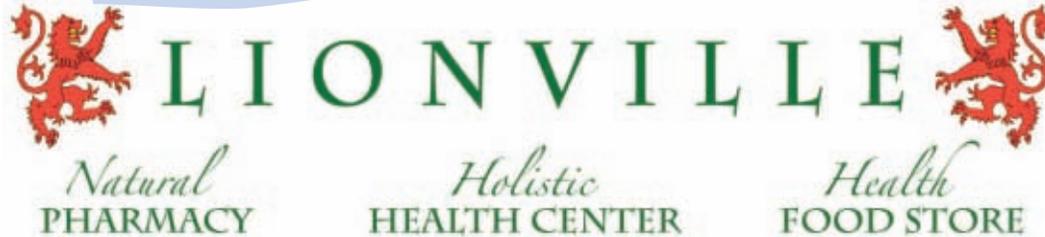


Our 30th Anniversary



A compounding pharmacy integrating holistic and alternative therapies.

Plus a health food store, full staff of holistic practitioners, alternative therapies, natural vitamins, homeopathic remedies, customized hormone replacement and veterinary compounds, and much more!

Family-owned and operated, providing quality products & professional pharmaceutical care to the Chester County community since 1979.



An independent pharmacy with a service-oriented philosophy; an experienced & knowledgeable staff, ready to meet your needs.

In our 30th year devoted to problem solving through customized medications, holistic health and wellness, and whole organic foods.

Located just off of Route 113 and directly south of Route 276 in Lionville

309 Gordon Drive, Lionville, PA 19341
Phone (610) 363-7474
Fax (610) 363-5707
See our Website @ www.lionrx.com

Hours:
Mon-Thurs 9am-7pm
Fri 9am-6pm
Sat 9am-5pm

WHY MEDITATE?



I live a meditative lifestyle. By this I mean that every morning I practice meditation from 20 to 40 minutes; and the benefits carry through my day. I would say that meditation has benefited every area of my life, and has probably saved my life a couple times. Because of my absolute certainty in the value of meditation, I've felt a responsibility to share its benefits. So I've brought meditation to more than 3,000 students from elementary school through college. I have taught meditation to entire school staffs, along with athletes and business people. I've written a storybook that is being used by middle schools that has a meditative-style technique, and a novel in which the protagonist's power comes from a unique meditative practice. If you are a regular reader of my articles, you know that every one of them carries a meditative premise. So in this meditation themed issue, I thought it would be a good idea to review my articles and compile some of the most practical reasons for meditating. Let's begin with some research on general work life benefits of meditation.

ENHANCEMENT AND IMPROVEMENT OF WORK LIFE:

According to findings at the National Institute of Health, the University of Massachusetts, and the Mind/Body Medical Institute at Harvard University: Meditation enhances the qualities that companies need most from their workers: increased brain-wave activity, enhanced intuition, better concentration, alleviation of the kinds of aches and pains that plague employees most, resulting in:

- improved ability to multitask more efficiently
- decreased absenteeism and tardiness
- decrease in loss of talented workers

- increased mental and physical endurance
- improved creative thinking
- improved intuitive decision-making

Physiological benefits of meditation include a decrease in: metabolic rate, levels of lactate and cortisol (chemicals associated with stress), high blood pressure, cholesterol levels, the aging process. Other physiological benefits include improved airflow into the lungs, higher levels of DHEA (a sign of youthfulness), a higher skin resistance, deep rest, lower heart rate, and reduced workload of the heart.

Psychological benefits include: increased brain wave coherence, creativity, self-actualization, feelings of vitality and rejuvenation and emotional stability, and decreases in conditions such as anxiety, depression and other debilitating mental and emotional states.

Sports and Physical Performance: 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. The zone state can be cultivated through the practice of meditation. First, you establish and maintain your posture, let go of your thoughts, and focus on your breathing. You 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. Then you take that state into a simple activity that feels natural to you. Again, you let go and feel like the activity is happening through you rather than by you. And finally, 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 intrinsic enjoyment and satisfaction, and most likely have better results and outcomes.

The leadership function of Strategic Planning can be enhanced through meditation. When you reach the point where you are ready to focus on something in your meditation, use your goal as your focal point. First establish and maintain the thought of your goal in your mind. Then when your mind begins to drift, let it drift into ideas that support your goal. As your mind drifts into ideas that support your goal, observe your thoughts and calmly bring your mind back to your actual goal. At this point, you may want to use a notebook or voice recorder to capture your thoughts and ideas. By going back and forth between your goal and your ideas, you can avoid taking mental detours that will lead into unproductive thinking.

