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Powerful Non-Opiate Pain Relief  p32

A Profound Interview with KAIA RA about her book The Sophia Code®  p20
Powerful, Cutting Edge Pain Relief Options
Eliminate Pain without Harmful Drugs or Risky Surgery
Great for Sports Injuries

*Prolozone Injection Therapy
Homeopathic, anti-inflammatory medications, vitamins, minerals and ozone.

*PRP (Platelet Rich Plasma) Injections
Using your own blood separated into platelets, initiates/accelerates tissue repair; bone, tendon and ligament regeneration/repair, promotes new blood vessels, stimulates wound healing. Used synergistically in conjunction with Prolozone Therapy to enhance healing.

*Biological Allografts
Donated, screened placenta tissue engages your own dormant stem cells, stimulating damaged tissue repair. Injection includes vitamin B and other nutrients.

* Options are listed in order of cost and increasing results.

505.750.0574
revitalizednaturalhealth.com
8417 Washington Place NE | ABQ 87113

HIGH QUALITY NATURAL HEALTH CARE
Additional Services:
- Infusion, Hormone/ Anti-Aging and Major Auto Hem Therapies
- Nutritional Consultations and Live Blood Analysis
- PICC Line Placements
- Silver (Immune Support) Therapy
A declaration of your sovereign divinity, *The Sophia Code®* is a visionary sacred text for the Divine Feminine Christ movement sweeping the planet now. This book is a living transmission encoded with direct revelations to activate your important role as a revolutionary wayshower for humanity’s awakening.

*The Sophia Code®* cosmology presents a universal blueprint for embodying the return of the Divine Feminine Christ consciousness. It reveals and activates the crystalline chromosomes of your divine genome for embodying the sovereignty of your Higher Self.

The book features the heroic life stories and Keycode Initiations of beloved Divine Feminine Ascended Masters in their own words, including Hathor, Green Tara, Mother Mary, Mary Magdalene, Quan Yin and White Buffalo Woman.

This introductory volume presents a modern-day mystery school curriculum for mentoring your highest potential with *The Sophia Dragon Tribe®*. As you read, you will directly receive downloaded Divine Feminine revelations from the Ascended Masters, orders of angels and Star Nations for embodying your Higher Self.

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Empowered Empath Programs with Chantal Fidanza
Location: Santa Fe, NM (San Marcos Area)
505-438-1074 • YourDivineLight.biz

Empower Pilates
505-699-4330

Rev. Heidi: 828-216-6438
revheidi@yahoo.com

**POWERFUL ENERGY HEALING WORKSHOP**
March 15, 11-4pm • $225
Transform your life! Understand and learn negative energy
and prevention/clearing techniques, the benefits of and how to
balance your chakras and so much more. With internationally
renowned speaker and professional energy cleanser Herman Petrick.
Space limited. RSVP today!
Held at: Empower Pilates
6501 Wyoming Blvd NE, 87109
Info/RSVP, Herman Petrick
herman@globalenergyclearing.com
GlobalEnergyClearing.com

**SILENT RETREAT**
June 27 – July 4
$60 to $290 meals included
The NM Center for Meditative Inquiry and Retreat is offering
a non-traditional, silent retreat for people from any background. Opening to wholeness
in love, wisdom, and healing. In the spirit of
teachers such as Eckhart Tolle, Adyashanti,
Byron Katie, Krishnamurti, Thich Nhat Hanh
and Pema Chodron. Daily sittings, walking,
dialogue, meetings with the resident teacher,
Jay Cutts. Jay has attended retreats for over 40
years with the late Toni Packer.
Jay Cutts: 505-281-0684
http://www.spiritualretreats.com
http://www.meditationnm.wordpress.com

**CREATING A NEW STORY TO EMBODY LOVE & COMPASSION IN POLITICS**
March 14, 9:30am-4:30pm
Suggested Donation $99
Normal is coming unhinged, and that
presents a tremendous danger and a
threshold opportunity. How do we affect
the structures so that they embody love,
compassion, and interbeing? It will take
empathy, the result of the compassionate
inquiry: Are you ready to practice talking
to people who do not share your political
values?
Registration:

**SECRET OF HEALING THROUGH THE ARTS**
Part 1: March 7, 2-4pm • $25
Spontaneous Drawings thru Jungian Perspective and Mandalas
Materials: bring a full set of colored pencils
or oil pastels, and type paper or new
sketchbook that size.
Held at/RSVP: Resonant Essentials
3107 Eubank (Scottsdale Center)
Albuquerque, 87111
505-453-7646

**ENERGY HEALING SESSIONS**
March 5 & April 7, 7-9pm
March 28 & April 25, noon-2pm
$30 for 30 minutes
Bless yourself. Take 30 minutes out of your
hectic schedule and experience chakra
balancing, negative energy clearing, adrenal
balancing, pain relief, stress relief. With
energy healers Linda Martinez, Debbie Horne,
Ann Landis.
Info/appointments: 505-699-4330
505-660-3347 • 505-459-7430
Held at: Lotus Family Health & Wellness
1400 Barbara Loop SE
Rio Rancho, NM 87124

**CRYSTAL BOWL INTERNAL SOUND MASSAGE**
Reveal Your Wholeness in Seven Steps with Rev. Heidi!
$44 One Hour, $77 Two Hours
Collective Professional or Individual Personal Sessions.
revheidi@yahoo.com
Rev. Heidi: 828-216-6438

**SPRING IS IN THE AIR!**
**EVENTS OFFERED BY:**
Wise Medicine®
Dr. Glenn Wilcox, DOM
5353 Wyoming Blvd NE, Suite 4 & 5
ABQ, NM 87109 • 505-771-4998
DrGlennWilcox.com

**EVENTS/APEALS FOR:**
Kindred Spirits Animal Sanctuary
505-471-5366
3749-A Hwy 14, Santa Fe
kindredspiritsnm.org
facebook.com/KindredSpirits
AnimalSanctuary

**Third Thursday Presentations, Free Every Month, 7-9pm, Please RSVP: 505-771-4998**

**Sex and Energy!**
**March 19, 7-9pm • FREE**
Everything You Need to Know from Testosterone and Estrogen to Thyroid and Cortisol. Revive your vitality and sexuality now! Learn how to enhance and optimize the holistic symphony of your hormones. Learn the best tests to accurately evaluate all your hormones. Know the best, safest products available. Feel and look better than ever!

**Parasites – A Mammoth Hidden Health Problem**
**April 16, 7-9pm • FREE**
Learn How to Accurately Diagnose and Treat Parasites and Other Hidden Pathogens. Parasite infections are a common, overlooked problem in America that can impact your digestion as well as you overall physical and psychological health. In this presentation, we will cut through the confusion and learn how to resolve these infections quickly and effectively.

**Clarifying Meditative Work**
**A Fresh Look**
**Mar 28 & Apr 25, 2pm • $2 Donation**
Workshop for people from any meditation tradition or no tradition at all. Explore directly what meditative work is and how it sheds light on the concerns of our lives, from a simple meditative listening with no agenda. Please check website.
Jay Cutts: 505-281-0684
NM Ctr. for Meditative Inquiry & Retreat
Wat Center, 145 Madison NE, ABQ
http://meditationNM.wordpress.com

**Mind, Body, Soul**
**Psychic & Wellness Fair**
**April 18 & 19, 10-6pm • $5 Entry Fee**
Have a question? Want some insight? Enjoy metaphysical services and products? Join us for the Mind, Body & Soul Psychic and Wellness Fair, with even more of the region’s best psychic readers, astrologers, mediums and healers plus a variety of truly awesome vendors.

Held at: Hilton Garden Inn Uptown
6510 Americas Parkway NE, 87110
Presented by Candace Lord
Details: candacelord.com

**El Paso Psychic Fair**
Readings, Products, Gifts
**Next Fair: March 21 & 22**
$5 Admission for both days
Feeling Stuck? Talk to a Reader about ANYTHING! Plus: Crystals, Gem Stones, New Age Jewelry, Pendulums, Bracelets, Feng Shui items, Essential Oils, AURA Photos, more. The Fair is held every 2-3 months. Upcoming Fair dates on the website.
Hawthorn Inn
1700 Airway, El Paso, TX 79925
www.ElPasoPsychicFair.com

**Divine Gazing with Epi Gallegos**
**Mar 18 & Apr 15, 4pm**
Donations Gratefully Accepted
Experience the healing power of Divine Gazing.
Info, Epi Gallegos: 505-259-5495
Held at: 981 Canal Blvd. SW, Los Lunas 87031

**El Paso Psychic Fair**
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Held at: 981 Canal Blvd. SW, Los Lunas 87031

**Kindred Spirits Spring Open House**
May 9, 10am-4pm • FREE
ONE DAY ONLY
Celebrate Mother’s Day Weekend this year at our Spring Open House with our many senior dogs, horses and poultry. Visit with the animals and learn what makes them happy and healthy. Educational talks and demonstrations on Well-ness. Tours. On Site Artist. Vegan Refreshments. Bring a friend!

**Animal Caregivers Wanted**
**Staff and Volunteer positions**
**Kindred Spirits Animal Sanctuary**
Eldercare and Hospice for Senior Animals. Now accepting applications for dedicated Animal Caregivers for both staff and volunteer positions. Visit kindredspiritsnm.org for more info and application.
505-471-5366
kindredspiritsnm@earthlink.net

**Calling All Old Dog Lovers!**
**Donations Needed/Monthly Sponsorships**
With each monthly sponsorship, Kindred Spirits Animal Sanctuary can help three additional senior dogs have loving end of life and hospice care. All donations are tax deductible. Every penny goes to the animals!

**El Paso Psychic Fair**
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Held at: 981 Canal Blvd. SW, Los Lunas 87031
**[COMMUNITY EVENTS]**

**EVENTS OFFERED BY:**

| The Holistic Medical Clinic  
1924 Juan Tabo NE, Ste B, 87112  
505-433-2267 • DrHartMD.com |
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<td><strong>Note:</strong> Event Space is limited. Please RSVP. Donations welcome for all events.</td>
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**Medical Benefits of Asea**

**Ongoing, Tues. Monthly**

Mar 10 & Apr 14, 6:30pm

Dr. Aaron Kaufman speaks about the power of Redox Biochemistry to turn on your body’s innate ability to heal itself. Learn how ASEAs biodentical redox replenishment can benefit you.

RSVP: Joan Didak, CHT • 505-316-2315

**Chronic Pain/Illness Support Group**

**Ongoing, 3rd Tues. Monthly**

Mar 17 & Apr 21, 6:30-8:30pm

Learn life affirming chronic pain and illness management strategies and live as fully as possible while managing chronic conditions. For more information and RSVP (required), please contact Paulette.

RSVP: Paulette Lucas • 505-463-2239

happyhealthyandhealing@gmail.com

**Safe Energy Practices for Healers**

**Ongoing, 3rd Weds. Monthly**

Mar 19 & Apr 16, 7-8pm

Do you work with clients and feel drained afterwards? Would you like to feel better and be more effective with your clients? Learn energy practices that will keep you and your clients safe, and leave you feeling energized and ready to go.

RSVP: Chief Dr. SunHawk Heart
Holistic Medical Clinic • 505-220-0120

**Tuning the Human Instrument**

**With Alchemical Crystal Bowls**

**Mar 12 & Apr 9, 7-8pm**

You are invited to experience, via the transforming qualities of quartz crystal and gemstones, the realignment and repair of body, mind and soul. Sound and intention provide a portal to your innate wisdom and bring you closer to resonance and the healing of your being.

RSVP: Carol Williamson
949-838-4664 • resonance@startmail.com

**Holistic Medical Clinic Open House**

**March 4, 4-7pm**

Light Refreshments • FREE

Tour their beautiful new clinic and treatment rooms, view the clinic's cutting-edge equipment, hear about their vast array of services, patient results and get your questions answered.

1924 Juan Tabo NE, Suite B  
Between Menaul and Indian School

| **EVENTS OFFERED BY:**  
Grace Angelic Healing  
Held at: Balanced Life Yoga  
417 Tramway NE, #7, 87123  
505-321-6635 • undermomswings.com |
|-----------------|
| **Mary-El’s Messages of Love**  
March 1 & 15, April 19  
11:30-12:45pm • $10 Donation  
Small Group Channeling. Those present receive their own message or ask a question. |

| **Gratefulness Gatherings**  
March 8, 11:30-1pm  
(No April date due to Easter Sunday)  
By Donation (Snacks provided)  
The gathering themes have not been published as of yet. Small group discussion, meditation, and sharing centered around the theme and works of Brother David. Secular. Snack provided. Donation to assist with snack and rent. |

| **Healing Circle/Reiki Share**  
Mar 22 & Apr 26, 11:30am-1pm(ish)  
$10 Suggested Donation  
Come if you seek or wish to experience energy healing. Come if you are Reiki attuned or an energy healer. NOTE: No December event. We will resume in January. |

| **Angelic Healing Presents**  
Reiki Healers Donna & Patricia  
March & April  
45-Min Reiki Session, only $20!  
Enjoy a 45-minute Reiki/Energetics session at Balanced Life Yoga! Through March enjoy a 45-minute Reiki session at Balanced Life Yoga! Reiki 2 Healers are opening up times to introduce you to the amazing relaxation healing energy of Reiki.  
Call/Text Donna: 505-220-1084  
Call/Text Patricia: 505-350-1084 |

| **Pranic Healing Clinic - Ongoing**  
1st Tues (except Jan, Jul, Dec)  
6:30-8pm • Donation  
No-touch clearing of congested energies and energizing/balancing of the energy body.  
Held at: First Unitarian Church  
3701 Carlisle Blvd. NE, ABQ 87110  
Contact Rita Herther: 505-298-4823 |

| **Women’s Songs Circle**  
Ongoing Weds, 6-7:30pm  
March 4, 11, 18, 25  
April 1, 8, 15, 22, 29  
$5-$10 Suggested Donation  
Lovely, powerful song circle for women; singing songs of grief, gratitude and exultation!  
Held at: Convenient N. Valley location  
Call/RSVP/Directions  
Lissa Callirhoe: 505-243-3363  
singingblessings.com |

**Westside Center for Spiritual Living**

**Our theme for Spring is Renewal**

**Be ye transformed by the renewing of your mind!**

Mar 1, 8, 15, 22, 29 & Apr 5, 12, 19 & 26

Open your mind, expand your heart and experience our “Westside State of Mind”! Explore spiritual principles in a relaxed and interactive environment with Rev. Heidi M. Peck and RScP Geraldine Crippen! Celebration at 11am; Meditation at 10:30am. Prayer requests at 505-922-1200 or at westsideclsnm.org

Haynes Community Center  
2006 Grande Blvd. SE, Rio Rancho 87124  
tinyURL.com/y67okhha  
youtube.com/channel/UCljL6VWiww  
DVXn7ob0ycrnA

**How to Handle Depression**

**FREE Workshop with Dr. Sobers**

**Times arranged for convenience**

Depression is a leading cause of disability worldwide. Learn ways to handle depression, anxiety, and pain.

