



## Now It's Easier To Have Your Ultimate Massage Practice

Are you looking for a source for massage and bodywork products that puts you first and delivers what you want when you need it? Would you feel more secure with experts who review and test all their products and allow only the best into their line?

Got Your Back is your **trusted partner** for the products and expertise you need. *Your satisfaction is guaranteed* on all orders because we take the time to understand your needs and give you the service and savings you expect.

**Massage Tables & Chairs • Oils, Creams & Lotions • Stone Massage • Aromatherapy • Linens • Spa Equipment • Music • Education • Ask About our Customer Loyalty Program**

**Here's what others are saying about Got Your Back:**

"I have nothing but good things to say about your company. You're friendly, nice, and very good willed. You make it easy on us massage therapists." Lisa Firey, Phoenixville, PA

"As a first-time customer of Got Your Back, I cannot stop talking about the amazing level of customer service. I feel like a VIP! My calls were promptly returned and my questions answered. In fact, I gushed about you so much that my sister decided to go to Massage School and will be ordering her table from you as well!" Marilyn Philbrick, RMT Dallas, TX

**gotyourback.com**  
everything for massage & bodywork  
**1 800 677 9830**

**The New Innerstrength Element**  
Adjustable Face Rest and Carry Case  
30 X 72 32 lbs 5 year warranty  
A \$199 value,  
**Special New Visions Price \$190**



Call for a new, free 52-page full-color catalog from Got Your Back, your trusted source for massage and bodywork products.



**Take advantage of this special offer today! Call 1 800 677 9830**  
Please mention promo code NV2007



## MAKE THE IMPOSSIBLE POSSIBLE THE POSSIBLE EASY AND THE EASY ELEGANT

~ MOSHE FELDENKRAIS



Discover habitual patterns of movement that may be escaping your attention. Learn to use your body optimally to do what you want. Evoke your nervous system's innate ability to learn, adapt and change.

**THE FELDENKRAIS METHOD®**

**WWW.FELDENKRAISPA.COM**  
**MT. AIRY PA 215.885.3754**

## Yoga Wear & Accessories

### Celebrate the Yogi Lifestyle

Philadelphia's only store devoted to yoga wear and accessories and the yogi lifestyle.



... everything you need to create your own sanctuary ...



**sanctuary**

Filled with beautiful clothing for yoga and après yoga, yoga mats, towels, pillows & bags, meditation supplies, new age books & music, unique jewelry, Buddha statuary, luscious organic bath & body treatments, organic flowering teas, fine incense, candles and much more.

**8611 Germantown Ave. Chestnut Hill**  
**215.242.3150**  
**Info@sanctuaryyogashop.com**

# Best Quality Replica Watches?

**I'M AFRAID THIS ARTICLE IS GOING TO "TICK" SOME OF YOU OFF.** So I apologize in advance. It's just that as I was reading one of my emails, a welcome one from Bob Butera, announcing that this issue of *Yoga Living* was all about *Quality*, was then immediately followed by annoying spam promising, "The Best Quality Replica Watches Online."

This juxtaposition started me thinking, how the quality and quantity of Yoga instruction in America has changed over the past several decades. Back in the early 1970s, when we started SKY Foundation and the Yoga Research Society, and opened Garland of Letters Bookstore, Yoga was an esoteric, Eastern tradition. Say "Yogi" to most Americans at that time, and the older ones would respond, "Berra" while the younger ones would say, "Bear."

A few of us who had been to Woodstock might think of the turbaned, white-robed Yogi Bhajan, offering a drug-free high through his Kundalini breathing exercises, or recall Swami Satchidananda opening, "3 Days of Peace & Music" with his powerful Om-chanting. Here in Philadelphia, Yogi Amrit Desai began teaching small classes in 1966 in West Philadelphia, and opened the Kripalu Yoga Fellowship in Sumneytown in 1972. He brought his Guru, Swami Kripalvananda, to the United States in 1977, where he remained in residence and taught until 1981. Swami Rama brought to Philadelphia a Himalayan tradition that could be traced back for thousands of years. When he left for Chicago, he introduced his students and teachers to Dr. Vijayendra Pratap, who had come for a visit from the Kaivalyadhama Institute in Lonavla, India.

Dr. Pratap's teacher, Swami Kunalayananda, never traveled to the United States, and was not well-



known here. In India, however, he and the institutions he founded were, and are, universally respected for their unsurpassed *Quality*. At the beginning of the 20th century, Yoga in India was shrouded in mystery and misunderstanding. The British discouraged its teaching, and replaced Sanskrit scholarship with English in schools and universities. Starting in 1924, Swami Kunalayananda systematically applied scientific principles to the study of Yoga, and published the results in *Yoga Mimamsa*, a quarterly journal that for over half a century, changed the perception of Yoga in India, and ultimately, throughout the world.

Mahatma Gandhi often turned to him for Yoga instruction and advice. In a letter dated June 17, 1927, Gandhiji wrote, "I have told you that in the physical application of these exercises, I propose to go by faith in you. Whilst I shall present my doubts to you... your explanations shall be final for me. I want to give the practice of these Yogic exercises a full trial, if only because I regard them, of all the methods of medical treatment, to be the freest from danger."

In 1930, Pandit Motilal Nehru wrote, "I have been very much impressed with the work of Swami Kunalayananda. He has opened out an entirely new field of research, and has already shown that the different

aspects of yogic culture and therapy cannot only stand the fierce light of modern sciences, but are well in advance of all that has so far been discovered in the West."

In 1934, Jawaharlal Nehru wrote, "I have greatly appreciated your "Yoga Mimamsa" in the past, and would have liked to see it in the future, but political conditions are such that I have to spend long periods in prison... I hope you will appreciate my position." As India's first Prime Minister, He would then visit Kaivalyadhama with his daughter, Indira Gandhi.

To understand the influence Swami Kunalayananda had on the creation of modern India, and the central role of Yoga in its establishment, imagine if a single, trusted teacher had advised and counseled George Washington. And Benjamin Franklin. And Thomas Jefferson!

Now, about those Best Quality Replica Watches and Yoga teachers. The good news is that today, almost anybody can get useful Yoga instruction. Instead of a trek to the Himalayas, you can sign up at any health club or Y. There are enough listings in the magazine you're now holding to take a different class every day of the year. And many of those classes are terrific. The fact that magazines like *Yoga Living* exist at all shows how far we've come in democratizing what was once available to only a fortunate few.

But let's not forget on whose shoulders we stand. A replica Rolex may keep perfect time and be a real bargain. But there's nothing quite like the special quality — over time — of a *True Original*, is there? ▲

**Relief For Emotional And Physical Health Problems**

Correcting body-mind-spirit imbalance through bioenergetics and cognitive therapies. Advanced certifications in NMT, JMT, NLP and Medical Hypnosis.



**Dr. Lee A. Bowers**

Board Certified  
Medical Psychologist  
By appointment in Villanova, PA

**610-520-0443**  
www.drleebowers.com

Many indemnity and preferred provider plans will cover a portion of our services. We will give you the forms to submit to your insurance plan for reimbursement.

- Anxiety & Fears
- Autoimmune Disorders
- Low Self Esteem
- Chronic Pain
- Compulsive Behaviors
- Depression & Grief
- Allergies
- Job & Family Stress
- Addictions
- Relationship Issues
- Health Problems

**CLIENT TESTIMONIALS**

*"I sat at the glass wall 14 stories up, and felt comfortable. Before I would not have moved while a nervous wreck."*  
- S.K., formerly afraid of heights

*"Until this moment, I have felt an underlying current of perpetual fear for my little boy's safety. Our world just became so much safer."*  
- C.S., mother of child who no longer has a peanut allergy

*"I feel healthier than I have in years! No more chronic headaches and yeast infections! I'm a much happier person because I am a healthier person."*  
- R.A., history of multiple health problems



*Amazing Aromatherapy*

Consultation/Classes  
Are now being offered in 2007 by

Clinical aromatherapist, Debora Jedlicka, LMT.  
Using essential oils can treat simple to complex symptoms. The chemical constituents are very complex in their molecular structure and quite powerful.

To learn more about private Aromatherapy sessions, a fun and instructional kit, professional kits and 1 and 2 day Aromatherapy classes.

