore them, we might as well get all of our excuses out on the table and have a good look at what we think is limiting us and deal with them now. If we push it aside for a short period of time, it is going to return, and were going to have to deal with it, so we might as well take the next right step before us.

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
Fall Planting and Intentional Creation

By Rhonda Owen, Perpetual Landscape

With the additional moisture we’ve had, fall will be one of the best planting seasons in a long time. Fall is great time to plant, prune and clean up your yard. Garden Mums are one of the most spectacular blooming plants, and pansies provide beautiful color.

FALL CHECK LIST:

• Early September is the best time for aerating and seeding
• Plant colorful fall varieties such as mums, daisies, pansies, cold-hardy annuals and ornamental grasses
• Apply Preen in fall to help prevent weeds in your lawn
• Continue to remove all dead foliage from perennials
• Plant trees and shrubs
• Clean out gutters and down spouts

Ever thought about a Prosperity Garden? Collect together a pot, soil, the seeds of your choice and a small, square, green piece of paper (green is the color of prosperity). Write your intention or desire on the paper and put it in the pot with your soil. Plant your seeds and your plant will grow with your intention. Try it and let me know your results!

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

Perpetual Landscape
Creating Beautiful Outdoor Environments While Caring for Mother Earth

Rhonda Owen
Owner
Serving the Community for 7 Years | Excellent References

505.720.6950 | Call for your free estimate today!

Surrendering into True Happiness: Leaving Limitations Behind: We all want true happiness. Surrendering what we don’t want is the key!

The High Desert Practitioners are happy to present a workshop about achieving the joy, peace and love we all seek. The pathway to True Happiness is to surrender at a deep level everything that holds us back from being all we want to be—including negative thoughts and feelings, unforgiveness, resentments, fears and doubts, limiting beliefs and expectations. The workshop will focus on different approaches to surrender, so each participant can choose what works best for their own pathway to True Happiness.


Presented by the HDCSL Practitioners: Practitioners are spiritual counselors licensed through the United Centers for Spiritual Living (formerly the United Church of Religious Science). They have been specifically trained in the study of the Science of Mind, and in the art, science and skill of Affirmative Prayer and spiritual counseling. Practitioners are dedicated to helping others achieve peace and know their wholeness and innate perfection and they are bound by a high code of ethics and confidentiality.

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

Free Reiki Clinic: Every Wednesday evening from 7-9pm. Love donations appreciated. Call Ethel Hayes at 505-659-6451 for information.

For more information about any of these events, visit the Community Events section of the Truly Alive website: www.trulyalive.net or our website: www.hdcs.org.
An old boyfriend of mine used to always say, “Land is the one thing they aren’t making any more of.” Houses with manageable-sized yards may be convenient, but there is something alluring about having a beautiful, spacious yard. These days, when it’s hard to be sure if even organic produce is GMO-free, gardening becomes more and more appealing. Yes, more land often requires more energy to maintain, but with it comes a deep sense of satisfaction. I find myself drawn to the land…to the purity and promise of greater self-sufficiency.

In the last several months, I discovered there is a treasure within the city that only some folks seem to be aware of. Along the banks of the Rio Grande River, the greenbelt creates an oasis within our desert landscape. That oasis doesn’t suddenly stop just because you’re south of the airport. I’m starting to think the locals were trying to keep this a secret. Until recently, I had no idea that such lusciousness existed outside of the North Valley, much less that it was relatively affordable! In the MLS, the section of the city referred to as Valley Farms has caught the eye of a few developers who’ve built some gorgeous custom homes in the area, available for a fraction of what it would cost in the more elite Los Ranchos de Albuquerque. For those who dream of owning their own little piece of paradise, with easy access to I-25 and all the charm of country-living, the South Valley offers an affordable alternative. I’ve spent much of the last few months learning about water rights, agricultural zoning and what it means to carve out a chunk of the earth for yourself to create autonomy. I’ve been exploring the possibility taking some of the parcels that are still left and creating pockets of community that want to grow GMO-free produce. Surely, I can’t be the only one enchanted by opportunity to have an agricultural exemption that means my taxes are low and I may be able to live partially off the grid? I’ve been looking at urban farming and greenhouses and how to produce $50,000 of food a year on one acre of land with solar energy.

