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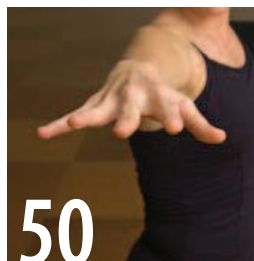
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The Stuff of Creation

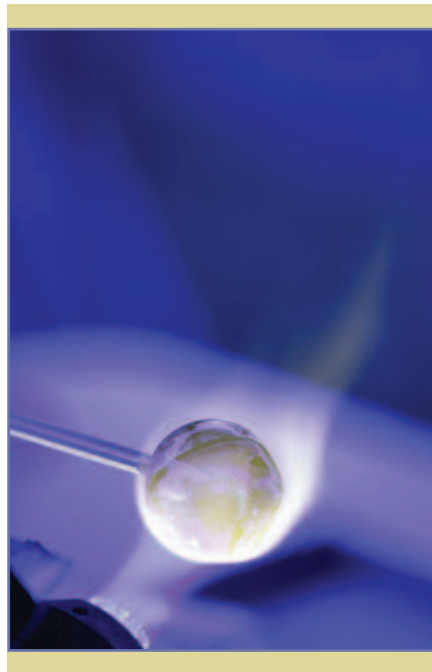
We are told in many spiritual texts that we should look to heaven for our reward, not our material life here on Earth; a train of thought which sent many an aspirant into the wilderness with a loin cloth and a begging bowl. Recently, the trend has been to free this paradigm and almost make a religion out of the concept of 'Abundance;' placing the spiritual cherry on top of the sundae of rampant materialism that has fed our age. What we do by conceptualizing these trends as opposites is to create divisiveness – someone has to be 'wrong' and the other 'right.' I have found that wherever there is dichotomy, there is probably a viewpoint that includes and rectifies both opposing forces.

We all understand (or, perhaps have been made to understand recently) that we don't need half of the 'stuff' we have acquired, including much of the food that we eat, and that always seeking to acquire more 'stuff' is limiting to spiritual well-being. But, going around with a begging bowl isn't something that everyone can do – who will the aspirant beg from in the winter if there are no farmers storing food? 'Stuff' is what we are made of and what we need to live at this vibratory level. It is our relationship with the 'stuff' that holds our opportunity for growth in the spiritual and material realm.

According to the Vedic texts Spirit itself divided into Purusha (pure consciousness) and Prakriti (the creative force) to create the tension needed for creation to occur. Prakriti further divided into the Gunas (qualities): Tamas (sloth), Rajas (activity) and Sattva (purity), out of whose interactions and further refinements everything material is possible. So, we understand that these forces or energies are a part of what we conceive as 'God' or 'Spirit'

and can be used for any purpose of our choosing with the proviso that there are best practices (*dharma*) and repercussions (*karma*) for how we use them.

The 'abundance' folks rightly see that out of these energies, we can create chaos and poverty or choose peace and plenty. I am with them one-hundred percent in the desire to create the best world we can! The trap here is in playing too small; that instead of focusing on abundance for everyone the tendency can be towards 'me first.'



The 'renunciation' folks see rightly that 'stuff' and the pursuit of more 'stuff' only brings temporary happiness which is a waste when clearly there is something else worth pursuing that is both permanent and freeing to the soul. So, they try to attain freedom from the *kleshas*, or the hindrances to enlightenment, (ignorance, ego, attraction, aversion and fear of death). While it appears to be true that once enlightenment has been achieved, nothing can affect your equanimity of

mind, it is also true that attaining that can take awhile (possibly lifetimes). In the meantime, here we are; trapped in a world of 'stuff' which we've already determined is part of the whole ground of creation or the godhead, (so not all bad, right)?

Add to that that some people have to work out a soul needs that create 'stuff' – painters and potters, architects and glass-blowers, farmers and scientists. Are these folks evil for creating 'stuff' or should the people who admire and acquire their output be condemned? Hardly! We need the talents and viewpoints of everyone!!

This is the crux of the matter; everything material is spiritual by its very nature. It's all perspective. A shift from creating wealth in the form of money to wealth in the form of sustainable abundance could change everything. Maybe it's not 'enlightenment', but having everyone in the world fed, housed and clothed would surely be a step in the right direction.