Visit us at [www.dmtcmassage.com](http://www.dmtcmassage.com) and link to Alapocas Aroma's or call Deep Muscle Therapy Center at 302-239-1613

• gentle yoga • beginner yoga • Vinyassa flow • teen yoga • senior yoga • Anusara • workshops •

gift certificates available • Peddlers Village Lahaska, PA

**flip dog**

yoga + pilates  
215 794 9349  
[www.flipdogyoga.com](http://www.flipdogyoga.com)  
Peddler's Village

Thank you for voting us  
**Best Yoga Studio**  
in Bucks-Mont

yoga wall • pre-natal yoga • restorative yoga



• mat pilates • pilates equipment/group bed classes • yoga fundamentals • personal training •

**T**HIS ARTICLE IS FOR ATHLETES WHO WANT TO ENHANCE THEIR PERFORMANCE

**THROUGH THE PRACTICE OF**

**MEDITATION.** Studies of athletes have shown that there is a meditative state referred to as being 'in the zone' in which the mind and body are working in perfect harmony. The athlete is calm and focused and energized at the same time.

Aynsley Smith, Ph.D., a sports psychology consultant at the Mayo Clinic Sports Medicine Center, Rochester, Minn. says, "The zone really refers to when you're performing automatically, it's when you're absolutely free of worries, free of inhibitions and so confident and relaxed that your best performance just kind of comes out automatically." Edward Laskowski, M.D., a physical medicine and rehabilitation specialist and co-director of the center says, "It needs to be both the mind and body working at their best. It can't be just one or the other."

As with the practice of meditation or yoga, playing in the zone involves both physical and mental training. First you develop your physical skills, and then you let go and let the skills play through you. This letting go of self-consciousness and experiencing activity-consciousness results in that great feeling that we refer to as being 'in the zone.' When you access this meditative source, the extraordinary capacities that lie within you are fully realized. To grasp this hidden dimension is to transform the very meaning of athletic play. Lets look at what some athletes have to say:

*"The zone is the essence of the athletic experience, and those moments of going beyond yourself are the underlying allure of sport."*

DAVE MEGGYESY  
FORMER NFL LINEBACKER

*"Ninety percent of hitting is mental, the other half is physical."*

YOGI BERRA

*"Your conscious mind always wants to help you, but usually it messes you up. But you can't just set it aside. You've got to get it involved. The thing you have to do is anchor it in technique. Then your unconscious mind, working with your motor memory, will take over the shooting for you."*

TIM STRICKLAND  
PROFESSIONAL ARCHER

When the body is brought to peak condition and the mind is completely focused, even unaware of what it's doing, an athlete can attain this state of internal calm and power... and achieve the



# Meditation & Sports

by Anthony Michael Rubbo, MHS

extraordinary. Now that we've explored some of the research literature, let's turn this article into a locker room pep talk (with a meditative flavor), and get you into the zone.

- You have the mind, body, heart and soul of the ultimate athlete!
- Use meditation to reveal your ultimate performance.
- Free your mind. Break through all remaining mental limitations and realize the performance goal that you set for yourself.
- Clear yourself of all desires, intentions, emotions and motivations other than the one that will bring you to your ultimate performance level.
- With a free mind, and focused desire and intention, simultaneously control and release your physical self, and let your body 'seize the moment' to reach its ultimate performance.

Your ultimate sports performance – you know it, you strive for it, and you place great value on its attainment. Its characteristics include deep concentration, highly efficient execution, emotional resilience, a heightened sense of mastery, and self-transcendence. By practicing

meditation to access your ultimate personal source of focus and power, you can:

- Use common moments in your everyday life to hone your ability to access your source.
- Develop your ability to experience the full potential of your source at any time or place.
- Attain mastery in your defining sports moments.

So how do we put the meditation-sports connection into practice? First, learn to experience the zone in your meditation or yoga practice. Establish and maintain your posture, let go of your thoughts, and focus on your breathing. Move from self-awareness to total awareness on your breathing. When you feel that your meditation is being done automatically without any conscious effort, you have reached the zone state. Take that state into a simple activity that feels natural to you. Again, let go and feel like that activity is happening through you rather than by you.

Take this into your sport. Practice with the intention of honing your skills to the point that you can let go and get into the zone with the particular skill. Let your motor memory take over, release your mind, be the doer and the observer simultaneously. Focus on your performance rather than your result. In other words, focus on your involvement rather than your outcome, and you will experience more enjoyment and satisfaction, and most likely have better results and outcomes. ▲



White belt training and certification for teachers and dancers\* of any level!

Excellent teaching opportunities exist for certified Nia-ers!

Do this training for Your Self - It's Amazing!

\*(closet dancers included :-)

March 17- 23, 2007

To register call or email The Szen and for more information contact [www.nianow.com](http://www.nianow.com)



609.466.7787  
[www.studiozen.org](http://www.studiozen.org)  
[info@studiozen.org](mailto:info@studiozen.org)  
57 hamilton ave.  
hopewell, nj 08525

A Place of Restoration & Enlightenment

***1st Time on East Coast!***

**BREATHWORK SEMINAR**

Double Your Vitality ~ Relieve Chronic Stress!

SAT, MAR 31 or SUN, APR 1 • 12 noon–6:30 pm

at Yoga Center of Medford, 128 Route 70, Medford, NJ 08055

Facilitator Training • Friday, March 30, 6-10 pm • 12 CEU Hrs.

**MOST OF OUR ENERGY**

should come from **BREATHING**,

yet most of us breathe at **ONLY**

**10-20% OF OUR FULL CAPACITY**,

leaving our cells starved for oxygen and compromising optimum health. Improper breathing either causes or worsens every illness. Come and learn how to expand your breath in natural and healthy ways to not only help with many health conditions, but to clear away trauma, increase longevity, and greatly enhance your vitality and well-being!



*"An awesome self-healing experience!"*

*"I learned a lot & felt incredible!"*

with Denis Ouellette • Optimal Breathing™ Specialist • 27 yrs. exp.

Call (406) 333-4103 • Free Info Pack & to Pre-Register

Locally, call yoga center (609) 654-9400

**Seminar Cost: \$120**

**Bring a Friend, Save \$40 ~ 2 for \$200**

[www.integralbreathwork.com](http://www.integralbreathwork.com) • [denis@wiswwest.net](mailto:denis@wiswwest.net)

# Personal Growth Alternatives

**RUSTY STEWART, Ph.D., ACHT.**

Psychotherapist, Reiki Master, Adjunct Professor Thomas Jefferson University



*Feeling stuck? Are you not happy & fulfilled? Feeling numb, "blah", stressed, depressed, or anxious? Are you having relationship problems? Lacking motivation & purpose? Substance misuse/abuse/dependency problems? Having trouble "finding the time"?*

**Would you like to know how to take action and change for good?**

**MAKE A COMMITMENT TO YOURSELF AND GET THE RESULTS YOU DESERVE!**

- ♥ INDIVIDUAL, COUPLES, GROUPS ♥ INTEGRATED PSYCHOTHERAPY ♥ ENERGY BALANCING
- ♥ HEART-CENTERED HYPNOTHERAPY ♥ HEART-CENTERED BREATHWORK ♥ SHAMANIC JOURNEYING

Visit my website to see my schedule of workshops, healer certifications, & many other community events! Subscribe to my free monthly *Personal Growth Alternatives* E-Newsletter! List your community event for free on the *Manifesting Community Listings!*



[www.personalgrowthalternatives.com](http://www.personalgrowthalternatives.com)

**215-658-1093      609-332-4663**

**3 CONVENIENT LOCATIONS:** Personal Growth Alternatives, Horsham, PA

**SATELLITE OFFICES:** Communitas, Narberth, PA & Wellspring Counseling Center, Merchantville, NJ



Karma Yoga tells us to enjoy the beauty of all the pictures in the world, but not to identify ourselves with any of them.

- SWAMI VIVEKANANDA

# Running on Karma by Joseph Abbate

**F**OR SOME TIME, I HAVE HAD A VERY LIMITED APPRECIATION FOR THE STATEMENT ABOVE, AND HAD BEEN STRUGGLING TO UNDERSTAND YOGA'S PLACE BEYOND MY PHYSICAL PRACTICE INTO MY EVERYDAY LIFE. From trivial tasks such as work, cleaning and exercising to more meaningful things such as personal relationships with family, friends and loved ones, Karma Yoga gives a model to how our Life Purpose can be revealed through ordinary tasks. Reflecting on the four principles of Karma Yoga: Acceptance, Concentration, Excellence and Non-Attachment, it became clear to me that not only do some of these principles come easier than others, but that it very much depends on the task to which they are being applied.