If you are interested in exploring these options, I want to hear from you. When I talk to people about these projects, it generates excitement. My mission is to provide people with the opportunity to become part of a movement that promotes self-sufficiency while building community. If you just want to buy a house, I can help you with that too, but if your goal is to own a little piece of paradise, I know just how to help you create it.
Healing is Not for Sissies, Part 2

By Bill Haggard, All About Health

In the July/August 2013 issue of Truly Alive Magazine (last issue), I responded to an individual who wrote in desperation; questioning why he or she was feeling so poorly when this person was in fact doing soooo many good things for health and well-being. Most people are not knowledgeable about what it takes to maintain a strong, vibrant body, along with a clear-thinking, creative mind. Many of us take health for granted, until we start to lose it.

At health food stores, you will see health-conscious shoppers buying non-GMO foods, nutritional supplements and grass-fed, antibiotic-free animal products. You may also notice both healthy and unhealthy-looking people. The fact is...these individuals are seeking to maintain—or reclaim—their health. If you walk into a mainstream grocery store and look at what most are putting into their shopping carts, you might think the people don't look sick, but they are: they just don't realize it—yet.

Our bodies have an amazing capacity to handle insult and abuse, but they do have limits and will start to break down eventually. Some call it aging. I call it “collecting clutter.”

If we don't know the rules on maintaining good health, then we think there are no rules: anything goes. You might even boast that “I can eat or drink anything I want and I never get sick.” But whether we like it or not, there are rules and laws for health. We can ignore them or break them, but in the end they will break us.

Sickness, disease, chronic fatigue, aches, pains, aging...it's all the same problem. We are collecting clutter from a lifetime's worth of bodily insult, injury and abuse from our daily lifestyle...starting with bottled baby food all the way to present-day choices. And it's not just food and drink that harm us, but our negative thoughts and emotions as well. These create a toxic build-up that our physiology has to deal with, along with contributions from an unhealthy environment.

Let me put it this way: if you have a nice, new house, it looks beautiful, orderly and highly functional. There's a place for everything and everything is in its place. All is wonderful, until you start going to swap meets or garage sales and bring home things you don't really need (because they were such great deals and you just might need them in future). Then you begin saving things and adding them to the inside of your house. Over time, you only have paths from the front door to the kitchen, from the kitchen to the TV room and to the bedroom and all the rest is clutter. The outside of the house still looks great, but the inside is a mess and in desperate need of cleaning.

This is a good analogy of what we do to ourselves if we insist on feeding only our pleasure centers and taste buds, with no regard for the trillions of hungry and thirsty cells that make up our beings. If we don't nourish our cells, eventually we degenerate, age and die. And who wants to die prematurely or live many years in constant pain?

Now is the time to clean up your house while you still have energy. A plant-based diet is a good starting-point. Juicing, blending and low-heat cooking are also helpful. Colon hydrotherapy (colonics) is an important adjunct to the cleansing process and will help minimize the discomfort of detoxifying as you reclaim your health.

Colonics are an anti-aging therapy. It requires a lot of energy to manage all the clutter accumulated in our bodies over time. Colonics remove the clutter, little by little. One colonic is equal to 30-40 bowel movements. That is a lot of waste removal! This frees up energy to do more than just waste management; such as cellular repair, clear-thinking abilities, vitality, better sleep, and healthy skin and nails and more.

So start your house-cleaning today and reclaim your health! It's not always easy...but you'll be glad you did.

Love, Bill
Yes...it’s me, your New Orleans Chef. Another very important service I provide is loving care for your four legged family members. I offer care in your home or in mine. For the past five years, I have had a steady clientele of friends (and people they refer to me) who call on me when they are traveling to care for their homes (including watering inside and out) and/or pets, whether for a weekend or for an extended period of time. I have wonderful helpers who share the same love of animals and care for your home that I do. So please do not hesitate to call the next time you need loving, quality pet and/or house care while you are away.

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

Call on us to cater your next home or office party or event. Our professional staff will take care of every detail from beginning to end. We can also supplement your menu and brainstorm about how to incorporate your newest food passions into your event or party. We LOVE creating happy occasions.

It’s hard to believe the Holiday Season is just around the corner. Remember to preorder your holiday dinners to be delivered or picked up. It is our pleasure to cater your next function, event, party or holiday gathering.

With Love and Deep Appreciation, Joy Lynn

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

What is your deepest heartfelt desire? Whatever it is, it can be yours! The New Lemurian Healing Chamber helps you release what is in the way of living your deepest dreams and helps awaken and empower you to make your dreams a reality.

It is not that you cannot attain what you want, you simply have not found the way to fully accomplish it yet. The Chamber helps you by amplifying the true essence of your Being and clearing all that blocks you from true self-fulfillment.

