Goldie Hawn shares about her new book 10 Mindful Minutes and the revolutionary MindUp™ Program.
The Natural Birthing Center is making a splash with water births at Lovelace Women’s Hospital, the only hospital in New Mexico dedicated to women. Now you have the option of welcoming your newborn in the kindest, most gentle way in a safe, controlled environment. Talk to your health care provider to see if the Natural Birthing Center is the best option for you and your baby.

**BENEFITS OF NATURAL BIRTH**

- Offers pain relief and faster recovery for mothers
- Less trauma and avoiding medications for newborn

**NATURAL BIRTHING CENTER**

- Four private labor/delivery/postpartum rooms with water birthing tubs
- 18 private patient rooms with home-like atmosphere and in-room sleeping accommodations for a guest
- Convenient first floor location with fireplaces in the lobby

For more information, call 727.7800.
Across the country, the revolutionary MindUp™ Program, developed through Goldie’s Hawn Foundation, is teaching children (parents and others) the vital social and emotional skills needed for reducing stress and increasing happiness levels.

Artfully blending the latest science with quick and easy how-to advice, the secrets of the incredibly successful MindUp™ program are now available to all in 10 Mindful Minutes.

Goldie delightfully weaves together personal reflections and practical tips with accessible explanations of the brain’s attention and emotion systems. Firmly rooted in neuroscience and mindfulness, she is pioneering a cultural shift in parenting and education.

Amishi Jha, PhD, Neuroscientist & Associate Professor of Psychology, University of Miami

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11 GOT PAIN? by Victoria L. Magown, CMTPT, LMT, RMTI
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13 Delete Your Points of View That Create Struggle by Annie Chin Taylor, M.Ed.
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15 Coaching, Personalized to You! by Janet L. Hall, ND, CMI, CHt, CKP, AHG, CBT
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25 Holistic Smolistic by Sandi Ganshaw, RDH, BS
26 Mercury Vapor from Your Silver/Amalgam Fillings, Why I Became a Mercury-Free Dentist by Bill Wolfe, DDS, NMD
27 Dog Walks While You’re at Work! with Susan Lemme and Robin Gardner
29 Dear Melissa & Melissa Frei Answers Your Questions
30 Seven Point Dance: Dance & Movement Alchemy by Jennifer McKay Vaitkus
30 The Right Plants Make a Difference! by Rhonda Owen
31 Life Changing Tadd Technique: 2nd in a Series of Articles About Chakras by Ellen Tadd
32 Mammogram Alternative by Dr. Carla Garcia, DOM
32 Starbutts by Bill Haggard, All About Health
33 A Room Full of Love by Clint G. Bridges
33 A Season of Change in Changing Times by Robert Klumpp
34 Premium Body Care™ Products at Whole Foods Market from Whole Foods Market
36 Astrological Forecast for May June by John Clinton
38 Resource Directory
40 Advertising Rates
**PSYCH-K Basic Workshop**
May 25-26, 9am-5pm  
**$375 advance fee**
The best technique available to “change your thinkin”—change your life,” PSYCH-K shows you how to overcome your limiting subconscious beliefs. The process teaches you how to assess subconscious beliefs and change them effectively—to resolve negative habits, phobias and behaviors. Learn to transform limiting unconscious programs into life supporting and success promoting ones in as little as 10 minutes. Limited space.
High Desert Center for Spiritual Living  
5621 Paradise Blvd NW, ABQ 87114  
Ted Dale: 505-263-5402, teddale1@comcast.net  
[www.hdcscl.org](http://www.hdcscl.org)

**Chakra Pendant Workshop**
May 6, 1-3pm • $25
Learn to make a Wire Wrapped Chakra Pendant. The rainbow spectrum, that will be the basis for your design, represents the chakras or the seven energy fields of the body. Crafted with your own hands and energy, it will bring you new light and balance.  
• Presented by Camille Argeanas.  
Mama’s Minerals  
1100 San Mateo Blvd NE @ Lomas  

**Reiki I Classes**  
- **- $150**  
Usui System 14-hr class  
May 19-20, (Sat/Sun), 9am-5pm  
May 21-22, (Sat/Sun), 9am-5pm  
May 28-29, (Sat/Sun), 9am-5pm  
May 31-June 3 (Thurs/Fri) 6-8 pm, (Sat/Sun), 1-6pm  

**Write Your Book Right Now...You Can!**
*July 28, 8am-11am • $99*
Tom Bird, renowned writing coach, book whisperer, literary mid-wife and author of 24 books; shares his amazing techniques for how to write a book in a weekend, get over writers block for good and much, much more.
UNM Center for Continuing Education University Blvd., ABQ  
To register: 505-277-0077 Ext. 1

**The New Age of Publishing – What it Means to You**
*July 28, 11:30am-2:30pm • $99*
Tom Bird, renowned writing coach, book whisperer, literary mid-wife and author of 24 books; Learn how the New Age of Publishing can make you a best selling author over night. “Thanks for showing me how to get published...half of a million copies sold to date.”
Jan Larkey, author of Flatter Your Figure (Simon and Schuster). “A professional writer, no matter how talented, is nothing if he can’t get his work published...Bird has a system.”
The Pittsburgh Press  
UNM Center for Continuing Education University Blvd., ABQ  
To register: 505-277-0077 Ext. 1

**Tom Bird’s Write Your Publishable Book in a Weekend Retreat**
*September 28-30, 2012*
*Rates on website: [www.tombird.com](http://www.tombird.com)*
Literary mid-wife, book whisperer, renowned writing coach and author of 24 books, Tom Bird leads you through a three phase retreat. Rid yourself of all that has been holding you back from being the author you want to be; learn to unleash your author within; write your publishable book in a weekend; change the lives of others, and most of all your own.
Hotel Albuquerque at Old Town  
Info/registration: 928-203-0265

**EVENTS AT:**
*9301 Indian School Ste. 200G, ABQ 87112*
Melissa Frei • 505-610-7917  
melissa@melissafrei.com  
[www.melissafrei.com](http://www.melissafrei.com)

**Pet Communication Beginner Course**
*Class 1*
4 Saturdays, starting  
May 12, 10-11am  
**$25 per Class**
Want to talk to your animals or include pet communication in your current profession? Communicating with our animals is easier that communicating with people. You will learn the language and understand your pets. Each week you will focus on a pet, and learn to recognize what is going on with them physically, mentally, and emotionally... as well as learn how to look for lost pets! Walk away from this class feeling like Dr. Doolittle!

**Communicate with Your Angels**
*June 22-23, Friday, 5-8pm  
Saturday & Sunday, 11-4  
*+$125 (before 5/24) then $225*
Learn to communicate with the angels clearly and effectively and how to build heartfelt relationships with them. They love you and are dedicated to your highest and best good. With their help, you can access your God-given intuitive abilities and become a healing force for yourself and others. Feel 100% confident in reading angel cards! Certificate upon completion.  
*Cost includes a deck of Oracle cards & Archangel Ascended Masters Book.*

**NM Science of Mind Adult Retreat**
*Taos Ski Valley, June 28 – July 1*
*Rates vary according to lodging*
Join us as we move towards realizing harmonious relationships in every area of our lives. Explore community from the perspectives of personal relationships, economic paradigms and conflict resolution. Witness personal evolution through the eyes of another. Stretch your limits through creative expression or a white-water raft ride. In a spirit of lightness and Light, our Adult Retreat promises to change lives. Through play, creative expression and interaction, our hope is that you fall in love with the people you meet, as you find deeper love for yourself. Christine Stevens of UpBeat Drum Circles and singer/songwriter Susan Clark will be featured. Join us in Beautiful Taos Ski Valley for a long weekend of love, community and spirit.  
Robert: 505-301-0758  
Email: SOMretreat@gmail.com  
Visit: [www.rgcsl.org](http://www.rgcsl.org) and look under ‘Events’
Events

**ABQ Natural Health Center cont’d**
and learn how to safely clean out your physical body and mind. Detox naturally and safely using nutrition, herbs and homeopathy. Understand how to optimize glands and digestion. Discover tricks to remain healthy. Healings take place in these workshops!

RSVP: ABQ Natural Health Ctr, 505-797-0540

**Held at: Vitamin Cottage**
4420 Wyoming Blvd, ABQ 87111

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**SOUND MEDITATIONS AT:**

**Body Balance Yoga Studio**
3705 Westerfeld Dr. NE • ABQ 87111

**Offered by Walter Snyder: 505-681-5229**

**Drum and Harmonic Voice Journey**
May 11 & June 8, 7-8:30pm • Donation
Relax and journey to the realm of inner knowing through the healing song. Performed by Walter Snyder. For your comfort, please bring a pillow and blanket.

**Sound Meditation**
May 18 & June 15, 7-8:30pm • Donation
Manifesting your heart’s desire through the ancient technology of Mind, Heart and Voice. No experience necessary.

**Spring Fair**
May 12th, 9am-2pm • FREE Entrance
Come join us for our annual Spring Fair! Live auction at 10:30am. Food, indoor plants, outdoor plants, Peace Cafe, and kids activities. Everyone welcome!

**Wesak Festival**
May 5, 11am
$20 and fruit
Wesak, the Taurus full moon, is said to be the most sacred day of the year. At the exact moment of the Taurus full moon, the Light of the Cosmos is transmitted through the eye of Taurus, the star Aldebaran, to humanity. In this moment, we experience our own Divinity!

**Lemurian Priestess Group Channelling**
May 17 & June 15, 7pm
$15 and fruit
What was the value of Lemuria and how can it help us today? Speaking through SanRa Alworth, the Lemurian Priestess Circle of 13 will bless us with beautiful heart energy and provide information about Lemuria, how it worked and what your Lemurian connection might be.

**Summer Solstice Celebration**
June 20, 7pm
$15 and fruit
Celebrate the longest day of the year! Ritual and guided meditation for cleansing and renewing ourselves and the earth. Chanting, guided meditation and social time to talk and eat fruit together. Location TBA.

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**EVENTS AT:**

**ABQ Natural Health Center**
5341 Wyoming Blvd. NE, Ste. B
505-797-0540
www.abqnaturalhealthcenter.com

**Awakening Abundance Group**
May 16, June 13, July 11, 6:30-8pm
Free informational meeting
Learn proven techniques to manifest abundance (wealth, joy, happiness, whatever abundance means to you!) Explore the subconscious patterns you hold and shift them. Receive an integration that works on all energy bodies - mental, emotional, etheric, celestial, and astral. Raise your frequency and optimize DNA. Please RSVP; 505-797-0540.

**Summer Solstice Celebration**
June 20, 6:30-8:30pm • FREE
Join us for a celebration of summer including drumming, integration, harmony, snacks & positive company! Limited seating, please RSVP: 505-797-0540.

**Detox, De-stress & Start Living Your Life!**
June 23 10am • Free Workshop
Join Louise Swartwaler, ND, CBS, CNHP

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**ABQ Natural Health Center**
3705 Westerfeld Dr. NE • ABQ 87111

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**EVENTS AT:**

**ABQ Natural Health Center**
5341 Wyoming Blvd. NE, Ste. B
505-797-0540
www.abqnaturalhealthcenter.com

**Spring Fair**
May 12th, 9am-2pm • FREE Entrance
Come join us for our annual Spring Fair! Live auction at 10:30am. Food, indoor plants, outdoor plants, Peace Cafe, and kids activities. Everyone welcome!

**Prayers for World Peace**
Sundays, 10am-11:30am (ongoing) • Donation
Each week, we receive practical advice from Buddha’s teachings to nourish our compassion and wisdom in order to improve ourselves, our relationships and our world. The teachings are accessible for everyone and the environment is very conducive for beginners.

**Meditation for Beginners**
Fridays, 12pm-1pm (ongoing) • $5/class
Familiarize your mind with virtue, with the twenty-one Lamrim meditations. Easy, practical, and it works for everyone who sincerely wants to develop a peaceful, happy mind! Simple prayers, a short teaching and a guided meditation. Practice and question time. Every level welcome.

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**Metaphysical Crystal Basics 101**
May 13, Noon-2pm • $20
Learn how crystals can help heal aspects of the body and empower your life. Great class for beginners, covering subjects such as subtle energy, charging stones, elixirs, and crystal meditations. Taught by Marcia Stevenson.

**Thoughtful Gifts**
Classes Scheduled Regularly
FREE
3 hours of instruction on Necklace & Earring making. This is an opportunity to learn how to make jewelry using the stones of your choice. Share your knowledge of stones and their metaphysical properties with friends and family through personal handmade gifts.

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**Events continued on p4**
Connecting with Archangel Michael Meditation
May 11, 5:30-6:30pm • $11
Join us for our monthly Connecting with an Archangel series with a powerful meditation to connect with Archangel Michael. On June 8, the series continues with Archangel Ariel. Angel Readings are available before both meditations 3-5pm ($15/15min.). Led by Susan Herrington.

The Intuitive Mind and the Healer
May 12, 11am-1pm • $20
In this workshop we will explore the different types of healing modalities and how the intuition plays a vital role in all healing methods. Both therapists and clients are welcome to this workshop. Led by Susan Zummo.

Crystal & Tibetan Bowl Guided Meditation
May 19, 6:30-8pm • $10
Join us for an enchanting evening of sound, color, scent, and energy. Heal, Balance and Harmonize with your higher self. Clear, Align, and strengthen ALL the major chakras. Led by Kelly Deschaine.