As what seems to have become the standard process for me, my understanding of yogic concepts first gains traction through my running before it is solidified in other parts of my life. That being said,



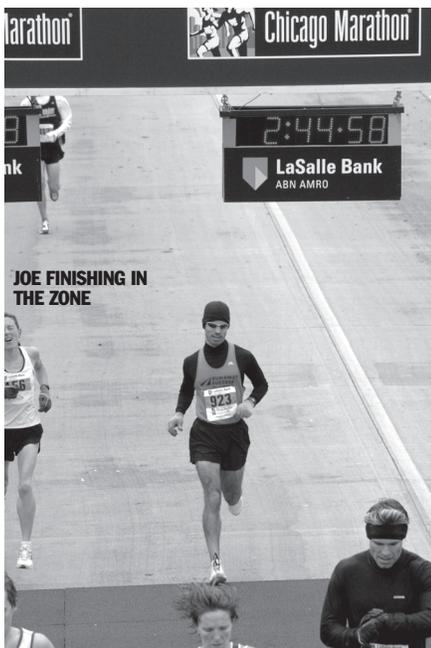
JOE BALANCING IN ONE-FOOT POSE

perhaps the best example of my understanding, selfless service has been in my training for and eventual running of the Chicago Marathon.

Having practiced Yoga for quite some time, I naturally and easily made a connection between the physical poses, breath work and meditative aspects present in Yoga poses with my running. I must admit, however, that I never applied the theory of selfless service in any of my previous marathons or running practice in general. Not only did I not know what Karma Yoga was, but my main focus in running was very different. That focus, I have come to understand, was based on ego and attachment. I ran eight marathons prior to Chicago with a singular goal in mind, to qualify for and eventually run in the Boston Marathon. The Boston Marathon is the oldest and most popular marathon, steeped in tradition and full of history. Of course, my runner's ego demanded that I complete it someday. It took me nearly eight years

to accomplish this goal, but with my seventh marathon I finally qualified and ran it as my eighth.

In many ways, Boston was well worth the wait and the effort. The crowds were enormous, the energy immeasurable and the experience awe-inspiring. Concurrent with this pleasure, came severe displeasure. During the last eight miles of the marathon my picture-perfect race began to unravel. Pain, self-doubt and hatred became my companions during what felt like a small eternity. Like so many times before, the proverbial "wall" was in front of me. My finish time and my eight year goal was slipping away. Fueled by many years worth of ego and attachment to this moment, those last miles turned into a test of will, strength and self-worth. There was anger and venom in my heart instead of joy and exhilaration about the near completion of my goal. Cursing the pain, fighting severe muscle cramps/dehydration and feeling a sense of failure, I staggered across the finish line, spurning >>

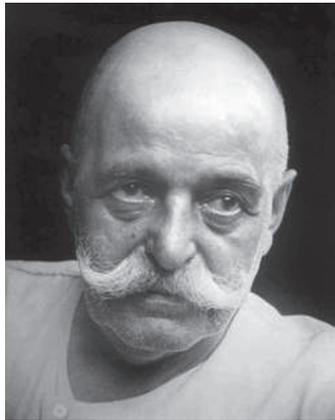


JOE FINISHING IN THE ZONE



JOE #923 IN CHICAGO MARATHON, 2006

continued on page 30



*Perspectives from The Work of*

## **G. I. Gurdjieff**

*Friday May 4, 2007, 8 PM*

---

# *What's Needed Now?*

---

*Presented by:*

**James George**, a former Canadian ambassador to India, Iran, Nepal and Sri Lanka, reveals his strong commitment to human and environmental issues in his book, "*Asking for the Earth: Waking up to the Spiritual/Ecological Crisis*," which is prefaced by the Dalai Lama. While at home in several spiritual disciplines, he has been a student of the Gurdjieff Work for over fifty years.

**Ravi Ravindra**, currently a Professor Emeritus at Dalhousie University in Halifax, Nova Scotia, holds a Ph.D. in Physics and a Master of Arts in Philosophy. One of his best known books, "*Krishnamurti: Two Birds on One Tree*" speaks of his inner search and close association with J. Krishnamurti. "*Heart Without Measure: Work with Madame de Salzmann*" describes his experiences as a life long practitioner of the Gurdjieff Work. His newest book, "*Spiritual Roots of Yoga*," has just been published by Morning Light Press.

---

**St. Mary's Church • Parish Hall**  
**The Episcopal Church at Penn**  
**3916 Locust Walk**  
**Philadelphia, PA 19104-6152**

*For more information:*  
[www.gurdjieff-philadelphia.org](http://www.gurdjieff-philadelphia.org)

any assistance. In those moments I could not know how much of an impact that day would eventually have on me, far beyond the achievement of completion or setting a new personal record.

About a month later, I was devastated to find that in my quest to complete the marathon, I had pummeled my foot to a point where it fractured and pushed my tendons to a state of tearing. In this injured state for nine months, I was left with no other choice but to reflect upon my experience and running philosophy. This led me to delve into the deeper meaning of Yoga and bring my understanding past the tangible physical aspects of the practice.

Studying Karma Yoga helped me to see that some things were missing in both my running and Yoga practice. In understanding this, I began to appreciate the spiritual aspects of both. These realizations coincided with my training for and eventual running of the Chicago Marathon. Unlike previous marathons, there was no goal set for this one. My training was comprised of a 24-week period, during which I had to stop running on multiple occasions, either due to residual foot issues, severe illness or simply a busy schedule. At first, I fell into my prior egotistical behavior of running through my injuries and illnesses. Eventually, however, I realized how inconsistent this type of running practice was with the Yoga of respecting my body and ceased the behavior.

In what seemed like a case of pleasant coincident, a fellow runner gave me some advice on my situation, which struck me as being akin to the philosophy of Karma Yoga. There is a belief common among many runners that the training for the marathon is an analogy for the marathon itself. There are both good moments and bad, periods of great pain and soaring joy. In both, however, they are unpredictable, and come and go fleetingly and sometimes never at all. The point to understand is not to be attached to these moments, but to see them for what they are: transitory experiences. If you remain focused on the task at hand and true to yourself, no matter what happens the experience will be a worthy one.

With this karmic advice in mind, I continued both my training and my Karma Yoga study and allowed each



activity to feed the other. As the race day approached, my fellow runners began to doubt their training and started to pile up unnecessary junk miles, while my faith in my training grew stronger. Others began to obsess over finish time predictions and mile splits, while I simply smiled and said I don't know. As nonattached as I was to the outcome of the race, I still had not resolved the memory of my painful and negative Boston experience. Thankfully, again, I got some good karmic advice - to accept the pain for what it was and look beyond it. My body had transcended the pain and in doing so my spirit went deeper. With my training complete and my understanding of Karma Yoga growing, off to Chicago I ran.

The day prior to the race, the weather was a spring-like 65 degrees, sunny and wind-free - a perfect day. That was not the forecasted conditions for race day. For race day, the temperature was to plummet 30 degrees, the winds were going to be hitting us head-on at 20-30 mph, gusting to 40 mph and rain and snow were expected. My friends began to panic, for they had grown attached to their visions of a perfect marathon experience, but I laughed, thinking this was divine - a perfect opportunity to practice my new found karma running; even though I would be in this world, I would not be of it.

During that cold and blustery day, I began to see the divine at work in all things and

perceive those things as neither good nor evil. With that in mind, the wind was neither a hindrance nor an aid, but both. Sometimes it carried me along and other times, it held me back. I was one of 40,000 runners and nearly 2 million spectators. As I ran, I turned my attention inward, and at the same time, felt the energy of the crowd. There was no anger or fear, just a peaceful sense of Oneness with it all. At times, my attention would wander and find a pain to latch on to, or a lament about the severity of the wind or how many miles were left in the race. Yet somehow, I faithfully managed to bring my focus back to the thought of whatever the outcome, the goal had already been achieved.