In the final analysis, effective planning is the ability to stay focused on developing strategic ideas to support a particular goal. Establishing the meditative state and using it as a foundation for the planning process is a most efficient way to maintain the focus and mental clarity required in this important leadership function.

These are just some of the many benefits you can derive through the practice of meditation. ▲

Geothermal Specialist

See
www.groundsourcehvac.com

Don Hull Tel. 610.306.6245
Email: greenscene@fastmail.us



The Tarot Muse Carolyn R. Guss

Certified Tarot Reader & Teacher
Private Readings by Appointment
Group Events / Tarot Instruction
610-658-3252

www.tarotmuse.com



ARTWORKS

Commissioned Portraits,
Advertising, Book Covers,
Brochures, Logos & more.

www.BosnaARTworks.com
www.BosnaDESIGNworks.com



ACHIEVE YOUR GOALS IMPROVE YOUR LIFE

Get rid of negative thoughts and feelings
with EFT then create your life
THE WAY YOU WANT with Hypnosis.

EFT SESSIONS FREE WORKSHOPS
HYPNOSIS SESSIONS GREAT CLASSES

Wendy Goldenthal, BCH
Board Certified Hypnotist

610-687-1047 www.WendyMerron.com

The Elkins Estate

Hosts

Yoga On Main's "Inner Fire Yoga" 200 Hour Teacher Certification Training

Starting in January 8, 2010

Join senior teachers
Shiva Das and Ed Zadlo D.Ay
for this acclaimed program
being held at the Elkins Estate.

The program includes the study
of asana, pranamyama, bandas
kriyas, physical and esoteric
anatomy, yoga philosophy, and
ayurveda.



"A Yoga Alliance Certified School"

For detailed information about the program and to register, call:

Yoga on Main

4363 Main St. Manayunk, PA 19127 215-483-5054



YOGA-ON-MAIN

WWW.YOGAONMAIN.COM info@yogaonmain.com

Yoga On Main

Presents the

"Inner Fire Yoga"

500 Hour Advanced Teacher Certification Training

Starting February 12th through August 15th, 2010

Developed for those that wish to
build on their 200 hr. program
certification, deepen their
education, and experience a
profound transformative
immersion into the traditional
integral application of the ancient
sciences of Yoga and Ayurveda.



The program includes:

- Yoga and Ayurveda as healing therapy.
- Ayurveda applied to all 8 limbs of Yoga.
- Ayurvedic Yoga for group classes & private practice.
- The Inner practices of Raja Yoga, Bhakti Yoga, Tantra and Mantra.
- Sanskrit, the language of Yoga & Ayurveda.
- In depth study of the classic Ayurveda Yoga Texts.

Take your education and experience to the next level!

"A Yoga Alliance Certified School"

For detailed information about the program and to register, call:

Yoga on Main

4363 Main St. Manayunk, PA 19127 215-483-5054

WWW.YOGAONMAIN.COM info@yogaonmain.com



YOGA-ON-MAIN

Building a Meditative Life



HAVE YOU EVER WONDERED HOW SOMETHING LIKE YOUR OWN FEELINGS CAN BE DISCONNECTED FROM YOUR DAY TO DAY CONSCIOUSNESS?

Have you ever found yourself getting out of touch with your own choices, health, values or relationships? No one wants this to happen to them and yet it happens all the time. It's been said that in modern times the battle for the soul is in the mind. That had become true for me. My mind's busy ponderings took me around my emotional and physical reality. For over twenty years books on the spiritual journey, wellness lifestyle and many wonderful works on yoga greatly enriched my understanding. As a reader of *Yoga Living*, I can assume that you, too, enhance your life by seeking solutions and interesting musings. Learning is an important part of the equation. But as far as consistently supporting my life's path *with this knowledge* it has taken more of a willed effort. It is a process that has gotten easier with experience but remains a process nonetheless. In our fast paced society with information and mental activity available in an unprecedented way I have found some helps that have allowed me to develop a meditative life and enjoy some of its fruits. Maybe you are a young adult, as I was when I first discovered meditation, and there is so much to learn formally as well as from the universal "school of life". Maybe you are a busy parent, or you have a demanding career. The gift of meditation can flourish in your life too. These are some of the tips that have served me well and I believe you will find them helpful:

1. **Don't make it complicated.** Across continents for millennia human beings have cultivated conscious meditation practices. Many different paradigms of belief and yet the truth of the necessity of taking time to meditate are universal. Something universal will always be in essence simple and natural. It aligns with how you already are. The goal is simply a matter of releasing any vestiges of your false self. And that's not as esoteric as it sounds.
2. **Create or seek a meditation place.** Once meditation gets easier, where you meditate may become less important. But with the many interruptions in life, planning a space is very helpful. I have a few chapels that I go to. And because my husband and I don't have children, I find I can meditate at home with the ringer off. I usually light some candles or place fresh flowers or an image sacred to me in my space. A Jewish friend of mine would go for years to a nearby monastery to meditate because it was a quiet, peaceful place.
3. **Start with the body.** Many traditions of meditation begin with releasing physical stress. You can begin with a yoga class, or some yoga postures in your home. You can take a walk at a local trail or park. The tri-state area is not exactly known for its many meditative labyrinth walks, but that's okay, any place where you can walk and not be worried about cars, lights, etc. will do. Then continue to let go and refocus with breathing meditations. If you are not familiar with many breathing exercises there are many books and CD's on the topic, Dr. Andrew Weil, MD, has a breathing CD and a Mind/Body Tool Kit that teaches many options and these are readily available.
4. **On a daily basis take moments to be aware and be.** Buddhism's Four Establishments of Mindfulness is a timeless meditation blueprint to follow. This classical Buddhist meditation is beautiful and quite complete and worth learning. But even if I don't have time to do a longer meditation I don't panic, but try to incorporate the essence of meditation daily. You can simply follow your breath and become aware of your body. Even during the day, aim to be aware of tasting, smelling, touching, hearing and seeing as well as what movement you are doing and how your body feels today. Each day is different. There is impermanence to our daily physical experience and your daily observance will help you to connect to this reality; next move on to your feelings – scan without judgment what you're feeling – let your emotions honestly surface; then notice your thoughts – for example is your mind calm or distracted? Recognize that what you feel and think today *is for today*. Daily observation lets us understand that how we feel and what's going through our mind is passing even as we take notice. It is not forever. It is for today. Sometimes, it's only for this hour. If I am focused or unfocused day to day, it begins to make less and less of a difference to me. It will for you too. This doesn't mean what we feel or think is unimportant, but what we feel or think moment to moment is not so important after all. You will see that your anxieties will lessen over time. Don't scold yourself for what you feel and think. There is a time when you can assist the direction of thought and emotion (through cognitive exercises or affirmations for example), but this is not the purpose of meditation. In meditation we let this time of awareness lead us to connection with the object of existence. This will differ person to person depending upon your worldview. As a Catholic Christian this letting go and awareness will lead me to simply *being* with the one who *is*. Your metaphysical worldview may lead you to a place of being as you progress in meditation toward enlightenment.
5. **Be open to meditative moments.** There are times when we are struck by love, beauty, joy, truth. Let these experiences sink in. Be present to them. Don't let the moment pass without acknowledging it on some level. We all have moments like these. A moment to be grateful. A moment to feel awe. A moment we receive hope unexpectedly. Take notice.
6. **Lastly, try to remember the purpose of meditation.** It's easy to be hard on yourself if you haven't meditated as much or as well as you want. Or if you are following a meditation practice but feel you aren't experiencing the growth you had hoped for -relax. A thought that helps me keep perspective is from Therese Martin. She was a young Carmelite nun, who lived in Lisieux, France, in the late 19th Century. John Paul II went on to name her a Doctor of The Catholic Church, even though she died at only 24 years old. She once commented that it is a custom of human beings to judge things by chronological age. This includes focusing on how many times we meditate, how many years, how long, etc. She finishes her thought "but God judges by love". Do not harshly measure your progress. Smile at a stranger, play with your puppy, spend time with your kids, tell your spouse how much you appreciate them, or send a donation to someone in need. At the end of the day meditation is there to assist you toward your meaningful destiny. ▲



New to Yoga?
We Cater to the Beginner!
 Special beginner class cards available
610.525.5515
www.focusfitnessml.com



We have opened a new studio!

Focus Fitness of Narberth

915 Montgomery Ave, Suite 201
 Narberth, PA 19072

610-664-2343

Group Yoga Instruction,
 Specializing in Private &
 Semi-Private Yoga Instruction,
 Meditation classes & Massage.

- * Yoga
- * Spinning
- * Pilates
- * Beginner Classes
- * Yoga for Athletes
- * Kids/Teen Hip Hop & Yoga Classes

1111 E. Lancaster Ave. Bryn Mawr, PA 19010

Located on Water Street
 between Peace-A-Pizza and Kelly's

Most Loved of the Main Line 2009

Voted Best of the Main Line 2009



**BECOME A MASTER OF
 METAPHYSICS**

A 1 YR. CERTIFIED PROFESSIONAL CAREER-
 ORIENTED PROGRAM IN THE METAPHYSICAL ARTS

***TAROT *ASTROLOGY**

***CLAIRVOYANCY**

***MEDIUMSHIP *DIVINATION**

TAKE SOME CLASSES OR THE WHOLE COURSE.