Sacred Saturday
May 19 & June 16, 12-4pm • $15/15 min
Take some time for yourself and come play! Therapists, readers, and an astrologist available for mini sessions. No appointment necessary.

You Can Heal Your Life® Movie by Louise L. Hay
May 11, 7pm • FREE
Louise Hay’s key message is: “If we are willing to do the mental work, almost anything can be healed.” She shares about healing, including how she cured herself after being diagnosed with cancer. Tania Vasallo, a Heal Your Life teacher, will facilitate a Q&A.

Mind & Body Connection
May 12, 9:30am–12:30pm • $15
Based on the book You Can Heal Your Life, and using Louise L. Hay’s philosophy and techniques, Tania Vasallo, a licensed Heal Your Life teacher, will guide participants in the understanding of the mind and body connection. Space is limited RSVP: 505-989-4433.

White Horse Events
Cont’d
Light Activation w/Grace Talley Bailey
June 12, 6:30-8:00pm
Suggested love offering $10
Enter the Tower of Pure Divine Light; experience your energy frequency rising to the highest level for you. Anger, inner turmoil, and lack dissolve as you ascend to your full energy self. Guided meditation, channeling, chanting, and bliss! Bring water, wear comfortable clothing.

Psychic Readings and Energy Healing
Every Wednesday-Saturday $1.50/minute
White Horse hosts an amazing selection of Psychics, Channels, Healers, & Henna! available for personal sessions. Check our website for full information about our practitioners and their schedules. www.AbqWhiteHorse.com.

Maintain Your Brain
Presentation by Melissa Spier
Program Director of the Alzheimer’s Association of NM
May 25, 5:30-7pm • FREE
Am I losing my mind? Can I find it again? Learn how to keep your memory sharp and active and increase your chances of preventing Alzheimer’s plus new treatments info. Great info for caregivers who are tending to Alzheimer’s patients.

Urinary Incontinence & Pelvic Organ Prolapse
Presentation by: Shamarie Sais, MD
June 18, 5:30-7pm • FREE
This is fairly common in women, but not inevitable with age. Why does it occur? How is biofeedback might be the answers for you, but no single treatment works for everyone. Your doctor can help you to avoid/treat.

Cinco de Mayo Folk Art and Music Festival
May 5, 9am–to 6pm • FREE
Please join us at La Parada Mercantile / Farm & Table at 8917 4th Street NW (South of Alameda) on Saturday May 5th from 9 AM to 6 PM. We will have over 35 local artists, 5 local bands and locally grown food & great drink. Best Fiesta Hat contest at 3 pm. For info contact Kenny Chavez at 505-977-5290 or www.kennychavez.com.
Want to Feel More Peaceful & Relaxed?
May 12, 11am-noon • $10
Topics Covered: Ascension, Opening your 3rd Eye, Clearing negative energy, Chakra Balancing, Following Love NOT Fear, Healing from the Past, Finding your True Path, Letting go, Meditation, Health/Nutrition, Raising your vibration. Light snacks & literature provided. Seating is limited.
2610 Wyoming NE, Suite 119
RSVP to: Charlene, 505-933-2938
www.timetohealnm.com

Kindred Spirits Spring Open House
May 19 & May 20, 10am–4pm • FREE
Annual Spring Open House and Collective Birthday Party for our many senior dogs, horses, poultry. Visit with the animals in a serene and peaceful country setting, and learn what’s new.
Free Educational Talks, Demonstrations by our wellness caregivers. For information/directions, please visit our website/call.
Kindred Spirits Animal Sanctuary
3749-A Highway 14, Santa Fe, NM 87508
505-471-5366 • www.kindredspritsnm.org

Carol Joyce Ascension Group
May 20, 6:30-8 pm • $10 Donation
Are you stuck in the transition process? Come learn and discuss your options on how best to move forward during these challenging times.
3901 Montgomery Blvd NE, #1513
Info: 505-884-4533

A Common Practice of Reiki
May 27 & June 24, 2-4pm • $5
Reiki practitioners of any level, any lineage, are invited to give and receive team treatments, following a “common practice” (practitioners use designated hand positions and follow predetermined guidelines). RSVP required: call the day before—leave your name & phone number.
NE Heights Residence
Elizabeth Valsala: 505-323-1993
www.ReikiABQ.com

Meditate with Shiva Rudra Balayogi
June 3, 4pm • Free/Donations Appreciated
Learn the ancient practice of Jangama Dhyan (meditation of eternal existence) from a self-realized Yogi from the Himalayas at beautiful Los Poblanos. Babaji will answer spiritual questions, offer techniques to improve concentration, increase energy, and enhance inner peace.
Held at: Los Poblanos
4803 Rio Grande Blvd NW
505-307-8892 or 505-220-2866
www.shivarudrabalayogi.org

Ongoing Events

EVENTS AT: Dr. Judy Channels cont’d
Dr. Judy Channels cont’d
Pranic Healings-Non-touch Energy System
1st and 3rd Tuesdays, 6:30-8pm
Donations to church appreciated
Dr. Judy & other practitioners apply healing techniques on the bio-electromagnetic field as it contains the blueprint of the physical body. Researched by engineers and clairvoyants, you will feel lighter and more energized! See Master Stephen Co heal live on NBC news: pranichealing.com.
Unitarian Church • 3701 Carlisle NE, ABQ
Dr. Judy Channels the Golden Ascension Mondays, 6-7pm
$10 (Includes Free Channeled Responses)
The more light we channel, the better we heal our energy body. This heals our physical, mental and spiritual bodies. How do we carry more light? By receiving the high frequencies channeled thru the Golden Ascension. Reduce stress, carry love.
616 Isleta SW, ABQ

EVENTS AT: Healing Gate
3212 Monte Vista Blvd. NE • ABQ 87106
By: Hans Levy, PT, LMT #5870
Fluid Motion Therapies • 505-934-2510
www.FluidMotionTherapies.com
Neurological Integration Clinic Saturdays 9am-3pm FREE
Healing Clinic for Children and disabled Adults. When nothing else has worked to heal the body visit www.BowenworkTherapy.com for more information. Space is limited, RSVP: 505-934-2510

Hypnosis Education Saturdays 5-6pm • FREE
How Can Hypnotherapy Help Me? Space is limited, RSVP: 505-934-2510

EVENTS AT: High Desert Center for Spiritual Living
5621 Paradise Blvd NW, 87114
505-922-1200 • www.hd scl.org
Pathways to Freedom Thurs, April 26–May 17, 6:30-8:30pm
Love offering
Understand how you came to be, who you are and to identify and eliminate the negative beliefs/fluences that limit you. Develop a more conscious awareness. Create new positive, personal beliefs. Class will be taught by Sue Hoadley, RScP and Don Wismer, RScP. Call 922-1200.

High Desert Center cont’d
Spiritual Mind Treatment – Healing Prayer Sundays 11:30am-Noon FREE
HDCL practitioners are available after services for healing prayer sessions for any attendees to the services. Any practitioner wearing a stole is available for prayer work. Call 922-1200.

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

 Healing Service Monday May 14 7-8pm • FREE
In the high vibration of unconditional Love, there will be meditation, chant, and 6 experienced healers doing spiritual healing for you as an individual. Healing the energy field, hands on (optional) healing touch, and of course, affirmative prayer will be offered. All are welcome. Call 922-1200

PIYo Dynamic Yoga (YOGA) Mondays 8:15am, Wednesdays, 6pm $5 per class/$30 month Yoga mat, comfortable clothes, water + a Positive Attitude. Sweat your way to sculpted abdominals, increased core strength and greater stability with strength building, rhythmic movement. Founded in Pilates & yoga. Modifications so all can participate, plus progressions challenge more advanced. Instructor: DeAnna Dimmitt: 730-8576.

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

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

continued on p4
Connecting with Your Angels cont’d

Join Betsy Morgan as she connects with loving spiritual energies and brings through an amazing channeled message. All questions welcomed! Classes in Beginning, Intermediate and Professional channeling are offered every month. Private readings are available by appointment.

Convenient NE Heights Location
RSVP for directions: 505-275-4746

Edgar Cayce ARE Study Groups
Wednesdays 7-9pm, ABQ • FREE
Contact Wanda Barrows: 505-890-0878

Tuesdays, 3-5pm, East Mountains • FREE
Contact Dayle Goldsmith at 505-281-3999

www.edgarcayceabq.org

Oneness Blessing (Deeksha) Events:
Awakening to Oneness and the Planetary Transformation

Help usher in the Oneness Age and bring about global transformation; opening your heart and sharing Divine Energy through meditation and Blessings. (This process is not a religion nor is it in conflict with any religion.) Blessing Events are given at the following times and locations:

Sundays, 10am: Cathy Cunningham, 2928 Dakota NE, 87110, 505-883-3601
Tuesdays, 7pm: Paul Schentrup, 1112 Dakota NE, 87110, 883-3601, or Buck Rhodes, 505-244-0777
Wednesdays, 7pm in Placitas, Jan Lanning, 505-771-2868
Thursdays, 7pm: Doe and Jim Bennett, 1829 Dorothy NE, 87112, 505-299-4945
RSVP for directions: 505-275-4746

from the publisher

This issue is a very exciting one for me. 10 Mindful Minutes and the MindUp™ Program are wonderful tools—already changing the lives of our children (as well as entire families) around the country. It heartens me when a celebrity uses their fame to promote a worthy cause and affect positive change. While the book is written (highly congruent with the most recent, cutting edge neuroscience) are beneficial for us all—as well as easy, quick and simple to use. Truly, this information has the power to change us; one person at a time. And as Goldie points out, even the busiest among us can devote 3 minutes, 3 times a day to being quiet and totally present (mindful); in just about every life setting.

For those who may have thought about advertising in Truly Alive and hesitated due to our print advertising costs, take a minute to visit our new website: www.trulyalive.net. The new design (including a beautiful separate layout for SmartPhones), is searchability, and search engine optimization is getting the website a lot of unique hits—even though it’s only been up a couple of months. The online-only rates are a fraction of the cost of the print + online rates (as much as 90% less —click on “Advertise with Us/Online Rates”). Here’s your chance to get into Truly Alive, spending very little!

Karen Larré
You Can Write a Publishable Book in a Weekend. Yes, You Can!

By Tom Bird, Author University

I know it sounds outrageous. Write a publishable book in a weekend? Are you crazy? In fact, before my thirty years of working with new writers, I would have felt the exact same way that you do right now. However, being blessed with seeing authors just like you write and finish their books, in most cases their first books, in just a weekend has thoroughly convinced me that just about anyone, who has the desire and with the write (oops) training, can finish his or her book in a weekend.

How is that possible?

Simple. It’s all about getting into what I refer to as The Author’s Zone State (TAZS) and staying there long enough for a book to be born. How long does that take? Usually, less than a weekend.

You know the state that I am writing about; when the words just seem to write themselves and fire out of you at a pace that you have to fight to keep up with. While in that state, a writer will release an average of over 2,000 words an hour. The average length of an American adult book in the country? Forty thousand words. So it would literally take a writer twenty hours to complete his/her book. The length of one of my Write Your Publishable Book in a Weekend Retreats?—Thirty hours spread out over a three day weekend.

But if one were to write a book that fast, surely it would suck, right? Nothing could be further from the truth. In fact, all great works of literature were composed by authors while they were in the TAZS. So, literally, the faster you write a book, the better because the faster you write, the deeper into TAZS you are and the less damaging left brained experience (which is directly responsible for 95% of the potential errors you could make) to which your book will be exposed.

Check out my website—www.TomBird.com—to view any of the dozens of video testimonials from former attendees. While there, check out my Freebie page as well.

The retreat which I will be hosting in the Albuquerque/Santa Fe Area will be three phased. The first phase is all about re-education and preparation; Phase Two is the actual Retreat and Phase Three covers revision.

By visiting my website, you will note that discounted spaces, working scholarships and student scholarships are available. The first twenty to register can do so at 20% off the regular price (enter the code 0795 upon checking out to receive this discount). You can also apply for a working scholarship through my site, as well as a full student scholarship. But if you are interested in attending the retreat under any one of discounted opportunities, do so quickly because they fill up fast.

Want to get a real taste of who I am? I’ll be lecturing this July at UNM on the 28th (see Classes/Workshops section for more info). You can contact them to register for either of my courses—505-277-6320. If you want to write any kind of book, I can help. Hope to see you soon...Tom Bird

Tom Bird, who sold his first book at the age of 25, is the author of 24 books, as well as the founder of The Tom Bird Method, which he has shared through over 4,000 lectures, at over 110 colleges and universities. From Sedona, Tom is been a frequent guest lecturer at UNM for the last 15 years. “Tom Bird is simply the finest writing instructor in the world.” Paul McCarthy, editor and New York Times best selling authors, Clive Cussler and Stephen Coonts. “Even Stephen King could learn something about writing from Tom.” Jean Marie Stine, author and former Editor-in-Chief of Tarcher Books.
Once you really recognize how much of your mental activity takes place subconsciously, you can make better use of the knowledge and gifts you already possess.

These are great strategies for finding a healthy balance between critical thinking and gut feelings or that sixth sense; which is innate in all of us.

7 Tips for Using Intuition in Your Life

1. Recognize the role of intuition. Cognitive science is giving more and more credit to the part our sixth sense plays in our thoughts and behavior. You might mistakenly assume you’re making rational decisions when you’re really operating on autopilot. Just think of the times you’ve driven home out of habit while you were lost in thought about something else.