Now that the Chicago race has been completed and this new experiential knowledge is a part of me, I work at applying Karma Yoga to my everyday life. And though it can be all too easy at times to fall back into old behaviors, each day I faithfully move with intention in my efforts and continue to tell myself to enjoy the beauty of all the pictures in the world, but not to identify myself with any of them. ▲

*Editor's note: The irony is that Joe ran the 2005 Boston marathon for a time of 2 hours and 55.09 minutes. After a partial training regimen as well as overcoming a fracture in his foot in 2006, Joe's time dropped to 2 hours and 44.41 minutes at the 2006 Chicago race under severe conditions.*

Mercury Free

Non-metal  
Restorations

Surgical Extractions

Invisalign

TMJ/Facial Pain

216 Mall Boulevard  
Suite 11  
King of Prussia, PA 19406

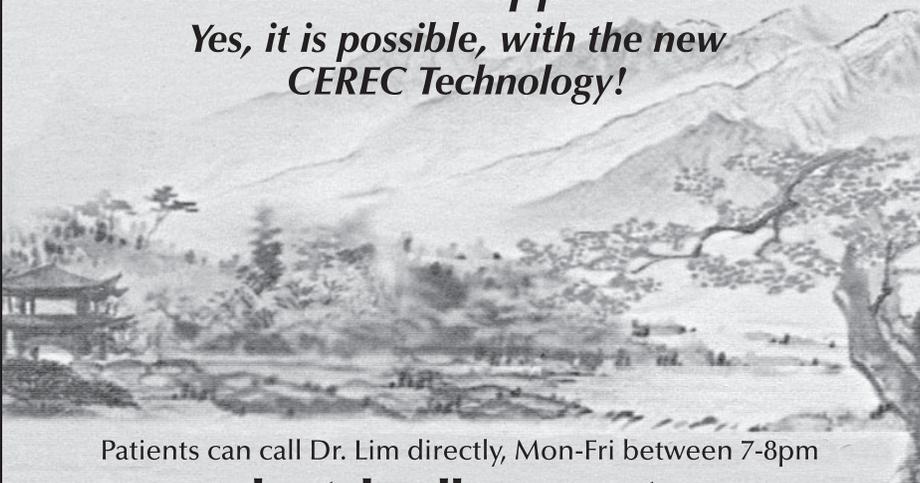
**610-265-4485**

# Dental Wellness Centre

DR. HYO LIM, DMD

*Crowns in ONE appointment?*

*Yes, it is possible, with the new  
CEREC Technology!*



Patients can call Dr. Lim directly, Mon-Fri between 7-8pm

**www.dentalwellnesscentre.com**

## Penny S. Kulp, BA, CMT, PDMT MASSAGE MATTERS

THE BEST IN MASSAGE THERAPY &  
PREVENTATIVE & RESTORATIVE MUSCLE CARE

- Deep Tissue Therapy
- Sport Therapy, Rehabilitation
- Therapeutic Massage
- Pfrimmer Deep Muscle Therapy
- Swedish Massage
- Myofascial Release

Member of the American Massage Therapy Association



Penny Kulp grew up in Chester Springs, PA, in a caring family environment. After a short time in business, her concern for others led her into a career as a Massage Therapist.

A graduate of Episcopal Academy and Gettysburg College, Penny completed her professional training at the Pennsylvania School of Muscle Therapy in 1998. She started practicing at her current location in June of 1999, and has since gained the respect of many clients.

Penny is a certified Massage Therapist specializing in Pfrimmer Deep Muscle Therapy, as well as Therapeutic and Swedish Massage.

MASSAGE MATTERS COUPON

**\$10 OFF**

**Your First One-Hour  
Massage**

(must present coupon at time of purchase.)  
(offer good for your first massage only)

**Gift Certificates &  
Packages Available**

337 W. Lancaster Avenue  
Wayne, PA 19087

Office or On-Site Therapy  
by Appointment

**610-415-9060**



# Integration, Integrity, Groundedness, and Authenticity

**T**HIS ARTICLE COMES FROM MY HEART AND INTUITION BASED ON MY EXPERIENCE. There will be no books to quote. In some ways I feel I have straddled the middle ground between “New Age” spirituality and alternative methods of healing, on one side of the fence, and more traditional academic research and complementary medicine, on the other side. There is no right or wrong here, just food for thought based upon my experience, and yes, judgments and opinions. I feel this is a pertinent topic to discuss at this time as I’m bombarded with dialogue skirting around these issues continuously in every aspect of my life. So here it goes, my opinions and

judgments based on countless experiences I have witnessed. First, given the nature and definition of holistic healing, I don’t see how anyone can claim to be involved in comprehensive or source based healing (the real cause of the malady) without practicing integration. In other words there is no one way to heal our issues. This goes for the entire whole-istic spectrum, mental, emotional, physical, and spiritual. They are all tied together in a tangled web of relatedness. Put another way, everything is connected in some way or another. What works for one person may not work for somebody else even if it looks like the same problem and circumstances that were treated seemingly successfully with somebody >>

## Experience Past Life Regression with Carol Bowman

“Carol, my past life session with you was one of the most fun, helpful things I’ve ever done. It’s one thing to have a medium tell you about a past life, but entirely different to see and feel it for yourself. WOW!” —T.H., Bryn Mawr

“Thanks for guiding me though the experience in such a thoughtful, pleasant way. It was the BEST” —G.J., Ambler

“I’m still reeling wonderfully from the adventure we took through space and time. It’s had a profound effect on my inner being. All my gratitude to you for being the instrument that got me there.” —S. B., Cherry Hill, N.J



Carol Bowman, MS, past life regression therapist for fifteen years, is the internationally-known lecturer and author of *Children’s Past Lives* and *Return From Heaven*.

Carol has been featured on national TV and radio including *Oprah*, *Good Morning America*, *The Art Bell Show*, *Unsolved Mysteries*, *ABC Primetime* and as reincarnation expert on A&E and The Discovery Channel.

610-566-3870 (Media, PA)  
www.CarolBowman.com

## The Tarot Muse Carolyn R. Guss Certified Tarot Practitioner 610-658-3252



**Individual Consultations**  
**Group Events**  
**Classes & Private Instruction**  
“Your readings have helped me make decisions that ultimately improved the quality of my life.”

**Y**ou are unique.  
Your healthcare should be, too.

**Do you:**

- tire easily?
- crave chocolate, bread or sugar?
- have no sex drive?
- find it impossible to lose weight?
- suffer with dry vagina?
- feel moody?

**Call to discuss effective options  
for restoring your unique balance.**

**Ann McCloud Sneath, MSN,CRNP**  
Certified Nurse Practitioner  
Healthcare for Women  
West Chester, PA

**610-692-7126**



Pennsylvania's exclusive  
Physical Mind Institute  
teaching and training facility

**SYMMETRY**  
symmetry pilates | yoga

SymmetryPilatesYoga.com



Equipment by Balanced Body

VOTED "BEST PILATES STUDIO OF THE MAINLINE 2006"

18 north church street, west chester pa  
610.431.8990

machine | mat | ball :pilates

yoga: power | classical | prenatal  
reiki

else. There are always other factors at play on many different levels. So, become as knowledgeable as you can and then turn it over to your intuition and surrender your ego to Spirit. True healing never takes place on an ego level.

Secondly, look for integrity within the integration. Integrity has several meanings: soundness, adherence to a code of values, utter sincerity, honesty, and candor, and completeness. I suggest *integrating* all of these into a guiding beacon of healthy discrimination when seeking holistic healing. Once again, trust your intuition with these signposts and ask your Higher Self to assist you in making healthy decisions. Remember, when you really tap into your intuitive Higher Self, the information provided is *always* right!

I find the third characteristic, groundedness, to be one of the more frequently looked over aspects of holistic health. Especially when it comes to spirituality and "New Age" healing. Groundedness means that we have to be able to be present here on the earth with all our humanness, emotions and feelings. In other

words, spiritual bypass will keep us stuck in our patterns and Karma. Once again there are no quick fixes. We think, visualize, feel, and experience our past pain and trauma thus anchoring it into our attraction and manifestation patterns. Guess how we change the pattern? We think, visualize, feel, and experience our past pain and trauma to unlearn, release, and to re-learn and re-anchor new healthier attraction and manifestation patterns. If you have a better method, let me know because I have never experienced anyone truly changing and healing without going through this process. Feeling is the key to manifestation and feeling is the key to reversing the process. The neurotransmitters get rewired over time and we change the energy we attract. As above, so below. This applies to our chakras too!

Lastly, always look for authenticity. This means being real and vulnerable. I also see it as being humble and connected. Connected to what you may ask? Connected to you and everything else I have described thus far. And, connected to a power greater than ourselves. Another

way of metaphorically describing authentic would be being mask less. This is me no holds barred. No chameleon false self, but a healthier ego authentic self committed to extending Love and releasing fear. It's a process, but the only real and authentic process.