800-578-0781 www.divinelightministries.com



**SACRED
 JOURNEYS**

**Holistic Counseling and
 Healing Services**

**New offices located in
 Chester County PA**

Discover new paths of deep spiritual, emotional and physical healing, with Dr. Jonathan Cohen and Shari Landau. We offer a variety of psychological, shamanic, and energy work modalities, that help clients shift their consciousness and connect to their sacred purpose.

Our Offerings Include:

- Psychotherapy & Energy Medicine
- Individual Therapy
- Couples Work - 2 hr. Intensives
- Family Therapy
- Shamanic Energy Sessions
- Ceremonies for All Life Transitions
- Men's and Women's Issues
- Trauma and Eating Disorders
- Public Speaking

All are welcome: Children, teenagers, adults, families and couples.

Dr. Jonathan Cohen, licensed psychologist, has been internationally trained in both psychology and shamanism.

Shari Landau, MA ATR-BC, is a registered and board certified art psychotherapist and shaman.



**Receive a 15 minute courtesy
 phone assessment**

**Call for appointment: 610.853.1726
 Visit our website: OURSACREDJOURNEYS.COM**



**CERTIFIED SPIRITUAL
HEALER PROGRAM**

1 YR. PROFESSIONAL CAREER- ORIENTED
PROGRAM IN THE HEALING ARTS

*Reiki *Energy Medicine *Acupressure
*Chakra Balancing *Reflexology
*Polarity *Shamanic Healing
*Aromatherapy *Pranic Healing
*Animal Healing and more

Take some classes or the whole course

800-578-0781
www.divinelightministries.com



**PENN PROGRAM
FOR MINDFULNESS**



Mindfulness-Based Tools for Living

In 2010:

- Foundation mindfulness-based stress management
- Applied mindfulness workshops
- Advanced mindfulness training
- Professional training for health care providers and psychotherapists
- Customized workplace programs

Classes begin in
**Winter, Spring
and Fall**

For more information
go to
pennteam.org/stress
or call 215.615.2774

 Penn Medicine

BODY MOTION SPIRIT

Yoga & Pilates at The Aquatic & Fitness Center

YOGA* Power Senior
 Hatha Anusara
 Vinyasa

PILATES* Mat & Cadillac
 Reformer

* Offerings vary by location. Classes subject to change.

Visit us online at:
www.AFCfitness.com
and get a **FREE 2 WEEK PASS**. Enter promo code YL09 and start enjoying all of AFC's Mind/Body classes TODAY!

Bala Cynwyd, PA
601 Righters Ferry Rd.

N.E. Philadelphia
3600 Grant Avenue

Jenkintown, PA
921 Old York Road

For class locations and times, please visit: www.AFCfitness.com **877-YOUR-GYM**



Yoga, Sanskrit, Mudras and Chanting

Weekend Immersion Program
With Mythri Menon and Kristen Butera

Jan 29 – 31st, 2009

If you are a yoga teacher or student, it is really nice to be able to speak the language of yoga, which is Sanskrit. Familiarity with the sounds of the yogic language can enhance your understanding of the origin and meanings of the teachings of yoga. This weekend will focus on basic pronunciations and sounds, then apply them to yoga poses, teachings from the ancient Yogic texts, and practices like poses, chanting and mudras. Join us and deepen your knowledge of the ancient language of Yoga!

Program Highlights:

- ✿ Study of Sanskrit Basics
- ✿ Pronunciations of Yoga Poses
- ✿ Traditional Chants and their Meanings
- ✿ Teachings from the Bhagavad Gita and Yoga Sutras
- ✿ Mudras for Health and Well-Being
- ✿ Yoga, Meditation and Deep Relaxation

Schedule: Friday: 6:30 - 8:30 PM, Saturday 9 - 5 PM, Sunday 11 - 4 PM

Fees: \$225 pre-register, \$250 (2 weeks prior to event or less)

Pre-registration is recommended: Class limit of 20 people

Reserve your space today!

Call 610.688.7030 or visit www.yogalifeinstitute.com



YogaLife Institute
philosophy • practice • education

821 West Lancaster Avenue | Wayne, Pennsylvania 19087
610-688-7030 | yogalifeinstitute@verizon.net | www.yogalifeinstitute.com

NEXT TO
WHOLE
FOODS!

Spotlight on Yoga Teachers: An Interview with Megan Duncan

Tell us a little bit of what first drew you to Yoga.