These ideas are obviously already percolating in the world with the ideal of sustainability in farming and other manufacture. Some people see this as a return to what was, but we can't go backwards and pretend that computers and cars never happened; they are too much a part of our lives and psyches. However, can we imagine an integration of these ideas, where we could travel and communicate world-wide with less ecological footprint; where there is pure Abundance fed by pure Spirit? Sure! There are so many wonderful possibilities for the materials that make up our world. The challenge and opportunity is to create things that are beautiful and convenient without ravaging our planet or her peoples and still keep in line with our spiritual best interests. ▲

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Meditation and Living in the Material World



I F YOU WERE TO DO AN INTERNET SEARCH ON THE NUMBER OF PEOPLE WHO BELIEVE IN GOD, YOU WOULD FIND THAT THE GREAT MAJORITY OF PEOPLE DO BELIEVE IN GOD. And of the people who believe in God, the great majority of them believe in the existence of an eternal soul. Since you are reading Yoga Living Magazine, I am considering that you are one of these people. So let's take a look at the material world from a spiritual perspective, from the vantage point of an eternal soul. The first thing we realize when we look at the material world is that everything is temporary; everything changes. Everything will eventually disappear, including our human bodies. So therefore, if eternity is our truth, then this temporary framework through which we are passing can be thought of as an illusion. If we believe this with our minds, and in our hearts, how do we experience this in our everyday life, how do we feel it? In other words, how do we achieve spiritual enlightenment and live a soul-centered life in our material world?

First we would need to get in touch with that part of our being that is beyond our material self. This usually involves some form of meditation. In meditation we quiet our minds, our emotions and our senses, so that our essential spiritual nature can be experienced. As we move closer to our essential nature, we become more aware of certain spiritual traits and qualities. We become more mentally clear, more emotionally balanced and calm, and more physically stable and centered. Once we've cultivated these states in our inner meditation, we then seek to bring them into the settings and scenes and situations of our everyday life.

So first we experience our spiritual center within the relative stillness of our meditative position, and then we take it into the various movements, postures and positions that we assume in the course of our day. This is the first stage of learning how to achieve spiritual freedom while living in the material world. When we attempt to free ourselves from the bondage of the material world, the world does not submit easily. It presents attractions, lures and temptations that are experienced as attachments, desires and cravings. The worst case is that of addiction when we fall victim to

some aspect of the material world and feel we can't break free of it. With practice and perseverance, we eventually quell our desires and learn to develop equanimity in our inner practice and bring it into our outer lives.

Besides the traits of calmness, clarity and stability, we develop another valuable trait in the course of our inner development. This quality reflects our spiritual character in that it is related to the eternal nature of our soul. Since our soul is beyond time, time is not an issue in spiritual reality. The human quality that most expresses this is the quality of patience, since it remains constant and stoic in the face of time and its passing. Patience is also valuable when confronting those attachments to the outer world, and to another powerful feature of the material world – our technology. Technology occurs when we use the resources of our material world to create and construct devices that express some part of our human character, and to provide a comfort or benefit. A telescope extends our vision, a car is an extension of our legs. Technology provides us with benefits, but also brings new stresses and challenges. Patience helps us to remain calm and spiritually centered in the rapid-paced environment of an advanced technological culture.

Our next stage involves developing a higher form of intelligence. For many people, the mind is wholly a reflection of the material world, but for some it is more. For many who meditate, the faculty of spiritual intelligence or intuition develops. With intuition we begin to spiritually navigate our everyday life. And with this higher faculty, we start to live a life based on guidelines that support spiritual refinement. When we reach a certain point in our development, we feel safe enough to let go of our old material mindset. We have integrated our spiritual perspective into our life to the point where we can live a life based on higher principles rather than the clinging values of a mere material existence. When we do let go of our purely human side, our spiritual side fully emerges and we experience enlightenment. We realize that we are not human beings that have a soul; we are spiritual beings who are participating in a human life in a material world – an eternal soul living in a temporary framework of illusion.