In closing, I invite you to implement these principles when investigating any processes in the whole-istic healing realm, whether it be mental, emotional, physical, or spiritual. Use the above benchmarks, (integration, integrity, groundedness, and authenticity) as a litmus test. Ask questions. Sit back and observe the response you get. Then ask your Higher Self and intuition to act as a radar screen to filter out the false and highlight the true. Then please remember this: the results of your litmus test may be very different from someone else's, there is no right or wrong. Release any judgment and stay focused on you and what you need for yourself. Believe me when I say, that will be all that you will be able to handle anyway. Good luck and happy healing! ▲

# Dreamer Dan, QUALITY MAN

**D**REAMER DAN CONSIDERED THE WORD "QUALITY" TO BE SYNONYMOUS WITH THE WORDS "REAL," "AUTHENTIC," AND "GENUINE." A quick trip to the DreamTime confirmed Dan's feelings.

The DreamTime gave Dan some initial characteristics of quality. It was "by these fruits" that One would re-cognize a person of quality. That person would be courageous, straightforward, confident, altruistic, inspiring, proficient, powerful, and constant yet changing.

Dan found these virtues in the following Dreams.

I had hung about 15 pictures across the high part of a wall just below the ceiling. I was changing all of them. I re-moved the pictures from the frames by waving my hand rather than climbing to change each 1. I had about 11 of them changed with 4 more to go. This Dream shows the altruistic person who has hung the pictures of his chosen Creations at the top of the walls. The Dreamer has based his Creations on his Highest perspective relative to his present limitations. The walls and ceiling represent the perceived limitations in consciousness of an individual at any given Moment. The Dreamer has advanced and is now updating his Creations in accord with the most recent advancements in his level of consciousness. The Dreamer is also very proficient at change. He does not have to "work" or exert much effort to effect the change. He does so by waving my hand. He does not have to use his ladder and spend Energy climbing and changing each picture by hand. The number 11 suggests that the Dreamer has achieved Mastery at adjusting to higher levels of expansion. The number 4 suggests that he is laying the foundation for an even more proficient integration of higher levels. When he adds the Energy of 4, he Will have completed the transformation.

I was a football running back. I told the quarterback where I would go in a pass pattern. I beat my defender and jumped high to catch the ball. I felt it and heard it

hit my hands and body. I then ran. 1 big player tried to tackle me. I felt the impact of his hit on my body. I carried him. A 2nd player came to tackle me. I carried him too. I could feel the impact of the defenders trying to tackle me. Though they were big, I carried them beyond the 50-yard line and then willingly fell to the ground. The opposing coach was very angry that a small player now had the strength to carry 2 men much larger than he. This scene shows that the Dreamer is courageous, straightforward, and confident. The Dreamer shows confidence that his pattern will open him to receive the pass and complete the appropriate Creation. It did. Physically feeling in a Dream shows that the Dreamer has integrated the Energy of the Dream into his body. He jumped high to catch the ball. This shows that the Dreamer desires to receive the Energy at his highest possible level. He is then straightforward because he runs with the newly-received Energy. He does not file it for future reference. He advances his team with every step forward. When the heavy, dense Energies come his way, he shows courage and resilience by willingly carrying the load that he attracts. The defenders of the old Energy did not stop him. He chose to fall at his own discretion. The coach, or the leader of the Old Energy, understands that it has lost its power when the New Energy can move efficiently regardless of its imposing weight.

## Choose the Birth Experience You Want...



Photo: C. Penniman

### Find out:

- how to reduce your chance of having a cesarean
  - how routine episiotomies can be avoided
  - how epidurals affect your baby and your body
  - how to keep your baby with you after birth
- ...and more, at our **free Childbirth Seminar**



in Bryn Mawr, offers you a woman-centered approach with individualized care in a homelike setting where you're an equal partner in decisions. Our certified nurse midwives and registered nurses stay with you throughout your labor and birth to provide all the support, guidance, and encouragement you need. Learn more about this exceptional, safe option. Register for our seminar or ask for our **free information package**:

**610-525-6086 or [www.TheBirthCenter.org](http://www.TheBirthCenter.org)**

**Bryn Mawr • Exton**

I drove an airplane to transport others. The plane had 2 sets of dials. A woman suggested that I alternate the 2 sets. Quality adds the final piece when the Dreamer inspires others to follow the Path of Higher Consciousness. The Dreamer does so when I drove an airplane to transport others. The Dreamer has attracted others by his physical resonance of the New Energy. This Energy is very alluring, inviting, and fulfilling. The woman of the Sacred Feminine re-minds the pilot that, in order to succeed in aiding others in process, he must use both the Masculine and the Feminine Energies. The New Energy demands the balance of both.

Dreamer Dan felt most grateful to the DreamTime for its vivid, pictorial presentation of quality. He knew that the feelings and the physical integration of those pictures helped to ground the New Energy in the Dreamer as well as in those who could receive the Wisdom of the DreamTime. ▲



# HEALTHBRIDGE

WELLNESS CENTER

Serving the Main Line since 1991

## In Support of Your Wellness Goals

offering a variety of  
**Therapeutic Massage & Bodywork Therapies**  
**Wellness Counseling & Education**

[www.HealthBridgeOnline.com](http://www.HealthBridgeOnline.com)

(610) 647-5210

## GRAND OPENING !!! NEW LOCATION !!!

### Charmingly Linda's **Quality Consignments** & eBay Listing Services

MEN'S AND WOMEN'S FINER FASHIONS  
JEWELRY AND ACCESSORIES.  
We Make You Look Better & Feel Great For Less.

Frazer Shopping Center  
480 Lancaster Ave. Frazer 19355  
[www.CharminglyLindas.com](http://www.CharminglyLindas.com)

(610) 640-1220  
Tues/Thur/Fri 10-6  
Wed 10-8 / Sat 10-4



## Optimize your eyesight.

Eye Fitness with Sharon Hicks,  
Optometrist Trained, Vision Educator

Free consultation: 610-299-6210 | [Seeingislearning.com](http://Seeingislearning.com)

## Omelet Queen

The Art of Mindful Eating



**Tracy Degerberg**  
NUTRITIONAL CONSULTANT  
[tracydegerberg@hotmail.com](mailto:tracydegerberg@hotmail.com)

PO Box 133  
Saint Peters, PA 19470  
**610-745-5643**

<http://amazinghealth.blogspot.com>

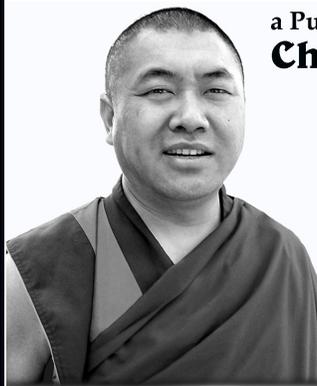
## "Tibetan Bön Healing"

a Public Talk with  
**Chongtul Rinpoche**

March 16, 2007  
8pm

**Weisel House**  
7347 Richlandtown Rd.  
Quakertown, PA

215-538-2708



2 day

## POWA Retreat

Consciousness Transference

March 17 & 18



[www.nineways.org](http://www.nineways.org)

This pre-eminent Tibetan Lama from Menri Monastery will be hosting 2 programs in the Delaware Valley, offering instructions and teachings from the 18,000 year old Bön Tradition.



**Rev. Bob Deen**  
Minister

**Jim Wade**  
Music Director

## Sunday Celebration

10:30am - All are welcome!

Youth & Teen Programs • Classes & Workshops  
Metaphysical Bookstore

## Greater Philadelphia Religious Science

19 Central Ave. Paoli, PA  
at the Delaware Valley Friends School just off Lancaster Ave.

**(610) 695-0375**

[www.rsphiladelphia.org](http://www.rsphiladelphia.org)

affiliated with Religious Science International

# Quality of Life

## When Your World is *Alive!*

by Cougar (Michael Reddy, Ph.D.)

**Q**UALITY OF LIFE IS SOMETHING WE ALL WANT. And most will likely agree — comfort, status, and wealth take us only so far. Good relationships, right livelihood, and love characterize our deeper goals. We search, in a word, for fulfillment. We can accept certain hardships gladly, as long as what we do is fulfilling. The quality of our lives is strongly related to how meaningful those lives are.