I tried yoga for the first time during Madonna's big Ashtanga phase! I guess I'm a product of my culture; but also around the same time, I was starting to dabble in meditation, as a stress reliever from the whirlwind of working in television news. I was working in a smaller city, and it was all self-study. I've always been a bit of a workout junkie, and I got hooked on yoga when I noticed a huge difference in my breathing during runs. Then I noticed how fast time was flying by while practicing yoga. Now I know it was yoga's mind-body connection facilitating meditative escape from a busy life!

What kind of Yoga do you practice and what does it mean to you?

I practice a very active Vinyasa Flow, which I describe to my students as "one click down" from Ashtanga. I think it's invigorating, and I love how one pose will inform or inspire the next during the flow. I also love the playful aspect of it... it reminds me of being a kid, doing backbends, splits, etc.

Do you prefer to practice at home or in a studio? Why?

I love to practice in a studio. I like the sense of community, and I like to ride the wave of the group energy.

How has your Yoga practice changed over the years?

At the beginning, I tried to do everything "right." I'm very Type-A and I never used to think I was doing the poses "enough." I laugh now, when I think of my early yoga years... I always thought the teacher was talking to me for every cue and instruction! The downside: I never realized I had a strong practice. The upside: I really learned how to listen to my body and constantly strive to push myself. There is no end point in yoga, there is always room for progress. The two sides of that have really helped me in life...sometimes you aren't giving yourself enough credit for how far you've come, how well you're doing...and since there is no end point...you can always strive for more.

What lead you to train to be a yoga instructor?

I wanted to learn more, beyond the books, DVDs and classes. And I wanted to share an invigorating practice with people.

How does Yoga help you cope with the pressures of being in the limelight with all the deadlines?

I figure out the flow mostly on the fly while I'm teaching. I know my experience producing live coverage during breaking news helps me stay in the moment while leading a class. Reading the crowd in the yoga room -- their pace, energy level, focus -- often reminds me of staying in the moment while leading a live broadcast; feeling the pace, thinking ahead, and orchestrating the news and production teams all moment-by-moment. Sometimes, during a busy night at the station, I'll think, "I was in forearm balance this morning, in a moment of absolute calm and stillness in my own mind and body." Then, I can find that place again, as I screen video, write scripts, and deal with the hundreds of decisions people are depending on me to make to produce an hour-long broadcast. I can really take a deep breath and focus like a laser beam!

What are some of your favorite books about Yoga/Wellness?

I have this tiny book called "The Yoga Bible," which includes simple instructions for a ton of poses, along with illustrations. I think it's such a neat little reference. I also love "Flow: The Psychology of Optimal Experience" by Mihaly

Csikszentmihaly ...because that's how I feel while I'm in a class -- whether I'm the teacher or the student.

What advice do you have for people who are thinking of trying Yoga?

Try it! And don't stop at one class, or with one teacher. Be brave, sample different styles, in different settings (gym, studio, etc). A yoga practice can introduce you to tiny little miracles (slowly improving in forward bend...getting closer and closer to touching your toes...tapping in to meditation...a physical, mental workout). Don't deprive yourself, you deserve all of it. One more thing, I always encourage students is to stay with classes or teachers they may not *think* they like. We tend to get stuck in ruts (all of us). You can learn *something* from any class. ▲



Megan Duncan is a producer for "FOX 29 News at 10:00 p.m.," as well as a yoga teacher and spin instructor in Philadelphia, Pennsylvania. A graduate of Temple University, she holds a Master's degree in Sports Marketing and Administration. In addition to yoga, Megan loves running, fitness and spending time with her friends and family.

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



- **RENOVATION/RESTORATION OF EXISTING GARDENS**
- **COMPREHENSIVE GARDEN MAINTENANCE**
(EDGING - MULCHING - WEEDING - WATERING)
- **CUSTOM DESIGN and INSTALLATION**
- **ANNUAL/PERENNIAL GARDENS**
- **BULB PLANTING/LEAF REMOVAL**
- **CONTAINER PLANTINGS**
- **TREE and SHRUB CARE**
- **COMPLETE LAWN SERVICE**
- **HIGH QUALITY/AFFORDABLE PRICING**



DENNIS KELLEY
SUSAN RICHARDSON

610-495-5684

BIRCHRUNVILLE
PENNSYLVANIA
19421

ALL OUR WORK IS DONE WITH SENSITIVITY AND DEDICATION TO THE ENVIRONMENT



Dreaming and Meditation

THERE ARE A NUMBER OF SCHOOLS OF THOUGHT ON MEDITATION, AND THERE ARE A VARIETY OF METHODS.

