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february/march 2008  wisdom of the heart

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On behalf of the entire staff, authors, and support team that make Holistic Discoveries™ possible, thank you for investing your interest in our magazine.

In this volume, we ask our authors to embrace wisdom of the heart as a topic to connect us with our own self realization from life experiences. While reading through the articles in this issue, we invite you to discover that love for others flows through the wisdom of your own heart.

Your experiences are important to us and we invite letters to the editor about your opinions. Any letters, comments or questions you might have about the articles in this magazine may be sent to iam@holisticdiscoveries.com.

We publish over sixty thousand copies annually and distribute throughout Central Ohio. Supporting the advertisers in this publication helps finance this important effort and we ask that you acknowledge them with your business and appreciation.

Blessings,

John McMullin
John A. McMullin, H.C.
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If knowledge is information that comes from the written or spoken word, then how do we measure the value of wisdom? Perhaps wisdom is more about applying life experiences and understanding consequences of our choices from sensitivity beyond knowledge. When we reach for our wisdom, are we asking for the sensitivity of bringing balance to our own life? Does wisdom allow us to move beyond the righteousness or wrongfulness of our own judgment? Does growth toward wisdom allow us to see past our own rationalization to connect with compassion, empathy, and understanding the purpose of the light and shadow aspects of life?

What would it mean if we understood that the purpose of every life experience is beyond our own judgment, and we realized that life is a Divine expression? How would we change our behavior if we could experience ourselves through the shoes of other people? Is it possible that the purpose of anger and pain is to create a polarization that draws wisdom into our heart?

Some of the benchmarks in people moving their life experiences from their head into their heart are included on the following pages.

May I offer that the destiny of each journey was divinely created for the realization and sensitivity for the wisdom of the heart? Simply said, there is no right or wrong path; there are only the necessary life lessons that invite each of us into the chamber of connecting with our own wisdom.

John A. McMullin, H.C. is the founder of Journeys of Wisdom where thousands of people have benefited from his intuitive, holistic teachings. Through the hundreds of classes available and different modalities offered, attendees have discovered spiritual and harmonious self empowerment leading to paths of wellness. John may be contacted by calling 614-888-1240 or emailing: Iamwisdom@attglobal.net.
1. Learning the wisdom of slowing reactions and sitting with an open heart for deeper understanding before they respond in a situation.

2. Learning to look at both sides of a coin and allow themselves to *evaluate* an experience from more than one place of judgment.

3. Making a mental choice to listen with their heart more than with the ears of their own ego.

4. Understanding the nature of *passion* and *compassion* and finding the right times for both.

5. Commitment to exploring their emotions and thoughts with every life experience in order to offer a richer and more profound *insight* in every moment.

6. Consistently *exploring* any aspects of their ego parts that create numbness, denial, distortion and illusions that defend them from the full spectrum of life.

7. Gently challenging everything experienced by the ego with the *compassion* of their heart.

8. Learning to own their own judgment and not to project those beliefs onto others without curiosity and a promise *not* to take themselves so seriously.

9. Living in the moment and realizing that any experience of life will *change* upon reflection.

10. Understanding that every life experience provides a literal opinion as well as opportunities for *deeper* realization.
Knowing that our clever intelligence is not the source of richness in life.

Learning that receiving is giving and giving is receiving.

Teaching ourselves the art and skill of curiosity as we explore the mysterious.

Exploring the nature of aggressive or passive anger and realizing anger is only the expression of defending ourselves from the fear and shame of intimacy.

Knowing that wisdom understands the painful consequences of trying to control other people’s behavior or beliefs out of arrogance.

Making a mental choice to remain as undefended and un-proving as possible.

Realizing that a tender and kind heart is not a sympathetic reaction, but rather a soulful choice.

Embracing the simple truth that our ego is not capable of life without distortion and that the true sense of love for self and others must flow through our heart.

Realizing that judgment comes from self preservation and offers the paradox of life and death for self.

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I AM HEART.

I speak to you from the comfort and confinement of the very depths of my Human Being’s soul, which I carefully guard and nurture. My home is very dark and warm and, while my surroundings are very protective of me, they do not interfere with the work I have to do. I am very hard working and, although I have no choice but to be vigilant in my responsibilities, I do them gladly. I think of myself as a wondrous, throbbing entity, made of cosmic stuff. I am a reproduction of the stars and carry within me much of their unsolved mystery. Although I delight in reflecting on my great individual power, I know I am an incredible, integral part of my Human Beings vast universe, dependent upon and affected by many other of its “constellations and stars.” Sometimes my Human acts as if Brain was the dominant factor in our existence, but without my dependable service he could not function, and I, in turn, carefully follow his “wired” instructions.

I have many portals which lead to and from me. My strong muscular walls are organized in a complicated pattern of whorls and spirals. I have four chambers, each with doors which carefully open and close to welcome the River of Life. Half of me relaxes momentarily, while the other half of me twists and squeezes to send that River flowing through miles and miles of conduits to its assigned molecular destination, only to return to me, once again to be pushed along its circuitous route. Sometimes I “wring” myself with great might, sometimes with a more relaxed effort, sometimes with such rapidity that I can hardly keep up with myself, all done in response to the needs of my Human Keeper.

As I give life, I work in synchrony with all my surroundings. I am so much more than a mechanical organ. No one truly understands my complexity. Scientists have tried to duplicate my mechanical structure and function, but they cannot give these copycats a soul. Occasionally there are times when outside “benefactors” try to control my routine activities with mechanical devices which sometimes are helpful, sometimes very displeasing to me. In most instances, I was born to know how to do my work in my own way and I resent interference which seems to be more harmful than helpful. I have a WISDOM that cannot be duplicated.

I am a supersensitive being, responding (sometimes instantaneously and sometimes insidiously) to multitudes of stimuli which my Human sends my way. I absorb and am affected by all kinds of emotions: tenderness, compassion, gentleness, love, desire, passion, courage, fear, anger, gratitude, and forgiveness to name a few. I can be strengthened by gentle or vigorous exercise or I can be weakened by substances foreign to my nature. I jump for joy when I get pleasantly excited even to the point of feeling like I will leave my protective surroundings. I know there are times when I frighten my Human with my powerful pounding, especially after a round of “making love.”

I am at peace and content when my Human Keeper tells a dear one, “I love you with all my heart.” It makes me feel warm and fuzzy in the closeness of the moment and I sing while I work. I enjoy being treated with respect and weep silently if poor choices are made that affect my efficiency. I try to be valiant in the face of adversity and sometimes hunger for something, I know not what. These strange longings often cause me to ache or “break my heart.” How many times in my lifetime will I be broken? Too many, I would guess, for my health’s sake.

If I am given the care I deserve, chances are I will serve many years, maybe even a hundred or more. Eventually I will grow weary, my physical vitality will wane, but I will use every last ounce of my strength and wisdom to perform my “daily” tasks, to be of service to my Keeper until that last breath is drawn and my Creator/God says, “It is time.” I am the Alpha and Omega for my Human, but one day I will leave and return to the cosmos where I can become a true entity until I reincarnate with another Human being. Perhaps the wisdom I’ve gathered will help my next reincarnation to live a longer, fuller, less tumultuous life.