2. Question gender stereotypes. Even the experts are divided about whether women have stronger intuitions. Many studies suggest that women in general are more sensitive to emotional cues but individuals vary widely in their abilities.

3. Watch for connections. Your intuitions are most reliable in the areas where you have the most experience and expertise. Study a situation in terms of its similarities to something you’ve handled before and look for ways to categorize it.

4. Be mindful about making snap judgments. Gut feelings enable you to respond quickly when necessary. When the stakes are low, practice building up your confidence by deciding things quickly, like what to eat for dinner or which movie to see.

5. Cultivate your sense of curiosity. Those who are curious about others are often the best judges of character. Experiment with putting yourself in someone else’s shoes to understand the reasoning for their conduct.

6. Put your feelings into perspective. We often exaggerate how much peripheral events will affect us. You’ll probably soon return to being as happy as you ever were, well after the event, so listen to your feelings without getting carried away.

7. Be realistic about your shortcomings. It’s tempting to see what you want to see and overlook faults. Be disciplined about scrutinizing your actions and gaining knowledge from mistakes in judgment.

Trusting Your Intuition in Specific Circumstances

1. Make friends and fall in love. Our first judgments about people are often reliable. You’re likely to recognize the people who will enrich your life as long as you keep an open mind about seeing the good in everyone.

2. Discern when to stay silent. For the sake of your relationships, it’s often better to keep your insights to yourself even when they’re accurate. For example, your friend may not appreciate being reminded that her consumption of food has doubled after her divorce.

3. Take delight in major purchases. Pick out a house you’ll enjoy living in rather than getting distracted by real estate trends. You’re likely to feel more content in the long run. On the other hand, listen to experts when you’re making financial investments.

4. Consider your fears. Evolution makes us vulnerable to exaggerating fears that have immediate and vivid consequences rather than more probable but subtler consequences. Keep that in mind if you get more alarmed by African killer bees than the long-term effects of obesity.

5. Pay attention to your conscience. Most healthy adults usually distinguish right from wrong spontaneously. If you feel comfortable with your actions and at ease with people knowing about them, you’re probably on the right track.

Go ahead and play your instincts as long as you also take the time to weigh the facts and test your outcomes.

Your gut feelings already play with a big role in your relationships and decision making, so becoming more conscious of the process will help you to make better use of your intuition.

Trust Yourself—Trust the intuitive process.

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AMMA
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Albuquerque

Free Public Programs: June 22, 10am & 7:30pm
Free Devi Bhava Program: June 25, 7pm
Retreat: June 23 through June 25

Who is Amma?
Sri Mata Amritanandamayi, lovingly known as Amma, is revered throughout the world as one of the most outstanding humanitarian and spiritual leaders of our time. Her humanitarian programs include disaster relief (including the 2004 tsunami, Hurricane Katrina, and Haiti); educational and vocational programs, food programs for the poor and homeless in the US and abroad, health services, nature care and reforestation projects.

visit www.Amma.org for updates on the schedule, and for more information.
IT ONLY TAKES A SMALL GROUP OF PEOPLE WITH A VISION TO CHANGE THE WORLD!

One of the methodologies we are partnering with for the next fiscal year—our community outreach program is Circles® New Mexico (www.circlesnewmexico.org).

Back in the fall of 2009, ten people at the Center met in a garage and dared to embrace a vision of ending poverty and relational violence in the world. Through the volunteer leadership provided by our Center community members, we began a movement that has generated nearly $200,000 and has been a part of bringing together over 200 people from all walks of life. These people joined hands with low-income families to provide 18 months of community support, education and services to lift them and their children up and out of poverty. Our first 14 families began their 18 month journey in April 2012 and this fall we will begin to help at least 25 more low-income families. Albuquerque is slated to have Circles® in 7 different locations over the next 5 years.

We are looking for all sorts of volunteers to provide support and friendship to low-income families. Once a week, we meet and provide the families with a healthy meal, an educational program for the adults and child care for their children. We need individuals, restaurants, churches or businesses to sponsor meals for 75+ people and help serve food every Thursday night. We need middle and upper class people to dedicate 18 months of their time to being an ally for a low-income family in a circle with others. Training is provided. If you would like more information about Circles® and what you can do, please contact Wendy Foxworth, our Center Director at 505-343-8001 or 505-514-2024.

ON FRIDAYS, BEGINNING MAY 4TH—COMMUNITY PEACE CHOIR REHEARSALS from 6:30 to 9 pm. This is a choir whose practice involves embodying universal spiritual qualities individually and collectively using toning, chanting, meditation and singing to imprint the frequency of peace in themselves and for groups of human beings that invite us to sing for them. Go to www.consciouslivingnm.com to register for the Peace Choir.

COMING IN MAY/JUNE: Our weekly community consciousness study on Sundays from 11 to 1 pm will be about “Conscious Evolution: Awakening the Power of Our Social Potential” the title of a book written by Futurist, Barbara Marx Hubbard—the parent of the Birth 2012 movement. Together, we will learn what conscious evolution means and what we can do individually and collectively to co-create a new way of being on our planet that works for everyone. We will also deepen our understanding of becoming a universal humanity in order to manifest the next quantum leap in consciousness for humankind. Prayer, meditation and community dialogue is a part of each study session.

ON WEDNESDAYS BEGINNING JUNE 6 – “Evolutionary Circles” from 6:30 to 8:30 pm. We invite all people who feel called to co-create a new universal humanity to circle up with others in the Albuquerque area from all walks of life to come into heart coherence (using HeartMath Institute’s technology) through meditation practices and to practice being in relationship with others from essence not ego. Learn to speak and live from the place of essence in your life with others who are choosing to do the same. Sharon Gonzalez-Alei and Wendy Foxworth with other certified Agents of Conscious Evolution will be facilitating our Evolutionary Circles. Register to be a part of Evolutionary Circles and other consciousness classes by going to www.consciouslivingnm.com.

Changing the world—one relationship at a time! Namaste!
Our discussion in the last article addressed pain after a car accident. The emphasis was to start treatment as soon as possible. But what if you did not have treatment directly following your injury? We can help to relieve your pain—even years later.

One of the wonderful things about the human body is our fascia and muscles know “no age”. Integrated Myofascial Trigger Point Therapy can relieve your pain even 20, 30, or 40 years after the initial injury.

When growing up, we all experience falls, fractures, cuts, bruises, etc. Usually, there is pain or soreness for a while and then, it goes away. You feel fine. But now we know that every trauma to the body is recorded in your fascia and muscles.

Each time the body experiences trauma, the fascia and muscles in the area of impact shorten. When a person is hypermobile (very flexible), the joints shift (not dislocate) to a dysfunctional position during the impact. When this happens, fascia and muscles continue to splint and brace to immobilize the joint. This can be ongoing.

Recently Deborah, a 45 year old mother and athlete, was treated for right hip pain which she has had for a very long time. During the initial treatments, we were able to completely relieve the pain, but it always returned within three to five days. Sound familiar? When this happens, MyoRehab's therapists are trained to “look outside the box” to determine why a particular pain keeps returning.

In Deborah's case, we evaluated her knees and ankles and found the right knee and ankle to be restricted and painful when doing a particular test. Since she used her right arm/shoulder (which was also sore) to help hold her body weight when standing and sitting, she was not aware of any problems with her right knee and ankle.

During treatment, the therapist noticed a scar on the right ankle and questioned Deborah about it. She remembered, at twelve years old, playing with friends in a barn (where she was not allowed without an adult). She jumped from the loft and landed in a hay pile with a piece of glass stabbing her ankle. The pain and bleeding was the focus of the injury, so no one (not even Deborah) was aware that she had also sprained her ankle and twisted her knee.

The human body is a wonderful mechanism. For all those years, Deborah's brain told her body to accommodate the right knee, ankle restriction and discomfort by using her right arm/shoulder to hold her body weight when standing, sitting, getting up from the floor or doing certain exercises. One of the exercises which had been difficult for Deborah was to balance on one foot doing a half knee bend. She was unstable on the right lower extremity. Deborah and her personal trainer thought it was due to the pain in the right hip, which was still constant.

The right hip pain remained constant due to the right ankle's inability to bend (dorsiflex) when walking, plus the instability of the right knee. With the right ankle unable to dorsiflex, the right hip lifts up (“hikes”) so the foot can swing forward and not hit the ground. We call this “hip hiking” and as long as you do it, the hip pain will never be relieved. Treatment was then focused on the right knee and ankle. Deborah had to stop the old habit of “hip hiking” and re-learn how to use the right knee and ankle appropriately. With a few more treatments and an Individualized Home Exercise Program, Deborah is now able to function without right hip pain.

Pain from an old injury? Don't let it go untreated one more day. Give us a call at 505-872-3100 & schedule an appointment.

For more information & a better understanding of Myofascial Pain & Dysfunction, visit our website at: www.myorehab.net.

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Providing drug-free treatment for pain relief for over 30 years.
Clearing the Body and Brain of Toxins: A Path Back To Wellness

By Pamela Costello, MD, PhD

Hippocrates prophesied 2500 years ago about our modern day bodies' reaction to an impure environment when he stated “All diseases are crises of purification, of toxic elimination”. What he may not have foreseen, however, was how toxic our planet was to become and how challenged our bodies would be in their attempt to rid themselves of these toxins.

As we find ourselves living in an increasingly toxic world, it becomes more challenging to navigate a clear path to wellness. Obstacles on this path include the adverse effects on the nervous system and the body of a deteriorating food supply, the presence of potent, elusive infectious agents, and the increasing burden of toxins and neurotoxins. This toxic burden damages our cells, body tissues, and organ systems, creating imbalances in the body which manifest as acute and chronic illness.

The antidote to these challenges begins with awareness and avoidance of the sources of these toxins. The next step is finding qualified medical guidance, utilizing the diagnostic tools and treatment strategies to identify and safely clear the body and brain of their toxic burden. This process will lead to the correction of the associated imbalances and allow the body to be restored to health.

Toxins are defined as those substances that act as poisons to the human body and are acquired from a lifetime of exposure, beginning in utero (in the womb). They facilitate other injurious or foreign agents such as Lyme Disease, viruses, fungi, and bacteria to flourish. The accumulation of these agents leads to inflammation, direct cell and organ damage and, ultimately, illness.

Neurotoxins are poisonous substances with an affinity for the Nervous System, i.e., the brain, spinal cord, and the peripheral nervous system. The most poisonous toxins to the nervous and immune systems include heavy metals such as mercury, lead, and nickel, along with pesticides, herbicides, hydrocarbons, solvents, and plastic compounds.

Exposure of the developing nervous system to such toxins leads to maldevelopment which can result in mental retardation, cerebral palsy, growth, balance, and coordination issues and developmental delays, both micro and macrocephaly, spinal deformities, the autism spectrum, and behavioral and mood disorders.

In the mature, adult brain, exposure to such toxins results in inflammation and neurodegenerative disease. This is seen early on as ‘brain fog’, difficulty focusing or concentrating, excessive fatigue, acute pain syndromes, including headaches, neck and low back pain, neuropathies (pain, numbness, and tingling of the feet and hands), balance and coordination issues, mood disorders, and visual dysfunction. In the later or more chronic stages, these toxic and infectious issues can lead to movement disorders, more severe limb weakness and numbness, (including MS and ALS), dementias, (including Alzheimer’s and Parkinson’s Diseases), chronic, debilitating pain syndromes, mood disorders, and other degenerative disease.

Much of allopathic medicine addresses diagnosis and treatment of illness by symptom suppression. As this approach fails to address the core, toxic, basis of disease, symptom suppression and a suppressive pharmaceutical approach is myopic and one that often has its own toxic consequences and, therefore, is destined to fail.

An effective guide for the path back to wellness therefore includes the following:

A. Awareness: information is free and available to everyone. The Internet has facilitated this tremendously, and knowledge is power.

B. Avoidance Behaviors: once aware of current and past toxic exposures, modifying one’s diet and lifestyle to minimize further exposure is key.

C. Detoxification and Treatment: identifying and clearing the body and brain of toxins involves accurately establishing one’s own toxic burden, then safely removing the acquired toxins, and correcting associated imbalances.

If you would like an evaluation to help on your path back to wellness, please contact my office at 505-503-8325. www.drpamelacostello.com
Would you like to be free of your struggles and wake up in the morning happy? Your points of view create your reality. Any idea, judgment or belief that you have decided is right or wrong solidifies an energy and limits your capacity to have that area of your life show up as anything different than it currently is. What if eliminating the points of view that are creating struggle was as easy as deleting the junk files on your computer that are slowing it down? What could be possible for you then?

**Access Consciousness** discovered that the electromagnetic component of all the information, decisions, judgments, thoughts, feelings and emotions that we take with us lifetime after lifetime is stored in 32 energetic areas, or bars, on and around the head. There are bars for Healing, Body, Aging, Control, Awareness, Creativity, Power, Sex, Gratitude, and Money, among others. When these points are gently touched, the electromagnetic charge can release and change, effortlessly shifting the autopilot patterns that keep struggle in place. Releasing this energetic clutter gives you more space to have something new come into your life. This process is called ‘Running the Bars’ because you are running energy through the points on the head.

Other tools of Access Consciousness create awareness by asking questions designed to bring up the energy around the area you need assistance with. Then verbal clearing statements unlock and shift the energy you have around that topic. You can do the verbal processes yourself so that you need not rely on other people or circumstances.