However, they all have the same end in mind; it is what Ancient Wisdom calls "Peace Profound."

The art of meditation provides many benefits for those who practice it regularly because meditation touches and inspires the four bodies of the Hu-man Being, the physical, mental, emotional, and spiritual. At its beginning stages, meditation quiets the mind and body. Its deep breathing allows the person to relax, step back from the frenetic Energy of the world, and live from the Center from which all Blessings come. From this centering breath, we become receivers and transmitters of the One in Whom we live, move, and have our Being.

While searching for a definition of meditation, I found that there are a number of schools of thought on meditation and saw that all of them are correct from their own perspective. For my own definition, I consulted the DreamTime. The DreamTime offered the following definition: *Sitting in Silence attuned in Oneness to the Self.*

The DreamTime has showed me through myriad experiences that we are always attuned to the Self, even though we may not be aware of it. Beyond the mere definition of the Higher Self, the DreamTime has allowed me to experience through the Eyes and Ears of the Self. It is through personal experience that we come to Know. Someone may tell us something that we believe, but we move from

belief to Knowing when we experience it ourselves through the heightened awareness of meditation.

Therefore, from these experiences, I Know that the Self mirrors the first Law of this Creation, the Law that affirms that All is One. I Know that the Self fills me with Oneness with every breath that I take. I have come to experience the breathing of Oneness; and, it is this Oneness Breath that affirms that I Am One with All.

This profound realization teaches me, with every Breath that I take, that meditation is not something that I do, it is something that I Am. And this is true of everyone. We all participate in the Oneness. When we "learn" to meditate, we are merely calling forth from ourselves that part of us that is meditation. We already have it as part of our Being, and then we integrate it as part of our physical experience as a Hu-man on this planet called Earth.

How Great we are that we can Create the illusion of duality while abiding in the Oneness. To do so, each One must somehow Create the illusion that we are finite, physical beings limited by our physical surroundings. We Create walls that we cannot walk through, water that we cannot walk on, and air that cannot support our flight.

Consider the following Dream: *While in the meditative state, I can see through walls.* So it is the Self that enables us to Create the walls and the Self that shows us that the walls are truly transparent.

The DreamTime presents the following: *I observed a woman who meditated and attuned to the movements of the sky. I saw her move her body in harmony with the movements of the clouds, wind, and planets.*

Observe the following Dream: *A Master came to me in the form of a bird. He kept his focus and stared in meditation. I found myself put into a room that was locked. I utilized the bird Energy of the Master to fly out of it.* The Master, a metaphor for the Self, came to teach in the DreamTime. He showed the Dreamer that the locked room was merely his own Creation. As the Dreamer focused on the Bird Energy, or the Freedom of the Master, the Dreamer dissolves the locked room and flies out of it.

These Dreams show our Oneness with all things and the illusions that we Create to hide that Knowing. In all three Dreams, it is meditation that reveals the Truth.

Here are the results of our Oneness Breath. We see the Beauty of it all. We see the Beauty and grandeur of our Divinity and infuse that into each Precious Moment. The awareness of this Beauty connects to our Eternal Love, and we bring our Love to each Creation. We Love each experience because we Know that we are Creating it.

When we achieve this level, we are meditating in each Moment and Truly Know that we are Meditation Itself. ▲



The Peaceful Healer
Karen Izzí PhD

COMPLETE HAIR CARE
Reiki ~ Reflexology ~ Massage
Therapeutic Facials & Waxing

484-889-8668

www.karenizzi.org



Mind-Body Services
& the TriYoga® Center of Philadelphia

YOGA - TriYoga classes BY DONATION (seva)

- Workshops, prenatal classes, private instruction, teacher training

- SATURDAY, EVENING, and TEEN classes

- FREE-THE-HIPS: Sat, Nov 7, 9am-12pm

- PRANA VIDYA, MUDRA, MEDITATION: Fri, Dec 11, 7-10pm

PSYCHOTHERAPY (with Dr. Christine J. Ware)

MASSAGE (with Rebecca Swinden) - Swedish & Myofascial Release

301 West Chester Pike, Suite 102, Havertown, PA 19083

www.mindbodyservices.com / 610-664-6446 / fax: 610-446-9642

Donald Pell Gardens

“Innovative Horticulture”

610.917.1385

donaldpell.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

Coach Thyself: The Mind in Meditation

THERE'S THIS VIDEO, **TEN QUESTIONS FOR THE DALAI LAMA**. Blockbuster has it. I'm sure Netflix must also. If you watch it, apart from stunning visuals of India and Tibet, set to beautiful music—you will see two things. On the one hand, the movie contains a visual chronicle of the atrocities China has committed against the people and spirituality of Tibet. Honestly, I wept. And on the other, you watch images of the Dalai Lama growing up, and an interview with him in which he is asked questions about this whole, terrible experience. And the thing is—he's laughing. To paraphrase, he sounds like this: "Yes it's horrible what they're doing to us, ha ha ha... and we really need to honor them as a people, ha ha--and talk to them with honesty and integrity." His laughter is not sarcastic. It's absolutely childlike. Very quickly, you realize, this man is either an idiot or a saint.