In the meantime, I shall dance among the stars and ENJOY the mysteries of the cosmic dust as it sprinkles me with its glittering atomic particles.
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Remember Your Roots
Sara had hit bottom. In the throes of her addiction she had reached a moment of choice from which there was no return – to live, or to die. Her choice for life led her to a 12-step program, and now, 20 years later, she is successful and happy, with no trace of her old eating disorder. “I discovered that I did not know how to accept, or even recognize, the gifts that were in my life. I deflected them all, stuck in an old notion that I didn’t deserve good things. As a result, I just got emptier and emptier, which is ironic, since I ate more and more food to try to fill myself up.” Wholeness returned for Sara when she learned to see her world with a grateful heart.

Less dramatic versions of this story are more common: the man who breaks off a relationship because he’s afraid of getting too close; the single mom who refuses a cash gift because she doesn’t want to feel obligated; the person who just can’t seem to take a compliment gracefully. These are only some of the ways we refuse to acknowledge the gifts that life is constantly giving us. We label something as “a given,” but we forget that what is given is by definition a gift, for which a heartfelt “thank you” is an appropriate response.

There is proof that feeling grateful is good for us. In 2003 psychologists Robert Emmons and Michael McCullough published in the Journal of Personality and Social Psychology their studies on the influence of grateful thinking on psychological well-being (Feb Vol 84(2) 377-389). This is the first time that any assumptions about gratitude were ever scientifically tested. They did three different tests in which they randomly assigned one of three tasks: one group was asked to record moments when they felt gratitude throughout the day; the second group was to record moments when they felt harried or irritated; and the third group recorded neutral events, such as taking a walk, brushing their teeth, or watching television. These researchers found that the group that reported gratitude felt better about their lives as a whole, reported fewer physical complaints, spent significantly more time exercising, slept more hours and slept better, felt more connected to people, and were motivated to do something to help someone else more frequently. The study also found that those people who had a fairly large number of gratitude-eliciting experiences throughout the day seemed to have gratitude “moods” lasting for fairly long periods of time.
Moving now to modern culture we see a continuing fascination with the role of the heart. The Institute of Heart Math, founded in 1991 just south of San Francisco is formed on the basis of understanding if and how we can create love. Pretty heady (or should I say “hearty”) stuff! Over the past decade and a half, HeartMath has generated a large body of convincing scientific evidence proving that it is indeed possible to create love. It has also been shown that emotions work much faster and are much more powerful, than thoughts. And furthermore, that the heart is much more important than the brain to overall health and well-being.

HeartMath’s research team has discovered that certain patterns in the heart rhythm correspond to particular emotional states. When people experience love, they not only feel happy and joyful, but they also produce more of the anti-aging hormone DHEA, which gives feelings of youthful vitality. In addition, production of damaging stress hormones (including cortisol) is reduced, as well as improved cholesterol metabolism, improved immune function and blood pressure stabilization. HeartMath concludes that love is both an emotional and a physical state, that positive feelings like love generate health.

There is even more good news about the power of the heart. Studies show that the electromagnetic field of the heart (which is created by the heart’s electrical system) can be measured from between two and three metres from the body. HeartMath has discovered that if someone has a coherent heart rhythm (reflective of positive emotions) it has a demonstrably positive effect on other people in close proximity. And the reverse is also true. This is a far-reaching finding (literally!) This proves that the health of our environment starts with us. You must be the change you wish to see in the world. Why? Because, you are the change you wish to see in the world!

So is your heart smart? Indeed it is wise beyond our knowing. I invite you to seriously consider what you have read here and to decide how you will empower yourself and change your world, your physical health, your emotional happiness and your global peace.

John Lennon was right — All you need is love.

Victoria A. Vetere, PhD, HC is an Enlightened Life Coach offering individual sessions, workshops, groups and special events based upon the powerful Law of Attraction! For more info, visit her website: www.EnlightenedLifeCoaching.com or call her Grandview office at 614/486-7010.

Why wait any longer to live the life you dream of? You truly can Be, Do and Have anything!
W.

e most commonly consider the heart as the realm of physicians, priests or poets. However despite all that has ever been discovered about the heart, do we really understand this central sacred part of us?

Physically speaking, the heart is a truly unique and amazing organ with its own intelligence. In Angeles Arrien’s classic work on native cultures, The Four-Fold Way, it is written: “The heart is a leadership muscle. It differs from all other muscles. How many push-ups can you make before the muscles in your arms and stomach get so tired that you have to stop? But your heart muscle goes on working for as long as you live. It does not get tired, because there is a phase or rest built into every single heartbeat. Our physical heart works leisurely. And when we speak of the heart in a wider sense, the idea that life-giving leisure lies at the very center is implicit. Never to lose sight of that central place of leisure in our life would keep us youthful. Seen in this light, leisure is not a privilege but a virtue. Leisure is not the privilege of a few who can afford to take time, but the virtue of all who are willing to give time to what takes time — to give as much time as a task rightly takes.”

— Brother David Steindl-Rast, Gratefulness, the Heart of Prayer

From this passage we learn a fascinating fact about the heart. “In The Four-Fold Way, Arrien further explains that many native cultures describe “the four-chambered heart” as one that is full, open, and strong. And when we speak of the heart in a wider sense, the idea that life-giving leisure lies at the very center is implicit. Never to lose sight of that central place of leisure in our life would keep us youthful. Seen in this light, leisure is not a privilege but a virtue. Leisure is not the privilege of a few who can afford to take time, but the virtue of all who are willing to give time to what takes time — to give as much time as a task rightly takes.”

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Understanding if and how we can create love...

The warmth and natural beauty with the role of the heart. The Institute of Heart Math, founded and carrying a doubting heart, or weak-hearted and inauthentic? and strong-hearted? Or are we half-hearted, closed-hearted, confused clear and strong. Are we full-hearted, open-hearted, clear-hearted, cu

The heart teaches us by its v

of balance between work and rest. How many of us follow this

rom this passage we learn a fascinating fact about the heart. Physicians, priests or poets. However despite all that has ever been discovered about the heart, do we really understand if and how we can create love. Pretty heady (or should I say ‘hearty’) stuff! Over the past decade and a half, HeartMath has generated a large body of convincing scientific evidence proving that it is indeed possible to create love. It has also been shown that emotions work much faster and are much more powerful, than thoughts. And furthermore, that the heart is much more important than the brain to overall health and well-being.

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John Lennon was right — All you need is love.

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We often define ourselves by how we think about things, what we think about, and how we solve problems. Each of those aspects is important to how we function in the world, and how we manage our daily lives. What are your thoughts about the upcoming election? What do you think about your job or the significant people in your life?

What happens when you think about a sunrise, or maybe one of your favorite childhood memories? What if that’s not the right question? When you stand at daybreak watching patterns of clouds and colors change as a new day dawns, and the world begin anew, how do you feel? When you happen on a favorite childhood memory and you see images in your mind’s eye, recall smells and tastes and tactile memories stored in your brain, how do you feel? Are you as comfortable with your feelings as you are with your thoughts?