**After my Bars session, I wrote a list of all the resentments I could recall. I noticed that I didn’t have any resentment about my resentments anymore! Also, I used a tool that Annie gave me to effectively deal with a certain person’s anger. Normally I would make it my problem and then get upset. By using the tool, I was able to not do that as much.**

— Valerie P, Albuquerque, NM

**Sanjevani** now offers Access Consciousness™ Bars sessions and classes with Annie Chin Taylor. If you are interested in a Bars session or learning to run a person’s Bars, make an appointment by calling 505-821-6300 or email: wellness@sanjevani.net.

If you would like to clear your allergies, Sunil Pai, MD can help. Eliminate your allergies from *inha&lants* (i.e. grasses, weeds, trees, molds, animals, etc) and *foods* (i.e. diary, eggs, soy, etc) with Allergy Drops Therapy™ (or sublingual immunotherapy). Dr. Pai is the only Integrative MD in New Mexico providing this treatment. It is safe, clinically effective and improves your body’s strength against allergies. Simple blood testing is completed, then a prescribed, custom formulated bottle is used—one drop three times a day! No side effects! Learn more at www.allergydropstherapy.com.

To further cleanse the body, experience a program of Panchakarma. Consult with Sanjevani’s Health & Lifestyle Director, Maureen Sutton, LMT; trained in India to deliver Panchakarma and teach Yoga. Her *life-changing therapies* are nationally recognized. She ran the Chopra Center’s Panchakarma services for 6 years and has treated an “A” list of celebrities, musicians, diplomats, gurus and yogis! Maureen teaches Ayurvedic Lifestyle, an East Indian Medical System that includes Panchakarma (a gentle and luxurious detoxification process), *nutrition with food and herbs, yoga and meditation*. Panchakarma will help you eliminate excess weight; feel amazing mental clarity and calm; and make your skin glow. Each detoxification session is tailor-made using organic oils and herbs formulated to your needs. Maureen is also certified in Plant Based Nutrition from Cornell University. She and Dr. Pai can take you shopping, provide new recipes and teach fun informative cooking lessons to enliven your vitality.

Remember: Bosmeric-SR™ is the most potent, pure and clinically proven natural product for inflammation support available worldwide.
Many people are searching for ways to change their lives so they are more peaceful, happy, healthy, prosperous, loving and loved; and for most of us…to experience oneness with God. If you are trying to change someone else to achieve this, then you know what a dead-end is.

It is sad that most people do not realize that their first five years of life have formed the basic characteristic lifestyle or beliefs creating their current life. These core beliefs lie active in the subconscious mind, feeding the Law of Cause and Effect; attracting to us whatever those positive or negative beliefs were about. If you want to change your life, when you are upset, take time to close your eyes, tune into your feelings and ask, “What is the original source of these feelings?” The answers lie in that part of the body feeling the emotions the strongest. When you hear those deep limiting beliefs, it is important to reprogram them with current positive thoughts and statements until the new statements become the subconscious beliefs—which we can then see demonstrating in our lives. It does not matter how old you are. You can still change them…but it does take persistent work and restructuring of our deepest personal belief systems.

Practitioners in the Centers for Spiritual Living are specially trained to assist people in uncovering destructive core beliefs and developing healthy replacement beliefs. They also provide special healing prayer at the same time.

Most of us have not been able to discover and heal by ourselves. So maybe it is time to get help and relief so you we can live much richer lives. What do you have to lose but your grief?

To find a location near you, just enter: centers for spiritual living in your computer browser search window (top of your screen) and it will show the various centers and their locations and information. Great Days to You!!!
Coaching, Personalized to You!

By Janet L. Hall, ND, CMI, CHT, CKP, CBT

There are some great coaches out there and lots of coaching information...and did you know you can have specifically personalized coaching for you and your business, with Kinesiology and intuitive guidance? Get the most accurate and precise guidance about your business, body, health, relationships and more while accessing your own intuitive guidance in all that you do, all your goals, and all the decisions you make!

Our clinic has long been known for aiding people to “rise above” any issue in their lives. Whether yours is a personal or business need, we have been doing coaching for almost 16 years!

Business Coaching:

If you own a business, there are a lot of decisions to make. You can access the energy of your business and set goals and intentions to really make a successful contribution to the world!

Many are concerned about the economy. You can however, set a firm intention, plan new goals and do an integration to keep your business flourishing. It is our firm belief that when you stay positive and passionate about what you do, you will prosper!

For the Success of Your Business, you can work on:

- **Increasing sales & profits** – Find ways to greatly increase your net income.
- **Employee morale** – Help your employees be healthy and happy.
- **Know your employees** – Retain only the best workers.
- **Teamwork** – Aid your employees in working together and they will get along well.
- **Keeping your “why” passionate and alive** – Your “why” draws people to you and your business.
- **Development of strategies** – Bring in strategies that really work.
- **Marketing and networking** – Find the best ways to keep your company in front of the public.
- **Effective leadership** – Lead your company with strength and empowerment.

Think about all the decisions you make day to day. Is it in your company's highest interest to buy new equipment, develop new marketing strategies, or add new income streams? Know these answers with certainty! Receive insight into better bidding and estimating. Private coaching and group presentations are both available and the results are incredible!

Coaching – On the Personal Side:

- **Diet** – Be tested for what foods you need to eat more of and what foods you would do well avoid. Diet is crucial to health!
- **Exercise** – Know how many times a week you need exercise, the amount of time and most beneficial type(s).
- **Lifestyle** – You could be staying up too late, not getting deep enough sleep, or just be on the go too much. Find out how to make your lifestyle more conducive to good health and happiness.
- **Water Quantity & Supplementation** – How much should you really be drinking and what kind of water is best for you? Know what supplements give you optimal energy, health and vitality and the methods of therapy that are optimal for you.
- **Emotions** – Find your best stress relievers and what methods of releasing emotion are best for you. Decide what activities make you the happiest and healthiest.
- **Relationships** – Discover who really supports your dreams and helps you thrive and who is an energy drain on you.
- **Empowerment** – Learn to have complete empowerment, self-esteem, and confidence. Feel good about yourself, validating and rewarding yourself for your positivity and progress.
- **Goals and Dreams** – Truly reach your goals and dreams quickly and easily!

Whether you choose business or personal coaching or both, we will test to see exactly what you need and put together a personalized package that suits your needs.

Janet L. Hall has a Master’s degree in Holistic Health and a Doctorate in Naturopathy. Janet is a Certified: Medical Intuitive, Hypnotherapist, Kinesiologist, Herbalist, Biofeedback Technician and Nutritional Consultant, as well as Owner of Alternative Wellness Center. Janet’s Wellness Center is dedicated to healing, preventative health, life change and empowerment...helping people to “rise above!” 505-294-WELL (9355), www.alternativewellnesscenter.org
Take Years Off Your Face

By Dr. Carla Garcia, DOM

Energy Light Rejuvenation (ELR) uses microcurrent, therapeutic light and color to re-educate the muscles in the face and address the underlying cause of visible aging. It encourages collagen production, firms skin tone, improves skin texture, and diminishes blemishes. This simple procedure lifts eyebrows, reduces bags under the eyes, smooths “crows feet”, reduces fine lines and wrinkles, and gently lifts sagging skin. Treatments are relaxing, (and because almost all of the acupuncture meridians run through the face), it is like receiving full body acupuncture with each treatment. Patients feel relaxed, say they have more energy, are sleeping better and are experiencing a reduction of pain in various areas of the body.

ELR is the safest, most affordable and painless, “face lift alternative” available. Dr. Carla Garcia of Acupuncture Specialists is now offering these amazing ELR treatments. She is certified to do cosmetic acupuncture with acupuncture needles but found the treatments to be painful and short-lasting. While researching the various cosmetic procedures available, she learned that most of them come with a high price tag and a moderate-to-high risk of injury to the patient. With ELR, there are no injections, knives, bruising, harsh chemicals or down-time. By enhancing circulation and cell repair, ELR restores the natural, healthy skin coloration, firms and promotes skin health.

It is possible to see visible results after the first treatment. Each ELR session builds on previous sessions and prolongs results. A series of treatments offers striking results that can be maintained with minimal follow-up. The average patient experiences the desired results with 10 treatments, receiving 2 or more treatments per week. Additional treatments are required for the elderly, smokers or those with more pronounced skin problems.

Truly Alive readers can receive $50 off each treatment (regularly $165.00) in May and June. This means individual treatments are $115.00 and patients can save between $50 and $500! To schedule an appointment or for more information please call 505-271-6608, visit www.thermographynm.com and click on “Natural Facelift”.

LOOK YOUNGER! FEEL BETTER!

Dr. Carla Garcia of Acupuncture Specialists invites you to experience Energy Light Facial Rejuvenation.

MAY & JUNE SPECIAL

ALL TREATMENTS $115!
Reg. Price $165 – Save $50/treatment
(Up to 10 treatments=$500!)

DR. CARLA GARCIA
THERMOGRAPHY CENTER/
ACUPUNCTURE SPECIALISTS
505.271.6608
www.ThermographyNM.com

Energy Light Rejuvenation (ELR), uses a powerful combination of healing color light and gentle microcurrents to help you look and feel great.

- Reduces appearance of lines and wrinkles
- Restores healthier, more youthful facial coloration
- Helps tighten sagging facial muscles
- Cost effective compared to most face-lifts & anti-aging procedures.
- Completely non-invasive with no surgery, radiation or burning.
Do you ever worry that you’ll miss out on the reason you came to Earth...that you’ve become so focused on your survival that you’ll miss playing your pivotal part in Earth Mother’s Momentous Changes? When we ruminate about our plight like this, we tend not to consider the power of the innately wise, kind and blessed nature of our Mother Universe...that She is almost ravenously pulsating Her Light Force into every cell, nook, cranny and corner of us as part of Earth Mother’s Planetary Body. She is barely able to contain her Lightness of Being and raw enthusiasm, which is now penetrating us so that we can assist New Worlds to easily unfold.

When we find ways to physically draw this Light unto and into us, we can have the actual experience; which is beyond the knowing and comprehending of what our Mother Universe is up to...Her New Light Force is re-formulating our very existence here!

After spending our winter in prayer and meditation and retreating to Taos as a community in January of this year, we felt gratefully guided to host a Summer Adventure Walking the Camino de Santiago. This Sacred Walk originated in Medieval Times. The Walk began in southern France and ended at the Cathedral of St. James Santiago De Compostela in central Spain. We felt that walking this well-trod Path together would connect us to this new Universal Light Force because the ley lines of this Walk are in meticulous sync with our Milky Way.

We need you to join us in creating this Autumn 2012 Pilgrimage. The more human vessels there are on this journey to receive this new Light Force, the more Light Force can be received and brought back to our personal worlds when we return home.

All will be challenged physically, mentally, emotionally and spiritually as we walk about 268 miles in 22 days.

There is no doubt that so much walking cannot but cause a major personal transformation for each of us. We will gather many mornings and evenings with channeled Ascended and Angelic Presences to source and inspire us on, and we will meet ourselves in hundreds of conversations with other Pilgrims originating from every corner of our globe.

Please consider seriously this Adventure for yourself. Our everyday world keep us from powerful transformative experiences by immersing us in more and more sophisticated technologies and newly innovative ways of staying safe, comfortable, overly busy and generally caught up in many egoic entramcements.

We will coach you in creating a simple walking practice that will prepare you well. Just imagine walking, dining, singing, dancing, and conversing with people you never would have the chance to engage with ordinarily. Visualize yourself walking through authentically charming French and Spanish towns and hamlets that have existed hundreds of years before our country began.

Once we reach Santiago De Compostela, we will be given a stamp on our Pilgrim’s Passport that states We Have Walked the Camino...and so will be a part of a wondrous world community of thousands who have done the same before us. Being welcomed with celebratory fanfare into the magnificent Cathedral of St. James and with many others we have walked with, will be, we know, one of the greatest experiences of our Lifetime.

For more extensive information and/or registration services, please contact: Marshall Estner at 505-850-2132 or Ron Rathburn at 360-263-0663.
As a Holistic and Integrative Medical Doctor, I am constantly looking for innovative and effective ways to help patients. As you know if you have been reading my articles over the years, Classical Homeopathy is an amazing system for healing the whole person which has made a huge difference in the lives of my patients. When combined with state of the art allergy testing and treatment, the results are truly outstanding.

There are two major types of allergic, or hypersensitivity reactions in the body—immediate and delayed. Immediate hypersensitivity reactions, also called Type I, are the reactions we are familiar with—they involve release of histamine from mast cells within seconds to minutes after exposure to the offending allergen/antigen. Hayfever, hives and anaphylactic shock are all examples of Type I reactions. Much less is known about delayed hypersensitivity reactions, sometimes called hidden allergic reactions. These usually take days to a few weeks to manifest symptoms in the body after exposure to the allergen. This time lag makes it very difficult to associate a particular exposure to a disease or a symptom. And yet these types of allergic reactions wreak havoc in the body and mind.

There are three kinds of delayed hypersensitivity reactions, each of which is associated with a host of diseases. In some disease states, more than one delayed reaction has been implicated. Type II reactions are mediated by the antibodies IgA, IgG and IgM which specifically target the offending allergen. Type II reactions are involved in Diabetes Types 1 and 2, Hashimoto’s thyroiditis, Irritable Bowel Syndrome and Asthma, amongst others. Type III reactions are the result of immune complexes being deposited in tissues where they cause damage. Immune complexes are clusters of interlocking antibody antigen complexes. Fibromyalgia, Rheumatoid Arthritis, MS, Infertility, Lupus and Viral Hepatitis are associated with Type III reactions. In Type IV (cytotoxic) reactions, white blood cells known as T-lymphocytes themselves attack the allergen. Examples include Crohn’s Disease, some peripheral neuropathies, vitiligo, sinusitis and adrenal fatigue.