How does the Chamber work? It:

- Awakens gifts and abilities that you hold deep within
- Clears beliefs about yourself that hold you back
- Clears karma and restores DNA
- Helps clear physical pain and disease
- Changes energy field to attract what you most desire
- Helps clarify your goals and intentions
- Increases self-love and self-worth
- Activates your crystalline grid structure

The New Lemurian Healing Chamber is a living, conscious etheric chamber that assists us with physical and emotional healing, expanded awareness, joy and happiness. The Lemurian Priestess Circle of 13 revived the Chamber from ancient Lemurian times and brings us wonderful, loving energy for our healing. You don't need to know about or even believe in Lemuria for the Chamber to help you.

One person’s experience of the Chamber:

I wanted to thank you for the experience of the New Lemurian Healing Chamber. The Chamber helped me to move through many blocks and I feel peaceful in a way I have never felt before. I am also experiencing more joy in my life. I have had healing in my physical body. I have signed up for your next session. I can't wait to experience what's next in the healing chamber. What a gift!

D.H., NM

Please join us for the next New Lemurian Healing Chamber group beginning September 12 for 6 consecutive Thursdays. You will be glad you did!
The Best Way To Live In Our Time

By Phaeryn Sheehan, Ascended Masters Foundation

Nowadays, we all are learning that it takes being deeply surrendered to being unconditionally loving no matter what the circumstances of our lives to powerfully maneuver and truly manifest our purpose for being here on Earth.

But 'being unconditionally loving' has become a lost art, or at least, an 'art' that has taken 2nd place to personal achievement; especially personal achievement that creates enough financial success to fuel a very comfortable lifestyle.

The lack of really Loving shows itself most prominently in how we treat ourselves. Throughout the last two centuries, humanity has become quite lacking in self appreciation, self love. Instead of honoring ourselves as basically good, noble, honorable and self respectful beings, we have been finding ourselves very limited in feeling good about ourselves.

Disbelief of our own goodness has caused us also to extend that way of being to others human relationships as well as other earthly species and Earth Mother Herself. It is suggested that our self hate is what is infecting our environment into such serious conditions and decline.

Knowing all of this only seems to accelerate and intensify our affliction and our quiet desperation about it. If we however, simply contemplate not what we need to do to resolve our dilemma but what is gapingly and astoundingly missing within all realms of being human on earth, we can't help but easily conclude that it is the overall human experience of not feeling loved, being loving and or feeling lovingly and fully alive.

How can we recover those feelings? By remembering and reviving our Spiritual Warrior nature... for a Spiritual Warrior is not at war with any element without, but only at war with his or her demons within. Being present to one's Spiritual Warrior nature is one who is present to their own gentleness as much as their fierceness; and being present to one's patience as well as one's assertiveness and vigilance... being aware of the value of the tender, fragile ways of loving as well as the protective and discerning ways. Most importantly, our Spiritual Warrior nature awakened gives us the courage, fearlessness and endurance to fight for the return of unconditional love into all avenues of our world.

If we stop to contemplate the myriad of self help and healing programs our present day society has created to make us feel better about ourselves and feel true self love, can we not conclude that it is an inner individual and communal discovery of the very essence that love is? Only by being willing to be fiercely, lovingly devoted Warriors together and putting everything at stake in order to activate the sacred essence that love is will halt our world's overall serious state of deterioration.

The Ways of Spiritual Warriorship have become apparent in the past as our world began to fall apart and seem unrepair-able as it does today. Only by digging into our dormant strengths of deep heartedness have we ever been able to save ourselves and that time is here again.

Throughout this month of September, our Foundation's Warrior Program is open for enrollment and we encourage you to give our fully channeled, year-long intensive a serious 'look.'

To be sure every interested seeker is well informed to make a very pivotal choice regarding our offering; we are hosting an Orientation on Friday, September 6th at 7pm. You may attend locally at our Headquarters here in Albuquerque, (223 14th St. SW, ABQ, 87102) or you can join us online.

We suggest that revitalizing our Spiritual Warriorship can't be done very easily alone; it takes a Community. We hope you will find our Community the Community you need. For more information, please contact Marshall Estner at 505-850-2132 www.ascendedmastersfoundation.org

Read more articles by Phaeryn Sheehan online: www.trulyalive.net

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Phaeryn Sheehan, SPIRITUAL DIRECTOR
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TRULY ALIVE | September/October 2013 31
Our ability to co-create loving relationships in our spiritual community is dependent on whether we are interacting individually and/or collectively from separation or unity consciousness. We also know that talking about and learning about unity consciousness often does not translate into how we interact in our relationships.