Held at: Chilez Baca Center  
Info/RSVP, TEXT: 505-386-3063  
Email: DrSobers@comcast.net

Note: Event Space is limited. Please RSVP. Donations welcome for all events.

| **Regenerative Medicine & Stem Cell Restoration Seminar**  
**Ongoing Weds., Noon • FREE**  
March 4, 11 & 25  
April 1, 8, 15, 22 & 29 |
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<td>The use of stem cell therapy has shown incredible promise with joint injury, osteoarthritis, autoimmunity, nerve damage, plantar fasciitis, and much more. Don't mask your pain and suffering. Come see why our clinic gets such great results with regenerative medicine!</td>
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| **Functional Medicine Seminar**  
**Ongoing Mondays, 6pm • FREE**  
March 9 & 23, April 6 & 27 |
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<td>Learn about leaky gut, auto-immunity, thyroid health, belly fat, brain fog, diabetes, more! Functional Medicine uncovers the root cause, allowing people to feel their best. Stop using band-aids. Get to the source of your medical problems with a more holistic approach and the mind-body connection.</td>
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**ADDITIONAL EVENTS ADDED IN BETWEEN ISSUES! CHECK THE WEBSITE OFTEN:**

trulyalive.net
The book on the cover and feature pages of this issue, *The Sophia Code*® is truly extraordinary. It’s so potent that during December (when I started reading it), I stopped after the second Activation to take a break. I could feel the energies coming in so strongly that I was somewhat overwhelmed…it’s that powerful. The same feeling started to overtake me during the interview with Kaia Ra. She brought in Ascended Master Green Tara (Activation #3) and I immediately felt balanced and was able to complete the interview. This book, a living transmission, is incredibly powerful and worth the read. By participating in the energetic offerings (Activations), we can each transform into the next level of consciousness that we seek; affecting so much positive change that we cannot even imagine. I hope you find the courage and read this book (and take breaks as you need them; Kaia said many people need to do this). It’s an amazing tool to elevate your energy and consciousness, and for the transformation of our planet, at a time when we need it most. Many thanks to Kaia Ra for her generous gift to the world and all of the meaningful work she is doing.

There is a lot of information about what’s going on in politics, the environment and the world these days; and many people are sharing how distressing it all is. Some of us are engaged in it and express a lot of fear and concern. Some of us hear enough to stay informed and pray and send positive energy/love to it all and some of us (including myself) tune it out completely. (I do this which helps me stay calm.) I only hear about what’s happening through friends that feel compelled to share. I believe that fear contributes to the “what is” that feels so threatening and adds power to the very thing we are afraid of (which is why I focus elsewhere). If it’s true that fear attracts the very thing we are afraid of, then perhaps we can be better served by focusing more on what we want rather than what we don’t want. One of the most helpful things I have heard about the whole of the current “what is” is that we are in a phase of deconstruction…that we cannot reconstruct something unless we first deconstruct. And this can be very messy and painful. This thought gives me hope. No matter how messy things get, I continue to hold that we are still in a deconstruction mode…and when I read books like *The Sophia Code*®, my heart sings with joy knowing that it’s all working out perfectly; no matter how it looks!

Happy Spring!

Karen Larré

---

**Thank you to our Gold Sponsor:**

**GLENN WILCOX, DOM – WISE MEDICINE**

Silver & Bronze Sponsorship Packages now available
Contact Karen Larré @ 505.828.3430 or info@trulyalive.net
Regenerative Medicine, Part 2: Prolotherapy and Prolozone Injections

By Dr. Glenn Wilcox, D.O.M., M.Sc.

Prolotherapy involves injection of substances that cause minor inflammation and promote or stimulate the growth of normal cells and tissue, especially ligaments, tendons and cartilage, thereby regenerating and strengthening the lax or weakened tissue and alleviating musculoskeletal pain. “Prolo” is short for proliferation (propagation, generation). Prolotherapy is also referred to as Regenerative Injection Therapy (RIT).

Prolotherapy focuses on repairing and optimizing the structure and function of tendons and ligaments. A tendon attaches a muscle to the bone and is involved in movement of the joint. A ligament connects two bones and is involved in the stability of the joint. A strain is defined as a stretched or injured tendon and a sprain is a stretched or injured ligament. When tendons or ligaments are injured, your body’s systems are stimulated to repair the injured area. Ligaments and tendons generally have a poor blood supply and so incomplete healing is common after an injury. When ligaments and tendons become lax and weak, the joint becomes unstable and chronic pain results.

With regard to trauma and injury, the greatest point of stress to the ligaments and tendons is where they attach to the bone. With regard to pain, the periosteum (covering of the bone) and the ligaments are the most sensitive structures. With regard to the scale of pain sensitivity (which part of the body hurts more when injured), the periosteum ranks first, followed by the ligaments, tendons, fascia (the tissue that surrounds muscle) and finally muscle. Cartilage contains no sensory nerve endings and therefore the cartilage cannot hurt because it contains no pain sensing nerves. If there is cartilage damage, such as with a tear to the meniscus of the knee, the ligaments are typically the structures that hurt.

Conventional Prolotherapy involves injecting a mild irritant solution referred to as a proliferant. The most common proliferant is a solution of dextrose (sugar water) combined with procaine, a commonly used local anesthetic. Sometimes lidocaine is used instead of procaine. Most commonly, the injections are given into a joint capsule (elbow, shoulder, knee, ankle, spine, etc.) or where a lax, weakened or damaged ligament or tendon attaches to bone. Prolotherapy works by exactly the same process that the human body naturally uses to stimulate the body’s healing response. The first stage of this process is inflammation. The Prolotherapy injection causes a local inflammation. The local inflammation triggers a healing cascade that stimulates fibroblasts, the cells from which connective tissue is developed. Activation of the fibroblasts results in the deposition of new collagen, the strong, fibrous, insoluble protein from which ligaments, tendons and cartilage are made. The new collagen regenerates cartilage in the joint and strengthens the ligaments and tendons and their attachments to the bone. New collagen shrinks as it matures. The shrinking collagen tightens the ligament or tendon that was injected. The result is improved stability and function, and resolution of pain.

Prolotherapy History: Injection of irritant solutions for soft tissue repair has a long history. Around the time of Christ, Celsius used saltpeter to treat hydrocele (swelling in the scrotum due to fluid accumulation) and likely hernias as well. Such injections were performed in London in the 1700’s to repair hernias. Two doctors simultaneously discovered joint based prolotherapy in 1937. That year, Louis W. Schultz, D.D.S., M.D. first published about injection of TMJ (jaw joint pain) to build ligament. Earl Gedney, D.O. published his venture into using irritating substances in SI joints and knees, also in 1937. George Hackett, M.D. further developed the technique of prolotherapy in the 1940’s. In his study of almost 10,000 Prolotherapy cases, Dr. Hackett found that over 99 percent of the patients found relief from their chronic pain.

Prolozone is an injection therapy that more recently evolved from Prolotherapy. Prolozone will also regenerate connective tissue issues (tendons, ligaments, cartilage), to improve function, help
resolve pain in the joints and other musculoskeletal areas, and more... Like Prolotherapy, Prolozone involves the injection of procaine, a local anesthetic, along with other natural substances. However, immediately following the injection of the therapeutic fluids, a combination of medical grade oxygen gases is injected — O2 that we breathe, combined with very small amounts of O3 (ozone). This results in a number of natural, healthy, therapeutic responses from our bodies, one of which is activation of the healing cascade, similar to Prolotherapy, that the body naturally performs any time there is an injury. The end result is healing of tissues, normalization of function and resolution of pain.

Prolozone involves injecting similar solutions as in Prolotherapy, but with less or no inflammatory dextrose added. Then, without removing the needle, a new syringe containing the combination of O2 and O3 gas is attached and that is also injected into the site. The addition of ozone has a mild irritant effect and thus the dextrose is often unnecessary. This is a real advantage for sensitive people who might be more prone to inflammation and pain. The ozone will stimulate tissue regeneration but causes less inflammation, swelling and pain than the dextrose used in Prolotherapy. The addition of ozone in Prolozone further improves outcomes due to the added advantage that it eliminates local bacterial pathogens that can contribute to joint instability, dysfunction and pain. The use of ozone also makes Prolotherapy possible for those with hardware (screws, rods, joint replacements, etc.) near the injection site, since the presence of such hardware is a contraindication for conventional Prolotherapy because of the use of dextrose.

PROLOZONE HISTORY: I started performing Prolozone Therapy in 2007. At that time, I was Medical Director of a large clinic in Albuquerque and worked closely with Dr. Maged Maged, the clinic’s Research Director. During the early 2000s, Dr. Maged worked with Dr. Frank Shallenberger in Reno, Nevada where he learned and helped evolve Prolozone. Dr. Shallenberger is my mentor in advanced Prolozone techniques and one of my mentors in IV ozone therapy. He is also the founder of the American Academy of Ozonotherapy.

OZONE: O3 (ozone) has been effectively used in medicine around the world for five decades and is finally gaining some recognition in America. Ozone is a magic molecule! It is an essential substance used in oxidative medicine, an exceptionally effective, recently developed field of medicine. Ozone, or O3, is simply three atoms of oxygen bound together. We breathe O2 which is very stable. Ozone is not stable and breaks down into O2 and a single atom of oxygen. That single molecule of oxygen is what works the magic. O3 is created when a current of electricity passes through O2. Ozone does not naturally occur in humans, but it does occur in nature when lightning passes through the atmosphere. In the clinic it can also be created by an ozone generating device when electricity is passed through pure medical grade O2.

WHY DON’T CONVENTIONAL ORTHOPEDICS DOCTORS USE PROLOZONE AND PROLO THERAPY? Conventional orthopedics doctors are not up to speed on these therapies. I found out why in 2019. I attended a daylong continuing education class on joint injection therapy organized by the young orthopods from The University of New Mexico School of Medicine in Albuquerque. They demonstrated excellent injection therapy techniques using Lidocaine combined with steroids... but that was all they used. Injected steroids can sometimes reduce inflammation and therefore pain, but steroids do not promote healing. I asked these very competent doctors if they were aware of other more effective injection therapies such as Prolotherapy, Prolozone and PRP, and why didn’t they use them? Their response was simple. They were not aware of Prolozone; they had heard of Prolotherapy and PRP. But they didn’t perform these because insurance would not reimburse for such therapies, but only steroids. Interesting...!

RESPONSE TO TREATMENT: The response to treatment varies depending on whether Prolozone or Prolotherapy is performed, and from person to person due to variations in the traumatic damage done and individual healing ability. Some people experience localized swelling, inflammation and pain around the injection site that resolves over the following few days. Others experience no discomfort. Some people may only need two or three treatments while others may need 10 or more. A typical course of therapy is six to ten treatments, usually involving multiple injections during each treatment. Treatment is usually repeated every four to six weeks for Prolotherapy and can be repeated weekly for Prolozone.

CONCLUSION: I was first Board Certified in Injection Therapy in 1998 and have been directly involved in the evolution of these effective therapies in New Mexico. Over the years, my patients have experienced dramatic improvement in function, and resolution of pain as a result of these valuable therapeutic tools.
Life-Changing PSYCH-K
By Angela Lain

In the last issue, I provided an overview of PSYCH-K and how it works quickly, safely, effectively and with measurable results. Here are some success stories:

I had a biopsy done in April which came back positive for abnormal cells. The doctor told me to make an appointment to remove the abnormal cells. I made the appointment, and when I got home decided to cancel and try PSYCH-K. The doctor wanted to retest me in 4 months and was prepared to do the cryofreeze procedure when the lab results came back abnormal. The lab results came back NORMAL. PSYCH-K works again!

A short note to tell you another beautiful experience of the past few days: my cousin has not been able to find a job for about two years. We did a balance from Advanced PSYCH-K. She called me three days later, very excited to let me know she was interviewed and immediately hired in a store which sells clothes from India!!! (Which she likes very much.) She is very, very, very happy and impressed with how this worked out, not to say how happy and impressed I am!!!! I have been working with other people, most of them seeing results; some more subtle, some very evident. Yesterday, I did some work with my friend’s mother. After we finished, her husband said, “God blesses you for returning my wife’s smile.” So beautiful!

M.V., Colombia

Angela Lain is a Wholistic Healing Practitioner with more than 15 years’ experience with a wide variety of techniques and modalities including Wholistic Kinesiology, Essential Oils, EFT, Chakra and Meridian Balancing, Bach Flower Remedies, Body Code, PTSD & Phobia Clearing and much more.