Through a simple blood test (which gets sent to an out-of-state lab) I am able to identify your delayed allergic reactions to a wide variety of substances including foods, food additives, chemicals, herbs, molds, toxic minerals and inhalant allergens such as danders, hairs and feathers. When you avoid these substances for a period of time, usually 3-6 months depending on the severity of the reaction, your immune system can be reset and your health invariably improves, sometimes dramatically. It is well known that migraines can be triggered by allergic reactions to foods, odors and chemicals. When these substances are correctly identified and avoided, a significant number of migraine sufferers respond. The addition of nutritional supplements, an alkalinizing diet, exercise and mindfulness meditation to allergy avoidance improves the success rate to upwards of 90%! leading to sustainable remissions. What is remarkable (or not!) is that conventional doctors including allergists only test for Type I reactions and completely disregard delayed hypersensitivity reactions which are involved in so many chronic diseases. They are taught that these tests are useless, even though they have helped many patients in my practice.

Janet is a 46 year old woman, who first saw me in August, 2010. “I’m not perky—I feel like I’m dragging around the Earth,” she told me. “I’ve had chronic digestive problems for seven years and they’re getting worse—constipation, bloating, gas.” Janet was also perimenopausal. In addition to hot flashes, she also attributed nausea and faintness as well as daytime sleepiness, to the change of life. “Since age 33, my short term memory has been very poor. I used to be a runner, but then developed joint pains. I feel like my body fell apart in my early 30s.” After carefully studying her case, I gave her a single dose of homeopathic Dioxin 200C—one poppy seed-sized pellet! You read that right, Dioxin.Homeopathic remedies are derived from thousands of different substances, including toxins. They are diluted and potentized to such a degree that their toxicity is eliminated. Janet was feeling better at her first follow up a month later and much better in October. By December she was doing great. Energy, mood, digestive complaints, menopausal symptoms and joint pains were dramatically improved. “The world’s better than it ever was. I’m blown away by homeopathy.”

In March 2011, a few of her symptoms started to creep back. Since it had been 7 months since her first (and last)
dose of remedy, I gave her 1 more pellet of Dioxin 200C and sent her blood for allergy testing. Results showed reactions to 17 substances tested out of 234, which she eliminated from her diet. June 2011: “Bloating is a thousand percent better! Within 72 hours of starting the Allergy Elimination Diet, my joint pains went away. Sore throats I was having 1-2 x/month (which she hadn't previously mentioned to me) also went away.” October 2011: “Energy has been awesome. Doing yardwork, had many guests at the house, went to New York City, stayed up late and slept only 4 hours a night and did fine.” One of Janet’s 17 allergens was a class of substances called silicates. Silicates? They are anti-caking agents, an example of which is Silicon dioxide, found in many nutritional supplements as well as prepared foods. Many of the supplements Janet was taking when I ordered the blood test contained silicon dioxide. How ironic! The very products she purchased to enhance her health were making her sick.

Rubin’s mom brought him to me a few months before his 7th birthday in November, 2010. He was kicked out of Kindergarten the year before because he was curling up in a fetal position under the table and running out of class. He was chewing holes in his shirts and had to bring a change of clothes to school. Diagnosed with ADHD, constipation, and sensory processing disorder, he was having intense meltdowns associated with milk and sugar cravings and would climb pantry shelves to get to candy bars. Rubin’s Pediatrician had sent him for a food allergy panel through a local lab and everything came back normal. I noticed he had dark circles under both eyes, called allergic shiners, and suspected otherwise. I sent his blood for delayed hypersensitivity testing and tested his stool for autoimmune gluten disease. The results showed allergic reactions to 22 out of 487 substances tested and his stool test was positive. In December, his Mom eliminated the allergenic foods, chemicals, and additives as well as gluten, and I treated him with one dose of homeopathic Saccharum Officinale 10M, (homeopathic table sugar).

He returned to the office on February 4th, 2011, and his Mom was delighted. “Rubin’s hypoglycemia is markedly better. His milk and sugar cravings are much better. His behavior has improved—a lot fewer meltdowns. Making progress in school—his attention is 20–40% better and hyperactivity is 70% better.”

It’s now been 16 months since I first started seeing Rubin. Overall he has done extremely well. His behavior, sugar cravings, meltdowns, hyperactivity and hypoglycemia are hugely improved. The family’s clothing bill has plummeted as Rubin no longer destroys his clothes. Mom is clear that the homeopathic remedies (there have been a total of 3 in 16 months) and the allergy avoidance program are each playing an important part in his progress. “If he has a meltdown, I give him a dose of his remedy and in a few minutes he’s a happy boy.” It’s unreal to me how much food affects him. We’ve tried reintroducing milk and he gets really emotional. Sugar provokes a meltdown. Even his teachers know if he’s eaten something he’s allergic to. He’s a completely different child from the one you first saw in November, 2010.”

It’s unreal to me how much food affects him..... He’s a completely different child from the one you first saw in November 2011.

– Rubin’s Mom

It is truly a blessing to be able to help facilitate such changes in my patients and to witness them firsthand. We have many tools in our toolbox to help you regain your health and vitality. If these stories inspire you and make you want to reach new horizons in your health, then give my office a call and schedule an appointment. Before too long you may just find yourself dancing the night away in some far-off city and forgetting to sleep.

Dr. Stephen Weiss has been successfully treating patients of all ages in his Holistic Integrative Medical Practice since 1993. Patients deeply appreciate his genuine, heartfelt compassion and ability to seamlessly combine cutting-edge high tech medicine with numerous effective and safe alternative healing modalities. Please visit his new and improved website to learn a lot more: www.holisticmedicineheals.com.
A nyone who has been on the planet for a while is familiar with Goldie Hawn the award-winning actress. Back in the late 60’s and early 70’s Goldie had us rolling on the floor in Rowan & Martin’s Laugh-In. Later, she graced the big screen in movies including, Private Benjamin, Death Becomes Her and The First Wives Club (just to name a few). Some of you may know that she has directed and produced films as well. What you may not know about her, is perhaps her most exciting focus of work as an advocate for children.

For more than a decade Ms. Hawn has dedicated herself to the advocacy of children by helping teachers better prepare young minds for learning. This is accomplished by nurturing resilience, hopefulness, and engendering optimism. In 2005, The Hawn Foundation, a non-profit 501(c)(3) corporation, was created to promote children’s academic success in school and in life through social and emotional learning. The Foundation pursues Goldie Hawn’s vision of nurturing happiness, joy and empathy in children and the adults in their lives. The Hawn Foundation fulfills its mission through advocacy, educational programming, and sponsored research.

In her new book, 10 Mindful Minutes: Giving Our Children—and Ourselves—the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives, Goldie Hawn, with Wendy Holden presents elements of the MindUp™ program that parents can use in daily life with kids. “Mindfulness helps children develop social and emotional intelligence, resulting in greater self-awareness, less stress, and higher levels of happiness and empathy,” says Goldie. She explains how to help children use mindful breathing and focused attention to become more reflective and self aware; to gain greater emotional control. In “Reflections” throughout the text, Hawn looks back on her own childhood and shares her personal experiences as a mother and grandmother. Goldie Hawn’s gentle, heartfelt approach to mothering and her mission to help children develop happier, healthier lives will be both useful and inspiring for parents. Adults without children may also benefit from the exercises.

Goldie Hawn’s 10 Mindful Minutes has been recognized as a 2011 finalist in the Books for a Better Life Award (Childcare and Parenting division), sponsored by New York City–Southern New York National Association of Multiple Sclerosis Society.

Truly Alive: How does mindfulness encourage optimism and increase happiness?

Goldie Hawn: Some people are addicted to the stories they tell themselves, such as “I’m not a happy person.” A few years ago, while visiting a school in Vancouver, B.C., I remember seeing a child having a breakdown in a classroom. She was crying, and crying, and crying. The teacher took her outside into the hallway and said, “Remember the picture you drew of yourself happy?” Yes, she answered. The teacher guided her back inside the classroom to look at her smiling picture. She looked at her artwork, and stopped crying. The teacher said, “Now, isn’t that a happier girl?” She answered, “Yes, I am a happy person.” Gathering her emotion, she looked up at the teacher and said, “I feel better now.” She then joined her table with her classmates. She changed the story about herself. It’s through this mindfulness that the child was able to have the capacity to create and build up a more optimistic view. And we all have that capacity. We can move our set point of happiness. One of the big lessons in this book deals with savoring happiness, which thus increases happiness.

TA: Can you tell our readers about the MindUp™ Program and what the overall response has been?

GH: Back in 2003, I created The Hawn Foundation to help kids learn how to better manage their emotions, because I felt we were heading into difficult times
and I was very concerned. You couldn’t help noting things like high dropout rates in schools, increasing numbers of kids being put on medications, and depression and suicide rates on the rise. It felt as if there was an overall malaise and a lack of hope and happiness among kids and adolescents. (In fact, one study done by UNICEF in 2007 showed that children in the United States are the second least happy kids in the world, after those in the United Kingdom.)

To start addressing some of these problems, a group of scientists, researchers, and educators working under the auspices of the Foundation created a cross-disciplinary curriculum called MindUp™. Children had never really been educated about what was going on in their heads and the ways in which emotions, thoughts, and behaviors link together in the brain. MindUp™ was designed to show them how their brains work, and in the process teach them basic stress and anxiety reduction, how to manage their emotions and behavior more effectively, and how to improve their focus and concentrate on things for longer periods of time, and give them tools to develop greater empathy for others, be more optimistic, and savor happiness.

TA: You make the point, “Children with strong, secure attachment tend to grow up with good self-esteem.” What is the best way to encourage secure attachment?

GH: The best way to encourage secure attachment is to create trusting and lasting relationships. If you tend to play with your children more and react more quickly to their needs, it creates an environment for secure attachment to blossom. Children then become more empathetic, less disruptive during later stages of childhood, grow up with good self-esteem, and are comfortable sharing feelings with friends and partners, and seek out social support.

TA: Why do we become addicted to digital media and how does this affect memory and brain function?

GH: Now more than ever we need to return to our humanistic values. Today communications and even friendship have gone online. And yet as much as technology connects us, the reality is that it’s not connecting us at all. Human beings need one another. I get more of a lift talking to my girlfriend over coffee than I do instant-messaging her. We are by nature social animals, and sharing intimacy with friends and family has tremendous emotional and physical benefits.

Also, children are not exercising. We have a real issue with kids sitting too long in front of their TVs, computers, and video games. They’re not going outside and playing baseball or football or just plain running around. And yet doing so is vitally important to their well-being. For example the neurotransmitter dopamine, which helps with focus and memory, and makes us feel good, and is particularly relevant to social and emotional learning, is created in the brain. This can happen when we participate in sports; when we move around or dance; when we’re sharing, laughing, and being with others. It’s unrealistic to think we’re ever going to leave behind the world of computers, PDAs, and PlayStation. Therefore it’s increasingly important to be mindful of the impact technology has on us, and to understand the choices we can make in dealing with that impact.

TA: In the book, you coined a phrase called “rubber time”. Please describe that for us.

GH: Rubber Time is what I feel most of us have experienced, and it is when you are so caught up in the moment doing something so emotionally stimulating that you lose all track of time. We tend to forget to look at our watches or check our electronic message systems – and we don’t even care.

TA: In reading this book, it’s easy to understand the implications and see how these processes can transform adult lives as well as the lives of our children. Have you received feedback in this regard?

GH: Yes! Once we began implementing the program in schools, parents started telling us that they, too, wanted to learn how to be less reactive and more mindful in order to help their children and themselves. Parents were asking, “Is there a book for us?” and that led me to write this book. By helping parents and children, my life has become a more fulfilling experience by bringing awareness to this important issue.

TA: Would you like our readers to know about anything else?

GH: I want your readers to see that there are tools, based on scientific evidence that they can use to access a better state of being for themselves and their kids. Hopefully they’ll start using them. Perhaps one of the most important things to take away from 10 Mindful Minutes is that we all have the ability to change.

As practical as it is inspiring, 10 Mindful Minutes embodies the essence of the MindUp Program and its incredible success. With its simple techniques like mindful breathing, sensing and thinking, combined with easy-to-follow steps, it shows parents and children alike how to focus on feelings of gratitude, kindness and optimism that will improve interpersonal relationships, increase performance and lead to emotionally healthy and happy lives.

To learn more about the MindUp™ Program or 10 Mindful Minutes, visit www.TheHawnFoundation.org. Numerous interview clips with Goldie are online as well (ABC News, Fox News, The Dr. Oz show and more) as well as print interviews (The Huffington Post, and the UK’s Observer). To purchase 10 Mindful Minutes: Giving Our Children—and Ourselves—the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives, visit www. Amazon.com or The Penguin Group: http://us.penguingroup.com and search on 10 Mindful Minutes.
People suffer with pain for various reasons: conscious or unconscious agreements made, karma, not having found the right therapy, and many others. We must be ready to experience the help we need; physically, mentally, emotionally and spiritually.