Now if he's a saint, and this present-tense enjoyment of the interview is as real as it seems—how does he do it? Clearly, he's not in denial. He spreads his non-violent, tolerate-all-religions gospel everywhere, and spends endless hours personally comforting refugees. But the other thing he does, which is much less prominent in the film, is spend equally many hours meditating. What I'd like to suggest here, in explanation of his laughter, is that he's never not meditating. And that such laughter and easy presence can be the fruit of your meditations as well. And though, as a coach, my job is to elicit answers from within you—still, at times, I'm allowed to share perspectives and ask what you think of them.

To say, "In meditation, we quiet the mind"—that's the usual starting point. But it's already lacking. Better to go immediately further and add, "and we begin that by placing the body in a balanced, relaxed state." That said, going back now to mind, we are trying to stop an endless parade of thoughts about the future and the past, along with our emotional reactions to them. Well, you can't do that. You cannot, so to speak, "get there from here." There's an ancient analogy that helps explain this.

Among the four elements, the intellect is likened to air, and the emotions to water. Both of these are fluids. Except for the fact that water moves more slowly, and carries much more weight than air—their behavior is exactly similar. Pushing fluids around creates eddies, loopbacks. Instead of smooth flow, which goes where you pushed it, you get a little flow and a lot of turbulence. Visually, you might think of those huge, roiling clouds of smoke and ash being pushed from a volcanic eruption. The harder the push, the greater the turbulence. So the thing is, all those thoughts, and their heavier buddies, the feelings that get going with them—they already are turbulence. Any effort you make to "stop" them is just another push. "Stopping" one will just start three more.

There's a kind of classic experience meditators often have that illustrates how subtle, light, and elusive the fluid of our thoughts is—how quickly and endlessly it can loop back and reflect on itself. Let's say you've managed to stay focused just simply on your breath, in and out, for a while. It's going great. In a little burst of happiness, you think, "Wow, I'm really doing it." And then you realize, aw nuts—that was a thought. Thinking that took me away from my breath and ended my successful run. And then you realize that, well nuts, becoming aware that it took you away—that's still another thought... Which is itself yet still another thought. "Help," you say. "It's endless. I'm trapped."

Do you see this? We are dealing here with infinite eddies of quicksilver mind stuff, with endless reflective loopbacks. And maybe when that little cry for help erupted, the heavier fluid, a feeling of fear around perhaps being trapped—that also started to swirl around. And like as not, something even heavier than the feeling, such as some muscles in your body—they clenched up. And there goes your relaxed state. So here's the key. You cannot "stop" turbulence. You can only leave it alone, refrain from the pushes that feed it, and let it die down on its own.

In meditation, you are looking for the reflection of the full moon in the surface of an agitated lake. It's an old Zen



metaphor. As you stop disturbing the lake, you will start to see the moon. The more you see the moon, the less the ripples matter and the easier it is to just let them swirl on down. They'll go away. They are not you, really, anyway. And gosh maybe actually it's the moon that's you. Whatever made you think you were the ripples? For me personally, the most valuable tool I have in meditating is just a kind of patient, expectant waiting. I'm being patient with the ripples, and waiting to glimpse more moon.

What the Dalai Lama exemplifies is the kind of life this leads to—not disengaged, fully engaged actually, but rather dis-identified. He's not the ripples in his or his people's experience. The clash between China and the Tibetan people is a terrible form of turbulence. But this is the ultimate result of what Eckart Tolle, in *The New Earth*, calls "the insanity of identifying with thoughts." Turbulence in the minds of millions produces turbulence in their feelings, which produces turbulence in and then between their bodies, which produces the cataclysmic wars and vendettas between their social and ethnic groups. Despite the horror of what has happened to his people, because the Dalai Lama's life is also his meditation, he knows that pushing violently back against it is just more turbulence. It won't cure anything.

At the end of the movie, when asked what the hopes are for peace in the Middle East, the Dalai Lama says, "too much emotion there... it needs to die down... I would say they need more festivals, ha ha... more picnics!" Why do you think he said that? What's your take on these ideas about mind and meditation? How can they help you? ▲

flip dog yoga

Yoga is fun and feels good!