If you are ready for a change…working with something that REALLY works, make your appointment today for a fast and efficient, spiritually based PSYCH-K session; a technique that delivers physical, psychological, social, emotional, and spiritual benefits. Free consultations and packages available. Local and Long Distance 505-587-3366, TotalLifeToday@yahoo.com, TotalLifeToday.com

Gentle, Potent Healing Through Song
By Lissa Callirhoe

The Human Voice is the most effective instrument we have for spiritual healing, which opens the gates to all other levels of healing. It is a powerful catalyst for emotional and physical healing.

Wordlessly, my voice senses the vibrations your body and your soul needs. The singing voice can bring you back into harmony again, unifying body and mind, heart and soul.

Seeking to make kindness audible with my voice, I create an interchange between the silent forces of nature and the intentions of my ancestors. Soothing and comforting, my singing is the magic that connects the material with the spiritual. It is intended to bring people into alignment with their own true natures. Singing is like musical prayer and I am deeply drawn to work with women.

We have been taught in our present culture, that singing is for entertainment purposes, performed only by trained artists. Most indigenous cultures have used (many still use) singing as their most important medicine. In her book, The Healing Voice, Joy-Gardner-Gordon says: “In virtually every culture throughout history, human beings have used toning, chanting and singing to...heal their bodies and spirits.”

Effective medicine for many physical and psychological issues, singing can help women relieve depression, overwhelm, and menstrual/bleeding issues and so much more.

Slow down to human speed and remember who you are. Relax, cocooned in the simple lullaby of an Elder woman’s voice.

If you are ready to try a gentle, loving method to stimulate the healing you desire, call for more information and a 15-minute free consultation. Fragrance-free: you are also invited to attend one of my Song Circles (see Community Events for more info).

Lissa Callirhoe is trained as a bedside singer and as a shaman. She studied Toning under Susan Elizabeth Hale; holds a Certificate in Bedside Singing Training from Marti Mariette; and was the Founder of ABQ Threshold Choir. She also holds a Master’s Degree in Women’s Spirituality from the Institute of Transpersonal Psychology. 505-243-3363, singingblessings.com

Healing & Transformation THROUGH SONG
Relax cocooned in comfort & shift gently...

Lissa Callirhoe
505/243-3363
singingblessings.com
lissa@singingblessings.com

If you are ready for a change...working with something that REALLY works, make your appointment today for a fast and efficient, spiritually based PSYCH-K session; a technique that delivers physical, psychological, social, emotional, and spiritual benefits. Free consultations and packages available. Local and Long Distance 505-587-3366, TotalLifeToday@yahoo.com, TotalLifeToday.com
Here is a sample of what some of our patients have to say about our Microneedling treatments:

"I am so glad I found this clinic. The treatment here felt much more thorough than the place I had my first treatment. The way she stroked the pen made the treatment almost painless. My third treatment will be free."

"I cannot believe the change in my wrinkles, which were changed even after my first treatment. I wish I had known about this before spending so much money on other treatments."

"I was one of the first patients to have Microneedling here over 4 years ago. I had 3 treatments the first year and have only had one treatment each year for the last two years. This is much more permanent than anything else I have tried."

"I started Microneedling with the hope of improving the skin on my face. Microneedling has made a very noticeable improvement to the texture of my face but the most drastic improvement took place in my neck area. I had really rough skin on my neck. The skin on my neck looked like "Chicken Skin". I had no intentions of having my neck treated but I had nothing to lose when I was told that the neck area is automatically included with the face Microneedling with no extra cost. My neck skin texture was so bad I figured nothing short of expensive laser treatments or surgery was going to help. Man was I wrong. My face looks really good but the improvement that has taken place in my neck is the real miracle. The skin on my neck is every bit as smooth as my face."

**WHAT IS DIFFERENT IN OUR CLINIC**

- We use pure, pharmaceutical grade hyaluronic acid during the treatment because it is known for stimulating collagen production.
- We include the neck area at no extra charge.
- We have developed a stroking technique that feels more comfortable to the client. Instead of an 11 or 12 pin tip, we use a disposable 36 pin tip insuring full and deep coverage.

Most patients notice an improvement in the way their skin looks in just a day or two (some immediately). The improvement will become more evident within a few days and continues to increase over a few weeks. Give us a call today and get your questions answered. **505-271-6608, ThermographyNM.com**

Microneedling is a nonsurgical treatment that punctures the top layer of your skin with tiny needles, creating micro injuries that stimulate your skin’s healing response and boost its natural collagen and elastin production. It can improve skin tone, reduce pore size, and fade scars and stretch marks. Watch the following 3 minute video to see what a treatment looks like at: [tinyurl.com/hvd3e25](http://tinyurl.com/hvd3e25)
**Intimate Wellness at About Face Med Spa: A Q & A with Laura Johnson, FNP**

Sex is important. Over time and especially after childbirth, our vaginal tissue can get overstretched and lose collagen, diminishing both the sensitivity and tightness of the vaginal walls. Vaginal laxity, which is a natural but unwanted effect of aging, can result in dryness and lack of sensation during intercourse; lack of arousal; less intense orgasms or the loss of the ability to orgasm. We are looking better as we age nowadays, why can’t we turn back the hand of time when it comes to something so intimate and vital to our psyche?

Viveve® is a technology that addresses embarrassing symptoms specific to women who have not had any easy solutions up until now. I underwent the treatment myself before incorporating it into my practice and the results are undeniable. I used to leak when I laughed, coughed or sneezed. Not anymore. And yes, the sex is better. One of my patients says it saved her marriage because now she experiences pain-free intercourse. There are lots of testimonials like that.

Experience a solution not available in the past. Take that next step and schedule a consultation. You will learn something new and learn whether Viveve® is right for you.

**WHAT ARE THE BENEFITS OF THE VIVEVE SYSTEM?**

- Improved vaginal form and function
- Decreased urinary incontinence symptoms
- Increased natural lubrication
- Enhanced sensation during sexual intercourse
- No incisions, surgery or needles
- Results after one efficient appointment
- Zero downtime

**Why did you choose to offer the Viveve® vaginal tightening service at your practice?** I’m at that age where, honestly, these are the types of issues women like me are having now. I offer injectables, laser therapy, and PDO Threadlifts, but one of the primary questions asked is about intimate women’s issues surrounding incontinence treatments. I asked my own childhood girlfriends about it as was surprised 3 out of the 4 questioned had some issues with leakage. It stunned me to hear my classmates speak of embarrassing moments with urinary leakage, decreased sexual pleasure, and how their activities changed because vaginal laxity.

**Why did you choose Viveve®?** Viveve® stood out from the other devices because of the clinical research that backs its results. The reviews repeatedly spoke of the ease and comfort of the procedure, which is really important to me, as well.

**One study stood out to me: Viveve® I Study.** This randomized, multicentered, blinded, sham-controlled trial demonstrated statically significant improvement in vaginal laxity and sexual dysfunction in the treatment group. No other device offers such science in backing their results. I was confident that I was providing the very best technology for my clients.

**Is the Viveve® System painful?** Short answer, no. When my clients hear that Viveve® uses radiofrequency energy, they become worried that it may be uncomfortable. However, this is a cryogen-cooled device, meaning that a cooling component ensures patient comfort throughout the procedure.

**How long do treatments take?** The Viveve® system is efficient and effective, requiring only 30 minutes for sexual function and 45 minutes for stress urinary incontinence. This makes tending to your vaginal health simple, convenient and stress-free.

**Are there any side effects?** Fortunately, the Viveve® system has no associated side effects. Additionally, Viveve® does not require any recovery or downtime, allowing patients to return to their daily routines, without any hassle or discomfort.

**When will I notice results?** Clients report noticing results in as little as 3 weeks. In most cases, you will notice results within 3 months. Our patients experience the full benefits of the Viveve® treatment for up to 12 months. Sometimes, a touch-up after a year is required to maintain results.

**About Face Med Spa is proud to offer this procedure to our patients in Albuquerque, New Mexico and the surrounding communities. Call for more information today! 505-944-6333, AboutFaceMedSpa.com, Facebook.com/AboutFaceMedSpa, Instagram.com/AboutFaceAbq**
Holistic Medical Clinic: Powerful Integrative Medicine, New Location

By Dr. Angelique Hart, MD & Chief Dr. SunHawk Heart

Holistic Medical Clinic patients benefit extensively from working in combination with Dr. Hart and Chief Dr. Heart. Dr. Hart’s experience in Integrative and Holistic medicine since 2002, together with Chief Dr. Heart’s background, established in the native healing traditions for 50 years, since childhood (indigenous, holistic and shamanic), create a healing synergy for transformation which is in a category by itself.

When patients elect the option, the two healing professionals work hand in hand, offering comprehensive integrative medicine and powerhouse healing programs to their patients. Dr. Hart is a Pain Management Specialist, a Diplomat of the American Board of Holistic Medicine, certified in Chelation Therapy and participated in the NIH funded national studies: The TACT I (Trial to Assess Chelation Therapy). She is certified in PRP Injection Therapies and offers cutting-edge natural services with outstanding results. With Chief Dr. Heart’s native healing modalities (emotional, mental and spiritual), patients are excited about the “whole person transformations” they get at the Holistic Medical Clinic. They report significant, deep healings and experience greater well-being vs. other natural options they have tried. With its comprehensive services and offerings, and 6 years of both doctors working together, the Holistic Medical Clinic is truly one of a kind.

UNIQUELY OPTIMIZED 4-PART PRP PROGRAM EXCLUSIVELY FROM THE HOLISTIC MEDICAL CLINIC

1. Complete patient history, thorough medical exam including review of X-rays, MRIs, etc. Plus, pre-treatment including oxygenation and mobility optimization protocols

2. Pre-PRP microcurrent facial procedure using the Jade Aesthetics device for exceptional, long lasting results (this is also available as an awesome stand-alone treatment)

3. Injection of your platelets precisely into the target area for regeneration and healing

4. Post treatment oxygenation and follow up exam

In addition to Dr. Hart’s 30 years of extensive training in multiple Integrative Medicine modalities and Chief Dr. Heart’s native, indigenous and holistic offerings...The Holistic Medical Clinic offers Oxygen Multi-Step Therapy (ask about our new lower rates); as well as EECP (Enhanced External Counter Pulsation) Therapy which has been used as a treatment for angina and heart failure since 1995. The Oxygen Multi-Step Therapy sessions provide an increase in energy, improved brain function, anti-inflammatory effects and improved immune responses.

In addition to powerful, unique and combination services, the Holistic Medical Clinic is offering classes and events including a Pain Support Group, Sophia Code Groups (future), Crystal Bowls for Healing, Safe Energy Practices for Healthy Healers and Medical Benefits of Asea presentations. See the community events section of this issue for details.

Dr. Angelique Hart M.D. is a Board Certified Anesthesiologist and a specialist in Pain Management. She holds an Honorary Doctorate Degree in Traditional Medicine and specializes in Holistic Medicine, Natural Aesthetics, Pain Management, Detoxification Therapies, Functional Medicine, and Hormone Balancing. She is a former University of Miami Assistant Professor and former Director of the Pain Center at the VA Medical Center in Miami. Dr. Hart has been practicing Integrative and Holistic Medicine for 18 years.

Chief Dr. SunHawk Heart utilizes a wide array of healing tools; indigenous and holistic, including Shamanic healing (ancient and modern), Cranio Sacral and muscle manipulation (bodywork), Emotional, Mental, Spiritual healing, Sound (and) Light Vibrational healing, Crystal healing and more. If you are ready to try a different mode of healing and/or are interested in working in combination with both doctors, call to schedule an appointment today! Or visit the new Clinic location during our Open House on March 4th, from 4-7pm. (See Community Events for details.) drhartmd.com, 505-433-2267.
Twenty years ago, I began my journey as a channel/psychic medium. I had no idea the affect the messages, or readings, from Mary-El would have on others. Clients have told me their messages were profound, kind, loving, and real. The experience I have of being able to give a voice to Mary-El is a true blessing. She once walked this planet and is known by many as Mother Mary. I am honored to have her as my guide, teacher, and friend.

When a client comes for an individual session, Mary-El begins with a heart opening activity followed by her message, which is specific to the client, followed by questions. One may also ask if a discarnate, or departed one, has a message for them.

Group sessions happen the first and third Sundays at Balanced Life Yoga, (see community events for more info). Drumming synergizes the group energy into one force. After Mary-El’s message, the floor is open to questions. As the group session is a $10 donation, it is an affordable way to get a profound answer to a burning question.

Another way to enjoy a message is to host a group session in your home. These are by appointment with a set fee. I strive to be the best reader for each in attendance. I’ve taken many trainings, attended numerous workshops, and work to keep my energy and physical body clear and healthy.
Have you noticed that your knees make noise when you squat down? Have you felt a lack of stability walking up and down the stairs? Have you felt pain when you’re hiking, running, or even walking, and wonder why? Stem cell therapy is often referred to as regenerative medicine. This is because it takes advantage of amazing, immature cells (stem cells) to repair or replace tissues of the body damaged due to aging, injury, or disease.

The noise and pain in your knees and other joints may be an early sign of accelerated aging. This is most often caused by osteoarthritis which suggests a lack of cushioning due to erosion of the cartilage, which leads to bone-on-bone contact within the joint space. Aging can be defined as degeneration that progresses faster than our repair mechanisms can heal. While this can be viewed as the natural order of things, it doesn’t feel very natural when your symptoms prevent you from doing what you enjoy. When you can’t walk, shop, hike, care for your yard, or play with your kids and grandkids because of joint pain, muscle weakness or an autoimmune condition, you are not living life to its fullest potential. If you are facing possible surgery or a lifetime of prescription medications, regenerative medicine may help.

50 to 75% of surgeries performed for joint and back repair require further surgery. 1 in 100 patients contract severe infections during surgery, and 1 in 400 people die. If you have ever taken pain medication, you know these medicines are designed to mask or suppress symptoms, not correct the underlying condition. Stem cell therapy can regenerate and restore.