Once ready to seek help, we seek suggestions from friends and family... Try this, try that, and see what helps. Many times our pain is relieved because we become ready through submitting to the love and caring of our relations. Sometimes our pain isn't better because we may not have been aligned within ourselves to complete the lessons and release the pain.

Bowenwork® Therapy is a very gentle manual therapy which engages your brain to balance neurological pathways causing your illness or pain. In addition to the rebalancing of the autonomic nervous system, Bowenwork® moves and procedures may reset the body to heal itself by activating the nervous and endocrine systems.

13,000 clients per year can't all be wrong. Most people just need 3 to 5 sessions, after which they can resume a happy, pain-free life. Usually the results achieved with Bowenwork therapy are extremely long lasting.

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After having read this article, close your eyes and check in with yourself. Try to feel if this therapy is the right one for you. If you sense the slightest smile or any other positive sensation, then this therapy is likely right for you. Visit www.PainFreeLiving.biz or call 505-934-2510 for more information.

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Experience the Power of Brain–Soul Balancing
By Louise Swartswalter, ND, CBS, CNHP, CALT

Wow! The new work I have been using for brain-soul balancing has been transforming lives! This is the most powerful work I have used to date in working with emotions, biofeedback and neurotransmitter balancing. I thank my teacher, Dorothy Espiau for her insight, genius and work.

What is Brain–Soul Balancing and how does it work?
During a biofeedback session, we journey back to conception or birth and release the people, events and the emotions you assimilated in your energy field at that time. We proceed to the important ages where events and pictures are stored in the brain and release these similar to EMDR (Eye Movement Desensitization and Reprocessing). I call it EMDR on steroids. At the same time, I am balancing neurotransmitters, parasites, infections, organs, hormones and emotions on the biofeedback program—perfect combination of physical, mental, emotional and spiritual work. It is this powerful combination that makes the difference! Parasites and infections attach to emotions. Until you deal with the emotions, physical cleansing will only help in part. People often have issues ages 10-12 and 40-42. I have used these techniques in person, with groups and long distance on the phone, all with equal success.

Anxiety helped by Brain-Soul Balancing
Here is the story of a teen age girl who asked to see me to work on anxiety. She said she hated school and was not sleeping well, gained weight and had to chew gum. We worked on releasing the friends who were sucking her energy (emotional vampires), a teacher and the attachment and emotions around school. She wrote letters to the friends and the teacher and the school. The anxiety melted away and the room became silent. Her grandma witnessed this powerful shift. I taught her boundary setting techniques. I thought to myself, “They put these young people on medication for anxiety and here it was so simple.” Mom was delighted and amazed that the transformation took place so quickly. I gave my client calm/clear flower essence and zapped the parasites. (Parasites showed up on my biofeedback device.) This case is a perfect example of someone experiencing the spiritual cause of parasitical energy (emotional vampire friends) and the physical cause (actually tapeworm).

Learn this work yourself at our Geotran Brain Integration class in Colorado June 2-3. Visit www.abqnaturalhealthcenter.com for more info.

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., ABQ, NM

Dr. Louise is a Naturopathic Doctor, Biofeedback Specialist, Certified Natural Health Professional and health educator. If you have tried many modalities with minimal results, you can experience whole health with the use of the Quantum Biofeedback, integrations, naturopathy, and trauma release work, homeopathy, herbs, kinesiology and ionic cleanse footbaths. We work with YOU to accomplish your health goals and correct imbalances in the least number of sessions possible. Call today for your appointment: 505-797-0540 or visit us at www.abqnaturalhealthcenter.com.
Rev. Kylie: Why did you become a minister?
Andrew: This whole journey (spiritual-personal-professional) has been simply about putting one foot in front of the other, listening to my heart, then taking the next step. Since childhood, I’ve always felt a gentle tug, a soulful yearning, to make a difference in the world. I knew there was something for me to do, but for a long time I had no idea what it was. I don’t want to overdramatize, but it really has seemed like a calling—even before I recognized what I was being called to. It was in meditation during a class at ACSL when the thought first hit me: ‘You’re going to be a minister.’ With this idea, the gentle tug became more like a strong yank! And everything just kind of opened up from there. As intense as the past three years have been...balancing ministerial school and work and life—everything has flowed very naturally. It’s just felt right. I’m experiencing a certainty unlike any I’ve known before.

And in retrospect, it’s easy for me to see how everything has led to the ministry for me; daily dancing with the great mysteries in my work with hospice for the past ten years, my arts background and theater training, my passion for social awareness and transformation...

I want to be an active participant in the evolution of humanity. I want to facilitate the discovery and creation of new ways of being with and loving each other; new ways of being with and loving our selves. Every issue and challenge in our lives is, ultimately, a spiritual opportunity. Every issue facing the planet is, ultimately, a spiritual opportunity. How could I not become a minister?

Rev. Kylie: What inspires you?
Andrew: I’m inspired by vision, by out-of-the-box thinking and by new and creative approaches to just about anything. I love learning and teaching, discovering something new. I’m inspired by authentic self-expression and passionate commitment. I’m inspired by all art—edgy or formal, created with polished virtuosity or rough enthusiasm.

I’m deeply inspired by sweetness and kindness and compassion...when we are able to connect intimately with each other through the recognition that really, nothing separates us, and when we manage to overcome our fears of being hurt and our attachments to being “right” and are, at last, able to experience love.

Rev. Kylie: What is your vision for the 1:15PM Sunday Service?
Andrew: Last week, a congregant described it as a “Happening.” I love that! I think that adding a third service to our Sunday offerings opens up the possibility of trying new things. We aren’t locked in to the familiar order of service, so we can play with tempo and flow, and see what works. Some Sundays might involve ritual; some might feature chanting or movement and perhaps some will have more of a full-out gospel vibe of praise and celebration. I have an idea for a service built entirely around sing-along show tunes. We’ll see! I envision it being an “experience”—though I admit that I’m not entirely sure what I mean by that. I’m looking for the core answers to the question: Why do we come together in spiritual community? There’s a social component, the ritualized element of being in sacred time and space, the sense of belonging and participating in something bigger than the sum of its parts, the message... Are there new ways that we can speak to all these points, new ways of “doing church” that might be even more powerful than that to which we’re accustomed? I don’t know, but I intend to find out! We’re just getting our feet wet, starting to explore all the possibilities. All I know for sure is that we have a great band, the ACSL trio—Sid Fendley, Milo Jaramillo, and John Bartlitt.

Rev. Kylie: Tell me about the experience you are seeking to create.
Andrew: I see Sunday service as a “recalibration.” We bring whatever the week has tossed our way and come together to remember that life is truly DIVINE. We are here in these bodies on the planet together to have great lives—to create heaven on earth. And I know that sometimes it doesn’t seem that way. Sometimes there’s a disconnect between our experience of life and the idea that It’s All God and It’s All Good. I don’t ever want to shy away from this apparent discord, but rather want to meet it head-on so that we can, together, transcend it. I see our Sunday experience as an opportunity for authenticity, for remembrance, for connection, and celebration.
With regularity, I am asked, what is Holistic Dental Hygiene? Holistic Care is a term with varying definitions and nuances being used right now. Holistic Dental Hygiene is a prevention-based approach, as opposed to focusing on the treatment of disease. Holistic oral health care stresses the importance the roles of the client, the practitioner, and the environment all play in creating the best outcomes.

Oral health care is undergoing a change. Clients are becoming savvier and making choices based on their own research rather than relying on the information from dental professionals alone. It’s become a collaborative approach where both client and provider work together to achieve a goal.

At Sandi’s Smiles, we are continually fielding questions related to radiation exposure and the necessity of fluoride. It is important to note that although health care providers have their own opinions about “divisive” oral health practices (such as fluoride and x-rays), it is through informed consent and the client’s autonomy that the client ultimately makes decisions about their own treatment. Our responsibility is to provide evidence-based information that is void of bias, so the client’s choice of action directs them to true total health in a way that works for them.

Stressing disease prevention, individuals are placed on client-specific continuum of care. For those rejecting traditional fluoride, we use products without fluoride and stress the importance of meticulous homecare—along with suggestions to avoid a diet that might contribute to cavities.

Dental x-rays are an invaluable tool to detect oral disease, and for clients concerned with the use of them, we strive to alleviate concerns by recommending digital x-rays. These utilize up to 90% less radiation less than traditional x-rays and do not require toxic processing chemicals. Latex-free gloves are standard and steam autoclaving is part of the protocol at Sandi’s Smiles as opposed to chemical disinfection.

Call us today, and remember, “A beautiful smile is always in style!” Call today and SAVE 50% OFF YOUR NEXT CLEANING! (exp. 6/30/12).
I was 14 years old and a part-time dental assistant for my father’s best friend in Austin, Texas in 1961. As required, I would mix the “silver” fillings for the dentist by combining a 50/50 mixture of mercury and alloy powder (silver, zinc, tin, and copper) into the automatic mixer (violently shaking the alloy and mercury). Upon removing the mixture, I would use a cotton cloth to squeeze out the excess mercury, creating the final amalgam filling material to place into the teeth.

While the dentist would be placing the fillings into the teeth, I would routinely play with the shiny little balls of excess mercury. One day the dentist looked at me and said, “Don’t do that...it’s a poison.” I replied... “It’s a poison? Then why are we putting it in the kids’ mouths?” He answered, “That’s different.” Confused, I remember going home that evening and asking my father about the issue, to which my father replied, “Dr. Smith is a doctor, he should know!” Case closed; or so I thought, until I found myself in dental school years later. I remember my first semester at Baylor College of Dentistry in 1968. I opened my dental materials textbook, "The Science of Dental Materials and read the following about mercury in silver fillings: “An analysis of clinical restorations indicated a wide variation in mercury content, ranging from approximately 45%-70%.” I raised my hand and asked the professor about the mercury concern. I remember that he replied that it was “an old wives tale”.

I became a routine mercury dentist with my ADA membership card in my wallet. Then I experienced the next lesson in my journey to becoming mercury-free. People don’t change because they are comfortable, and I had to get very uncomfortable to change. I found out that I had a large tumor deep in my throat, and had it been the wrong kind of tumor, I wouldn’t be here today. Fortunately, it was benign, but I wanted to know why it had been in my body and how to make certain it wouldn’t return.

While at a Dr. Hal Huggins body chemistry seminar in 1979, I held my hands up to a mercury vapor detector (a Jerome instrument used in industrial analysis by OSHA). To my astonishment, I had as much mercury vapor coming out of my hands as is the maximum allowed in an OSHA inspection of a manufacturing plant! There was enough mercury vapor to be subjected to a fine of $10,000 for a mercury spill! It took me about 5 seconds to become a mercury free dentist. I didn’t know what I was going to do, but I did know that I could no longer be around mercury in my office, nor place anymore mercury fillings in patients’ mouths.

In 1980, I purchased a mercury vapor analyzer, (like the one with which I was tested) to test everything in my office. I wanted to make certain that we were totally free of mercury in the office (my carpets were subsequently removed). One day, I took a mercury vapor reading from a patient’s filling. I was shocked: 50 ug/m3 of air out of one tooth. That was higher than the TLV (Threshold Limit Value—now called the PEL—Permissible Exposure Limit) for industrial safety. The ADA said at that time that no mercury came out of amalgams. However, here was evidence to dispute that claim. The industrial standard is based on a 40 hour work week...but this filling is in the mouth 24 hours a day!

I began a research project to measure the mercury vapor emission from fillings, categorizing the size of the filling and the estimated age of the filling. I tested hundreds of fillings. There was no correlation. An older 20 year old amalgam had just as much vapor release as a 5 year old amalgam, and a small amalgam was sometimes very surprising in the large amount of mercury vapor emission. I began writing letters...
Dog Walks While You’re at Work!

By Susan Lemme and Robin Gardner

Do you work full time and have pets waiting for you at home all day? Have you ever considered hiring a professional pet sitter to walk your dog while you’re at work? Your dog could have a wonderful surprise in store.

The dogs we walk are so excited when we arrive. It seems to be the highlight of their day. If you need someone to visit, feed, give fresh water and love, Happy Pets will be there; once, twice or three times a day, or even overnight.

Our professional in-home pet sitting services are dear to our hearts; we have been caring for and rescuing cats and dogs for over 30 years. Happy Pets is devoted to your furry friend’s well being. With us, they receive lots of love and affection. We truly love all animals and that love is showered on each and every pet we have the opportunity to serve. Every pet is unique and precious to us, and it doesn’t take long before your pets become our best friends.

Our references are excellent because all of our previous clients have come to trust and treasure the services we provide. Please check us out Angie’s List as well!

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Please call us to arrange for a time to meet you and your pets and get acquainted. Call Happy Pets at 505-830-2789. Past articles on our new website: www.happypetsnm.com

The amalgam does not form until the dentist mixes the alloy with mercury. Therefore, dental amalgam per se cannot be certified. We cannot certify a reaction product made by the dentist.

American Dental Association, letter dated May 22, 1986

Over the years now, there have been numerous studies performed to demonstrate the emission of mercury from amalgam fillings, with some summaries of such studies indicated below:

There were significant correlations between Hg vapor released into intra-oral air after chewing stimulation and the numbers and types of amalgam restorations. It is concluded that intraoral air is a reliable physiological indicator of Hg released from dental amalgam that may reflect a major source of chronic Hg exposure.

Journal of Dental Research, August, 1985

Dental amalgams constitute the major human exposure to mercury.

World Health Organization, 1991

Considering that 80% of inhaled mercury is retained in the human body for some extended period of time it is obvious that dental amalgams would be one of the major contributors to human mercury body burden.