Most of us are not. The culture that we live in is left brain, analytical and logically oriented. That orientation has given us an expansive encyclopedia of science and its technology, mathematics, our legal system, and western medicine to name a smattering. As we have made technology and rational thought our religion it has brought us health issues whose etiology is the stress in our lives and our inability to honor our own feelings.

The Buddha said “The way is not in the sky, the way is in the heart”, and yet, our mechanistic view of the world has led us to a highly developed intellect and a forgotten spiritual heart. That pattern keeps an important part of who we are, hidden. What must we do to let the light in our heart out into the world?

Heart disease is the leading cause of death in the United States and kills more women these days than breast cancer. The research around breast cancer has shown a significant
W e often define ourselves by how we think about things, what we think about, and how we solve problems. Each of those aspects is important to how we function in the world, and how we manage our daily lives. What are your thoughts about the upcoming election? What happens when you think about a sunrise, or maybe one of your favorite childhood memories? What if that's not the right question? When you stand at daybreak watching patterns of clouds and colors change as a new day dawns, and the world begins anew, how do you feel?

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The Buddha said "The way is not in the sky, the way is in the heart," and yet, our mechanistic view of the world has led us to a highly developed intellect and a forgotten spiritual heart. That pattern keeps an important part of who we are, hidden. What must we do to let the light in through which they view our world. It is a fine line to walk, because the willingness to honor the pain and the grief allows space for healing, as does acknowledging that some choices in life are difficult.

When we can sit in stillness and allow that information to be shared within ourselves, we honor who we are and healing begins to happen. With that opening we begin to let in the light to find out how those experiences have made space for growth and deeper personal experiences as our accumulated wisdom has become more profound. By feeling that pain as a powerful lesson that increases the wattage of our own light, we illuminate and lessen our own burden.
“You can't help who you fall in love with.” Personally, I never used to believe this adage. I thought it was nonsense. Of course I can control my emotions! Ha! I’m logical and immune from the iron clutches of infatuation. It’s my choice, always, whom I care to love and whom to discard. In turn, as a teenager, when some poor young man professed his love to me, I thought to myself, “He should just get over it,” not understanding (even to this day), the emotional, biological and chemical nuances of love’s impact.

History, rife with Christian saints and mortal martyrs named Valentine, reveals the Catholic Church formally recognized eleven Valentine’s Days up until 1969. Designated as the catch-all feast day, February 14th remains the official day for all things love-related. While recorded history fails to identify the “real” St. Valentine and the reason behind his association with romance and love, what he represents still affects our hearts and minds long after his earthly work stopped beating. Valentine’s Day enjoys celebration from nearly every culture and continent on our planet, demonstrating that love knows no religious or societal boundaries. Love, honored and appreciated for its own sake, transcends time and limitation.

Commercialization or Romanticism?
Most men scoff at Valentine’s Day traditions proclaiming the celebration akin to crass marketing and capitalistic attempts to profit from emotions. Using the dismissal of “it’s a Hallmark holiday” as a defense, some people (women included) choose to remove themselves from the possible entanglements of the tentacles of love. While it’s true that the church’s feast of St. Valentine occurred on February 14th, and also that no discernable link between Valentine and love existed, the date reminds us that love is an eternal condition and not a temporary emotion. Nonetheless, the undeniable exhilaration of love flutters in almost every one of us at some point during our brief time on earth.

How did this happen?
One of life’s truly splendid experiences, love’s arrow reaches the hearts of even the most stoic among us. A life-long happy partnership with a mate remains one the few things in life money cannot buy. Differing accounts of the nature of their success range dramatically.

“We were best friends and finally got married.”
This path to an enduring marriage traces the pragmatic evolution from best friends to spouses, with a friends-for-life attitude ensuring amiable relations. As friends who genuinely enjoy one another’s company and as life mates, these folks weather the storms of life and enjoy the smooth sailing of companionship on their voyage.

“He grew on me, so I married him.”
Long term familiarity seems to assure and reassure each spouse with compatibility and confidence that the choice in a partner is correct. This description of why the partner was selected often begins with, “I didn’t really like him at first,” followed by, “but then he just grew on me. What else could I do, but marry him?” Often the man adopts the tortoise approach and knows that ‘slow and steady wins the race’

Whoops! I Fell in Love!
Marlene Buffa

While visiting my dear Aunt Frances in Hospice, I asked her, “What’s the secret to a successful marriage?”
“How should I know?” she replied, “I’ve only been married once.”
“Exactly,” I smiled, remembering her speak fondly of her 51 years with my uncle.
and his gentle persistence and faith in the relationship eventually convinces her he’s the right man for her.

“I knew the minute I saw her, I was going to marry her.”

Described to me as the case by more men than women, this phenomenon of instant recognition and absolute knowing offers the most romantic insight into mysterious love. The triggers to love’s certainty almost never quantified, an immediate understanding of genuine love directs to one, if not both of the partners accepting, without a doubt, that they’d spend the rest of their lives with the newly met stranger. All the circumstances leading up to the minister then are academic – societal formalities and time constraints which must be endured. All the while, the end result popped up like a cartoon light bulb over the heads of the lovers, and with it, love was already defined.

We’re here to experience love.

Any attempts to describe love and the affects it bestows on our hearts and lives, surpass the breadth of language. We understand romantic love, familial love, friendship love and even object love. We look in the face of our beloved and never notice the wrinkles or the crooked smile, we only see the beaming soul beneath. At some level of understanding, the attraction we feel transcends physical attributes and rests comfortably in the recognition that who we truly adore resides in the soul, not the vehicle (the human body).

Yet, the vehicle is all we have to express our love for one another. If I’m not in earthly form, can I experience love? Are not emotions fundamental to our time on earth? The only way, I as a human, can reach your soul, is through your humanity, too. Our bodies, these lovely perfect capsules which carry around the precious cargo of our divine selves, allow us to enjoy all levels of love while we walk the planet. But what about when our bodies wear out and die? Where does love go?

If we consider love as an energy form, then according to the Law of Conservation of Energy in physics, love’s energy is neither created nor destroyed. Is love a puddle of invisible energy waiting for the surface to be pierced by an unsuspecting human falling into it or do we carry love with us, awaiting ignition by the attraction to and of another? These mysteries of the initiation of our most precious and inimitable emotion, pique our interest and perpetuate our desire.

Love, with all its ups and downs, strength and frailties, definitions and ambiguities, provides us with a reason to celebrate one another. Just as love can be expressed with a dozen roses, a box of chocolates or a loving glance, love’s feast day cannot be limited to one date on the calendar. You are loved – every day of the year!

Marlene Buffa is a freelance writer and Cold Fusion Web Applications developer living in Phoenix, Arizona. Her expanding spiritual experiences awaken introspection and reflection and her insights touch her readers. Marlene draws upon the wisdom her memories reveal while incorporating knowledge, philosophy, and practical spirituality in her story telling. Marlene holds degrees in Communications (Journalism) and Psychology from the University of Michigan, Ann Arbor. http://www.wordsomind.com/
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It is good to experience life’s road blocks that make you stumble because they become your best teachers, if you choose to feel that way about them. You can choose to not be overcome by them but rather, learn how to turn them into stepping stones toward dreams and goals.