While we all have stem cells in our bodies, as we age, our own stem cells diminish both in numbers and the rate at which they reproduce. Therefore, the older we are, the less able our own body is able to keep up with the rate of degeneration. Depending on your age, overall health, and the severity of the condition you want to treat, perinatal stem cells may provide a much better option for a higher rate of recovery. Perinatal stem cells come from the placenta and umbilical cord of extensively screened mothers who donate this tissue for the benefit of others. The entire process is highly regulated by the FDA.

When researching stem cells, it’s important to find a clinic that can provide you specific information about why they choose the stem cells they use and about the safety and efficacy of the product. Is the clinic buying directly from a tissue bank or do they buy from a broker? Some companies buy from tissue banks with the best price and little regard for efficacy or safety. Safety should be the primary goal of the cord bank providing your stem cell product. We work with the Utah Cord Bank to provide a safe, high quality product for our patients.

Finally, follow-up care greatly contributes to the outcomes you achieve with stem cell therapy. If you combine the right tools to better support the health and the growth of stem cells, you are going to get a much better outcome. For example, better nutrition and avoidance of inflammatory foods and products can help boost stem cell performance in addition to improving overall health, reducing inflammation, and assisting in weight loss (which takes additional strain off the affected joints). Acupuncture supports better outcomes by increasing blood flow to the joint which allows more oxygen and nutrients to nourish the growing stem cells and makes them healthier and more effective.

To find out just how good it feels to be free of pain and to fight the aging in your knees and other joints, come visit us at East West Health for a FREE seminar on Regenerative Medicine (see community events) or call and schedule a personalized Stem Cell Evaluation today. We look forward to meeting you! 505-503-6490, acueastwest.com

DON’T MASK YOUR PAIN, FIX IT!

If you suffer from...

- Chronic Pain
- Alzheimers
- Dementia
- Autoimmunity
- Macular Degeneration
- Lung Issues
- Nerve Damage
- Inflammation
- Back Pain
- Knee Pain
- Shoulder Pain
- Hip Pain
- Osteoarthritis
- Neuropathy
- Plantar Fasciitis

STEM CELL THERAPY at East West Health may help you.

Schedule an evaluation by calling 505-503-6490, or check the events page for our FREE upcoming seminars.

EAST WEST HEALTH ABQ
1500 Lomas Blvd NW | Ste B | ABQ 87104
505.503.6490 | acueastwest.com
P rolozone® uses oxygen to create healing. Prolotherapy uses inflammation to create the healing. Although Prolotherapy is often effective, it has limitations. (1) Prolotherapy is extremely painful. Pain usually persists for days to weeks after a treatment. (2) Prolotherapy requires many injections and is not usually effective in regenerating cartilage.

Patients receiving Prolozone® feel (1) immediate improvement, with very little to any pain during or after treatments, and Prolozone® only requires a few injections. This means that Prolozone® (2) is faster and much less expensive than Prolotherapy. And Prolozone® therapy is especially effective in regenerating the cartilage in damaged knees and hips.

Prolozone® is a homeopathic/oxygen injection technique developed and pioneered by Dr. Shallenberger. It is excellent for all forms of musculo-skeletal and joint pain including chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, and shoulder and elbow pain. The good thing about Prolozone® is that because it actually corrects the pathology of the disorder, there is a 75% chance for the chronic pain sufferer to becoming permanently pain free.

What is Prolozone®? Prolozone® is derived from the Latin word “proli” which means to regenerate or rebuild, and the word ozone. Ozone is the most highly active form of oxygen in the universe. Prolozone® uses the power of oxygen to cause damaged tissues, joints, ligaments, and tendons to regenerate. This usually causes a complete healing, and a permanent end to pain.

How Does Prolozone® Work? The reason that some injuries completely heal and others don’t has to do with circulation. In order for a damaged area of the body to regenerate and heal, it must have the critical elements that only the blood can provide: vitamins, minerals, and oxygen.

Of these, by far the most important is oxygen. Low levels of oxygen cause an accumulation of lactic acid, which is what causes pain. Prolozone® works in three ways. First, homeopathic anti-inflammatory medications are injected into the injured area to reduce inflammation and swelling. This leads to increased circulation. Next, the area is treated with vitamins and minerals that are critical for healing. Finally, the area is infiltrated with oxygen in the form of ozone. The result is that the tissues get what they need to heal. And as they heal, the circulation to the area is re-established, and the treatment is complete. The response to treatment varies from person to person, but most people only need from 3-5 treatments.

CONDITIONS THAT CAN BE TREATED WITH PROLOZONE:

Prolozone works on just about any pain problem you might have, including neck pain, whiplash, degenerated or herniated discs, low back pain, plantar fasciitis, carpal tunnel syndrome, torn tendons, TMJ syndrome, sciatica, heel spurs, neuramasis, tennis elbow, rotator cuff tears, knee injuries, and virtually any other sports injury.

Because Prolozone treatments also result in cartilage regeneration, the technique is also remarkably effective even for severe cases of osteo arthritis of the hip or knee. The good thing about Prolozone® is that it is not just a treatment for pain. The results actually represent a permanent fix.

PRP & Biological Allografts: In addition to Prolozone therapy, Revitalized Natural Health Center offers PRP Therapy, which utilizes your stem cells to repair and regenerate. BA uses infant stem cells which interact with your stem cells and “turns them on.” Each of the three therapies are used based on the severity of pain levels and regeneration desired. Schedule your initial appointment to see which treatment is right for you.

NOTE: All Regenerative Therapies at Revitalized Natural Health Center work best when inflammation and toxicity is at its lowest. RNH offers a full compliment of healing and regeneration nutritional and lifestyle education and support.

Are you ready to find out if Prolozone Therapy, PRP or Biological Allografts can benefit you? Call 505-750-0574 for more information and to schedule an initial appointment. revitalizednaturalhealth.com
As news of the Corona virus continues, several news stories have featured articles about the use of thermal scanning in airports. There are several international airports that employ digital infrared thermal scanners to help detect viruses: tinyurl.com/tekm6g3. The U.S. quadrupled the number of thermographic scanners in airports in early 2020.

The above video offers a brief explanation of how thermography detects heat that may relate to fever and viral infection. The handheld thermal scanner in the video, is accurate to 1/10 of a degree. At the Thermography Center we use a digital infrared scanner that is accurate to within 1/100 of degree.

Thermography has many health applications but the most widely utilized is in breast imaging. Thermography is essentially looking for heat or fever in the breasts that may indicate an infection, lymph congestion, possible estrogen dominance or new blood vessel growth. New blood vessel growth also known as neovascularity or angiogenesis is of particular concern because it can indicate the presence of a tumor. Although thermography is not considered to be specific to location, it is highly sensitive to changes in temperature and provides early detection of dysfunction.

Breast imaging was the most common use of clinical thermography, but more recently full-body scans outnumber breast scans. The breast scan includes images of the upper chest, breasts and underarms (a minimum of 6 to 8 images). The full body scan images the head/neck, breast/chest, abdomen, back, arms and legs (minimum of 25 to 30 images). Thermography allows us to be proactive about our health. Areas of heat are often associated with some degree of inflammation. Areas of cold may correlate with a lack of circulation or nerve dysfunction. It is easy to assume that areas of heat are the focus of thermography, but in actuality areas of cold are also indicative of dysfunction. Heat can be an indication for an inflammatory process. Cold is often indicative of chronic dysfunction. The easiest way to understand this is “cold is old”.

Most of us have been the subjects of thermal imaging whether we realize it or not. Airports use it every day to check people for elevated temperatures. This is confirmation of its safety and value. The Thermography Center has specialized in thermal imaging for more than 20 years and we have imaged thousands of patients who use the information to make lifestyle changes or seek further evaluation. 505-271-6608, ThermographyNM.com.
Do you know if you are an empath? I sure went for a long time without knowing! Empaths have a unique energetic blueprint which creates interesting (and often overwhelming) challenges for us as we go about engaging in the world around us. However, our unique energetic wiring also endows us with incredible gifts, ones that allow us to thrive once we learn how to energetically “master” our energy.

Do any of the following resonate? Do you:

- Often feel drained after interacting with people, even those you love, while they walk away feeling better from having interacted with you?
- Feel that setting boundaries is an ongoing challenge?
- Ever find you “absorb” other people’s moods or emotions, or that your mood changes drastically and for no apparent reason?
- Have difficulty discerning where your energy bubble ends, and someone else’s begins?
- Often find yourself the “default” caretaker, the one taking more than her/his share of energetic responsibility in relationships?
- Experience “mystery” symptoms, physical challenges that defy diagnosis or remedy? Or…
- Does the weight of what’s happening in the world seem to literally weigh you down?
- Do people call you “sensitive,” and do you ever feel completely misunderstood by others because of it?
- Do you find the “spirit realm” to be much more inviting place to hang out in than here, on earth?

If so, I get it and you are not alone. You can learn to master your unique energetic makeup and allow it to take care of you — resulting in more powerful boundaries, greater well-being and increased energy, a stronger connection to your inner voice, greater empowerment, and unshakeable self-trust. 505-438-1074, YourDivineLight.biz.

Drop That Thing This Spring

By Shauna Frank

And by that “Thing” we mean Pain and Discomfort! If it seems you have been struggling with unbearable acute and/or chronic ailments with no relief in sight, look no further than Spine & Muscle Rehabilitation! We specialize in a form of therapy that is somewhat unknown to many, but an extremely useful tool for those that have discovered the benefits and progressive results it provides.

The official terminology is Neuromuscular Re-Education Therapy or NMT for short. It is a form of pain management therapy that can treat a variety of conditions. Some of these include but are not limited to: fitness/sports injuries, post-surgery or car accident trauma, nerve damage, muscle strains, neck/shoulder pain, lower/upper back pain, headaches/migraines, temporomandibular jaw joint pain (TMJ disorders), carpal tunnel, tendonitis, epicondylitis, and sciatic nerve pain. Patients suffering from Amyotrophic Lateral Sclerosis (ALS), Multiple Sclerosis (MS), Fibromyalgia and Parkinson’s Disease have also found these treatments beneficial.

NMT treatments assist in the return of normal muscle movements and reinforce nerve signals for proper function. The theory is that when nerve signals are “retrained” or “re-educated” and appropriate muscle movements are repeated, movement patterns become automatic once again. This hands-on manual form of therapy has emerged into an efficient way to assess, treat and manage pain. The goal is to prevent the reoccurrence of long term, acute and chronic pain.

A friend recommended Spine & Muscle for my sciatica pain. That was over a year and a half ago and I have never felt better! Franco’s skill and knowledge has greatly improved my pain and I enjoy using these treatments as a monthly maintenance program for pain.

– L.V. Edgewood, NM

Don’t manage your pain on your own! Call us today at 505-298-1558 to schedule a treatment! Appointment times are available Monday-Friday 8:30am – 4pm as well as some Saturdays. One (1) Hour Treatments = $45.00 + tax for Truly Alive Readers, nctmedical.com/spine_muscle.

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Spine & Muscle Rehabilitation

Effective Pain Relief Increased Function

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Prevention and Maintenance is key. Some of you want to age with dignity, allowing the aging process to unfold naturally with inevitable skin damage. Others want to take care of their skin and keep a healthy and glowing appearance. To accomplish this goal, basic principles of prevention are necessary: hydration, moisturizing, effective sunscreen use, stress management, avoiding smoking and good quality sleep.

Genetics have a lot to do with the way we age, and we can slow down the process. Look at your mother and older sisters’ skin. It’s likely your skin will age the same way. The sooner you prevent those changes, the better the results.

**Wrinkles:** Botox is a great method to slow down those unwanted wrinkles and improve your facial expression. Frown lines make you look mad and can be corrected with Botox, which lasts 3 to 4 months. As the muscles relax and become “lazy”, you won’t be able to frown that much — making those lines less noticeable. With time, you may be able to extend the intervals for Botox to every 6 months when your muscles are no longer as strong. Don’t wait too long to start correcting those lines. When they become too deep, they become irreversible. The same applies for crow’s feet and forehead lines.

**Fillers:** Great for nasolabial folds, marionette lines (corner of the mouth to the chin), fine lines around your lips and cheek augmentation; they give you a natural and youthful appearance; and help regenerate collagen. The effect lasts 9-12 months; some fillers up to 2 years.

**Micro-needling:** For overall skin conditions: fine lines, sagging skin, large pores, acne scars, etc. micro-needling is a great treatment. And not all micro needling treatments are created equal. Different results depend on the technique and products applied. I customize micro-needling depending on the skin condition. Some people see great results after one treatment. Others need 3 or more, depending on the baseline of their skin. Personally, I don’t offer this treatment to smokers since skin circulation is very compromised by the nicotine.

**Mole/Growth Removal:** The moles, growths and dark spots that appear with aging give the skin a “dirty” appearance. My procedures are painless. As a physician, I have a license to use the appropriate anesthesia. You don’t need to endure pain.

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For prevention of aging and maintenance of youthful skin, call me for a free consultation, 505-299-0069, goodbyeimperfectionsmdnm.com
Do you have a body in pain? Are you experiencing decreased function? Want a natural solution to get back to life?

The Microcurrent Pain Treatment works amazingly well to diminish chronic, acute and post-trauma pain, scars, post-concussion symptoms and more. Combining Hands-On Physical Therapy with MPS provides powerful pain relief, relaxes your muscles, calms your nervous system, releases endorphins and more.

In this time of growing awareness of the dangers of chemical pain killers, this affordable, combination treatment (only $63/session!) offers a highly effective, natural answer. It’s non-addictive and you’ll be surprised at the results. Based on DC microcurrent applied with an instrument called the Dolphin, administered by a professional trained in this method, professionals like myself now have a cutting-edge tool to help their patients exponentially.

The Microcurrent Pain Treatment method is like comparing hybrid/electrical cars to old-fashioned cars! Patients benefit from this quantum leap in technology with unprecedented relief.