We are aware that the field of unity consciousness is a very real energetic presence. However, our biggest challenge is learning how to co-create the new earthly physical and material forms of relational interaction, systems, and structures that are needed so that unconditional love is what we experience in our relationships as we are in community.

Many of us want to experience unconditional love in our relationships but find it difficult to act in ways that make that possible. Why is this such a common human experience? How is it that we can say with the deepest heartfelt sincerity that we want world peace and unconditional love, but then experience so much separation and lack of civility in our relationships with one another—even in spiritual community?

There is one reason why we keep having this experience (wherever two or more are gathered), and it is this: It is impossible to experience unconditional love (unity consciousness) and at the same time use competitive us versus them relationship interaction styles (separation consciousness). Our interaction styles must be aligned with the consciousness we are endeavoring to embody. We can’t use separation to co-create unity!

To walk our talk, we have to actually co-create, design and live into new unity consciousness ways of interacting, leading, and conducting business (through which unconditional love can be the outcome). Is this easy work, being people of relational integrity—walking our talk? Not at all. But we can help you!

Movies that increase your capacity to love unconditionally: Meditation, movie and community dialogue with great coffee, tea and munchies—including popcorn! September/October, Sundays, 11am-1pm. Come, see and learn from: Visions of a Universal Humanity with Barbara Marx Hubbard, Spiritual Liberation: Fulfilling Your Soul’s Potential with Michael Beckwith, What the Bleep Do We Know? and ending our series with Quantum Quickening with Michael Beckwith.

Want to learn how to co-create a group awakening to the unified field in your spiritual community?

Join us for the workshop, FACILITATING GROUPS AWAKENING TO THE UNIFIED FIELD, with Victoria and Ron Friedman. Saturday, October 5, 9am-5pm and Sunday, October 6, 2-6pm. The Friedmans have co-created a facilitation process, called the Vistar Method that we use in all of our group activities at the Center for Conscious Living. The Vistar method teaches spiritual communities how unconditionally loving relationships can be the experience of every group meeting. You can have the “felt” experience of how intimately connected we are as human beings and co-create through that connection in the unified field. Help us co-create the experience of a greater unconditional love in the people of New Mexico through your community. A donation of $75 per person is requested to cover expenses. The Center will provide lunch both days free of charge. Limited spaces available, register today at http://tinyurl.com/lefomau.

Namaste.
Exercise BEFORE Surgery Improves Success Rates

By Michelle Morath, NM Fit

Being physically active and performing specific exercises prior to surgery can highly improve the success rate of your surgery and help your recovery be quicker, easier and less painful. This is true for many types of surgeries including knee replacement, hip replacement, shoulder surgery and cesarean section surgery.

One of my clients was scheduled to have total knee replacement surgery at the age of 72. He had endured increasing and severe knee pain for a long-term pain and knew he had to have the surgery well before it was scheduled. He asked me to help him make sure his legs were strong so that he could recover quicker and get back to the physical activities that he enjoyed. After getting approval from his doctor, I put him on an exercise regimen that focused on strengthening his legs while minimizing impact in the knee joint. While strengthening his legs, I made sure we did not ignore the rest of his body; including balance exercises and exercises to strengthen his upper body and core as well.

His surgery went smoothly, with no complications. He soon started physical therapy to rehabilitate his knee. After a few short weeks, his doctor released him to train with me again. Initially, we only did exercises for his upper body and core while he continued physical therapy for his knee. When he was released from physical therapy, I requested a report from the physical therapist to show what exercises he was doing for his knee and the current capabilities of his knee. From there, I slowly and appropriately progressed his exercises, focusing on strengthening his leg and improving the range of motion in his knee. With this focused program before and after surgery along with his dedication and diligence, he was able to recover more quickly than would have been possible without it. He was happy to be back to the physical activities he enjoyed including gardening, cross country skiing, and hiking in the mountains.

Along with strengthening the muscles, exercise before surgery can assist in weight loss. For people who are overweight or obese, losing weight can have a significant impact on the success of their surgery and recovery. According to Gino M.M.J. Kerkhoffs, MD, PhD, someone who is obese has a much higher risk of infection occurring after surgery, creating the need for a subsequent surgery. If you are in pain, you may think that exercise is the last thing you want to do to help with weight loss. However, in many cases, there are ways of getting sufficient exercise without exacerbating the pain. For example, someone scheduled for shoulder surgery may be able to do exercises involving the lower body and core. Someone about to have ankle or foot surgery can perform exercises for the upper body and core. Another effective approach to weight loss is reducing your caloric intake. If you are unsure how to do this, you can consult with a registered dietitian and follow his or her prescribed meal plan.