*Note: The ideas presented in this article are based on the book and movie, *The Framework of Illusion*.* ▲



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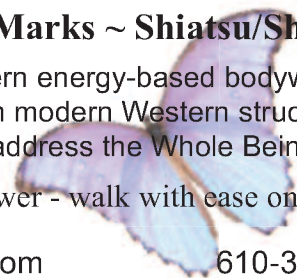
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- from The Lost Language of Plants by Stephen Harrod Buhner

This is the time of year when we are all thinking of the new season to come and often it is a period when we initiate ideas and plans that we have put on hold. The burst of energy and renewal that arrives with the increase in day length spurs us into action to work towards goals for the New Year such as improving our level of fitness and resolving lingering health issues.

In this modern age we are faced with an increase in chronic degenerative diseases and immune problems. These special health problems that we are facing as a species in our inner environments (allergies, immune dysfunction, toxicity) are also reflected in our outer environment, (climate change, soil and water degradation and pollution). More and more people are seeking to avoid man-made, chemical solutions for their health challenges in order to reduce the impact of chemicals on their own bodies and on the external environment, where they ultimately accumulate and wreak havoc. Many health practitioners today consider the key to avoiding disease is to reduce the amount of toxins in the cells of the body and that these toxins must be eliminated in order for true healing, not just suppression, to occur, tissues to be repaired and optimal cell function restored.



Plants too are activated at this time of year and it is often encouraging to see the first buds appear on the trees and shrubs, signaling the arrival of warmer days. Plants have their own contributions to make to the ecosystems to which they belong and their energies are directed towards

that end. Plants can influence their environment through stabilization of climate, control of floodwater, recharge and purify the groundwater, restore soil fertility and stop erosion. They also take up carbon dioxide and release oxygen, a critical role in rebalancing the environment as we burn too many fossil fuels. Interestingly, plants can also cleanse ecosystems through removal of heavy metals and toxins from soils via uptake into the plant. Plants evolved during a time in Earth’s history when the planet’s soils were rich in trace metals and their removal from the earth’s ecosystem helped pave the way for the emergence of higher organisms that were unable to thrive in toxic conditions. Different trees and shrubs evolved in different environmental conditions and have developed unique capacities for survival reflected in their own unique biochemistries. It is believed that the detoxifying effects plants perform in the external environment also occur in the inner environment of the body slowly, subtly restoring the disturbed ecology and damaged tissues that often is the result of our modern way of eating and living in this world.

The world of plants has answers to many of our health problems and historically therapies such as Homeopathy, Herbalism, Chinese and Ayurvedic medicine have had tremendous successes in the treatment of diseases.

What is Gemmotherapy?

Gemmotherapy, also known as “plant stem cell therapy” was developed by a Homeopathic Physician, Dr Pol Henry in Belgium in 1960. He investigated the embryonic parts of plants: buds, roots and shoots of trees and shrubs. He discovered that with small dosages of extracts from these plant parts, our bodies are stimulated to enhance their own powers of elimination, regeneration and detoxification of metabolic and man-made toxins. It is a fairly recent and

continued on page 40

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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*.

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exciting therapy, closely related to homeopathy and Herbalism that can act as a bridge between more energetically based therapies such as Homeopathy and the allopathic, herbal and biochemically based treatments.

Gemmotherapy remedies are extracted from buds and shoots in the spring at a critical stage in the plants growth when much of the plants energy is directed to the growing areas. Buds and shoots of plants are reservoirs of plant embryonic cells that have the potential to differentiate into more specialized cells much like animal embryonic tissue.

The buds are rich in nucleic acids, minerals, vitamins, enzymes and growth factors such as auxins and giberellins. These latter two chemicals have very powerful effects in cells at very low concentrations. They regulate cell growth, enlargement, division, aging and dormancy. Remedies derived from these growth centers have been found to act faster and more powerfully than whole plant herbal extracts from the same plants.

Gemmotherapy remedies exert their effects by acting on the organs of drainage and elimination, including the kidneys, liver, skin, lungs and bladder, stimulating their function in order to enhance detoxification. Gemmotherapy was found to enhance the regulation and regeneration of worn out vital organs and dying cells. Gemmotherapy has come of age in an era when many of us are suffering from an over accumulation of toxins in our bodies from an increasingly polluted environment.