I became disabled 10 years ago and had gone from doctor to doctor, MRIs and physical therapy but no relief. Three treatments with the Dolphin identified the cause of the problem and has given me so much relief from pain and the anxiety of not being able to work full time and support myself. After 10-years of disability, MPS and Dolphin Neurostim treated the cause of the problem. I’m very grateful! – P.D.

There are numerous clinical studies showing the effectiveness of this non-chemical, long lasting treatment! dolphinmps.com/research/. Call for more information, join us at an upcoming event and enjoy a mini treatment (see community events): 505-715-8386, tothepointphysicaltherapy.com.
Do it Yourself Acne Treatments You Should Avoid

By Kimberly Lovato, Licensed Skin Care Specialist, Acne Specialist, Product Formulator, Owner/Founder

Do it Yourself acne remedies, treatments, and recipes seem to be all over the internet these days promising to help repair skin issues. Although some ideas can actually be beneficial, a majority of them are not and often lead to burns, allergic reactions and irritations or just no results at all.

Here are a few remedies that made our hair stand on end:

BAKING SODA is a commonly misused household item often applied to breakouts. The thinking behind using baking soda on acne is that it is known to reduce inflammation in the body, but unfortunately this product is a highly alkaline chemical that creates more harm than good. Your skin naturally has a pH level of approximately 5.5, making it slightly acidic. Baking soda has a pH of about 8.3, which makes the skin too alkaline. This results in disrupting the pH balance, leading to damage of the moisture barrier, and the natural acid mantle of the skin. In other words, it can be very drying to the skin.

TOOTHPASTE: Oh boy, this is an age-old remedy that definitely does more harm than good. The thinking behind spot treating with toothpaste is that it dries out pimples and shortens the life of a blemish. In reality, this is not the case, and in fact toothpaste can be very irritating to the pores. It can also cause hyperpigmentation (dark spots) by attracting more melanin to the surface. Also, most toothpastes on the market today contain pore clogging ingredients such as carrageenan, or sodium lauryl sulfate which can actually trigger a breakout. Micronized benzoyl peroxide is a much more effective and safe product. BPO can kill bacteria, reduce redness in the skin, and prevent the formation of new blemishes.

ACETONE is a very powerful solvent which works best for removing nail polish, and stripping paint — not for clearing acne. This crazy fad was made popular by certain celebrities touting acetone as a cure all for acne. This ingredient is not only toxic, but it can cause extreme irritation to the skin. One way that acetone causes problems is that it harshly removes the natural oil from your skin. When the skin is stripped of its natural oils, a cycle quickly begins as the skin then creates more oil to compensate for the missing oil — triggering an overproduction of oil.

LEMON JUICE is often touted as an inexpensive, and all-natural treatment for active acne and acne scars. A shout out to all of you who once fell for this ineffective, do it yourself, skin care treatment. I know you understand what I am referring to here. Lemon juice looks harmless, however, applying it to the skin can wreak havoc for many. This ingredient is also highly acidic, upsetting our skin’s natural pH levels.

I get it, for most acne prone individuals, including myself, desperation for clear skin drives us to try anything and everything in our quest for flawless skin, regardless of the potential consequences. The bottom line is, you do not need to dry out the skin to clear acne, and in our opinion, this is a very outdated method. With the Clear Path Program® we teach the importance of keeping your skin moisturized, calm, and comfortable, while clearing acne.

If you are ready to explore a program that can really clear your acne, once and for all, safely and naturally, contact the ABQ Skin Care & Acne Clinic for more information. 505-369-1680, ABQSkinCareAndAcneClinic.com

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TRULY ALIVE | MARCH . APRIL 2020 19
Kaia Ra is the international bestselling author of *The Sophia Code*, a celebrated Divine Feminine leader, and world-renowned Oracle for *The Sophia Dragon Tribe*. Directly initiated by the Ascended Masters and Archangels since childhood, her live ceremonial events, speaking engagements, media appearances, and online broadcasts are hailed as the next generation of revolutionary spiritual leadership.

A highly respected, leading-edge voice, Kaia Ra guides a worldwide movement for humanity’s reconciliation with its innate sovereign divinity through the return of Divine Feminine Christ consciousness. Her oracular gifts for charismatic speaking, ascension training, writing, psychic counsel, multidimensional quantum healing, and ceremonial leadership mentors the spiritual awakening of Lightworkers across the globe.

Kaia Ra is also a fine artist and designer, downloading angelic ascension technology through the vehicles of visual campaigns, jewelry (see page 23!), altar blueprints, sacred space design, and lifestyle products that elevate awareness to resonate with Divine Feminine Christ consciousness. After 10 years in private practice, Kaia Ra began her public ministry as an ordained Oracle in 2008. She continues to serve an international community by downloading and directing *The Sophia Code Mystery School* curricula, conferences, mentor immersives, and a free monthly global gathering called *The Heaven on Earth Prayer Collective* that she founded in 2015. She is often referred to as a “birther of leaders” for both souls just stepping into their divine purpose as well as activating quantum leap growth for established professionals.

As shared in the preface of *The Sophia Code*, Kaia Ra’s early life was consumed by surviving her induction by birth into military programs that used systemic child rape trafficking, state-directed torture, ritual atrocities, and forced psychic exploitation that served agendas for the ruling elite. Due to systemic military torture and ritual abuse, Kaia Ra experienced death at least 13 times, starting at the age of 3.

Through her direct relationship with the Ascended Masters and angelic orders, Kaia Ra survived these atrocities by repeatedly returning to her body with ascension blueprints from the highest realms of creation that would one day serve *The Sophia Code* as a worldwide ministry. Today, her authentic personal recovery and professional offering guides the healing empowerment of countless survivors around the world and inspires spiritual leaders, teachers, and advocates working to end child rape trafficking.

In her Divine Feminine teaching embodiment, Kaia Ra reveals that it is possible to heal all wounds and birth a new paradigm through the sovereign Sophia Christ light that equally exists within us all.

Kaia Ra is an alchemist of spiritual lineages, metaphysical training, and a lifetime of direct revelation that supports a living transmission of Sophia Christ consciousness to be shared as an oracular revolution and professional movement for activating the sovereign divinity of humanity. In 2019 she launched the first leadership certification program for official facilitation of Sophia Circle Journeys® through *The Sophia Code* as a sacred text and founded *The Sophia Code Foundation*. She holds a Bachelor’s Degree in Fine Art and Design, graduating with honors from Emerson College.

**Truly Alive (TA): Who is Sophia and what is *The Sophia Code*? How did it originate?**

**Kaia Ra (KR):** In 2009, I experienced a waking revelation in which my physical reality temporarily and completely dissolved into an all-consuming light. From within that light thundered a powerful Divine Feminine voice, which proclaimed Herself as ‘Sophia’, the “One Divine Mother Creatrix of All Life”. In *The Sophia Code*, Sophia is not a single entity nor a goddess figure. She has no face or body, for we are all of her faces. I have come to know Sophia as the Holy Spirit that dwells within each of us as our Higher Self. Sophia is the Divine Mother who has never left us, who created us in Her image, and whose holy presence sustains us through unconditional divine love.

*The Sophia Code* is a sacred text that was given to us, word for word, by the Ascended Master High Council called *The Sophia Dragon Tribe* as directed by Sophia Herself. It is Sophia’s love letter to humanity, a declaration of our sovereign divinity, and a master blueprint for activating our Higher Self embodiment and spiritual leadership. Within Section 2 of *The Sophia Code* you can participate in a total of (8) Keycode...
Initiations that will activate your divine genome to begin the transformational process of operating your human awareness from your Higher Self’s divinity.

**TA: How did you come to write this book?**

**KR:** As I share in the Preface, Sophia gave me the great commission to write *The Sophia Code®* in a life changing event of direct revelation. After receiving her request, I took seven years to complete this project. I spent countless hours relentlessly focused at my altars in meditation, writing, in ceremony, and personal examination to prepare my heart for birthing a work of this magnitude. I chose to live a relatively secluded life for most of my thirties to complete this project. As the teachings and Keycode Initiations poured through my pen, I had to test drive each of them in my own life to make sure they worked. I mentored with the Ascended Masters and used consistent daily rituals, prayer, journaling, exercise, and willpower to remain faithful to my mission. *The Heaven on Earth Prayer Collective* was birthed in preparation for a “first wave” community to receive these teachings before they were officially released. Every time I spoke about *The Sophia Code*’s forthcoming teachings during live broadcasts, the book was completing itself through me and ensuring its own future.

**TA:** *The Sophia Code®* presents a blueprint for embodying the return of Divine Feminine Christ consciousness. Does the book offer a pathway for both genders?

**KR:** Humanity is attempting to reconcile itself from thousands of years of abusive patriarchal agendas. *The Sophia Code®* heals our relationship with Divine Feminine Christ consciousness so that we can also conceive and connect with what the Divine Masculine offers us — free from a patriarchal context. We cannot reclaim one polarity of God consciousness without the other. Christ consciousness flows equally and interchangeably between masculine and feminine principles that compliment, complete, and harmonize with one another. *The Sophia Code®* provides a Divine Feminine Christ context that also honors and loves the Divine Masculine. The book begins this process by providing a pathway for souls to reconcile with the Divine Mother, which is essential for balancing centuries of fearful separation from Her — which is an essential reckoning for all souls, regardless of gender identification. *The Sophia Code®* is a love letter to humanity.

**TA: Why is awareness of the Divine Feminine coming forth at this time and why is it of such importance now?**

**KR:** Sophia is sharing with us how much we have suffered for Divine Feminine Christ Consciousness in other lifetimes and lineages all over the world. *The Sophia Code®* helps us to bring healing to all of our karmic grief and suffering, as well as sacrifices that we made to protect this consciousness throughout the ages. The age of suffering for the Divine Feminine is over. We have plenty of growth challenges and commitments that need to be followed through to expand and amplify Divine Feminine Christ Consciousness in this world, but the requirement to sacrifice or become a martyr for it is no longer required.

There has been 30,000 years of patriarchal oppression of the Divine Feminine. The suppression did not come from the Divine Masculine — rather, it was from oppressive patriarchal value systems. After so many thousands of years of patriarchal hierarchy and enslavement, very few people have a healthy understanding or relationship with the Divine Masculine. And the only way to access that understanding is by reclaiming our relationship with the Divine Feminine first, because the Divine Feminine Christ Consciousness is the consciousness that heals all wounds. It is that soft, nurturing, receptive magnetic abundant place of unconditional Divine Love, that the Masculine energy basks in and is nurtured by. It’s not that any gender or even principle of masculine or feminine is greater than the other. In *The Sophia Code®* I am choosing to begin the conversation with Holy Mother, that womb from which all of life arises, including the Divine Masculine aspects — those parts of Her consciousness that are there to serve, protect and guide Her ocean of consciousness.

**TA:** *The Sophia Code®* teaches a new approach for mentoring with the Ascended Masters. Why is their teaching resonance so important for our modern ascension journey?

**KR:** When the Ascended Masters came to me with a commission to write *The Sophia Code®* I responded with a very strong YES because they did not ask me to worship them, to placate to them, bow down to them, or be intermediaries on my behalf. They treated me as a sovereign equal as they spoke to me — that made a significant impact on my entire reality. I felt as though I was meeting them heart to heart and eye to eye, as they shared *The Sophia Code®* with me.

This is why I consecrated my entire life to serving and co-creating *The Sophia Code®* movement. I can’t speak to other lineages of Ascended Masters that other people channel, nor speak to the ideologies of Ascended Master traditions that have led up to this current age that we are living in. In *The Sophia Code®* we are presented with an Ascended Master High Council that is consecrated to activating the sovereign divinity of humanity. They need nothing from us, and they are here to serve our awakening and our mastery. They have no agenda other than our spiritual awakening to our sovereign divinity.

When a relationship with a spiritual teacher is peer-to-peer and unconditional, only ever-increasing experiences of sovereignty are going to be amplified and experienced. It’s a huge revolution for spirituality, because thousands of years of religious doctrine have presented their teachings using a hierarchical model, where initiations are passed down by a guru or teacher to the student. By contrast, in Sophia Christ Consciousness, everyone is equal in their sovereign divinity. We might exist at different places along the timeline of our spiritual awakening, but we are all going to arrive at the same place: self-realized God consciousness.

continued on p22
I had an extreme amount of trauma in my past, and I needed to heal on every level of my being. It was only through mentoring with the Ascended Masters every day, that I was able to experience such accelerated healing. It’s like being in a family: we have ancestors that came to earth and went ahead of us to make the way easier so we could live a more well-adjusted and abundant lifestyle. That is what these Ascended Masters do for us, and that is what we are here to do for the next generation.

TA: **Would you please give examples of the length of time needed to reprogram unhealthy beliefs?**

KR: The truth of our sovereign divinity is such a staggering announcement to our ego structure, and is such an over-the-top message directly from the mouth and heart of God about the truth of who we really are, that it can take up to 10 years before the ego-structure is ready to stop the process of melting down from that information and begin the process of building itself back up. With that said, the process may take less than 10 years to complete now because we have activated and initiated so many people across the world (at least 100,000 people have read *The Sophia Code*). The evolutionary process that leads to ascension, and the ego-structure meltdown that accom-panies it take less leads to ascension, and the ego-structure meltdown that accom-panies it take less time to complete today and people are experiencing results more quickly now.

TA: **Please speak to the power of our spoken word.**

KR: Mother Mary was a high priestess of Hathor, who was referred to as “She of a Thousand Voices.” When we are mentoring with Hathor, we are learning about the power of our voice. The anatomy of the throat chakra indicates it was designed as a gate of manifestation into the world of form. Your voice is consecrated to your intention and is sent forward through the throat chakra. It then passes through what is called a ‘vrittri’ at the bottom of the throat chakra, which takes the vibration of your spoken words and imprints it on physical reality. This signals to the material world to organize itself according to the resonance and intentions contained in your voice.