Wisdom expands with every choice made. A choice creates a life scenario and provides guidance and gives more experience for the next drama. Wisdom comes from not being afraid to get in touch with your feelings. Feelings are the benchmark on Life’s path indicating whether you are in alignment with your dreams, desires, wants, or needs.

Desire to be loving, so that you can be loved. The desire to feel beautiful or handsome begins with how you feel about yourself. Self confidence follows and then, you begin to notice that others respond to you in a positive way. The list is unending i.e.; joy, happiness, a sense of well being becomes a part of who you are, you can feel it, and it has nothing to do with being egotistical. Learning to be nonjudgmental of yourself first, spills over into not judging anyone else. When you choose to align your thoughts in perfect sync with the Universal Wisdom/God you will know it by how you feel. What you are asking for either makes you feel good or it doesn’t. You are in alignment when it feels good. You are not in alignment if it doesn’t feel good. It is paramount to learn to trust your own pure truth and feel confident that the choices you make come from that inner soul place of Love, Truth and Wisdom.

How do you know you are in vibrational alignment with what you desire? You will know by looking at who and what you are attracting into your life. How do you treat people that are in your life, especially family members, spouses, friends and strangers? How you think and what you ask for makes a difference in what shows up. Are you unhappy where you are doing what you do? Assess where you are and reach for a better feeling. If the feeling does not change immediately, keep trying. You cannot jump from dark despair, feeling unloved, estranged, lonely, physically and emotionally in pain to happiness, joy and bliss in one quantum leap. Only Superman can jump over a tall building in one leap. You can do anything you want by taking one tiny step at a time, inch by inch by reaching for and finding a better feeling than the one you want by taking one tiny step at a time, inch by inch by reaching for and finding a better feeling than the one you want.

Make Stepping Stones Out of Stumbling Blocks
abundant and prosperous with possibilities. There is never an end to Life's journey to get to where you want to go. Life as it unfolds is about enjoying the journey and knowing there is always more fun to find along the way.

Right now what are you thinking? What is your life like? What do you really want? What have you asked for? Do you keep asking, asking, asking? Ask then trust, then let go and keep doing the next best thing. Don't like your job, your boss is difficult? Try making every effort to do your best work every day. Silently bless all of those around you, wishing them the best that life offers. Are you being asked to do more than is possible? Most jobs do ask of a good employee to do more than is possible. Don't ever waste time. Be clear about what you want and only share what you are thinking where it is safe. It is also very important that you build into every day, week, month, year things to do that are fun. Fun is finding pleasure for no reason except it feels good.

Find others to join you that are on the same page as you are, or find things to do by yourself. It does not have to cost money or mean you have to go long distances to find fun. Begin where you are and find the joy in that. The sun rises and feels good on your face, the moon and stars are awesome, a misty morning is sweet, the grass is green, spring is almost here. Anticipate the first buds of daffodils and spring beauties. Hug the neighbor, wave to the repair man, tip the paperboy, smile at everyone until they all wonder what you are up to.

Make life a game, life was meant to be fun. How did we ever get so twisted that it wasn't? If you are angry, or in pain, feel it, allow it, get into it and get over it as quickly as possible. Then reach for a little better feeling. There is always a little better feeling which you will find it if you think there can be one. There is nothing lost by trying. It is much like wishing you could go to college, take a course you have always been interested in, but think you are too old. How old will you be if you don't go? Take a chance. You will be a year older anyway but you could be a year older with a degree! Maybe your dream is to go to Italy for a month and dance in the piazza as if no one were watching. How old will you be to achieve a dream like that? Eighty? No matter what, you will be eighty anyway. Why not have a dream and do it?

How can you change? What are you thinking? When you know what you want, are you surprised? Open your mind and heart to allow the flow to pass through, wrap its energy around you until it becomes contagious. Desires for being pain free, full of joy and happiness, being loved are caught, not taught. Surround yourself with people who have found it. Learn to trust how you feel. Wisdom comes from the experiences that have come from the choices made. Life's road blocks are teachers not stumbling blocks to keep you from what you want. Turn every stumbling block into stepping stones to the thing you want.

Annetta “Nettie” Morse; writer, Life Coach, philosopher, entrepreneur can be reached by email at snettie@computechnow.com.
Heart of Health
Daniel P. Miller, RAc, Dipl.OM

The philosophy of yin and yang is the foundation of Eastern medicine. Yin and yang is said to originate from the infinite state of emptiness through which all possibility and creation manifests. Everything in nature including organs within the human body is composed of YIN and YANG. From this belief system evolved the philosophy of the five elements. The five major, or yin organs, play a central role within the body. Health is maintained by the dynamic balance of energy between them. The human body is universal intelligence and has the ability to maintain and harmonize the multidimensional relationship that exists between these organs. These are the heart, spleen, lungs, kidneys, and liver.

The five yin organs are connected to the five elements. The heart is associated with fire. The spleen is associated with earth. The lungs are associated with metal. The kidneys are associated with water, and the liver with wood. When the emotions of the five yin organs are balanced, they transform into compassion within the heart center and radiate inward and outward with infinite love in a spiral motion. When the energy of fire is harmonious, JOY is manifested. When it is imbalanced, the energy of cruelty may be expressed. When the energy of earth is harmonious, LOVE is manifested. When it is imbalanced, worry may take over. When the energy of metal is harmonious, COURAGE is manifested. When it is imbalanced, sadness may be expressed. When the energy of water is imbalanced, fear can manifest. The energy of wood is manifested. When it is imbalanced, anger can be expressed.

COMPASSION has been described as the highest virtue or the highest KI (life-force) which is expressed through the heart chakra. The heart chakra is a gateway to other dimensions and healing. It is also called the middle danjun (cinnabar-field), and is one of three major energy centers located in the center of our chest. The heart controls the circulation of blood throughout the body, while the lungs control the circulation of ki. When this energy center is blocked, disease may result. Because the heart is associated with the fire element and is the most active organ, when imbalanced it tends to either overheat or get exhausted and turn cold, possibly manifested as insomnia, palpitations, manic disorders, anxiety, restlessness, depression or chest discomfort. In Eastern medicine, the heart is said to house the spirit, which explains why some of these symptoms may be associated with an imbalanced heart. The heart meridians or energy channels travel down both arms to the palms. When we hug one another, we connect with each other through the INFINITE love expressing itself from our heart centers. When we shake hands or hold our palms out, we are extending the energy of our hearts out towards each other.

Cold hands and feet may be due to weakened heart energy unable to sufficiently pump blood to the areas farthest from it. The heart controls blood vessels, and its condition manifests in the complexion and on the tongue. A healthy heart will generally manifest as a rosy complexion, while a weakening heart may betray a pale complexion. Stagnation of energy generally corresponds to excessive heat and pain. A red face may be indicative of excessive heat in the heart. The heart is said to manifest onto the tongue; a long, pointed tongue may indicate excessive heat in the heart while a short stubby tongue may indicate the opposite. The tip of the tongue also corresponds to the condition of the heart: redness or red spots on the tip may indicate heart heat. The fire element is associated with the color red. Therefore, according to East Asian herbology, foods that are red such as cherries, watermelon, and red wine may benefit the heart if taken in moderation.