Dr. Boyd Haley / Professor of Chemistry and Biochemistry / University of Kentucky / May, 2007

There is no safe level of mercury exposure.

World Health Scientific Panel, 1991

The American Dental Association now admits that mercury vapor is emitted from amalgam fillings, but concludes that it can’t be proven that the mercury release causes any certain disease. Perhaps it can’t be proven that it’s release causes any certain diseases...except of course... MERCURY TOXICITY.

Note: To discover how much mercury vapor is being emitted from your “silver fillings”, call Dr. Wolfe’s office: 505-988-9868.
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Dear Melissa–

Melissa Frei Answers Your Questions

Dear Melissa,

Why is it that the death of a parent so often triggers bitter family issues? I have seen this on several occasions. The most recent was with my aunt and uncle. When my uncle passed, his son stopped communicating with his mother and sister and actually took them to court over the will. Since I stay in contact with his family, he does not talk to me either and will only email if he needs to know something. We used to be as close as a brother and sister. I know this is not the only family to suffer from this type of situation after a death. Any insight would be appreciated.

Thank you. Blessings and Love for you and your work. May your journey be as blessed as you have blessed others.

Thank You, Family Feud

Dear Family Feud,

This is a great question. It is funny that when families are in the process of losing a loved one, they often come together and even unite in solidarity. However, when the loved one actually passes, it can be like someone flipped a switch and there is a WAR! In about 75% of the Mediumship Readings I do, clients share a story that is exactly like yours; this issue is very common and I was very excited to receive your question. I asked my guides for an answer and this was their reply:

“This issue provides a great lesson for you all. The human attachment to each other is amazing to watch. You love each other, hate each other, are jealous, betray, honor...you do so many things with and to each other. The hardest thing for you to do is that which you do not do often enough—unconditionally love and forgive.

When we look at the son and father in question we see they had a struggle in life together as did the mother and son. There is the source of many hurts for the son. Now imagine all that resentment inside of you and how you might feel for having not been valued or loved and having endured a lot of hate. You might feel you are "owed" something for all that pain. When his father died, he had an array of emotions—he was happy, sad, devastated and mad. All the anger and feelings he had toward his father came to the surface. He had these same feelings toward his mother, doubling the effect. Since this was an unresolved issue for him at the time of their deaths, and he sat with the guilt and resentment, he took his hatred and anger out on others—'the family'.

It is best to look at it like this: If you leave things in your life unresolved with others, it can stay with you forever. It is best to resolve situations around you—especially with family. When you experience the death of a family member, every human emotion possible comes to light. Those emotions mix with unresolved relationships and what comes out often includes fighting over money, property or whatever the human thinks they deserve because they are 'owed'.

Through this experience, take advantage of sharing what I speak and look at the relationships in your life with family. Resolve what needs to be resolved. Your spirit can never be fully alive until you reach a place of unconditional love and forgiveness!”

To Family Feud: WOW, that was amazing! Thank you so much for a great question! I hope this shines a light of clarity for you!

In Mind, Melissa Frei
Seven Point Dance: Dance & Movement Alchemy
By Jennifer McKay Vaitkus

One reason I believe we are on this earth is to learn how to use a physical body as a means to know our Spirit; and that we are Divine beings with Divine physical bodies. There is a lot of information about positive thinking, manifesting through meditation, believe and receive, “The Secret,” etc.

Well here is a little added magic that may just be the missing puzzle piece to creating a beautiful life you desire; use your body. Anytime you want to manifest something, attract something into your life, move your body and allow the energy of that idea to move throughout your physical being. How does that idea feel in your head, your chest, your hips, your fingertips? What does your body say? Is every part of it in alignment with your desire? If you feel that your stomach or your legs are resistant to a new relationship or a new job, is your body telling you this isn’t the right path and giving you another suggestion? Or can you move through those blocks to allow your whole body to be in agreement? Your body is a portal to all Divine Wisdom and dance and movement can help you access it. Dance your desires!

Each week, I specifically use dance and movement as the key to knowing myself as a spiritual being. I, along with facilitating others, put this magic into practice during Seven Point Dance: Dance & Movement Alchemy. Each gathering, we dance and move our Divine bodies with the intention of embodying one of the seven points: Transformation, Healing, Strength, Intuition, Awakening, Self-Love, Beauty. Would you like to use Dance and Movement Alchemy to create a beautiful life? Join us! Sundays, 6:30-8pm, at Farfesha World Dance Studios, 9577 Osuna NE, Suite F. And by the way, no dance experience needed!

For more information go to: www.AbqWhiteHorse.com/7-point-dance.

The Right Plants Make a Difference!
By Rhonda Owen, Perpetual Landscape

When you want your new plants to grow, thrive and create the beautiful space you are envisioning, choosing the right plants and using them in the most optimal ways is crucial. Full sun plants don’t do so well in the shade, and shade plants become crispy critters in full sun. Knowledge of what plants do best (specific to your home and sun patterns) can save a lot of money by avoiding plant replacements and re-dos. Understanding soil differences also plays an important part in the long term survivability of new plants. Sometimes all it takes to make the difference in whether a plant (even when chosen for our climate) thrives or dies is in properly treating the soil. You might be surprised that there are soil differences between the east and west sides of town and how each is best prepared.

When younger, I was always fascinated by the different types of flowers; how each individual flower differs from the next and how they inherently know just what to do. Their innate intelligence fascinates me. So the creating part of designing beautiful outdoor spaces—especially with flowers—is great fun. Working with the vast array of varieties…especially those indigenous to our part of the country is very rewarding. With or without flowers, I love transforming yards into beautiful works of art; oftentimes sanctuaries of peace and comfort for the homeowners.

As a woman landscaper, you may find that I am more meticulous and gentle with your project. My team and I will take the time to do your project right; communicating with you every step of the way. We are hard working, polite and experienced. My rates are very reasonable and reflect more my love of this work than my desire to get rich doing it. In business for seven 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.

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My guide first instructed me to use focus and concentration as a tool to activate spiritual clarity when I was in a grocery store having a panic attack brought on by chest pain. I became afraid of dying and it seemed like everything around me was a blur. Then I heard my spiritual guide whisper, “Focus, focus — read a label on a package or find a point to stare at — focus, focus.” I did just that. As I started to read the list of ingredients on a label of crackers, I began to calm down, breathe more deeply and my fear dissipated. To my amazement, I found that I couldn’t be frightened and really focused at the same time. Any point of focus worked equally well as any other point. This was a revelation to me.

Then I remembered that in preparing for the birth of my first child, I learned the Lamaze method, which teaches the technique of focusing on a point during labor. I chose the top of a pine tree outside my hospital window as my focal point. When I aimed my attention at the top of the tree during labor, I was able to manage the pain of my contractions. When I lost my focus, I became overwhelmed and frightened by physical discomfort.

With the help of my guides, I discovered that the practice of focus applies to all life circumstances. When focus is maintained, we ride life; when we lose focus we can become overwhelmed by it.

One day many years ago, I was about to leave home to teach a meditation class and my then young son threw a temper tantrum. I felt extremely torn about leaving him with a babysitter when he was upset. I looked at him and I looked at the clock, feeling my responsibility to the twenty people who would be waiting for me. I knew I had to leave yet I could not shake my guilt and feelings of stress.

Then, as I started driving down our hill, my guide gently spoke to me, telling me to focus on points; the end of a branch, the top of a post, the corner of a sign. In essence, I was moving my attention from the emotional turmoil of my gut, to the middle of my forehead. For those of you familiar with the chakra system, I moved my attention from the solar plexus chakra of emotion to the third eye chakra of clarity and a spiritual perspective. It was not long before my emotional balance returned. I was able to understand that my son was fine with his babysitter and that his mood would pass. My earlier uncertainty was replaced with the confidence that teaching the meditation class was the appropriate action for everyone. When I returned home, my son was fine and the babysitter reported that he had quickly become engrossed in activities with her.

The third eye is like a miner’s light on the forehead, illuminating each individual’s life path in midst of the world’s confusion and complexity. The third eye is activated through focus and concentration. Decisions made from the third eye are appropriate for all individuals who might be affected by them, because the third eye generates a spiritually attuned view.

In fact, our perceptions inform our feelings, so when we have clarity rather than confusion about a situation, our emotional response reflects that change in perception. A situation that may make us angry from one perspective changes into compassion with greater understanding. Focus and concentration from the middle of the forehead, activates the third eye chakra and stimulates this spiritual wisdom.

Even though you may be unfamiliar with the idea of chakras, here is a simple exercise that I developed and call The Tadd Technique, to compare how differently we perceive and experience when we operate from the solar plexus or the third eye.

The Tadd Technique can be done with eyes open or eyes closed. Try it now with eyes open. Sitting comfortably in a chair, look around the room that you are in while focusing your attention in your solar plexus center or gut area. Be aware of what you feel and your relationship to your environment. When you are done, bring your focus up and perceive out of three eyes: your two physical eyes and the focal point in the middle of your forehead. If you have difficulty, find an external point to help you focus.

Be aware of the difference in your feelings and perceptions. If you are like many of my clients, you will feel both more optimistic and a greater sense of clarity while focusing from the third eye. Where are you focused as you move through your day? [http://ellentadd.com](http://ellentadd.com)
Starbutts
By Bill Haggard, All About Health

The new paradigm in coffee consumption. Coming soon all across America and beyond.

Breaking News: Coffee enema bars should be popping up to compete with all the coffee consuming establishments already in business. These coffee bars however, are geared to giving you energy the healthy way-by cleaning up your liver. And the energy you receive is more permanent.

When coffee is introduced from the “south end”, your liver is cleansed (as well as your colon). Talk about a way to start your day! Coffee enemas are well known amongst the natural health crowd. There are cancer clinics in Mexico that incorporate them and claim to have a 99% recovery rate. The Gearson Clinic in Tijuana includes coffee enemas every 4 hours (around the clock), along with juicing and healthy dietary changes.

The movies have mentioned them too. In a bar room scene from one of the Crocodile Dundee movies, the actors are talking about a hangover and George Hamilton pipes up, “Oh, no problem, just do a coffee enema and that takes care of that.” This is true! Coffee enemas will also get rid of headaches and migraines. My understanding is that Mae West did enemas on a daily basis and Princess Diane received colonics weekly; and we all know how radiant and vibrant they looked.

So we know that coffee enema bars won’t likely sweep the nation in popularity. However, colon therapy centers are popping up because of their importance in reclaiming health. Most of humanity is walking around carrying huge amounts of pollutants due to stress, dietary insults, environmental toxins, poor elimination, etc. One session with a good colon therapist is equivalent to 30 enemas; and that is a lot of cleansing and less mess for the time invested.

For the months of May and June we are offering Truly Alive readers a full-body thermogram for $300, (normally priced between $350 and $450).

Full body thermography gives us information about sinus dysfunction, dental/gum inflammation, thyroid dysfunction, carotid artery problems, joint inflammation, unexplained pain, abdominal thermal patterns, and circulation patterns in arms, legs, hands and feet (in addition to providing full breast screenings). Thermography screens the back/spine for painful trigger points, areas of inflammation, and lack of circulation. When a full-body thermogram is taken and on file, and later an accident occurs, the original scan can be used as a baseline proof of health. This can be invaluable when pain symptoms are being questioned by insurance companies.

Mammogram Alternative
By Dr. Carla Garcia, DOM

If we weren’t confused before; the latest press release from the Harvard School of Public Health and a study in the Annals of Internal Medicine on April 12, 2012 says “Mammography might not be appropriate for use in breast cancer screening because it cannot distinguish between progressive and non-progressive cancer.” Combined with the news we got in 2009 that exposure to radiation from mammograms should be decreased, now is the time for an alternative. Enter “thermography”.

Thermography looks at heat patterns and can detect changes in blood flow that accompany tumor growth. Changes can be seen years before a tumor shows up on a mammogram. A thermogram of the breasts includes the upper chest (where many cancers occur), under-arms (lymph) and the entire chest. Thermography can detect inflammation which is the body’s first response to injury or disease. It can image any area of the body. It is safe to do thermography as often as you like and is safe for everyone, including children.

Breast thermography can provide information about the lymph, possible estrogen dominance, tissue inflammation and/or thyroid dysfunction. A scan takes minutes, is painless and reports at the Thermography Center are written by M.D.’s. This is an excellent value at a cost of $195.00.

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A Season of Change in Changing Times

By Robert Klumpp

Spring: A time of new beginnings, growth and opportunity. Spring, 2012: A time of new beginnings in a year of extraordinary opportunity?

Is it just me, but are many of you seeing big changes, openings and opportunities recently? In my life and for many of those in my acquaintance, extraordinary things are happening. Results that I have been struggling for months to achieve have suddenly manifested. People I know are moving into new and better jobs. Business opportunities are becoming realized. Relationships are shifting. People are on the move.

If the year 2012 has true cosmic significance, then this spring is the time for planting our feet in the direction of the changes we desire. My personal belief is that, as part of something larger, we might be moving back into a community-based existence, with greater personal involvement and interaction. This may also include a move away from global corporate entities towards a more local business model.

If this idea resonates with you, there are actions you can take. Support local businesses rather than big chains. Eat in local restaurants. Buy your produce at a local Farmers’ Market (bonus: fresher and healthier food). Do business with independent folks, like those advertising in Truly Alive. By keeping our resources within the community, we strengthen our local economy and we all benefit.