The Ascended Masters made it very clear to me that we must read the Keycode Initiations out loud at least once, in order, from Keycode 1 all the way up to Keycode 777, which is the eighth initiation. When we speak the initiations out loud through the power of our voice, we are initiating our minds into the understanding that we are truly the masters that we are seeking. We are actually the sovereign creators who have the power to flip on the switches of our own sovereign divine genome. Speaking these initiations sets forth an unstoppable divine force of nature, which is your own soul’s light within your human body. After reading them out loud, an irreversible process begins which builds bridges of light between your crystalline chromosomes and your carbon-based DNA.

TA: **Would you please provide a few tips on how to integrate the Divine Feminine into daily life?**

KR: The number one tip is to start your day with prayer. A prayer could be simply setting an intention for your day. Or, you can start with 5-15 minutes of meditation or journaling. A lot of people live such busy lives they don’t have that much time. So simply start the day with a prayer that consecrates your intention. For example, you can say: “I am consecrating my day to embodying my Higher Self and I am willing to receive the divine interventions and miracles of my Ascended Master mentors and angelic guides. I am now guided in all ways!” Speaking that aloud sets the frequency for your entire day.

The second tip is that the Divine Feminine path is learning how to trust our intuitive guidance. It’s learning how to trust the intuition of the body, heart, and mind. Up until now, we have been programmed to ignore both the wisdom and the warnings we receive, and to second-guess at the knowledge arising from within us. The Divine Feminine path is learning how to accept and love ourselves enough, so we can slow down and consider what it would feel like to live according to the divine guidance of our own hearts...to practice that, and to forgive ourselves when we forget to live from that space.

TA: **What surprised you the most in writing the book?**

KR: Beyond the global response to the book, what has surprised me most is an indescribable peace that I feel from *The Sophia Code* being released. When the book was completed it brought the medicine of Sophia God into this world. Ever since childhood, my acute sensitivities allow for me to feel people suffering all over the world, every day. Now, my inner reality is balanced by knowing that *The Sophia Code* is a powerful resource supporting people worldwide to rise up and activate their sovereign divinity. I can live in peace because of that.

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

KR: We are living at a pivotal moment in human history. There is nothing more important than activating the sovereign divinity of humanity as the solution for ending the suffering and enslavement of this planet. That’s why I created Sophia Circle Leadership for sharing the healing power of the codex worldwide.

I have channeled a Facilitator’s Manual directly from the Ascended Masters for leading certified professional Sophia Circle Journeys™ through *The Sophia Code*. *This program is also an exceptional leadership program* for learning how to guide others to their spiritual awakening through Sophia Christ consciousness. There is a total of (8) modules of Self-Mastery Activation steps, multiple recorded classes, and live mentor classes. We now have a first wave of Sophia Circle leaders from the 2019 program that are officially making their offering in 2020.

You can enroll now for our LIVE 2020 Sophia Circle Journeys™ training which begins in August 2020 here: KaiaRa.com/sophiabirthcertification. You can learn more about KAIA RA, The Sophia Code® and offerings such as her Mystery School, the Sophia Circle Certification Program™, Ascended Master Immersives, ceremonies, leadership conferences, Prayer Collective calls, and more on her website: KaiaRa.com.
THE SOPHIA CODE®
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ANGELIC ASCENSION TECHNOLOGY DESIGNED BY KAIA RA
TESTIMONIAL:

I can’t recommend Janet Hall to you enough! If you are ready to heal your condition and commit, she’s the one. Janet is a brilliant Naturopath and Master Kinesiologist. A rare find. I suffered from chronic pelvic pain and a condition called interstitial cystitis for over 15 years. I went through several cycles of treatment with both medical doctors and alternative practitioners…. but none of them were able to give me any relief. The pain got worse over time until I spent most of my time in bed. I could not even lay on my back, only my side. My muscles began to atrophy from lack of use. My life was confined to my home.

Janet’s treatment took about 3-4 months before all the pelvic pain cleared enough and I was able to sit, walk, stand and go out again. I’m so glad I never gave up my search and belief that someone was out there who could help me recover. I’m so grateful that Janet, along with her amazing biofeedback machine crossed my path and I said yes! The biofeedback machine is safe, painless and powerful! Her supplements are high quality and effective. Janet has been worth every penny! All the money that I spent previously was for naught.

Janet’s testing revealed it was mostly heavy metals, parasites and a bacterium that the medical world never tested for. Now I am not only pain free but active and able to work! It’s my miracle! So, if you really want to get better, are ready and willing to do your part, then don’t hesitate to make an appointment with Janet! I’m So glad I did.

– Karen, Rio Rancho

Quest 9 is the top biofeedback machine in the world! Receive your 39-page report including heavy metals, allergens, organ health and nutrition, and view a virtual doctor “snapshot” of your current health. The Quest 9 report reveals the cause(s) of your illness and the solutions that will bring you through it quickly and easily, as well as best affirmation for your speediest recovery. Sessions facilitated by Janet Hall, 25-year Master Kinesiologist. If you love having an in-depth understanding of why your body is not working at an optimum level and would like to know what’s really going on, call now!
The Society of Psychological Hypnosis, Division 30 of the American Psychological Association defines hypnosis as: “A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.” This shift in consciousness enables us to tap into many of our natural abilities, allowing us to make changes more quickly.

Hypnosis can be a helpful tool if you struggle with falling and staying asleep. Hypnosis can relax you enough to get you to sleep and stay asleep more easily. Hypnosis may also be helpful if you struggle with a phobia, a type of anxiety disorder where you are intensely fearful of something that does not pose an immediate or actual threat.

According to a study from Stanford University, hypnosis stimulates specific brain activity. Researchers found three brain changes in adults who scored high in susceptibility to hypnosis and these changes occurred only while they were hypnotized. It can be prescribed for (and is a great remedy for) just about everything from quitting smoking to weight loss.

Hypnosis for smoking cessation helps you find healthy alternatives, guides your subconscious toward the new habit and trains your mind to associate smoking with undesirable feelings, like a bad taste in your mouth. It can be used to treat anxiety, phobias, sexual dysfunction, and undesirable habits.

“As with mindfulness meditation, hypnosis harnesses the brain’s natural abilities to regulate the body and control the random thoughts that ricochet through our minds,” says Dr. David Patterson, a University of Washington psychologist who has studied hypnosis since the 1980s. He participated in a series of clinical trials financed by the U.S. National Institutes of Health (NIH).

Stacey Lane listens to your language patterns in order to best serve you for goal-oriented progress. She also offers courses through the UNM Continuing Education Program as well as The New Mexico EDGE (Education Designed to Generate Excellence in the Public Sector.) See community events.

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**DEPRESSED? DON’T MAKE THIS MISTAKE**

By Dr. David Sobers

Did you know that depression and anxiety are the leading causes of disability? What’s the one mistake almost everyone makes when trying to treat depression? It’s seeing depression as a mental disorder. Even your friends may think that this is something you brought on yourself. If only you had a more positive attitude, or took long walks, listened to good music, meditated, or started an engaging hobby, you would “snap out of it.”

While doing these things may help, it is not likely that you can “think” yourself out of a depression any more than you can think yourself out of a cold, the flu, or a broken leg.

While there are some drugs that can help people suffering from depression, they do not work for everyone, and they can have serious side-effects. Rexulti, one of the common antidepressants, can result in weight gain, constipation, fatigue, headache, drowsiness, dizziness, anxiety. For young people, especially, there is the serious danger that this can increase their risk of committing suicide.

You may have been given tips for treating your depression like, “visualize a happy memory, talk with someone about your feelings, go for a walk with a friend, volunteer to help others, learn to meditate, get a massage or trade back rubs with a friend”. The problem is that doing anything, can be extremely difficult when you are depressed. Depression is a physical problem. Your brain needs healing — not just good advice.

Fortunately, the FDA has approved a device shown to relieve depression in patients for whom anti-depressant drugs do not work. It can be used in your home, so you won’t have to worry about seeing doctors and psychiatrists all the time. Wouldn’t it make sense to check out something that is FDA approved, involves no drugs, is non-invasive, has no side-effects and can provide long-lasting relief…and is something you can use in the convenience of your own home?

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**WHAT’S BEHIND HYPNOTHERAPY?**

By Stacey Lane, Certified Hypnotherapist and NLP Practitioner

The Society of Psychological Hypnosis, Division 30 of the American Psychological Association defines hypnosis as; “A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.” This shift in consciousness enables us to tap into many of our natural abilities, allowing us to make changes more quickly.

Hypnosis can be a helpful tool if you struggle with falling and staying asleep. Hypnosis can relax you enough to get you to sleep and stay asleep more easily. Hypnosis may also be helpful if you struggle with a phobia, a type of anxiety disorder where you are intensely fearful of something that does not pose an immediate or actual threat.

According to a study from Stanford University, hypnosis stimulates specific brain activity. Researchers found three brain changes in adults who scored high in susceptibility to hypnosis and these changes occurred only while they were hypnotized. It can be prescribed for (and is a great remedy for) just about everything from quitting smoking to weight loss.

Hypnosis for smoking cessation helps you find healthy alternatives, guides your subconscious toward the new habit and trains your mind to associate smoking with undesirable feelings, like a bad taste in your mouth. It can be used to treat anxiety, phobias, sexual dysfunction, and undesirable habits.

“As with mindfulness meditation, hypnosis harnesses the brain’s natural abilities to regulate the body and control the random thoughts that ricochet through our minds,” says Dr. David Patterson, a University of Washington psychologist who has studied hypnosis since the 1980s. He participated in a series of clinical trials financed by the U.S. National Institutes of Health (NIH).

Stacey Lane listens to your language patterns in order to best serve you for goal-oriented progress. She also offers courses through the UNM Continuing Education Program as well as The New Mexico EDGE (Education Designed to Generate Excellence in the Public Sector.) See community events.
SPRING CLEANING: DON’T FORGET YOUR COLON!
By Bill Haggard, All About Health

It’s just around the corner…Springtime, and with it, regeneration and renewal. Soon we will be able to say, “Spring has sprung — the grass has riz — I wonder where the flowers is. “Springtime…what a GREAT time! “

Spring is a time for cleansing, activation, new life, freshness and change. Green plant life is rich with minerals; the greener the plant, the more nutrient-rich it is. Some of the first varieties are dandelions, mustard, burdock, lambs quarter, stinging nettles and yellow dock (just to name a few varieties we call “weeds”). Old timers used to go out in early Spring and gather the first “weeds”, make a soup or broth and drink it down. This process would cause a cleansing reaction which in turn brought more energy and vitality. They knew that after a season of dormancy, decreased activity and heavier food intake, we become stagnant. The live “weeds” got things moving again.


For humans (and animals) the digestive/assimilation/elimination cycle is extremely important. “What goes in must come out”. And quantity in must = quantity out (3 meals in = 3 meals out) to enjoy excellent health. Most people in our modern-day culture do not have this experience. The bottom line is—if we’re not poopin’ (moving 3 meals out daily), we’re pollutin’. It’s that simple.

Collected waste in our digestive tracts means stagnation and inflammatory conditions (not to mention microbial overgrowth, viral, fungal and parasitic activity). Cancer, heart attacks, diabetes, and strokes are not root causes. They develop from long-term violation of the fundamental principals of healthy body operation.

Our bodies can be contrasted with our automobiles. Put in the proper fuel, don’t over work it, change the oil and filter on a regular basis. You won’t often need a mechanic for a major car repair IF you follow these principles. The same thing applies to these “vehicles” we call our bodies. Good fuel (live foods: fresh fruit, vegetables, tree nuts, seeds, legumes, etc., grown in “good, nutrient-rich soil”, absent of chemicals, insecticides, pesticides, fungicides, etc.) is essential for great health. Animal products should be grass fed and free range.

The other element is regular maintenance. With our bodies, this means supporting our elimination processes. Since very few of us eliminate sufficiently and regularly, help is needed to catch up on the backlog. In addition to consuming “weeds”, our ancestors also used enemas/laxatives on a regular basis or drank Epson salt, castor oil or Milk of Magnesia.

Nowadays, we are so backed up due to the advent of processed, lifeless foods (that are so convenient and attractively packaged — they fill us up, but do not “FEED” us), we need even more help than our ancestors did. Today, colonics are necessary to catch up on and get rid of the accumulations of a lifetime. It takes energy to manage collected waste material. Getting rid of it frees up energy to be more constructive, so we can think more clearly, sleep better, repair damaged cells, be more creative, etc. (One colonic is equal to 30 enemas by the way).

It’s time to STOP the unconscious march leading us (at some point) to the ER, Urgent Care or the Nursing Home! If you are feeling sick, tired, depressed, weak, or in constant pain, it’s time to clean up. Spring cleaning applies to your body as well as your home. Get back to the basics, the fundamentals, the rhythm, the cycles that make a difference. THE TIME IS NOW — TAKE CHARGE OF YOUR LIFE, YOUR HEALTH — START TODAY!

Your Good Health Starts Here!
From the NIH website:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515351

“...The gastrointestinal system plays a key role in the complex mechanisms of immunoregulation. Indeed, it represents almost 70% of the entire immune system...”

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Choosing an Effective CBD/Hemp Extract Oil By Laura Cavanagh

CBD, otherwise known as Cannabidiol/Hemp Extract, is everywhere, from the corner gas station, health food stores, etc. But what are you really buying considering this unregulated industry? Is it safe? Does it really have CBD in the bottle?

A FEW SIMPLE QUESTIONS TO ASK BEFORE PURCHASING ANY CBD/HEMP EXTRACT OIL:

1. Does the oil have a third-party certificate of analysis? If so, ask to see it. The COA will tell you what is and isn’t in the bottle. If they do not have a complete COA, that is not a good sign that the oil is safe and clean.