Abdominal breathing relieves considerable strain from the heart. With each inhalation, we bring oxygen and life force into our bodies. The air we breathe is charged with countless electric energy particles. With each exhalation we rid ourselves of carbon dioxide and stagnant ki. Yawning is the body’s natural way to relieve stagnant energy and carbon dioxide. When we were babies, we naturally exercised abdominal breathing. As we get older and take on increasing stresses of daily life, our breathing becomes shallower. It is said that, during normal respiration only about 30% of our lung capacity is used. To inhale deeper is to charge our bodies with more energy and oxygen. As the heart receives more energy and oxygen, our spirit is better able to relax. By inhaling deeper and using more of our lung capacities, our hearts do not have to work as hard as a result. Deeper breathing enhances circulation of blood and energy throughout the body. As the circulation improves and stress is relieved from the heart, blood pressure may improve. Abdominal breathing can greatly improve general health by strengthening the organs.

Let our HEARTS be our guide in the pursuit of HEALTH & HAPPINESS.
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COMPASSION has been described as the highest virtue or the highest KI (life-force) which is expressed through the heart chakra. The heart chakra is a gateway to other dimensions and healing. It is also called the middle dajun (cinnabar-field), and is one of three major energy centers located in the center of our chest. The heart controls the circulation of blood throughout the body, while the lungs control the circulation of ki. When this energy center is blocked, disease may result. Because the heart is associated with the fire element and is the most active organ, when it is imbalanced it tends to either overheat or get exhausted and turn cold, possibly manifested as insomnia, palpitations, or pericardium pain. A red face may be indicative of excessive heat in the heart. The heart is said to manifest onto the tongue: a long, pointy tongue may indicate excessive heat in the heart while a short stubby tongue may indicate the opposite. The tip of the tongue also corresponds to the condition of the heart: redness or red spots on the tip may indicate heart heat. The fire element is associated with the color red. Therefore, according to East Asian herbology, foods that are red such as cherries, watermelon, and red wine may benefit the heart if taken in moderation.

Abdominal breathing relieves considerable strain from the heart. With each inhalation, we bring oxygen and life force into our bodies. The air we breathe is charged with countless electric energy particles. The breath can greatly improve circulation throughout the body. As the circulation of blood returns to the heart, our hearts do not have to work as hard as a result. To inhale deeper is to charge our bodies with more energy and oxygen. As the heart receives more energy and oxygen, our spirit is better able to relax. By inhaling deeper and using more of our lung capacities, our hearts do not have to work as hard as a result. Deeper breathing enhances circulation of blood and energy throughout the body. As the circulation improves and stress is relieved from the heart, blood pressure may improve. Abdominal breathing can greatly improve general health by strengthening the organs. Let our HEARTS be our guide in the pursuit of HEALTH & HAPPINESS.
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Inspiring people to reach their dreams is my life purpose, whether that is finding a new home, or to be the best they can be.
If we never slow down the constant chattering of our minds and the commentary or judgment that goes along with it, how will we be able to hear and know the wisdom of our hearts? How can mindfulness and heart wisdom help with the process of change?

Most of us go through our lives in a trance, habitually reacting to life and acting out the same conditioned behaviors. We go through our over scheduled days like we are on automatic pilot, doing the same things over and over again. When someone pushes our buttons, we react in anger and frustration. This “trance” may work for those who are happy with their lives and the choices they make; however, many people are unhappy with some part of their lives and the vicious circles they find themselves stuck in. Successful behavior change begins with mindfulness.

Donald Altman, a psychotherapist, author and former Buddhist monk, describes “that mindfulness possesses certain qualities that promote a healing attitude.” Altman teaches that “mindfulness gently invites the process of change” and that mindfulness is process. Jon Kabat-Zinn, the founder and director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, defines mindfulness as “an open hearted acceptance of this moment.” The principles of mindfulness developed by The Center For Mindful Eating state that:

- **Mindfulness** is deliberately paying attention, non-judgmentally.
- **Mindfulness** encompasses both internal processes and external environments.
- **Mindfulness** is being aware of what is present for you mentally, emotionally and physically in each moment.
- **Mindfulness** cultivates the possibility of freeing yourself of reactive, habitual patterns of thinking, feeling and acting. (with practice)

**Mindfulness** promotes balance, choice, wisdom and acceptance of what is.
In my life, mindfulness is the process of slowing down life and the chaos of my mind in order to become aware of what I’m thinking and feeling. Mindfulness is non-judgmental observation and very much like a scientist observing an object under a microscope without any preconceived notions, only to see the object exactly as it is. Once I become aware of my thoughts and feelings, I then go to a place of acceptance. Acceptance and looking at thoughts and feelings in a non-judgmental way is a very important part of this process.

When I judge my thoughts and feelings, (especially if I judge them as bad) the fear, shame or blame I may feel as a result can bring the whole process to a screeching halt. My judgment and the negative feelings that come with it, make it difficult to look at my thoughts because it is too painful. Once we are aware of our thoughts and can look at them without judgment, we can slow down enough, quiet our minds and listen for the wisdom from our hearts.

If something is too painful, most people will stop the whole process. Thoughts and feelings aren’t good or bad, they just are. All feelings are okay and part of being fully human and alive. Reaching an awareness and acceptance of my thoughts and feelings then gives me the permission and level of comfort necessary for me to look in the dark corners and painful areas of my life. Mindfulness and increasing awareness is a skill that takes practice, time and effort.

Once we are aware of our thoughts and can look at them without judgment, we can slow down enough, quiet our minds and listen for the wisdom from our hearts. In the process of change, it’s important to listen to the wisdom from your own heart and not someone else’s. We are all unique and one of a kind creations and no one else has had the same life experiences as you. It’s impossible for anyone to see life the same way you do, they haven’t walked in your shoes. This is why a strategy for change that worked for someone else might not work for you. They could give you a detailed list of the steps they took and even walk you through them and you’re still not able to follow through. Most likely, their method didn’t work for you because you are not them. Your perceptions, longings and motivations in life are different from theirs. So go within, search your heart and listen for your own wisdom.

In searching for your heart’s wisdom, here are some questions to consider. What do you long for? What do you really want? What do you want that’s most important to you, right now? Once you identify what it is you want, you then need to ask yourself what that change in your life really means to you. You need to ask the questions several times, each time reaching a deeper level of what you’re longing for in your life. The discovery of your deepest longing will then help you to stay focused and motivated to accomplish the change you desire. For some, this process of discovery can be overwhelming. You may want to consider hiring a Coach for a faster and smoother process.

In my practice as a Dietitian, I use mindfulness and coaching in the process of change when people struggle with food issues or want to make lifestyle changes in order to improve their health. So many people get angry with themselves for overeating, for their lack of willpower and for failing yet another diet that was supposed to be the last one. The rules, regulations and harsh judgments that are part of the “diet mentality” keep people from listening to their body and they end up being stuck is the vicious cycle of yo-yo dieting. Once you’re stuck in the cycle of yo-yo dieting, you can find yourself in a heated battle with food and it can keep you from fully living your life. Mindful eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Most importantly, it can help you end your battle with food, find peace and live a richer and fuller life.

If you want to be successful in the process of change in your life, come to a place of mindfulness, listen to your heart and watch how your life becomes richer and more meaningful.