In addition to exercise, nutrition is vitally important in preparing an individual for surgery. By adding more fresh fruits and vegetables to your regular diet, you can markedly improve your immune system and your body’s ability to heal. You can also greatly reduce inflammation and pain. 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 help improve your immune system, but it decreases inflammation, supports heart health, and offers many other health benefits. Over 30 studies on the health benefits of Juice Plus+ have been published in prestigious medical and scientific journals around the world. www.nmfitjuiceplus.com.

Regular rates begin at $75 per month. Get started with a free consult. To learn how you can prepare your body for surgery and have a successful recovery, contact Michelle Morath, New Mexico Fit: 505-550-8322, mmorath@newmexicofit.com, www.newmexicofit.com

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Read more articles by Michelle Morath online: www.trulyalive.net
What is Brainwave Optimization?
By Regina Coffman

Why are we talking about brainwaves? What is the big deal? Well, for starters the brain is the Master Control Unit for the entire body. That means it controls our physical, behavioral, cognitive functions and even our spiritual well-being. We are energetic beings which run on energy or electrical frequency.

The brain is the perfect example of how this works. Every lobe has low-middle-high frequency ranges that are responsible for everything from sleep and subconscious (low); energy reservoir (middle); low cognitive to high cognitive functioning, debate mode (high). The balance, (or lack thereof) drives our entire being—that is why it is the Master Control Unit.

Neuro-science continues to lead the way in helping us understand our overall well-being. We are learning that imbalances in brain symmetry can have a detrimental effect on everything from sleep, happiness, clarity of thinking, addictive behaviors, physical health, aging and more.

We know that trauma impacts brain patterns. The brain goes into survival mode, frequencies adjust to help us deal with the traumatic event (physical or emotional). Often these frequency patterns get stuck in survival mode which was not intended for everyday functioning. The more the brain is in an imbalanced state, the harder it is to make healthy choices...choices that affect our overall well-being and happiness.

What we offer through Brainwave Optimization is RELAXATION and AUTO-CALIBRATION, allowing the brain to bring itself back to a state of balance and harmony, so that you can make better choices and lead a more productive life.

I am passionate about what I do because of the personal results I have seen and the 50,000 + people that have been helped through this technology. To participate in something that doesn’t require a medical prescription (with side effects) may just be the wave of the future. I hope so, because I believe that we are powerful human beings and we’re designed for health and happiness! Call today to see how we can help you find your balance!

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Read more articles by Regina Coffman online: www.trulyalive.net
In the business world, I’m a mortgage broker. Honesty applies to every thing I do in business as well as my personal life. If you or anyone you know is seeking a mortgage, I am here to help you, and it will be my privilege to serve you.

Clint G. Bridges

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If you want to know where God’s throne is…go and look in the mirror. You are IT. The challenge is to restore IT. Now behave yourself!

God wants us to know Him as He knows us…as the Gods we truly are. Jesus said, “Look inside. Know thy self.” How could you ever know yourself unless you first made the agreement that you come from God? The moment you accept this agreement as your own, you begin the “Path of Knowing Thy Self.” Why did Jesus say, “Know thy self?” Because He understood that we are the Spirit expressions of God manifesting in physical reality, and to know oneself is to realize that it is you who is doing the manifesting!

I, being troubled in my heart, went into my Chamber to pray for guidance and give thanks for my Unity with Him. And so it came to pass…my understanding and wisdom having been enlightened, revealed to me that by HIS in-dwelling Spirit —I AM THAT I AM. Our Nature is one-and-the same. I went to my Pastor and said, “Reverend, there are some among us who believe that we are Gods.” He replied saying, “You are confused. What you say is blasphemous. It is your ego leading you astray.” I replied, “Kind Sir, High Priest of the Church and keeper of the Dogma, it is you who is confused…it is your ego talking, keeping you bound by the chains of ignorance.”

He’s us; we’re Him. He gives us the Gift of Awareness, and through us, He is: God becoming God.

In the vexation of my mind did I seek the council of Our Heavenly Father saying, “Come into my mind and reveal to me the Truth of my Being.” In answer to my supplication, these words were raised up in my Heart: “I made you. All of Humanity is God created in MY own Image and Likeness. Because I have created you in My Image and Likeness, how could you be anything less than Gods?”