Well, how easy does our inherited Western worldview make it to find real meaning? As someone university-trained in that shared outlook, and also taught by native elders, I absorbed a profoundly different worldview and can provide some perspective. It's a quick report, if you will, from a nearby country of the mind. Strangely enough, meaning is a lot easier to find and hold on to there.

At the root of our modern worldview sits a lockstep, mind-numbing credo. A kind of litany of disassociation, it emanates from the trickle-down remnants of 19th century science. You've heard it I'm sure. The astronomer stands before a backdrop of glittering constellations and says something like: "How insignificant we are! See? The solar system wheels here above us, a grand clockwork in the dark immensity of space, dwarfing us, with all our shallow, everyday concerns. The forces of nature are blind. Stars collide, winds blow, tides turn according to the laws of physical science. And these know nothing of you or I."

Wow. What a downer. You may not think about it, but this grim gospel of mechanism is a background level assumption that infects much of our awareness, and tends to pass spirituality itself off as self-indulgent, wishful thinking. It's a "things first" approach, and big, "rule-governed" things first of all. It literally creates technology. But it's sure a tough landscape for seekers of meaning.

The alternative, held by most human societies until around three centuries ago, is an "awareness first" and "persons first" approach. Labeled these days as "animism," or "pantheism," it says that everything in the universe is built of the same stuff — consciousness — and that you need to respect members of the different levels of consciousness as you would other people. Hence, the Native Americans speak of the "stone people," and the "plant people." Since primal consciousness emanates from

the divinity (the "great mysterious"), what you see when you look out of your eyes is nothing less than formations of the God-Energy itself.

Well, what a difference a worldview makes! This is a fair country indeed for seekers of meaning. It quite literally grows on trees. You can walk through your life in the constant presence of the divine — everywhere. Watering your plants or driving your car can be both acts of compassion and prayers. Ah, but wait. I hear you saying, because I still hear my older mind saying it was well — "Boy... that would be so great. Too bad it's just not scientific."

So let's just take a brief look at that. To begin with, mechanism was not something chosen because all the new "experimental

philosophers" thought it was true. Politics, especially church politics, forbade them from having anything to do with Spirit. Mechanism began as a kind of dodge to get around this. And, more importantly, leading-edge science today has called into question much of the framework that led to this worldview. "Mechanism is not the answer," says the movie, *What the Bleep Do We Know?*

Suppose we have a drop of water falling in still air from a very high tree-branch. Physical scientists used to say, if we know the height of the branch and the size of the drop, we can tell you its position and speed at any time, and exactly where it will fall. This is useful. But it turns out it only works for situations involving a very small number of variables (influences). With computers, researchers now study systems with thousands and millions of variables — like a forest, or the weather, or your body. About these, there is something quintessentially unpredictable. Lets say it's no longer still air the drop is falling through, but a windy sky. For precise prediction now, they would have to first calculate, well, the position and direction of every little chunk of air in Earth's atmosphere. Because that's the only way to know which way the wind will push the falling drop. The whole clockwork, deterministic thing fails.

Another, very relevant, very scientific characteristic of large, real-world systems is called the "butterfly effect." Very small influences, very far away from, say, a Pacific typhoon, can be the difference that sends the storm to Taiwan, as opposed to Japan... something as small as a butterfly flapping its wings in Guam. Here is the very opposite of the grim, mechanistic gospel. Some little good thing you do might very well prevent a titanic collision of worlds or cultures.

In many ways, then, popular consciousness has simply not caught up with the ways in which science itself is leading us back towards that "everything's alive" and "everything deserves respect" point of view. *Letters to Vanessa: On Love, Science, and Awareness in an Enchanted World*, by Jeremy Hayward, fills out this story in a very readable way. My own *Steps Between the Worlds*, <http://www.shamansweb.org/Thoughts.html>, suggests ways to begin shifting your consciousness. In any case, in a living, conscious world, meaning, and thus quality of life, really *does* grow on trees. Wish you were here. Maybe you'd like to visit. ▲

# Resonance

## BODY CENTERED THERAPY

### Beyond Talk Therapy

The mind often lies to itself, whereas  
the body always tells the truth.

Resonance, as a body centered therapy, utilizes the body's postures, symptoms and sensations, unconscious gestures, and other subtle signals to access parts of the psyche that hide behind the protective defenses of the intellect so that healing and integration can occur in the whole of the body/mind.

Sondra Howell specializes in Peter Levine's trauma healing, Arnold Mindell's Process Work with body symptoms and illness, and in helping adults and children live joyously.

#### SONDRA HOWELL

Registered Movement Therapist  
Member, USA Body Psychotherapists  
610-585-3859 • Kimberton, PA

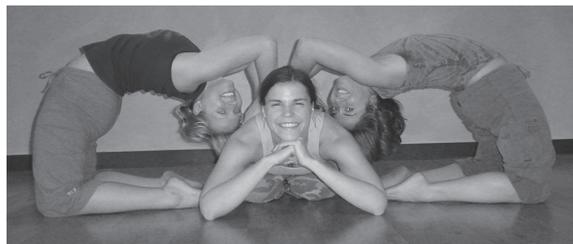


# breathe

yoga center

www.breatheyogacenter.net

breath :: strength :: spirit



Registered Yoga School



- \* Brand New Beginner Yoga
- \* Heated Power/Vinyasa Flow Classes
- \* Private Yoga Instruction
- \* Massage Therapy
- \* Workshops with Renowned Yogis
- \* 2007 Teacher Training
- \* Retail Store

4402 skipack pike, skipack, pa 19474  
610.584.1108

## Change From Within

An empowering weekend for men and women



You are invited to participate in  
this unique weekend workshop.

Through hypnosis,  
physical release and  
choice, you can achieve  
a new sense of freedom  
to step into your life in  
a powerful and  
meaningful way.  
Improve Your Health &  
Learn EFT.

#### Facilitators:

Wendy Goldenthal, CI, CHT  
Martin Richardson, CHT

#### Workshop Dates &

#### Registration:

April 20-22, 2007  
(starts at 7pm Friday)

68 Skyline Drive  
Audubon, PA

Cost: \$450  
\$50 off for balances  
received before March 31

#### Enroll NOW and change your life!

For more info contact:

Martin Richardson

(610) 717-7797

mrichardson@uptowncolleagues.com

Visit [www.HypnosisInstituteofPennsylvania.com](http://www.HypnosisInstituteofPennsylvania.com)



## BACH FLOWER THERAPY

"All true healing aims at assisting the  
patient put Soul, mind and body in harmony."

Dr. Edward Bach

Bach Flower Therapy is a safe, integrative approach to releasing old energy patterns. Bach Flowers restore harmony by precipitating unwanted, old emotional patterns and thoughts. In Bach Flower Therapy, emotional issues are clarified and clients are educated in the use and selection of Remedies.

Unfold into peace, optimism and inner strength with a  
Registered Bach Flower Practitioner.

Charlene Briggs is on the International  
Register of Bach Flower Practitioners.

#### Charlene L. Briggs, BFRP

Lionville Natural Pharmacy  
& Health Food Store

610-363-7474

BACH DIRECT LINE 610-594-9591

[www.bachflowersusa.com](http://www.bachflowersusa.com)

[charlene@bachflowersusa.com](mailto:charlene@bachflowersusa.com)



# Hypnosis

## Changing Lives One Thought at a Time

by Beth J. Keil, RN, CH, CHBE and Katrina MacLeod



**WHEN YOU THINK OF HYPNOSIS DO YOU PICTURE SWAYING WATCHES OR SWINGING PENDULUMS?** Maybe you think of someone up on stage clucking like a chicken or barking like a dog. Of course it's possible to cluck or bark if you want to under hypnosis, but only if you want to. And swaying objects aren't really used anymore to hypnotize anyone. So how is hypnosis used?

Hypnosis, which is really an increased state of focused concentration, is increasingly used for health and wellness. Studies show the effects of the most amazing computer ever built - the brain, and how it works to heal the body. Harnessing the power of the brain, users of hypnosis have been able to improve pain management, increase bone mending, handle the sensations of childbirth, and improve their moods.

Hypnosis can also help you become a non-smoker, stick to your weight loss and exercise goals, and reduce stress.

Do you think you can't be hypnotized? Actually, chances are you are hypnotized several times a day. Highway hypnosis is the most common form of increased focused concentration most people experience. Have you ever missed your exit or wondered how you got home all

because you were lost in thought? That was hypnosis! In that state you are open to suggestion, and you can accept it if you want it and reject it if you don't.