Ginny Johnsen, RD, LD, CLT is a Registered Dietitian, Intrinsic Life Coach and Holistic Coach™ in private practice helping individuals improve their health through lifestyle changes. She offers both classes and individual instruction in Mindful and Intuitive Eating, works with eating disorders and provides testing and therapy to overcome food and chemical sensitivities. You may contact Ginny at GJRDwellness@aol.com or 740-881-4687.
Dear One, how can you know
What long ago
Was precious in my life?
There was no way
That you could stay,
And spare me bitter strife.

Excitement lured you on
To loves, soon gone,
Your fantasies deceived,
Some lingered long
Beguiling, strong,
Your heart’s love to receive.

As I was left adrift,
Destroyed, unfit
For any daily chore,
A sadness deep
Through my heart seeped,
Its happiness, no more.

Too many years went past,
‘Fore I, at last,
Could close this waiting door
On love. Then sealed within,
Its glow grew dim,
Its ecstasy, no more.

Another love was not
To be my lot,
My heart was yours alone.
I had but one regret
To deal with yet,
Love’s passion now was gone.

No matter what the years
Have brought in tears,
Had I not shared your love, though brief,
I’d not have known
Emotion grown
To depths beyond belief.
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In our culture, we don't like pain. Whether our pain is emotional or physical, our goal is to move through the pain as quickly as possible and get back to our normal life. But pain, by its very nature, transitions our lives into a new normal. What the new normal is depends on how we respond to life during the time of pain and transition. If, in the depths of our pain, we are able to experience our lives through the heart’s wisdom, we will find the gifts of our situation and move with grace and grit to a deeper connection with ourselves and a greater spiritual connection with all life. This is not an easy task we ask of ourselves. The spiritual path is not for wimps; healing is tough work. I know of what I speak.

While lying on the side of the road in early September, waiting to be Care Flighted to the hospital, I came to better understand physical pain, and I didn’t like it. Gravel took my motorcycle and me down in a curve. I didn’t want to go to a hospital by helicopter; I didn’t want to go to a hospital. That meant I was hurt, and I refused to believe I could be hurt. I liked my life the way it was. I had too much to do, animals to take care of, editors and deadlines, bills that only get paid if I work, and a motorcycle to ride.

But, I had no say in that moment in time. All I could do was just be. People were all around me, asking me questions that I heard myself respond to, but mostly I drifted off, away from the pain. I would deal with my life later, when I got home that night, I told myself, but it would be two months before I returned to my home. I spent eight days in the trauma unit at Miami Valley Hospital, nearly a month in a rehab/nursing home, and three weeks staying with friends. During this time, I had to constantly find the gifts in my situation. It was the only way I could remain sane.

Many of the gifts came easily. Friends and family gave me so much—flowers, books, food, money, a laptop small enough I could lift it, friendship, and sincere ways to help. Friends from around the world started sending me prayers and healing energy. Family came from as far away as Florida and South Carolina. One friend took care of my animals, another my motorcycle; my brother called clients and associates to cancel appointments and meetings, radio shows and speaking engagements, and promised articles. I was amazed how much people did for me, wanted to do for me, how much people gave to me, how generous they were with their gifts and themselves.

With my every need met, all I had to do was heal. I believe “accidents” have a purpose, so I constantly asked myself how to use this situation to serve my life and that of...
others. I found joy in the deepening of friendships and happiness in that which I had never given thought to before. I never thought about tying shoe laces, until I couldn’t, or about opening doors from a wheelchair, or how the brain stops sending signals to unused parts of our body that need to be coaxed back into performing the way we expect.

The list of miracles was long and ongoing, and I knew that I was blessed, and I was grateful. This is enough. Still I knew there was more. In the days of healing, I came to understand the physical pain of my hurt body and the emotional pain of my life being turned upside down was for the experience itself, and the experience would take me where I needed to go, where Spirit meant me to go, my heart’s wisdom guiding me.

During my days and nights in the hospital and then the rehab/nursing home, I witnessed the difference between health-care professionals who use their intuition coupled with their medical knowledge and those who used only their medical knowledge. I witnessed the lack of alternative medicine and the lack of holistic health care in the traditional medical centers. I felt called to be an instrument of change.

As I made the commitment in my heart, doors opened. Sometimes they were heavy, other times they flew open. All I had to do was walk through. I expanded my thinking and career. While still healing, I was asked if I would talk to groups of health care professionals. I created “Intuitive Care”, a program designed to guide health care providers to develop their intuition for the betterment of their own lives and the better care of their patients.

I also felt called to create a model for a healing center where both allopathic and alternative medicines are used to treat the patients; where music, art, color, visualization, meditation, and theater, are combined with exercises and body movement; where every patient has an advocate to talk for them when they cannot talk; where a foundation of private funds cover costs when insurance companies fail; where the patient’s care is put before the staff and administration’s egos; where healing is encouraged and patients are allowed to take responsibility for their own lives.

I don’t know how all this will unfold. I only know that my job is to put one foot in front of the other and listen, listen carefully to my heart’s wisdom. It will guide me to the truth of why I came into this life. This I can trust.

In our culture, we don’t like pain, and I am no exception. We excuse it, refuse to look at it, and are often even cruel in the name of helping the less fortunate when a friend is in pain or, when we infer that if they were in right alignment with life, they would not be having this pain. When we are able to look at pain—ours and that of others—from the heart’s wisdom, we are able to come to the understanding that pain is not because we were incorrect, or even in disease with ourselves (although this can be part of our pain), but for the experience itself. Pain may be a wakeup call, or it may be a calling to a new life in which we understand that life always seeks to balance itself, and that if we can see pain as merely a part of life, not something separate that must be avoided at all costs, we can use the enviable pain that comes with being feeling, breathing human beings. Then we are able to experience the pain that comes into our lives as a way to enrich and deepen ourselves and a way to find the truth of why we came into this life.

Perhaps our pain will open us to the gifts of love our family and friends have for us, and this is enough. Perhaps, though, our pain will lead us to become instruments of change in a way that the greatness of our creation will live long past our pain and help to heal not only ourselves, but others as well.

Diana Rankin is deeply grateful for all the healing energy and prayers that are sent her way during her healing process.

Diana Rankin, the author of 23 Days/A Celtic Journey, is a gifted psychic medium, radio personality, internationally known speaker and storyteller, writer and poet, and workshop leader and university instructor. She can be seen the first Friday of every month at Gentle Wind in Columbus where she holds Sacred Circle. Diana can be reached at www.dianarankin.com or by calling 937-593-6500.
If you’re like most people living in the northern hemisphere, February and March means short days, gray skies and feelings of unremitting drabness, like a monochrome world. It’s hard to get out of bed and feel energetic, as the color energy reservoir in our body that fills in during sunnier months, is progressively drained. Most people have their routine for dealing with the winter blues or the more clinical SAD (Seasonal Affective Disorder). We fly off to a beach for a large dose of sun, a form of binging that’s not particularly harmful if not overdone. For the homebound, there is an equally reactive option: bathing in high intensity, white light treatment devices that are promoted as light therapy for SAD and mood disorders that result from lack of sun exposure.