And perhaps, this season is the best time to strike out on your own, to move away from an unfulfilling job and to create something that supports you, your family and your community. Perhaps this spring of 2012 is the best possible time to start or grow that business idea that has been building within you.

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A Room Full of Love

By Clint Bridges

The next time you find yourself in a room full of people (it might be a restaurant, church, a meeting, etc.), you may make a wonderful discovery—if you think of it this way:

Each person in that room has someone that loves them, or has someone they love—most likely numerous of each. You are in a “Room Full of Love”. Take a moment to reflect on what you see. Can you feel it—“The Room Full of Love?”

If you take the time to focus your attention, you will feel it. The energy of love is palpable and it is all around us all of the time. At the core of our being, we are pure love. We have a choice to acknowledge it or not.

The Ego is a fearful creature. It will do every thing in its power to keep you from knowing the Truth about yourself and everyone else. It will mask the voice of God to keep you from feeling the love you are, and the love all around you.

There are really only four things we can control in our lives: our attitudes, actions, feelings and emotions. Try this exercise. When you are in a room of people and unable to feel the love, (and are feeling a negative emotion or running thoughts instead), take a breath before you speak or act. Ask God for assistance; ask for insight and guidance to help you feel the love. He will give it. In situations like these, when we ask and it is given, outcomes can be truly miraculous.

In the world I’m a mortgage broker. As a man centered in spirit (a “Free Spirit”), 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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FACT: Sunscreen is recommended by experts, yet many chemical sunscreens have been shown to have questionable safety. Our Premium standard allows only those that physically screen sun as a safer alternative.

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ARIES (3/21-4/19) The month of MAY sees you in the mood for work and working out. Your health is a focus for the next two months. New age ideals and activities have permeated your defense shield. Yes, it's true; other people have good ideas too. Cinco de Mayo is so fun and energy-packed that you will have to participate. The possibility of a magnetic encounter should appeal to your sense of adventure. Balance is required with your ongoing discoveries. The 8th-16th is an effort that brings success. The 20th is perfect for travel. JUNE seems pleasant enough despite a Lunar Eclipse on the 4th. Be careful with your words and driving during the next few months. If you, like most Arians, are on your second marriage, the eclipse can bring the urge to separate. To save things, you must change part of your basic philosophy. Long journeys are best postponed 'til the fall. Some of the Ram Clan will finish an educational pursuit. The 21st is your best day, as an act of faith could enhance your standing in life as well as at work.

TAURUS (4/20-5/20) MAY has that birthday/good fortune stuff going on. This, along with Jupiter nearing the end of your Sign, just keeps the blessings flowing. Even when Venus turns retrograde on the 15th, things still keep working fine. Venus wants you to reevaluate your finances, do some soul-searching, and try some new esteem-building techniques. Some Bulls and Cows seem sad about love. There will be a workshop on this matter. Check it out. One particular friend will be a thing of beauty for many years. JUNE is packed with excitement for us all. Your best move is to view your financial opportunities with a calm wisdom while others are in a panic mode. Plan now for a second income, or to strengthen your current second income. The first week is filled with great ideas. Guard against losses now for a second income, or to strengthen your current second income. This will affect your money matters for some time to come. The 6th is good for travel as fun and adventure complete the month. The summer promises travel, a sharp mind, and emotional happiness. It's a good time to look within at your values. Keep advancing your computer skills. Love is coming to us all.

GEMINI (5/21-6/21) Life fascinates you with its hidden nature. Friends play a vital role in your “life” (as you know it). MAY has you withdrawing from the social agenda after the 9th. This time of looking within seems necessary for career or personal clarity. A former lover could complicate your commitment to another. Your mind becomes obsessed with a flood of arousing memories. There is a working behind closed doors on the 9th and a fortnight thereafter. Like a politician, you are ready to speak your ideas after the 24th. Truth will set you free. JUNE is so filled with a personal sense of joy despite a partner's problem. The past year has been about “letting go”. You have learned that happiness can come from cutting ties, changing your ideals, and even getting rid of a bad car or out-dated forms of communication. Friends are strange, but very informative. Accidents or burns can occur in the home this month so take care. Your real challenge is matching your career to your ideals. A guardian angel enters your life around the 11th. It is there to watch over you all year and into next year. Summer looks marvelous.

CANCER (6/22-7/22) This MAY seems friendly enough as you run about gathering materials for your future projects. Care should be taken during short trips. Your urges come in splurges and merges are only diverges from the scourges of your life. The Solar Eclipse on the 20th creates a warp in space which affects your life with serious events throughout the year. These occurrences will activate your psychic mind as an impelling of Universal knowledge fires-up those synapses. You have a spiritual state that even a Guru would envy. JUNE keeps you in this hyper state of activity. You are releasing weight and feeling a little too good. Your psychic mind is being filled at the school of universal knowledge. Some people may resent your super-awareness over the next year. The 4th begins a time of soul-searching concerning your job or service issues. The 7th is good for travel as fun and adventure complete the month. The summer promises travel, a sharp mind, and emotional happiness. It's a good time to look within at your values. Keep advancing your computer skills. Love is coming to us all.

LEO (7/23-8/22) In MAY, as always, you live your life from your own point of view. This is a month to just have fun with friends, dream your dreams, and aspire to greatness. First, you will have to get all the job problems solved. And there's an issue with a friend. Before the month ends, you will be free of your cocoon. Fly little butterfly, fly. Also, there's this eclipse thing around the 20th. It may feel like someone standing in your sun at the beach. The Lion Clan has willpower like none other. Fly on. JUNE is filled with the excitement of fun with friends and reaching your goals. Group activity is favored so others can absorb some of the blame on the 4th. An old flame rears it's pretty head on the 5th. They need help. Use your intuition after the 7th. It's plugged in to a higher consciousness. Friends continue to bring happiness for over a year. After the 20th, you may need alone time for 30 days. You can still actively accumulate your fortune, however. Your brain will work better after the 25th. Friends, love, and serious-mindedness complete the final week.

VIRGO (8/23-9/22) MAY shows you making new starts for your future happiness. Even if everything seems to be working fine, it's still better to shake things up than to get shaken up. It's a very fast paced month as truth and beauty shine on your pathway. Your reputation could come into question after the 24th. It's a month to destroy all slander (not the person, just the lie). You feel robust all month, but look before you leap. Religion or other philosophies, occupy an area of happiness for you this month. There is progress in relationships. JUNE sees the fruits of your labors being rewarded with an early harvest of plentitude. Things move quickly, so focus on grabbing the brass ring near month's end. Friends bring you
The past year has been filled with some big challenges and now the reward for all your hard work. Some Archers will take aim on the Cinderella, it's time to dress for the ball. Your social life is like a months over-working and doing too much for others. Now, like this month, there will be changes in a relationship. During home life seems lovely, and it will remain that way for many years. This final week could spiral out of control unless you open your necessary that day. Be open to the needs of others. Romance does 7th-23rd. Writing and publishing are also good areas during that on and after the 4th. Travel across the country is favored from the creative beauty in store. Don't forget to be romantic toward your plans. Wait for autumn to activate those plans. There is room for new beginnings, but now is the time to make legally. A job-related situation could end as matters get resolved. The summer solstice promises a fun-filled summer, even if it's at works like a U-turn as you seem to be going back over things after the 15th. That means pay attention to everything happening the first two weeks as the importance of things will be shown by their repetition during the next two months. Your Sign rules relationships, so when Venus goes retrograde for 40 days and 40 nights starting at mid-month, you will encounter old lovers from far away. At the same time, you seek understanding on many levels. You want a higher purpose for your life, and for the life of all who live. It seems you are tuned in to this Mayan thing. As JUNE opens, we see the Scales trying to find balance. You have the urge to travel, but your planet, Venus stays retrograde until the 27th. This is not good for travel, philosophy, or higher learning. It's good if you are finishing a course of study, making plans for travel, or finding personal value in religion or philosophy. The full Moon on the 4th can bring out the “crazy” in your dealings with the opposite sex. It may take a few weeks to cool down from the anger. Business is favored after the 7th. A second marriage is possible over the next year. SCORPIO (10/23-11/21) MAY is just so filled with the depth of your thoughts. Let your friends keep you busy. That will prevent you from becoming trapped at the earth’s core. That’s how deep your thoughts can take you. Cinco de Mayo puts you in a spotlight. Smile! The 16th brings a victory as a goal can be achieved that day. The 9th thru the 24th are good for reaching agreements both personally and legally. A job-related situation could end as matters get resolved. There is room for new beginnings, but now is the time to make plans. Wait for autumn to activate those plans. JUNE has an inner, creative beauty in store. Don’t forget to be romantic toward your love. It’s just that earning power could replace that loving feeling on and after the 4th. Travel across the country is favored from the 7th-23rd. Writing and publishing are also good areas during that window. The 24th is just nuts. Flexibility is not your forte, but it is necessary that day. Be open to the needs of others. Romance does not always replace commitment as you may learn on the 25th. This final week could spiral out of control unless you open your mind and bend like a palm tree in a hurricane. SAGITTARIUS (11/22-12/21) Work and the things you do for others, would be overwhelming to other mortals. With a steady fire-like persistence, you are able to work miracles. Your children, or a love interest, show their brilliance through your efforts. Even your home life seems lovely, and it will remain that way for many years. Plumbing problems will be the only fly in the ointment. You will take the lead in a group effort. Since new beginnings are a theme this month, there will be changes in a relationship. During JUNE, you will undergo some big changes. You have spent the past nine months over-working and doing too much for others. Now, like Cinderella, it’s time to dress for the ball. Your social life is like a reward for all your hard work. Some Archers will take aim on the altar of marriage over the next year. Others will just party it up. The past year has been filled with some big challenges and now the summit of it all is nearing. There is a deluge of pent-up emotions to deal with on the 25th. Let it out. Someone has touched the core of your being with their truth. The month ends happily.

**LIBRA (9/23-10/22)** MAY works like a U-turn as you seem to be going back over things after the 15th. That means pay attention to everything happening the first two weeks as the importance of things will be shown by their repetition during the next two months. Your Sign rules relationships, so when Venus goes retrograde for 40 days and 40 nights starting at mid-month, you will encounter old lovers from far away. At the same time, you seek understanding on many levels. You want a higher purpose for your life, and for the life of all who live. It seems you are tuned in to this Mayan thing. As JUNE opens, we see the Scales trying to find balance. You have the urge to travel, but your planet, Venus stays retrograde until the 27th. This is not good for travel, philosophy, or higher learning. It’s good if you are finishing a course of study, making plans for travel, or finding personal value in religion or philosophy. The full Moon on the 4th can bring out the “crazy” in your dealings with the opposite sex. It may take a few weeks to cool down from the anger. Business is favored after the 7th. A second marriage is possible over the next year.

**CAPRICORN (12/22-1/19)** MAY: Life could feel like walking in mud. Progress is labored. Just make plans. Don’t wear yourself out pursuing love and career at the same time. If you are feeling depressed, just know that that is your normal state. Your Sign bears the yoke of karma, so you just have to be tough all the time. Just enjoy some leisure time this month. The final 10 days are great to start a health regime. For some Goats, a job ends along with a breakup. The job is worth saving, so be careful. Mid-month is just a train wreck. Take the bus. JUNE brings relief to your lack of progress. By the 25th, all will be well again. You’ve had to make changes within your life’s work, and now, you can begin to move forward with a new image and a solid base of operations. The full Moon on the 4th sends you into a wonderland of deep and beautiful imagery. Your mind is filled with fantasies which are best kept to yourself. There is a mental power there to create your dreams. The 11th brings happiness from service to others. The new Moon on the 19th brings the happiness of a good partnership.

**AQUARIUS (1/20-2/18)** MAY could be called the Dance of the wild Water Bathers. Nothing can slow your tornado-like energy. As others recover from your shock wave, you begin to notice your gasoline costs. There’s trouble on the 8th. Someone’s ego needs are not being met. Even a potato peeler needs praise. Other animate creatures, such as your partner, just seem to be slumping. Let them. Some of the Unusual Ones (Aquarians) will be learning the lesson of love. It’s like the Universe is taking you back to look at some of the things you’ve said recently. JUNE will have some financial issues…yet, you dance on. You want to travel, but now is not a good time. Didn’t you just go on a trip, anyway? There will be time for one more journey before your livelihood consumes you with a hunger. The most favored time-frame would be from late June through early October. The full Moon on the 4th could mess with your head. The 7th begins 2 1/2 weeks of mundane chores. The 23rd brings money from a father figure, or bank. The summer solstice promises a fun-filled summer, even if it’s at home sometimes.

**PISCES (2/19-3/20)** MAY is so good for the heart and mind of the FISH. You might feel more like spending time at home after the 15th. Nothing wrong with that. Looks like a partner needs more attention this month. There are many happy conversations during your outings. May you seek and find only gentle spirits to match yours. The internet can be a source for new income over the next seven years. Your first choice would be some type of humanitarian work. Home is a place for concern during the next few months. Some domestic problems just require an escape. JUNE has a strong focus on fun and leisure activities. Try to get your mind off work and just float in a pool of soothing waters. A full Moon on the 4th casts a pale light on your statuesque image. You seem to decline your pedestal. Your mind is excited by happiness at home, on and after, the 11th. Your words can wound a partner and driving is dangerous this summer so be careful on both counts. The 25th and days before, are rough, but you luck out as usual. Your plans with another get changed on the 28th, so just float...just float...

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