2. Does the oil have CBG? (the latest and best in the Cannabis World). CBG, (Cannabigerol), is the Mother Stem Cell of the Hemp Plant. When harvested early, before it becomes CBD or THC, CBG offers huge health benefits to the human brain. Science and studies are showing that CBG is a neuroprotectant as well as a neuro regenerator. Yes! It's keeping your brain healthy and may reverse traumatic damage and protect your brain from toxins as well as a long list of medical concerns.

3. What is the particle size (nanometer) of the oil? In order for the oil to absorb fully, you need the particle size to be 100 nm or less. If it’s not, the oil will be destroyed in your G.I. and likely only absorb 10% of the dose. Many products’ nanometer is as high as 250 nm!

4. Who is on their Medical Advisory Team? Where do they get their hemp? Is it organic?

These are just a few pointers that are very important to ensure that you are getting a safe, clean, effective, absorbable oil that is going to work on your health concerns.

My name is Laura Cavanagh and I am a Certified Hemp Educator. Please call me with your questions and to order FOCUS or CALM: 847-452-8357.
Have you asked yourself “What can I do to get healthier and stay healthy”? There are things we can do which will help us accomplish this goal. Here are a few ideas…

There are so many toxins today in our air, food and prescription drugs. One way to detox from these poisons is a Lymphatic Drainage Massage. It’s extremely gentle and relaxing. One client told me, “it feels like nothing is happening but kicks major butt the next day”.

How do toxins get held in our bodies? They become trapped in tight muscles. A characteristic of tight muscles is a reduced blood flow through the area of tightness. This compromises lymph flow and results in toxins not being able to be flushed out through the normal flow of lymph and gets stuck in our bodies.

There are two major benefits of Lymphatic Drainage. One is the release and flushing of toxins. The second is a relaxation of the tightened muscles. A loop gets established where the tight muscles inhibit lymph flow, then the stuck lymph promotes tightness in those muscles. And then the loop flows in reverse, resulting in a buildup. As the lymph is flushed, the muscles have increased blood flow and relax. And it’s not just muscles but organs as well.

So how do toxins get stuck in our organs? The lymph system is comprised of glands (which I think we have all experienced when our glands are swollen) and channels which connect the glands. When we have an influx of poisons into our bodies (such as through drugs/surgery) sometimes the load becomes so large it backs up our lymph channels and often the glands and acts much like a traffic jam. Then the lymph flow is compromised. And just as with our tight muscles, when the flow is compromised, we get into the loop of more toxins getting stuck. Then our health can spiral downward.

Lymphatic Drainage Massage becomes a powerful cleansing tool. Toxins are released and flushed from our muscles and organs, as well as from our entire body. A person who has never had Lymphatic Drainage before (on average) circulates 1 or 2 quarts of lymph fluid per day. After a Lymphatic Drainage massage, the person circulates 8 to 10 quarts of lymph fluid per day. Very powerful! This statistic was given to me by Dr. Bruno Chikly who taught me Lymphatic Drainage Massage. He was the first person to chart the lymph system through an autopsy. After he established how and where the lymph system runs, he then discovered that the lymph system has its own rhythm. If a lymphatic drainage specialist follows the channels and works with the rhythm of the lymph, he/she is able to achieve this extraordinary result of 8 to 10 quarts of flow through the body. Dr. Chikly’s Lymphatic Drainage Massage process is nothing short of amazing.

Sometimes the lymph flow is restricted by energetic blockages. The lymph rhythm will suddenly stop when an energetic blockage is encountered. These are also released through my Lymphatic Drainage Massages. The person who experiences this work must drink double their normal water intake for at least 2 to 3 days afterward to make sure the toxins get flushed from their body and don’t resettle. As with most detox processes, a common side effect is a headache. This is the body’s call for more water to release the toxins which are circulating.

Another way to promote health is to adopt, as much as possible, a whole food, plant-based diet minimizing added salt and fat. An excellent source of information on this type of diet are Dr. Michael Gregor’s two books, How Not To Die, and How Not To Diet. All of his writing is based on scientific studies. Blessings to all.

If you would like to learn more about what this type of Lymphatic Drainage Massage can do, for you call Maggie Mathisen at Healing Across Dimensions. 505-898-7853, HealingAcrossDimensions.com
A patient was forced to give up her surgical nursing career because of chronic severe pain after a surgical procedure to stop urinary incontinence. While on pain-control medicines, in a delirium, she sustained 3rd degree burns which further aggravated her condition. She was determined to stop opiate use and believed she would spend the remainder of her life in bed and in agony.

She started seeing me to complete her opiate withdrawal (which she had carefully managed for more than 10 months). I offered an alternative treatment, which procedure took 45 minutes and provided 70% relief from her pain. A second short procedure produced 95% relief and has sustained for over 18 months.

Before the 'War on Drugs', I was concerned about excesses of opiates use to control chronic pain or obtain disability status. I reasoned there must be another way to address low back pain or other forms of chronic local pain. The answer lies in the anatomy of pain.

Pain often begins IN the skin (not below the skin or in the spine, but in the skin). This is where special nerves called “C” fibers end. It is the C fibers that send the message to the brain of “PAIN!” It is inflamed C fibers which are involved in neuropathic pain.

So, I reasoned that opiates to kill pain is misguided because opiates work in the brain. Then I developed alternative approaches to pain targeting peripheral C fibers, instead of the brain opiate receptors. Dramatic reduction in my opiate prescribing and better outcomes followed.

These approaches are now available in my new Alternative Health Clinic. Because these are alternative approaches there is no insurance accepted.

Dr. Summers (as heard on KIVA radio) is the neuroscientist that developed the first drug for Alzheimer’s Disease. Later, he developed The Memory ReVitalizer (see Resource Directory). If you have local pain syndromes and seek non-opiate relief, call for an appointment, 505-878-0192.

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A WEEK OF SILENT RENEWAL

By Jay Cutts

The NM Center for Meditative Inquiry and Retreat is offering a silent meditation retreat from June 27 to July 4, 2020, in a spacious country lodge near Albuquerque. Attend one to seven days. A rare opportunity to give time to the things that most need attention in your life.

The retreat is free of traditional trappings and is accessible to people from any or no tradition — including Tibetan, Zen, Vipassana, and Western. The focus is not on practices or teachings but rather on our direct, moment to moment experience as we unfold it together.

The retreat day includes sitting, walking, dialogue, a talk, and individual meetings with the resident teacher, Jay Cutts. This will be a simple, deeply honest inquiry — together and alone. All activities are optional.

Both new and experienced meditators will explore directly what meditative work is and how it sheds light on the deep concerns of our lives. We will discover together, the moment-to-moment unfolding of healing, wisdom, and compassion that wells up in us when we allow ourselves the time and space to be present.

Jay Cutts attended retreats for over 40 years with the late Toni Packer and continues to attend retreats regularly at the Springwater (NY) Center. Toni began in Zen practice and evolved a direct, simple, and very human approach to meditation and the unfolding of our human condition.

Jay says, “Meditative work is, in its deepest sense, is not theoretical or goal oriented. It’s not a matter of time or progress. It is the direct opening, fully complete in this moment, to a simple, compassionate, open awareness that allows the myriad fears, clingings, confusions of the mind that we all suffer from to be revealed — and healed — in a fresh way. It brings us intimately, undividedly, and lovingly in touch with the wide universe in all its profound stillness. I feel that, in our deepest hearts, it is the possibility of this openness that most calls to us.”

$60 to $290 (one to seven days), including vegetarian meals and lodging. Free introductory seminars on 3/28 and 4/25. meditationnm.wordpress.com. 505-281-0684.
**Empathy or Sympathy: What’s the Difference?**

By Pan Vera

The primary definition in most modern dictionaries suggests that sympathy means “pity or sorrow for someone’s misfortune”. So, sympathy means taking on the sorrow, or pity for the hardships that another person encounters as your own. In this case, two people experience the same emotions. The apparent danger is in using sympathy is that unless we are careful, we shift the focus away from the other…saying (indirectly), it’s about me!

Empathy is putting yourself in the shoes of another to imagine oneself in the situation of another, experiencing the emotions, ideas, or opinions of that person, but not taking them on as your own. Empathy is our capacity to sense and understand what another is feeling from their — nor our — point of view. This to me is vital. The focus is on them and how they make sense of their feelings.

When I am in sympathy, I get riled up about the situation and adopt their feelings as my own. I try to fix them from my point of view, which breaks connection. Not only that, I feel exhausted and troubled myself because I took on the suffering of the other.

When I am in empathy, I understand what the other is feeling from their point of view. My attention is on them, and I focus on their feelings and needs, taking them beyond the story they are telling themselves. They are then able to find their own solutions.

One of my most successful empathy sessions involved a woman who had a strong grasp on her feelings and needs, so I said nothing for 90 minutes, while she worked out her issues on her own. At the end, while she was writing her check she said, “Pan, you are the wisest man I have met.”

Want to learn more? Attend one of my 6-week study practice groups (see Community Events) or my upcoming Self- Empathy or Core Needs Class (see Classes/Workshops). Info/RSVP: 802-356-5358.
In my last article, I talked about all the circumstances that led me to this new endeavor and how that place became San Cristobal de las Casas, Mexico. Today, I will share what makes this place special and is such a good place for my new endeavor.

Geographically, San Cris, as it is called locally, is nestled in the middle of a wide mountain range, so it is significantly harder than normal for foreigners and commercial interests to get to.

Politically, the majority of Chiapas is controlled by an indigenous group called the Zapatistas, who currently enjoy unofficial autonomy from the Mexican government. In 1994, they stormed the central plaza where the state's capital building was located; and violently took control. There are complicated reasons that necessitated this approach; but to this day, they remain a controversial topic, with the majority of the population of Chiapas and the visitors in favor of the group.

Energetically, there are many shamans who perform constant spiritual work to protect the valley that San Cris is located in; on all four sides in the mountains above. Nearly all of the locals and the majority of foreigners there have a similar set of attitudes that support the indigenous, the local economy, natural beauty, and the activists.

Economically, Chiapas, the state, is also the poorest state in Mexico, where the average income is just $1000 MXN per month ($53 US Dollars). This limits the commercial appeal and therefore foreign owned enterprises in (and attracted to) the area.

Finally, small scale, grass roots, community, and spiritual based living is the most resonant and practical way to live in this area. Anything else turns out not to work well.

There are large street-art murals occupying entire walls of buildings dotting the town; each have a significant message to share; and each are connected to each other to form a larger message. They are painted by Zapatista artists and influence the solidarity of this place.

Part 1 of this article, I asked; “Is it Worth Taking Back Control of Your Digital Presence?” Edward Snowden was quoted as part of the answer. In part 2, we dived into the overarching philosophy of empowering and informing ourselves. In this article, we will explore our self conduct; as part of taking control of our digital presence; and having it on our terms.

It is tempting to let others recommend and perform things for us; and it is true: What we are not so good at, delegating to others who can do better is great. When it comes to the digital and online world; all parties have their own business model and prurient interests. The result is that oftentimes, we don't get the most beneficial work or are left hanging over the long term. This forces us to make repeated re-investments into a new path.

A better approach, then, is to do a combination of our own research; asking several different experts and/or forums; and asking for particular services with a specific approach with someone you resonate with and find reliable. It is not a complete delegation; nor is it doing it all yourself.

When asking, a good approach incorporates asking for something very specific, while having a larger intent be known… and having within this framework a dialog about strategies, approaches, and mindsets that would be best for what's intended.

Then there is the “sanity check.” “Where along the continuum between convenience and simplicity; security and complexity should I stand?” “What approach truly resonates with me?” and “How will I handle these changes in my day-to-day life?” These are great questions.

The approach starts with taking our digital presence on our own terms with an overarching philosophy. And the foundation starts with our self conduct. In the next article in the series, we shall address passwords!
Believe, trust and have faith and you can have your miracle in 2 minutes. When You and Your Soul are ready, you will have it. People think it’s me when I am talking, but it’s God speaking through me.

People have many different experiences of my gazing. The one common experience is profound peace. “Feeling my energy” is also very common everywhere I go; people comment (sometimes as I enter a building). One person I gazed at said the energy broke into her head and it went all over her. She said she knew she was being healed by my gaze; she “truly knew that.” Some get very hot. Some cry. Some laugh…but everyone feels the energy. One person took a picture of me while gazing. She said, “my God Epi, I feel you right through the camera!” A woman who organized gazing groups in Roswell later told me that during the initial call, she could “feel me through the phone!”

Numerous times, I have gazed for groups in Mount Shasta. A group presenter at one event who measured energy fields, said mine was the highest reading he had ever seen. And a woman there also said she could “feel me all the way across the room”.

One day, the lady that runs a bed and breakfast in Mount Shasta called (she facilitates my gazing events there). Concerned about a fire in the area, she and her guests had been advised to evacuate immediately (the fire had been raging for weeks but was now a threat to her property). I gazed from my home in Los Lunas, visualizing her property. I saw the fire turning and missing her home. Then, I elected to do this same process for another person I know (who had already evacuated earlier). The fire missed (went around) both properties and they were safe.

Experience the healing power of the “gaze” (see community events) or schedule a private healing session. 505-259-5495.
There’s been a lot of reports on TV and online in the past few months about the sham nature of reviews online. These reports have made it clear that a whole industry has emerged using “shills”. These paid writers pen glowing reviews (and many of them) so that potential buyers of products and services believe that a plethora of other people have been very happy with the product or service and therefore, they can trust purchasing it.

This practice is tainting the public’s trust in reviews in the products and services they have written about and is jading the public. With trust eroding through this practice, many businesses with many happy customers and legitimate reviews are being negatively affected.

Here are a few testimonials you can trust (and can be verified as they all can be):

I drive a lot for my job and my hand hurt from gripping the wheel. At first, I used it on areas of pain in my hands from driving. I noticed in about 45 minutes my hands were relaxed and pain free. Then I noticed it reduced inflammation from some scratches and nicks on my hands. I had a cough so I rubbed it on my throat to see if it would relieve my cough. It did. I like the aroma and it opens me up thru my sinuses. Now I try it on whatever hurts. I have bought several bottles to give to friends and family. The small size of the bottle with the roller tip is especially handy and useful. I keep it in my pocket all the time.