We know some sunlight is good for us, it helps produce essential Vitamin D and gives us a healthy appearance. But the reality of treating symptoms is that you don’t get to the underlying issues adversely affecting your health and wellness. The (perceived) impact of any sunlight or white-light binging is the same. It may help a bit at the time but won’t do you much good in May. The endocrine system, our internal chemical factory, is a control mechanism for our state of health. We can make its job easier by maintaining good energetic health on a full-year basis, just as maintaining a healthy weight is better than binge dieting.

Life as we know it couldn’t exist without the sun’s electro-magnetic radiation, or color light energy. The color energy we absorb is distributed through the body’s meridian channels and nourishes every cell and system of our body. It’s the basis of inter-cellular communications. Our lifetime of emotional and physical experiences are stored as memory imprints within these channels or energy streams and can impact us from moving forward if not cleared. These imprints are recorded on an internal memory board to be replayed over and over when a similar resonance is sounded. These energetic imbalances can create real life trauma. Transmuting these stagnant blocks promotes wellness on many levels, but it can’t be done through a week of binging. It requires a broader application of the properties of specific colors as part of a daily color energy workout.

In the science of Color Harmonics, each color is a unique frequency and has its own unique contribution to energetic fitness. Red stimulates, increasing circulation and vitality. Green promotes balance and harmony within our energy systems and is therefore ideal for maintaining and strengthening our immune system. Orange can realign the energy flow along the meridian system creating equilibrium and encouraging a state of happiness. Color light workouts can be performed in just minutes using small, lightweight, transportable and non-invasive tools along with protocols that direct the color light energy along the body’s meridian network to keep you energetically fit. When coupled with regular exercise and a healthy diet, energy workouts cannot only help you avoid the February and other seasonal blahs but also increase resistance to colds, the flu and other common ailments.

This science of Color Harmonics allows each of us to tap into our innate ability to self-heal and self-tone the inner and outer body to help look and feel our best. It’s the only free commodity in the universe with a built-in rainbow – and it’s there for the taking.

Julianne Bien resides in Toronto, Canada and is the developer of the Lumalight Color Therapy System. She can be reached at (416) 340.0882 or by e-mail julianne@spectrahue.com
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Sundays ~ 7:00pm
February 10 ~ March 16
6161 Busch Boulevard, Suite 100
Columbus, Ohio 43229
Wisdom of the Heart and Hara

Paul Linden, Ph.D.

However, defining heart and hara as abstract concepts doesn’t get across their real meaning. To truly understand each element, and feel how your body responds to it, was out in her garden last night, picking slugs off lettuce plants, and she saved all the slugs. Your partner will rub a handful of slugs in your face. What do you do when your partner does that? What do you do in your face? What happens to your breathing? Does your posture change? Do you stay relaxed and alert? Do you tense up and pull away? Or do you do something else?

The imaginary slugs, coupled with the real physical intrusion of the touch, almost always, makes people very squeamish and uncomfortable. Most people pull away, grimace, tense up, and restrict their breathing.

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Paul Linden, Ph.D., is a body/movement awareness educator, a martial artist, and an author. He is co-director of the Columbus Center for Movement Studies (www.being-in-movement.com), at which he teaches Aikido, Being In Movement® mindbody training, and the Feldenkrais Method® of somatic education. Paul is the author of “Comfort at Your Computer,” “Embodied Peacemaking,” and “Winning is Healing — Body Awareness and Empowerment for Abuse Survivors.” His work focuses on the application in daily activities of an integrated mindbody state of awareness, power, love and freedom.

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Paul Linden, Ph.D.
Wisdom of the Heart and Hara
Paul Linden, Ph.D.

We all know what the heart is—the body center of loving kindness. However, hara may be an unfamiliar term. Hara is a Japanese word. It refers to the area deep in the belly which is the body center of stability and power. Cultivating the hara is important in the martial arts, and stability is also important in everyday life.

However, defining heart and hara as abstract concepts doesn’t get across their real meaning. To truly understand each element, and feel how your body responds to heart and hara requires physical experience.

With a partner, but you can do it as a thought experiment without a partner—just visualize each of the elements.

Paul Linden, Ph.D., is a body/movement awareness educator, a martial artist, and an author. He is co-director of the Columbus Center for Movement Studies (www.being-in-movement.com), at which he teaches Aikido, Being In Movement® mindbody training, and the Feldenkrais Method® of somatic education. Paul is the author of “Comfort at Your Computer” “Embodied Peacemaking” and “Winning is Harming—Body Awareness and Empowerment for Abuse Survivors.” His work focuses on the application in daily activities of an integrated mindbody state of awareness, power, love and freedom.

Take a minute away from your partner. Tense your belly. Suck it in and tighten it up. Now let it plop loose. Alternate tightening and loosening your belly a few times. The hara is the area that you experience when you let your belly out. It is a bit below the belly button and deep in the core of the body. Try walking around with your belly plopped loose. How does that affect your movement? Most people feel freer and more grounded, more in touch with their inner strength. (By the way, if you experienced something different, that isn’t wrong, just different. Whatever you experienced would be useful as a starting point for awareness work.)

Close your eyes and think of something that makes your heart smile. Everyone has something or someone—perhaps a friend, a lover, a child, a flower, a work of art—something, that when they think of it, makes their heart smile. Spend a few moments thinking about whatever it is that makes your heart smile. What happens in your body? How is your chest affected? What happens to your breathing? What sensations do you feel flowing through you? Most people experience a softening and warmth in their chest, a freeing up in their entire body, and a sense of expansiveness. The heart is the area of your chest in which the sensation of love is focused.

Now, have your partner rub the slugs into your face again. Consciously and deliberately relax your hara. And at the same time, consciously and deliberately focus on your heart smiling. How does that affect the way you respond to the slugs? Most people experience that opening the heart and the hara vastly reduces the discomfort of the exercise. Many people even find that an intrusion which was very uncomfortable at first becomes quite trivial when they maintain their power and love.

Note the wisdom operating here: in reality, the intrusion was actually trivial, and the tense pulling away was an overreaction. If having slugs rubbed in your face were the worst thing you would ever experience in your whole life, you would be very fortunate. By opening your heart and hara, you became more able to see the problem for what it was. This exercise comes from my new e-book Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution. If we were working together, for the next step, I would have you explore practical ways of responding to and resolving this problem.

Balancing and integrating power and love is a key issue in the growth of every individual and for the human race as a whole. Power without love is brutal and destructive; and love without power is weak and ineffective. Power and love are somatic as well as psychological and spiritual elements, and working with the body offers a practical, concrete way of working toward a unified state of power and love. Living from this unified state, you will be more in tune with yourself, other people, and the world around you, and this will improve every area of your life.

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The Orb Project
Klaus Heinemann and Miceal Ledwith
Paperback $18.95

An orb is an energetic sphere that exhibits life like characteristics that can be seen by some and not by others, photographed by some but not by others. According to Norman Shealy MD, PhD, “Orbs may be to the atmosphere what crop circles are to the earth. Having seen orbs and had them photographed while I was speaking, it is great to know that we are receiving cosmic energetic communication”. The Orb Project book offers many full color photographs of these mysteries objects. It offers a comprehensive guideline on their visual patterns, characteristics and habits. It gives a chapter of suggestions as to how anyone can photograph these abnormalities.