Some of the effects of Gemmotherapy remedies:

- Stimulates reticulo endothelial system, which cleans up old dead debris in tissues that would otherwise provide a toxic environment for opportunistic infections.
- Enhances detoxification through skin, kidneys, liver and lungs.
- Acts on tissue and cellular regeneration to prevent aging at a cellular level.
- Prevents damage to genes.
- Regulates hormonal levels.

Some examples of Gemmotherapies:

Rosa canina:

The Dog Rose or Wild Rose: rosehips are extremely rich in vitamin C. In Gemmotherapy the young shoots of this common shrub are a mainstay for all kinds of upper respiratory tract infections. For use in children as well as in

adults and especially in those cases that seem resistant to conventional treatment – for example, where a child is sick all winter despite repeated course of antibiotics.

Remedies for old age:

Malus communis (Crab apple):

The remedy is made from the buds of this tree. It has a number of important applications in gemmotherapy, mainly for patients in the second half of their life. Like every remedy, it has its own unique place in the therapeutic range.

Max Tetau MD, one of the founding fathers of gemmotherapy, has been writing books and papers on the subject for over forty years. Among the indications for *Malus communis* which he lists in his latest book, *Rajeunir Nos Tissus Avec Les Bourgeons*, are: High cholesterol levels, arthritis, high blood pressure, inflammatory conditions, anxiety and anguish, short-term memory loss, loss of libido, hot flushes and osteoporosis at menopause, acting like a plant form of HRT. Tetau considers it to be a 'remarkable anti-senescent remedy' and recommends its regular use from the age of fifty onwards.

Ginkgo biloba:

An ancient tree, unchanged in evolutionary terms for 270 million years. Its main action is on the brain and the vascular system, and the deficiencies common to them in old age.

Olea europaea:

This tree lives for up to two thousand years, and comes to resemble the very old in its twisted and gnarled branches. It is one of the main remedies for the cardio-vascular system, including high blood pressure and high cholesterol levels.

Rubus fruticosus:

This shrub is another member of the Rosaceae family. It has a general anti-senescent action and an affinity for the respiratory, osteo-articular and circulatory systems. It covers such problems as emphysema, osteoporosis and arthritis, as well as late-onset diabetes.

Sequoia giganteum:

The largest of all trees, it can live for thousands of years. It also has an overall tonic and anti-senescent action. It is indicated in depressed and weakened states in the elderly, and also at menopause and andropause ('male menopause'). ▲



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The Culinary Magic of Mushrooms



For thousands of years, Eastern cultures have revered mushrooms' health benefits.

Studies conducted over the past two decades—mostly in Asia—have suggested mushrooms or substances in mushrooms may aid the immune system and prevent certain diseases. Early Greeks and Romans are thought to be among the first cultivators of mushrooms, using them in a wide array of dishes. Today there are literally thousands of varieties of this fleshy fungus. Sizes and shapes vary tremendously and colors can range from white to black with a full gamut of colors in between.

The cap's texture can be smooth, pitted, honeycombed or ruffled and flavors range from bland to rich, nutty and earthy. The cultivated mushroom is what's commonly found in most U.S. Supermarkets today. However, those that more readily excite the palate are the more exotic wild mushrooms such as cepe, chanterelle, enoki, morel, puffball, shiitake and wood ear.

Mushrooms are low in calories, have no cholesterol and are virtually free of fat and sodium. Mushrooms also contain other essential minerals like Selenium, which works with Vitamin E to produce antioxidants that neutralize "free radicals" which can cause cell damage. A chemical compound extracted from shiitake mushrooms has been approved as an anticancer drug in Japan after it was proven to repress cancer cells in laboratory studies.

Potassium (good for the heart) is also found in mushrooms. It has been suggested a diet with potassium may help to reduce the risk of high blood pressure and stroke. Copper is another essential mineral found in mushrooms. Copper aids iron (also found in mushrooms) in making red blood cells and delivers oxygen to the body. Mushrooms also contain three B-complex vitamins; riboflavin for healthy skin and vision, niacin aids the digestive and nervous systems, and pantothenic acid helps with the nervous system and hormone production. These vitamins are found in every cell and help to release energy from fat, protein and carbohydrates in food. Vegetarians should know that mushrooms are one of the best sources of niacin. The vitamin content of mushrooms is actually similar to the vitamin content found in meat.