– S.S., Las Cruces

I Bought Doc’s Magic Oil for my husband — who is an open-minded skeptic — for his back and hand pain (arthritis). He was amazed! It’s gotten him off the cycle of constantly taking over the counter medications for pain. We will make sure we always have this in the medicine cabinet! Thanks, Doc!

– C.L., NM

Thank you for providing what is TRULY magic! I suffer from severe arthritis with bone on bone knees. Lacking any cartilage is very painful. While I have used CBD as a spray under the tongue for more than 3 years with some relief, it was nothing compared to the instant, “magical” disappearance of pain I experienced with your magic oil! It is truly an amazing gift. Whatever secret vibrational ingredients you infuse and combine produce incredible healing results! You deliver what you promise: truly magic! Thank you so much.

– K.T-R, ABQ

Doc’s Magic Oil Reviews are real. Visit the website and read the verifiable, text and video reviews: docsmagicoil.com. Documentation on any or all of Doc’s reviews is available upon request. For detailed information, contact Doc directly: doc@docsmagicoil.com. If you are ready to try a natural product that really works to soothe muscle aches, arthritis and joint pain, speeds healing of minor skin irritations, burns and abrasions, is great for stuffy noses, relieves stress, improves sleep and even lifts your mood (feedback from REAL users), try affordable Doc’s Magic Oil today! 575-640-4640, docsmagicoil.com/shop

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Numerology: A Biased Look at the Last Election

By Ruth A. Drayer, Numerologist and author of *Numerology, The Power in Numbers*

Wherever you have a name and a birthday, you can do Numerology. When asked to use Numerology to analyze the candidates for the 2016 Presidential Election, I shied away as my feelings were too strong for me to feel neutral. I’m a peacemaker not a warmonger. To have an opinion, I spent several days catching up on all the reporting and interviews on Hillary Clinton and Donald Trump and recognized that with Hillary, we would get the experience of a pair of dedicated politicians. Her husband has tremendous experience. Despite his transgression, things were better during his terms of office than they had been in 30 years. Lowest inflation and unemployment, highest home ownership, a balanced budget, national initiative to end racial discrimination, restriction of handgun sales, strengthened environmental rules.

To run someone’s numbers, you use their full name at birth and birthday. Bill Clinton’s name changed from Blythe to Clinton when he was adopted after his dad died. Eight is the number I’d expect for politicians. 8 = power authority, recognition, law and justice. Hillary has none but when combining her Attainment number with Bill’s they share an 8 Attainment Number: the number that is found by adding your full name and birthday, it is the culmination number that comes forward during our later years.

Like everything in life, numbers have a positive and a negative side. So, when you read them, you have to take many things into account. It is said that she listens to people. (Who could hear Trump and think he listens?) It also is said that she is completely different in person than she projects through the media. President Obama spoke for her saying he trusted her.

Her numbers are all 3s, 6s, and 9s — those are the numbers of someone with a drive to be of service and be tender with little children — also accounts for her wanting to preserve all the antiques and beautify things. When combined, the names of both Clintons add to 6 — service, responsibility, and relationships. Generally, people in serving professions. Do I trust her? Well… President Obama said he did — don’t know how he feels now.

With Trump, he promised we will lose the Clean Air act, Social Security, Medicare, Medicaid, Food Stamps, Minimum wage, Union Rights Act, Affordable Care Act, Roe Vs. Wade, Department of Education, Community Development Fund, Fanny Mae and Freddie Mac, Corp for Public Radio, Natl Endowment for the Arts, Endowment for the Humanities. It was not really about electing Hillary, it was about losing 80 years of progressive movement — and changing the quality of life for thousands (which is exactly what has happened). Many of these are vitally important to me. At this time of my life I’m dependent upon them — and grateful to have them.

Trump’s name at birth adds to 5 = new ideas and sudden change. This accounts for his changing his mind so frequently — who knows what he really thinks or wants — except to be president. The vowels and consonants of his name are 7s. 7 can be hidden, devious and likes to look perfect while hidden things are going on below the surface. This is a man no one really knows. He has experience in being boss and shouting out his opinions but a president needs to be a team player. His fear, hate, divisiveness and negativity scare me. United we stand and divided we fall. I try to understand all the terror and crime that has been committed but seriously, can anyone believe they will disappear because the President of the United States says, “stop”? He is succeeding in building a wall, but can he put a bullet proof vest around America? So many peace-lovers in the world are praying for us to wake up to the fact that we are all one. It seems to me his philosophy is that if you have an apple with some bad spots, you not only throw out the apple, you demolish every apple tree in the world.

As we look ahead to the next elections, just remember that every vote counts. Be sure and vote on Election Day.
The Quest for Renewal of Your Story!
By Rev. Heidi Peck

Spring is in the air! It’s time to break free of old childhood restraints and begin coming into our own — physically, mentally, emotionally and spiritually!

On the Westside, we continue to renovate our relationships in an experiential format that supports expansion of our wildest imaginations and our most unbelievable dreams!

While hiking the open space behind my home, a flock of Canadian Geese crossed the path right in front of me! According to Animal Speak by Ted Andrews, their departure in autumn stirs our imagination as we search for new worlds and greater dimensions. Their return in the spring, is about fulfilled promises that a great spiritual quest always brings!

The stories we all loved as children (like Mother Goose), were designed to stimulate and thrill our belief in legendary places. Our favorites often reflect the life quest or particular energy pattern we have come here to experience.

In North America, there are eight species of goose. In sacred numerology, eight symbolizes infinity and the ability to move forward or backward. As our spiritual community evolves our; “Westside State of Mind”, we are learning to do both!

Incessant honking from geese, reminds us how important it is to follow an authentic, measurable spiritual path grounded in Truth — regardless of conditions around us.

Geese fly together in a “V” formation which reflects opening to new possibilities, new directions and new ideas. As ambassadors of Love, our spiritual family celebrates diversity as an evolutionary force through our thoughts and prayers, and we embody the Light of Spirit through unconditional loving service to all willing hearts.

Sekhem Healing
By Dawn M. Cheney

Sekhem is an Egyptian healing system which has a very gentle, loving and compassionate energy, but is incredible in its power. It is affiliated with the Goddess Sekhmet, Goddess of healing and destruction, and is thought to be of a higher vibration than Reiki and works in conjunction with Reiki.

The word Sekhem means “power”, “might” or “authority”. It is a complete healing system which has the ability to assist me in helping my clients to empower themselves and take charge of their own lives. It has the specific ability to also help delve deeply into past lives with gentle ease and less potential trauma. Reiki in combination with Sekhem becomes even more powerful.

Sekhem has the amazing ability to bring forth signs and signals which can prevent or lessen the effects of an unseen or undetected oncoming illness, disease or trauma. I have seen this over and over with many of my clients. I have also witnessed incredible healing in short time spans, as well as actual reversal of illness or trauma. It uncovers at the deepest level possible, not just the symptoms, and also helps them discover the underlying root causes so that they can heal at a much deeper level.

Binding together your conscious mind and higher self or Higher Mind, Sekhem works at a soul level to take you deeper into the underlying causes needed to resolve problems. This energy will be the loving hands that cuts through blocks and restrictions with ease. Changes happen more easily and gently as clients give way to the understanding that flows through them and opens them to the love provided from this energy.

Sekhem releases blockages at a cellular level, balances your energy and chakras, and puts you in touch with your Divine Essence with ease in a gentle and compassionately sacred way. Treat yourself to this wonderfully loving healing energy with a healing session. I have been a Sekhem practitioner and Reiki Master for over 20 years.

If you desire guidance or spiritual support, please join us on Sundays at Haynes Community Center at 11 am, call 505-922-1200 or visit our website: westsideccslmn.org

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Incredible Sekhem Healing
By Dawn M. Cheney

Would you like to explore the Sekhem Healing and how it can help transform your life? Call Dawn Cheney, 575-520-6591, facebook.com/pg/TransformationalLightDesigns.

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What draws a person onto a healer’s path? Is it compassion? Loving-kindness? A sense of fulfillment that comes from helping others?

Everyone has the ability to heal or to be healed. It’s innate. For some, a turning point takes a person further onto a personal path in the universe of healing. Many find their way into alternative modalities, choosing what resonates with their intentions. One modality stands out and rises to draw the threads of energy work into a responsive package: Pranic Healing®. This is a no-touch practice, developed by Grandmaster Choa Kok Sui, that draws upon prana, the lifeforce, to cleanse and energize the energetic anatomy. It assists in healing a person on physical, mental, emotional, and spiritual levels.

Testimonials regarding the positive results of this modality speak for the benefits of Pranic Healing®. Testimonials from Pranic healers are just as and often more powerful. Each has experienced their personal turning points. Each has practiced Grandmaster Choa Kok Sui’s Meditation on Twin Hearts, “dissolving into a golden flame” of divine energy that guides, soothes, and connects to a higher consciousness. How does Pranic Healing® change a healer’s life?

Judith tells her story. “My husband died about a year and half ago. We had been attached at the hip for 36 years. We had done everything together. I was devastated. My grief counselor and my personal physician diagnosed me as being clinically depressed and put me on medicine. I felt better, but I couldn’t stand the side effects. So, I went to a meditation class. The teacher was a Pranic healer. She suggested I attend a monthly Pranic Healing® clinic for a healing session. I am from Missouri and was very skeptical. Pranic healers did an anxiety and depression protocol on me. I was amazed at the results! No anxiety or depression for at least two weeks. For the first time, I was hopeful, and I was seeing a light at the end of my grief journey. In an effort to understand more, I attended the basic Pranic Healing® class. I now do healings at our monthly free clinic as well as on my family, friends, and veterans. I really love making other people feel better. My friends keep asking for more. I have even learned to heal myself!!! Now, when I feel depression creeping in, I use my own hands to heal myself. I really believe that I was guided to that meditation class. It was just what I needed. It is such a good feeling for me, to help other people. In so doing, I am healing myself.”

Lynn’s story. “As a child, I leaned toward helping others and grew up planning to attend medical school. My life took several twists and turns, and my career followed a stressful corporate path in management. Healing still lingered in my mind and, later in life, I took the leap to learn some energy work. I studied tai chi/qigong, became a Reiki master, dabbled in NLP and cranial sacral, and more. I facilitated energy work and meditations within my community circle for years. It’s been said that when the student is ready, the teacher will appear. I found myself guided to a Pranic Healing® Level 1 class and a dedicated teacher and disciple of Grandmaster Choa Kok Sui. This modality answered my questions, drew the threads of the energetic world together in belief systems, science, and spirituality. Moreover, it worked. Results were positive and life changed for others and myself. I’ve continued to practice, do Meditation Twin Hearts- to dissolve into a golden flame of divine energy- and grow deeper into Grandmaster Choa Kok Sui’s methods and teachings. It has become a loving and healthy integral part of my life.”

What is your path? Follow your heart and/or your calling. Anyone can learn to be a Pranic healer. Watch for class announcements in your area. Or, experience Pranic Healing® at a local clinic, and discover your path to wellness.
MICRO PREEMIE PROVED DOCTORS WRONG AND IS NOW PAYING IT FORWARD BY KNITTING HATS FOR OTHER PREEMIES

FOUND ON: goodnewsnetwork.org/micro-preemie-now-knitting-hats-for-other-preemies/

MICRO PREEMIE PROVED DOCTORS WRONG AND IS NOW PAYING IT FORWARD BY KNITTING HATS FOR OTHER PREEMIES

W hen Sarina Rohr was born almost three decades ago in 1990, her mother, Manuela, was simply grateful for each additional day she was able to spend with her micro-preemie.

Born just one pound and 15 ounces only five months into gestation, the doctors predicted Sarina wouldn’t survive the first few nights; and if she did, she would have severe handicaps.

But her mother, an avid yogi and yoga teacher, vowed the breath of life would save her baby girl — and now 29 years later, Sarina is a 5’8” tall college student who loves knitting.

Sarina first began selling knitted hats and scarves as a means of earning taxi money to get to school. Then one day while admiring the hat her mother knit for her as a preemie, she had an epiphany: she could knit hats for other preemies to keep them warm.

And that’s how Hats with a Mission was born: gofundme.com/f/hats-with-a-mission-micro-preemie-gives-back.

“The love the thought that not one baby born ‘too soon’ will go home without a hat,” Sarina excitedly explains. “I’m often lonely, but when I knit with others at my charity-knitting events, I feel wonderful. We have Girl Scouts and seniors knit with us — it’s so much fun!”

In the last few months, the mother-daughter duo has teamed up with other knitting groups from Santa Rosa, California to Germany (Manuela’s native country) and knitted more than 250 tiny hats adorned with the label “Hats with a Mission”.

Forty of the hats were donated to the NICU in her mother’s hometown of Speyer, Germany last June. Then to “pay forward” the gift of her own life in September, Sarina donated 40 more hats to the same NICU where she was born at University Hospital in Cincinnati, Ohio.

Additionally, her mother received 184 more hats back in November from their partnering knitting groups in Germany. Half of the hats will be donated to the NICUs in California and half will go to other NICUs around the country.

Many more hats are being prepared to fill orders which have come in from Austria, Albania, and several other countries as the word spreads.

“It’s Sarina’s vision. Like a lotus, it took root in the deepness of her soul’s longing and I see it bloom,” Manuela says. “And I will help her grow this dream. It holds mine in its arms.”

The mother-daughter duo now plans to register “Hats with a Mission” as a nonprofit, with funds distributed to knitters who have disabilities like Sarina for the organic cotton yarn (totaling about $15 a hat), needles, and shipping costs. They also plan to set up a fund for people like Sarina who are special-needs to support their education when it’s not granted by the state, and to help support them and their families as well. Click on the URL above to read the whole story.

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