Awaken. Surrender to the Presence of my in-dwelling Spirit (Jesus the Christ) in your own Being and you and the Father will be One. HE is in you. When you surrender you are in HIM.” When Jesus became God Incarnate and said, “I and the Father are one. He is in me and I in Him,” He proved by demonstration that His Nature, Gods Nature and Human Nature are one and the same. Awaken to ME says “I AM”, and your Thirst for Understanding and Wisdom shall be quenched. You will live in Truth.

God is light. By the Loving Power of light all things become manifest. You and I are manifestations of light. We are manifestations of God’s Love in the physical world.

I am not the consciousness I know as Clint. Within my Being dwells another consciousness, GOD, which is aware of Clint. I am that consciousness…The I AM. Now, substitute your name for Clint, and read the verse again.

You are God, but you cannot know it until you accept it. Until you accept it, you cannot give rise to the birth of the Godhead that dwells within your being. Why are some people afraid of the word God? It’s just a symbol…as words are just symbols. God is a word symbol that represents the fully evolved and awakened Human Being. What does the symbolic word God mean? Creator. That’s what we are: Creators. We create worlds and universes. We create our own personal worlds.

To reconcile oneself with the concept of God is probably the most important act that any human being could ever do.

What is this word “GOD” we humans use so unknowingly? What are the fruits of understanding coming to us from this concept we call “GOD?”

In the end, isn’t the wisdom this? GOD is “THE I AM THAT I AM.” We are THAT; we are God, and yet, we are not THE UNFATHAOMABLE, or THE INEFFABLE, nor THE INCOMPREHENDABLE. Those ideas lay in the field of the unknowable.

There is no greater purpose in life than to seek union with God. If a person will seek God with all their heart and all their mind, they will eventually evolve into a fully awakened state of knowing what it means to be a loving Human Being. Isn’t that what God made in His image? A loving Human Being.

Inspiration...

By Clint G. Bridges

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In the business world, I’m a mortgage broker. Honesty applies to every thing I do in business as well as my personal life. If you or anyone you know is seeking a mortgage, I am here to help you, and it will be my privilege to serve you. Clint G. Bridges

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NMLS 174012 / MLO 1066017
ARIES (3/21-4/19) SEPTEMBER is “pick your pleasure” month for the Rams. Work seems to be in the spotlight, but you could dance around that and still have time for new diversifications. Romance sparks a wildfire of excitement. Your creativity is also at a high. You could build or create a real work of art this month. There appears to be a conflict between obligations and irresponsibility. Can you work and play at the same time? After the 22nd, it will be easier to pursue love and socializing without the pressure of work. Life becomes as varied as a kaleidoscope. OCTOBER is a time for the Rams to choose a mate for socializing without the pressure of work. Life becomes as varied as a kaleidoscope. OCTOBER is a time for the Rams to choose a mate for the approaching winter months. There are dealings with legal paperworks this month. This seems to be in your favor. Business partners are usually the reason you prefer to work alone. The 1st of the month is the worst. A conflict arises that requires an ending of something to resolve it. The 3rd brings more opposition. You must compromise near the 5th. A deal can be struck on the 6th. The 10th is best used for spirituality. The 15th heralds a change of course. The full Moon on the 18th brings a sense of completion. The 19th brings messed-up people to you. You are able to fight your battles and emerge with only a few scrapes.

TAURUS (4/20-5/20) SEPTEMBER usually brings one last summer fling into being. Bovines feel the changing seasons and respond like a clock to the need to make things secure for the coming cooler weather. Your security is your obsession. Once you feel secure, you can proceed with your paddling of the nest. You have been deeply affected this summer by emotional issues. Now, you spend the first 10 days bolstering your health. The rest of the month is about partnering up with others or someone in particular, to secure your other need: to be loved. OCTOBER is plagued by upheavals in the midst of your relationships. You may find yourself in the role of the rescuer of someone. You must enter their environment to vanquish the obstacles to true love. This is that human X factor to contend with. You are opposed by some difficult matters. (You know, like those people who won’t do what you want.) You are building a future. This looks serious. Work on your home this month. Putting your energy there brings good results. The full Moon on the 18th will shine a light into your subconscious. You will “snap” to what is revealed. Peace will return next month.