Imagine for a moment what potential you could reach if you were able to change your perception of things? What perceptions would you change? Making those changes would be very powerful, wouldn't it? The good news is you can change your perception of anything you like! Using hypnosis you can respond rather than react to certain situations or stimuli.

That's how many people have successfully used hypnosis to make the changes in their health and well-being they desire. The mind is in control. And so are you. A hypnotherapist will be your guide, but you will be in the driver's seat with your foot on the accelerator or the brake.

Whatever you would like to change in your life is made possible through your intention to change it. Hypnosis gets your brain on board so the changes happen easier than you ever thought possible.

So what would you change if anything was possible and that little voice in your mind that tells you, "you can't" suddenly started cheering you on? What if the thought of whatever scares you, thrilled you instead? Could you then become what you have always wanted to be? Of course you can.

Van Olmstead of Wilmington, DE wanted to change his weight. A self-professed "self-help junkie," he sent away for material on weight loss and accidentally was sent a package on self-hypnosis instead. Around the same time he heard a radio program about hypnosis that mentioned a practice near his home. He had lost and regained more than 75 pounds on various weight loss programs and was tired of that yo-yo.

He wasn't sure hypnosis could help him with his weight loss, but he was ready to try something different. He saw a Hypnotherapist who taught him 7th Path Transformational Meditative Self-Hypnosis. Through the sessions he was able to let go of many self-defeating characteristics or issues; things that always held him back from keeping the weight off for good.

"I gave myself permission to think of this stuff and be aware of this stuff," Olmstead said. "It was outrageously uplifting!"

Through 7th Path he was able to change certain attitudes and behaviors that have made it possible to for him to lose 15 pounds towards his ultimate goal of a 100-pound weight loss.

"I believe I can do it," he said with resignation. "I have the tools."

In the past he relied on the group meetings of various weight loss programs to keep him motivated in his effort to lose weight. Now he relies on himself.

Olmstead said, "I have my own support group: me!"

Removing the self-defeating inner talk that exists is so many of us is the key to reaching any goal. Hypnosis can do that if you're ready.

To get started visit the website for the National Guild of Hypnotists at [www.ngh.net](http://www.ngh.net) to locate a practitioner near you. And to learn more about what hypnosis can accomplish in your body and your life, visit the website for the National Institutes for Health [www.nig.gov](http://www.nig.gov) where there are published studies of hypnosis and its effects on the body. ▲

Time to **LOSE WEIGHT**



**HYPNOSIS** Can Help

If you ever eat for the following reasons:

**Boredom, Depression, Anxiety, Reward, Companionship, Time of Day, Other People, Stress,**

then **HYPNOSIS** is for you.

**HYPNOSIS** helps remove these unwanted eating habits.

Call **Tony Longobardi**, Certified Hypnotist with The National Guild of Hypnotists

**610-659-0526**

Phoenixville, PA

*Change Your Relationship with Food*

## Self-Hypnosis & Healthier Eating Habits Workshop

**Saturday May 12th**

9:30am - 4:00pm Wayne PA

- Learn Effective Tools to Manage Food Cravings
- Adopt Positive Habits that Replace Bad Habits
- Achieve BIG Results with Small Changes

*This empowering workshop will also help you understand how your body responds to specific foods so you can gain control of what and why you eat! Class size is limited. Delicious vegetarian lunch included.*

**Facilitators:**



Wendy Goldenthal, CI, HBCE  
Certified Hypnotist and Instructor  
Hypnosis Institute of Pennsylvania



Sandy Gargus, CHHC  
Certified Holistic Health Coach  
Nourish to Renew

For more information and to register call **610-209-7001**

[www.NourishToRenew.com](http://www.NourishToRenew.com)

[www.HypnosisInstituteOfPennsylvania.com](http://www.HypnosisInstituteOfPennsylvania.com)

Now is the time to become a **CERTIFIED HYPNOTIST.**

The need for Hypnotists is increasing and more people are seeking qualified hypnotists certified by the National Guild of Hypnotists.

Accelerated 100-hour Professional Hypnosis Certification Course accredited by NGH.

March 7- June 20 or Sept. 11- Dec. 19

Wednesday evenings in Berwyn, PA. *Class size is limited.*

**SELF-HYPNOSIS & HEALTHIER EATING HABITS WORKSHOP**

Saturday May 12, Wayne PA, with Sandy Gargus, CHHC

**CHANGE FROM WITHIN WEEKEND**

April 20-22, Audubon PA, with Martin Richardson, CHT

Look for more info about these workshops in this issue. Workshop size is limited. Sign up now!



Wendy Goldenthal, CI, HBCE  
Certified Instructor, HypnoBirthing  
Childbirth Educator



**HYPNOSISINSTITUTEOFPENNSYLVANIA.COM**

Corporate groups, Individuals, Adolescents and Children  
Devon, PA [wgoldenthal@gmail.com](mailto:wgoldenthal@gmail.com)

**610-687-0333**

## Hypnosis Classes Forming Now!

Consider us your partner, as you explore and create what you want for your life.

**7th PATH™ Transformational Meditative Hypnosis**

Have the tools to fulfill your dreams!

**HypnoBirthing™ Childbirth Education**

For an easier, more comfortable birthing experience

- **Professional Hypnotherapy Certification Training** – Train for a career in Hypnosis with **5 PATH™ Hypnotherapy** and **7th PATH™ Self-Hypnosis**
- Learn tools and structures to – **Manifest your Desires** for anyone who wants to live the life of their dreams!
- Individual hypnosis sessions available – **To help you succeed where you never thought success was possible!**



CALL DELAWARE HYPNOSIS PARTNERS, LLC TO SIGN UP TODAY!

**Delaware Hypnosis Partners**

Change your life, one thought at a time.

**(302) 999-1400** ♦ [www.delawarehypnosis.com](http://www.delawarehypnosis.com)

**B**ACK IN MEDICAL SCHOOL OVER 25 YEARS AGO, I WAS TAUGHT THAT SYNTHETIC HORMONES WERE SAFE AND USEFUL. Even then, I intuitively didn't trust the arrogant concept that synthetics such as the birth control pill were OK. (Similar to the modern arrogance of altering genes.) I had been awed by the power and subtlety of our hormonal systems. Even today, we honestly know so little about the power of hormones, that it continues to be concern me when we mess with them, even when they're bioidentical.

### What Are Hormones?

Hormones are chemical messengers. As we evolved from single-cell to multi-cellular organisms, there became a need for these cells to communicate with each other. Like an inter-office memo, one cell sends out a chemical messenger, which is then received by a second cell. That message tells the receiver to, for example, speed up or slow down (thyroid hormone), to take in more sugar or not (insulin), or to turn on or off certain genes.

As organisms evolved to greater complexity, like a high-rise office complex, this system of inter-office memos became too slow; and so a second signaling system developed – the equivalence of an intercom or phone system – the nervous system. Plants use hormones; animals use both hormones and a nervous system. With the nervous system, information is sent to specific places at great speed. Most of our hormones work slower and more generally than the nervous system, affecting every cell of our body by traveling through the blood stream. Each cell has a receptor on its surface that receives the hormone, like a key in a lock. These receptors can increase or decrease in quantity, or be turned on or off by numerous factors.

# Hormone Havoc: Bio-Identical, Synthetic, or None?

All of our hormonal systems are under attack. We know that men's testosterone levels are declining with each new generation. Diabetes is an epidemic. Vitamin D, long considered a vitamin is actually a hormone of which many of us are deficient, increasing the risk (or perhaps a cause) of osteoporosis, cancer, autoimmune disease, and depression. The reasons for this attack are multi-factorial: toxins in our food, water, air and TV (the stress of materialism), poor sleep, lack of proper exercise (even too much aerobics can be a stressor), poor quality foods, confusion about the data, etc.

### Bio-Identical Hormones

"Bio-identical" hormones are identical to those made by our bodies. In contrast, Premarin, one of the hormones most-used by menopausal women until recently, is synthetic. It was named after its source: "Pregnant Mare Urine." These horse molecules were further processed by a drug company and marketed heavily to physicians and women, with huge profit.