Mushrooms are available all year round, but they are best November through March. They complement almost any meal, are easy to sauté and add savory flavor, texture, appetite appeal and nutrients. From appetizers and salads

to main dishes and sides, mushrooms can be enjoyed in so many ways. There are 38,000 varieties of mushrooms, some edible, some very poisonous. Because so many wild mushrooms are poisonous, it's vitally important to know which species are edible and which are not. For safety purposes, unless you are out hunting with a mycologist (a mushroom expert) don't eat any mushrooms unless you have purchased them from a trusted retailer.

Fresh mushrooms should be stored with cool air circulating around them. Therefore, they should be placed on a tray in a single layer, covered with a damp paper towel and refrigerated for up to 3 days. Before use, they should be wiped with a damp paper towel or, if necessary, rinsed with cold water and dried thoroughly. Alternatively, store mushrooms unwashed and covered with a damp paper towel, then place inside a brown paper bag.

MUSHROOM BARLEY RISOTTO

Serves 4.

3 tbs parmesan cheese, grated
 4 cups fat-free chicken or vegetable broth
 Salt
 2 tbs chopped fresh basil
 2 tbs chopped shallots
 1 lb portabella or white button mushrooms, trimmed and sliced
 1 cup dry white wine
 3 cup pearl barley, sorted and rinsed
 1 small onion, chopped
 2 tbs Olive oil

In a saucepan, bring the broth to a boil. Cover the pan and turn off the heat. Heat 1 tablespoon of the olive oil in a deep skillet over a medium flame. Add the onion and sauté until soft. Reduce the heat to low. Add the barley and stir it to coat with oil. Add the wine and cook, stirring, until wine is absorbed. Add the hot broth, 1/2 cup at a time, stirring frequently and adding 1/2 cup more of broth each time the previous addition is almost absorbed. This should take about 30 minutes. (You may have a little broth left over.) If the barley is not yet tender and all the broth is gone, add a little water and cook until it is tender. Put remaining 1 tablespoon of the olive oil in a skillet over a medium-high flame. Add the mushrooms and shallots and sauté until mushrooms are golden and shallots are soft, about 5 minutes. (If the mixture begins to stick, remove the skillet from the flame and spray the mushrooms with

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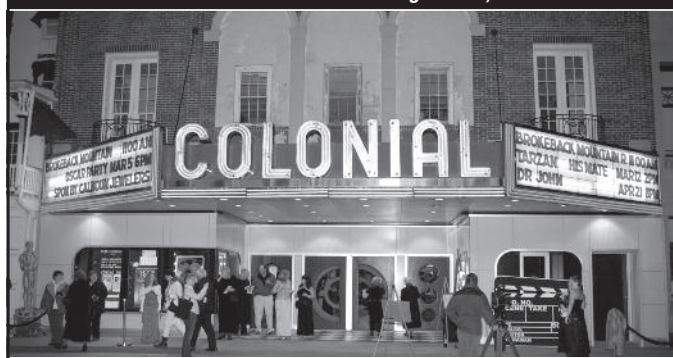
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5th Annual Holistic Living Expo



When?

March 28, 2009, 10:00 AM - 5:00 PM

What?

A Showcase of Regional Practitioners, Services, & Products dedicated to Renewable Living

Where?

Middle Bucks Institute of Technology
2740 Old York Road
Jamison, PA

Speakers?

Dr. Christina Chambreau
author of *Healthy Animal's Journal*
"Healthy Animals & Healthy People"

Dr. Wendy Warner
OB/GYN and Holistic Medicine

Jim Quigley
Community & Environmental Health Specialist

Sponsors?

Yoga Living Magazine
Wegmans
International School of Shiatsu
Freedom Healing and Wellness

Contact?

www.HolisticLivingExpo.org
215.491.7533

\$5 Entrance Fee

A Few Vendor Spaces Are Still Available

Massage
Essential Oils
Shiatsu
Energy Healers
Body Fitness
Reflexology
Yoga
Acupuncture
Chiropractic
Nutrition
"Green" Solutions
Pet Products
Rubinfeld Synergy Method
Coaching
Supplements
Soy Candles
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Naturopathy
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