GEMINI (5/21-6/21) SEPTEMBER is usually a time to focus on the home. Your mind is on fire with ideas and projects to finish. It's hard to complete things when your urge is to run around, talk on the phone, flirt, have fun, and express meaningless flashes of brilliance. All this starts after the 1st week. Before that, you are made very aware of the home. You can't outrun the chores, and love will make it difficult to keep up. The 5th begins a new phase in your yearly cycle. Money comes easy. You could hire help for the home, or a therapist to help you focus. OCTOBER brings worldly disasters that make it hard to concentrate. However, with Mercury turning retrograde on the 21st, it is wise to get done all you can the first 3 weeks. You want to play at this time, but know that you will have a 2nd chance, later. The 6th can be a real power day. Speaking and writing can be venues for change. The lunar eclipse on 10/18 requires vigilance by parents. It could end a romance for singles if care is not taken. The 21st can be depressive or constructive depending on which Gemini you choose to be. Keep positive. Stay calm.

CANCER (6/22-7/22) SEPTEMBER has a softness which appeals to the feeling nature of the Moon Children. A short get-away could be just what the doctor ordered. Working too much is not usually a problem for the Crabs, but now it could be. So take trips, catch up on overdue phone calls, relax with a cool one. I know, the work seems like too much fun, lately. Just remember, even the ocean must ebb. Just sayin’. By the 19th, the excitement will have built to a fevered pitch. You will have to come out of your shell this month. There is beauty and passion in your life. OCTOBER has a Lunar Eclipse on the 18th. You have a power with you for a few months, to cast off any chains of oppression. Anything which impedes your reputation or success can now be alleviated. The weekend of the 5th calls for some compromises in a relationship. Just keep working for that place of joy. You could be misunderstood in love during the final 10 days of the month. Choose your words carefully. Stay loose for the Scorpio season starting on the 23rd. Your passions keep you zipping along, but it’s like jumping onto a moving train.

LEO (7/23-8/22) SEPTEMBER tends to soften the Lion’s light. You are surrounded by your needs and the needy. There are investments to watch over and various other dramas. Health matters seem to be clearing with natural remedies this time. The 9th is good to communicate any business needs. Fortunately, your energy level is higher than usual as you gradually move about to shine healing on those around you. You are itching to travel around and the start of fall makes it more likely to occur. The 21st is the only real ugly day this month. The 22nd brings a sense of completion. The 23rd is good to communicate any business needs.

VIRGO (8/23-9/22) SEPTEMBER opens with your planet Mercury half way through your Sign. It’s been an interesting past 3 weeks and your mental clarity continues thru this month. On the 9th, the focus changes from self, to self seeking security. It seems that you need this clarity to deal with some difficult matters. (You know, like those people who won’t do things your way?) Yes, you are usually correct on many levels, but there is that human X factor to contend with. You are opposed by forces bigger and stronger than you until peace returns on the 26th. Stay flexible. OCTOBER is for making money and securing your future. Mercury will give you time to review and redo any unfinished correspondence when it goes retrograde on 10/21. It’s a good time to clear up any hard feelings over mis-spoken words. Don’t start any new projects after the 21st. You will be staying home more than usual.
That's appropriate. The 29th brings you around for a 2nd look at core thoughts about life. The 31st is a call for action, but let someone else do the thinking. Your brain is in reverse as you look back on neighbors and siblings who have shaped your way of thinking.

**LIBRA (9/23-10/22) SEPTEMBER** Are we having enough romance, yet? You could fall in love with a friend who thought you were just friends. You walk with an air about you which suggests sensuality. You can blame Venus for stirring you up, which stirs up those who see you. The 12th–14th are your best days of the month. Half of the Scales will fill with riches while the other half will bring a balance of self-confidence, good health, and romance. The 19th brings organization to your work. The 26th is another great day for you. Enjoy your successes this month. OCTOBER is gonna be rough! You have spent several months on a cloud. Now, the cloud has a leak. It's designed to bring you back to earth where you can winterize home and car. Each season requires a different preparedness. This month starts off with a difficult ending of something. You will grow from this. Money issues are a big focus this month. Take care with investments. The 10th is very confusing. Double check yourself. The 16th is a reprieve with fun and excitement. Partners create problems on and after the 15th. Seek a balance to remain stable this month.

**SCORPIO (10/23-11/21) SEPTEMBER** is a time for friends, sharing knowledge, idealism, and of course, physical passion. Your energy is best applied to matters like career. The full Moon on the 19th affects events over the prior two weeks. The first weekend is really fine in every way. The 18th activates your magnetic powers drawing love closer to your side. Be merciful. The 21st is your chance to break ground for new structures in your lifestyle. Also, you can attempt feats of daring with a 90% chance of success. Guard your secrets this month. OCTOBER starts with a crisis, but ends with a great achievement. You are still plagued by an ongoing aspect that eats away at your very foundation. Changes are required. Bend a little like a palm tree to deal with the world. It's the nature of life to break us out of any molds which have formed around us. New learnings are necessary to understand and thrive in this changing world. The 23rd will find you better armed to deal with life. The 29th brings news about a recent concern. No resolution, just hopeful progress. The 31st brings success in your actions.