The reason so many people have not heard about bio-identical

hormones is that they are not heavily marketed as the synthetic forms. This is because

drug companies cannot own them – the patent is held by God. Therefore, there is no money to be made on their manufacture or advertising. (Some novel, patent-able delivery systems have enticed some companies to develop some bio-identical hormone products). Medical research on bio-identical hormones is scant (I have done lots of literature searches) because, again, there is no money to be made on the research. Drug companies try to link the concerns about synthetic hormones to bio-identical hormones, keeping the public confused and preventing the spread of enthusiasm



'FOCUS' CLASS AT TWISTERS YOGA

by Michael Cheikin, MD

### Hormonal Systems Under Attack

I recently saw data about the most frequently prescribed medications in America. Number two and 15 are thyroid hormones. Although we hear about diabetes, obesity, and cholesterol, there is a hidden epidemic of thyroid disease in the country. Conventional lab tests often miss early thyroid dysfunction. Since low thyroid function can cause weight gain, increased cholesterol, impaired metabolism, and poor immune function, how many people with these problems have early (called "sub-clinical") thyroid disease as the root cause?

**Michael Cheikin M.D.**  
**Holistic Physician**

Board Certified  
 -Physical Medicine  
 -Pain Management  
 -Spinal Cord Medicine  
 -Electrodiagnostic Medicine

Conventional & Alternative Medical Consultation,  
 Medical Acupuncture, Nutrition & Yoga

**Holistic Care for:**

- |                        |                                  |
|------------------------|----------------------------------|
| Asthma                 | Hormonal Dysfunction             |
| Allergy/Eczema         | Osteoporosis                     |
| Carpal Tunnel/TOS      | Sleep & Mood Disorders           |
| Chronic Pain-Neck,Back | Sport and Yoga Injuries          |
| Fatigue/Fibromyalgia   | Stress Management                |
| GERD/IBS               | Weight Management                |
| Headache/Migraine      | Other Obscure/Chronic Conditions |

"I was in severe back pain and thought my only option was surgery--- now I'm 95% better in three months." B. Q., Upper Dublin.

"My four months of stomach pain and diarrhea stopped after two weeks."

"His diet plan & yoga also helped my daughter with migraines and PMS!

"I wish I had met Dr. Cheikin before my carpal tunnel surgery."

"Dr. Cheikin is the only doctor in dozens who truly listened to me & helped my fibromyalgia and chronic fatigue." J.R., Mt. Airy



Most Insurances Accepted

(Conveniently located 1 mile from the Plymouth Meeting Mall & Route 202)  
 832 Germantown Pike, Suite 3, Plymouth Meeting 19462

drc@c4oh.org

610.239.9901



*An Astrologer's Perspective*

**Classes forming at Montco in Blue Bell!**

*"...Our work together combines the knowledge of your chart and life experiences to help you find a deeper connection with your life."*

**Carrie Lever**

CERTIFIED ASTROLOGER, NCGR  
 MASTERS IN COUNSELING PSYCHOLOGY, MFT



PO Box 1191  
 Blue Bell, PA 19422-4207

**610-272-4014**

PHONE/FAX

[www.anastrologersperspective.com](http://www.anastrologersperspective.com)

**Get ready to change the way you feel about dentists.**



**THE MIRACLE OF LASER DENTISTRY AT WAYNE DENTAL CARE**

- No needles for numbing • No drills*
- No scary sounds • No extra charge • Virtually pain-free*
- Zaps cold sores/fever blisters*

**A HIGHER LEVEL OF CARE WHERE ORAL HEALTH BECOMES PART OF YOUR OVERALL HEALTH.**

- Mercury Free/Metal Free Dentistry
- Digital X-rays (80-90% less radiation)
- Safe & Effective Mercury Removal
- Free Consultation/Second Opinion

**295 Old Eagle School Road, Wayne, PA 19087**  
**610-293-1227 [www.doctorhandel.com](http://www.doctorhandel.com)**



**Brian E. Handel, DMD**  
*In Practice Over 16 Years*

for a relatively cheap, effective alternative to synthetic hormones. However, the negative effects of these synthetics don't extend to the bio-identical forms. Many decades of experience by holistic practitioners suggest that these natural hormones are vastly safer than the synthetic versions.

### Are There Downsides to Bio-Identical Hormones?

The honest answer is, "there is no free lunch." Our hormonal systems are extremely complex and interactive. Each hormone has several forms. For example, thyroid hormone has at least three or four forms, each with a different role. The body adjusts the ratio of these different forms depending upon multiple factors. Many hormones also have "binding proteins", which essentially grab and store the hormones, temporarily rendering them inactive. The amount of binding hormone, and its affinity for its hormone, depends, again, on numerous factors. When we measure hormones, we have to know how much is free and how much is bound. Most hormones vary with the time of day, so tests need to be done at specific times. When treating with bio-identical hormones, each has an optimal formulation for absorption – such as by mouth, skin, injection, or other means. Finally since most hormones affect each other, prescribing the proper amounts of one or several is extremely challenging and often needs frequent monitoring and adjustment.

This complexity was pointed out to me by a male friend who had started taking bio-identical testosterone replacement after discovering that his levels were low. While he felt great on this treatment, his testicles began to shrink! And when his implantable pellets began to run out at the end of the month, he would begin to feel horrible – and would have to rush to the doctor to have new pellets implanted. In essence, he had become a "testosterone addict."

Even conventional medicine knows that when we give the body hormones, such as cortisone, the producing glands take a vacation. Externally provided hormones can't be stopped abruptly, but must be

gradually withdrawn to enable the related glands to ramp up their factory.

### Hormones during Menopause and Andropause

As a women approaches menopause, the ovaries stop making female hormones, and the adrenal glands need to take over most of this function. Men experience "andropause," an analogous decline in testosterone levels with increased adrenal demand.

Some people sail through this transition, while others experience numerous difficulties. This variability is dependent in part upon how the adrenal glands are working (as well as other health factors). If the adrenals cannot respond to the demand for increased production, a host of common symptoms ensue, including fatigue, poor healing, depression, low or high blood pressure and increased glucose and cholesterol.

### So What Are We To Do?

My conclusion is that when it comes to hormones, the mantra should be "less is more." In addition, I return to "paleo-logic," in which I assume that our bodies expect to do what they did 20,000 years ago. Back then, all that we needed was provided by our lifestyle. The environment provided all our nutrients. There were fewer toxins. Periods of stress were followed by periods of rest. We had seasons of light and warmth followed by seasons of dark and cold.

I also assume that the body has a wisdom greater than mine; so my job as a holistic physician is to remove the obstacles to the body's self-regulation, and let it come back to its own balance.

Therefore, by eliminating toxins (food, water, air, TV), getting good nutrition (organic foods and proper balance of supplements), good sleep, good exercise (such as yoga and walking), good stress reduction by achieving balance in work,

#### IMPORTANT NOTE:

**This general information should not be used to make decisions about medical care without the involvement of an experienced practitioner.**

The contents of this article are copyright © 2007 by Michael Cheikin MD and may not be reproduced without express written permission.



community and spirit, people feel better without having to add hormones. Acupuncture, homeopathy, and other energy treatments can also be helpful.

However, if, after six months of gentle support, there is insufficient improvement in symptoms (and lab tests), we have the option of special tests, special herbs and supplements, and if necessary, small amounts of hormones and other compounds that supports the glands in their return to balance. Treating with hormones is complex, since most hormones affect each other, in a web-like fashion. ▲

#### FOR MORE INFORMATION:

- Dr. Cheikin's website, [www.cheikin.com](http://www.cheikin.com), has helpful articles on related topics
- Christiane Northrup M.D.: *The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change*. Bantam, 2001. 0553-801-21X.
- Reiss, U: *Natural Hormone Balance for Women*. Pocket, 2001. 0743-406-656.
- Shippen, Eugene, MD: *The Testosterone Syndrome*. Evans, 2001. 0871-318-58X
- Wilson, James L: *Adrenal Fatigue: the 21st Century Stress Syndrome*. Petaluma CA: Smart Publications, 2001. ISBN 1890-572-152.
- Campbell, TC & Campbell™: *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-Term Health*. Benbella Books, 2005. ISBN: 1932-100-385.
- Pizzorno, Joseph: *Total Wellness: Improve Your Health by Understanding...* Prima, 1997, ISBN 0761-510-94X.
- Sivananda Center: *The Sivananda Companion to Yoga*. New York: Simon & Schuster, 1983. ISBN: 0684-87000-2.
- Hanley, JL et al: *Tired of Being Tired*. New York: Putnam, 2001. ISBN 0399-147-497.