One of the authors, Klaus Heinemann, is a PhD in experimental physics, a research professor at Stanford University and has worked for NASA. Miceal Ledwith, the co-author, is a professor at Maynooth College in Ireland. He has collected over one hundred thousand images of the life forms. Are they just visiting, observing us? Some say yes. In any case research in this direction pushes the limits of science into a quantum realm which demonstrates that our conventional physical reality is merely an extension of the limitless spiritual dimension, and that orbs are connected with realities outside of our normal human perception.

Zero Limits
Joe Vitalie and Ihaleakala Hewhen
Hardcover $29.95

Are you overworked and overstressed? Are you doing your best but finding professional success and personal fulfillment frustratingly difficult to attain?

If it seems like you work hard but never get anywhere, maybe the problem is something within you. Maybe the limitations holding you back come from inside you, not from the outside world. Zero Limits presents a proven way to break through those self-imposed limitations to achieve more in life than you ever dreamed.

Take it from Joe Vitale. He was once homeless. Now, he’s the millionaire author of numerous bestselling books, an Internet celebrity, and an in-demand online marketing guru. What happened to create all that success? How did he make it happen? Was it hard work, divine providence, or both? The answer may surprise you. It wasn’t until he discovered the ancient Hawaiian Ho’oponopono system that he finally found truly unlimited success.

Updated for modern times, Ho’oponopono is a self-help methodology that removes the mental obstacles that block your path, freeing your mind to find new and unexpected ways to get what you want out of life. It not only works, but it works wonders—both professionally and personally. It works so well in fact, that Vitale had to share it with the world, so that others could experience the fulfillment and happiness he feels every day.

Teaming up with Dr. Ihaleakala Hew Len, master teacher of modern Ho’oponopono, Vitale shows you how to attain wealth, health, peace, and happiness. Vitale and Len walk you through the system, helping you clear your mind of subconscious blocks so that destiny and desire can take over and help you get what you truly want from life. It clears out unconsciously accepted beliefs, thoughts, and memories that you don’t even know are holding you back. Imagine wiping your mind’s slate clean and starting over without preconceived notions, so that you can live in a world of daily wonder. Imagine if anything and everything were possible. In fact, everything is possible when you look at the world free of mental constraints.

This book is a key that opens your life to a new universe of possibility and accomplishment— a universe with Zero Limits.

Phoenix Books is located at 3100 N. High Street, Columbus, Ohio 43202. 614-268-3100
# Journeys of Wisdom

**Holistic Wellness Programs**

### February 2008

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<td>Coaching Insights &amp; Strategies John McMullin</td>
<td>San Francisco</td>
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<td>Leigh Randolph “Astrology 101”</td>
<td>San Francisco Why We Sabotage Weight Control</td>
<td>San Francisco Balancing Body Energy</td>
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<td>How Can I Heal Depression I Don’t Feel John McMullin</td>
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<td>Marte Stroede “Listen to Your Body Talk To You With Body Talk”</td>
<td>Toronto Applying the Tools of Open Chair Gossip in Family Constellations</td>
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<td>Holistic Relationships John McMullin</td>
<td>Understanding Emotional Triggers John McMullin</td>
<td>Understanding Emotional Triggers John McMullin</td>
<td>Ken Harsh “Celebration of Spring”</td>
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<td>Orders of Love Andy Stuck 10a-10p $190</td>
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- Receive Discounts on Classes
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AVS Productions

John Addison has been producing professional videos since 1980. He specializes in live productions on various topics such as: motivation, public relations, training and instructional demonstrations. John now has a unique offer for holistic practitioners – to be included in the “Holistic Highway to Wisdom” CD/DVD series ... for FREE!

Through his company, AVS Video Productions, LLC, this new series of DVD and audio discs will provide information on a variety of holistic topics to those in the holistic community and to those who are curious through internet marketing. The series consists of live presentations by holistic practitioners on their topics of expertise. The practitioners will have their presentation recorded on DVCAM and edited with music, titles and contact information at no charge ... and will receive free copies on DVD as well.

For more information contact John by email at avsvideo@sbcglobal.net or call 614-523-0661.
www.avsvdo.com

FossilStone Consulting

FossilStone Consulting provides comprehensive computer solutions for home and business needs. We can supply hardware, software and networking solutions for single users or corporations.

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IAM strategic interventions minimize discourse in beliefs that compromise organizational functioning. We conduct assessments of employees at all levels of the organization and profile the organization in terms of belief systems that either foster growth and success or impede it.

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Call Lori Guth Moffett, CYT at Alphastate Studios, 614/299-6636 to register for any of these events! Enjoy refreshments and wonderful gatherings! For more info on events, coaching sessions, & small groups, go to www.EnlightenedLifeCoaching.com (Calendar link). You may also call Victoria at 614/486-7010 or e-mail her at: Victoria@EnlightenedLifeCoaching.com
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JOURNEYS OF WISDOM is a self growth, self help organization which provides a variety of Holistic Health and Wellness services and products including: Holistic Coaching™ sessions, body-energy sessions, life enrichment assessments, ion detoxification, evening classes, weekend workshops, audio programs, herbal supplements and homeopathic remedies.

Our classes and sessions invite participants to self discover the power of exploring their own inner wisdom to find answers to life's challenges, mentally, emotionally, physically, spiritually, and intuitively. Our purpose is to provide a safe and valuing environment for people to enrich their lives through self awareness and self empowerment.

We offer Free Thursday Evening Classes open to the public from 7:00pm – 9:00pm. During the first hour we have guest speakers presenting on a variety of holistic topics. From 8:00pm-9:00pm, John McMullin, H.C. talks about Journeys of Wisdom concepts and provides demonstrations of Holistic Coaching™ techniques.

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ANTHONY MILLER, PROFESSIONAL CLINICAL COUNSELOR, LIFE COACH

Tony combines the practical skills of 15 years experience counseling families, couples, children and adults with his studies of holistic methods and eastern healing arts. He utilizes mindfulness and relaxation training as well as hypnotherapy and coaching techniques to support clients in experiencing authenticity. Tony considers a multitude of approaches to individualize each person’s healing process and has learned that the foundation of healing is simply the process of being guided to rediscovering and remembering the wholeness of who we all are — that is, connecting to the experience of love for self.

Tony networks with complementary practitioners and resources to accelerate healing and encourages referrals to and treatment planning with other holistic and community practitioners. He has worked in both community and private settings and considers himself to be sensitive to multicultural traditions. He provides healing support for multiple life issues. Tony accepts most forms of insurance.

His office is located at 6161 Busch Boulevard, Suite 101, Columbus, Ohio 43229, 614-440-6252
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Ginny is a Registered Dietitian with over 20 years experience helping individuals improve their health through lifestyle changes. Ginny uses mindfulness and awareness to begin the process of self discovery and change. Ginny’s services also include intrinsic and Holistic Coaching™, nutritional assessment and supplementation, resolving eating disorders and corporate wellness.

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Leigh Randolph is a Board Certified Endodontist who has a private dental practice and teaches dentistry at The Ohio State University. She is a certified Visionary Craniosacral Work™ practitioner and incorporates both sensitive touch with skilled intuition presenting opportunities for healing and growth.

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