**SAGITTARIUS (11/22-12/21) SEPTEMBER** can really bug you (sometimes) with all those boring details which afflict you at this time of year. It is usually worth the effort as your likeability score can zoom way up. You can gain financially by rebuilding your life after a loss. Generally, this is a happy, joyful month as you break away from the serious stuff. Optimism and luck seem to keep your boat afloat. You are learning the feeling side of life like never before. The 19th/20th lights the love torch with a full Moon in your house of love. Love is gonna' get you. Revel with a festive spirit. OCTOBER is usually a fun and friendly time for the Archers. A friend causes trouble on the 1st, but your ruling planet, Uranus, remains retrograde you are still able to take a jab at needed changes and plan future attacks. The pen is truly your sword this month. On the 21st, Mercury also turns retrograde. It's time to take inventory on your life. Control anger on the 18th/19th. You could lose if you attack. The 16th is a feel good day. Changes build to a climax the 31st.

**CAPRICORN (12/22-1/19) SEPTEMBER** is building to a place where you can let go of the old, wornout, and outlandish. Tear down your walls, Mr. Sea goat. It's time to build a new structure for your brain. By the 21st, you could dedicate some project or service to benefit others. This will be a cleansing activity for your soul. Yes, you really have one. So, you emerge from early month conflicts to a sense of sweet victory by the 18th. Then, the month ends with celebration as you attain a major goal in your life. This will change you as you adjust your course toward success. OCTOBER is usually a time for the business-minded Sea Goats to take care of business. It could be a struggle to get ahead this month. There are just too many world problems to keep things flowing smoothly. Adjustments are needed this first week. A simple course altering can avoid half the problems. There is a person to advise you of things outside your realm this month. You may find yourself day dreaming, which can be a nice escape. Your brain is working cleverly, and you need that...especially on and after the 18th. Fortify your life.

**AQUARIUS (1/20-2/18) SEPTEMBER**—The seasons hint at a change and the Aquarians begin to nervously scurry about to prepare for fall. Your health is probably good unless you have a bad aspect in your personal chart. There is a call from the stars to end something that is clearly revealed during the first 3 weeks. The negativity and deception is leaving your life to be replaced with a solid outlook on what's safe and good for you. Your opponents leave you alone as they plot their own plots during the final 10 days. Higher learning leads to good health this month. OCTOBER keeps you in a constant fight to tear down the imposing "evil", that you see in the world. It's a good use for the abundant energy firing your nervous system. Though your ruling planet, Uranus, remains retrograde you are still able to take a jab at needed changes and plan future attacks. The pen is truly your sword this month. On the 21st, Mercury also turns retrograde. It's time to take inventory on your life. Control anger on the 18th/19th. You could lose if you attack. The 16th is a feel good day. Changes build to a climax the 31st.

**PISCES (2/19-3/20) SEPTEMBER**—Where have you gone, little fish? Are you tanked? (Get it?) The party scene has a certain appeal to the Pisceans. There you find happiness, love, and fun. Yet you feel withdrawn at the same time. It looks like another Pisces dilemma. Flip a coin. Some of your Sign may go off to visit family. The travel bug has bitten. Some seek deeper understanding of ancient cultures. It's all good for the heart, apparently. The 7th is good for personal harmony with others. Love is the theme on the 14th. It could be a former lover. Refuse fear of the unknown on the 9th/10th. Time for a change? The 16th promises to make things better. If you stick to your ideals, you can't go wrong. You can gain financially by rebuilding your life after a loss. Generally, this is a happy, joyful month as you break away from the serious stuff. Optimism and luck seem to keep your boat afloat. You are learning the feeling side of life like never before. The 19th/20th lights the love torch with a full Moon in your house of love. Love is gonna' get you. Revel with a festive spirit. OCTOBER is usually a fun and friendly time for the Archers. A friend causes trouble on the 1st, but your ruling planet, Uranus, remains retrograde you are still able to take a jab at needed changes and plan future attacks. The pen is truly your sword this month. On the 21st, Mercury also turns retrograde. It's time to take inventory on your life. Control anger on the 18th/19th. You could lose if you attack. The 16th is a feel good day. Changes build to a climax the 31st.

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