Gentle Yoga- for people that don't want to stand on their head!

Yoga for Anxiety- for people living with the stresses of everyday life!

Child Care Provided for Mom's that want to get back into shape one hour a week. Friday mornings at 9:45!

200 hour Teacher Training Yoga Alliance registered, new session starts in January. One day a week for 9 months, give birth to the teacher within you!

Gift Certificates available

Tweet us at [flipdoggyoga](#).

Lahaska, PA • 215.794.9349
www.flipdoggyoga.com

Holistic Medical Practice

HEIDI WITTELS, MD



DR. WITTELS IS WELL-KNOWN FOR THE CREATIVE SOLUTIONS AND IMPROVED HEALTH OF HER PATIENTS.

Most Insurances Accepted

- Board-Certified in Holistic Medicine
- Board-Certified Specialist in Physical Medicine and Rehabilitation
- Extensive training in Functional Medicine (Metabolic and Nutritional Medicine)
- Treatment and Risk Prevention for metabolic syndrome/diabetes, obesity, back and joint disorders, chronic fatigue, fibromyalgia, irritable bowel syndrome, allergies, and heavy metal exposure
- Diagnostic Metabolic Testing
- Effective treatment to increase energy and balance metabolism

Montgomery Rehab Associates
Montgomery Rehab Center of Chestnut Hill

8601 Stenton Avenue, Suite 100, Wyndmoor, PA 19038
215-233-6226 ✦ hlwitt322@yahoo.com

CONVENIENTLY LOCATED NEAR RT. 309 & PAPERMILL ROAD
(10-MINUTES FROM PA TURNPIKE)

RYAH Yoga and Health & Yoga Schelter present

Teacher Training Sessions
OPEN TO PUBLIC

Nov. 21-22: Anatomy for Yogis

with Dr. Joseph Schneider, DC

Dec. 5-6: Inversions, Twists & Balances

with Jennifer Schelter

Jan. 23: Partner Yoga

with Phyllis Bookspan & Jennifer Schelter

Feb. 20-21: Alignment Assistance

with Daniel Orlansky

For Yogis, Students and Teachers

Pre-Registration Required
Space is Limited

\$75 Day | \$135 Full Weekend

For More Info & To Register:

ryahyoga.com 610.834.1551 | yogaschelter.com 215.991.9642



Professional Training in Oriental Bodywork

Learn Shiatsu



Can Just One Course Change Your Life's Direction?

Come To Beginner's Weekend

INTRO TO SHIATSU

■ Oct. 24-25 ■ Nov. 28-29 ■ Jan. 2-3

Never Had A Shiatsu?

Come To Our Clinic

■ Nov. 7 or Dec. 5 and let go of your stress.

See you soon.

International School of Shiatsu

10 South Clinton St., Suite 300

"The Landmark Building"

Doylestown, PA 18901

(215) 340-9918

www.shiatsubo.com



PROBIOTICS: An Under-Appreciated Panacea

PRO-BIOTICS ARE "FOR LIFE" AND REFER TO BACTERIA, YEAST, AND OTHER ORGANISMS (such as nano-bacteria and beneficial parasites; still under investigation) that naturally inhabit our bodies and serve numerous important functions. In addition to omega-3 fatty acids ("fish oils") and nutrient-dense fruits and vegetables, they have important wide-ranging roles in the prevention and treatment of numerous chronic conditions. There is much confusion about what to take, how to take them, and how to select the best product.

Evolution determined that it was more efficient to carry a farm of organisms within our bodies, to utilize their talents, rather than to re-create what they do. This is similar to why we utilize chickens for their eggs. However, just like we need farmers and fences, this internal farm requires management. The fences are our gut lining and the farmers are our immune system. Previous articles have focused on "leaky gut syndrome", allergy, auto-immune disease, yeast and other conditions that result when the ecology is altered and fences and farmers don't do their job.

GORY DETAILS

We carry up to three pounds of bacteria and yeast in our gut, mostly the lower colon (large intestine) and some in the small intestine. Up to 25% of our stool volume is comprised of these organisms and their by-products. In addition, they line our skin and are ever-present in our environment. If one were to count the total number of cells within us, we only make up 10%; the bacteria and yeast cells make up 90%, but because they are smaller than our human cells, they take up less volume. These trillions of cells are comprised of up to 400 different species. Approximately 95% are good; 5% bad--when this ratio changes, we have a condition called "dysbiosis", which can be thought of as when weeds take over a yard, or even worse, termites take over a house. There are conditions that enable this imbalance to occur, and re-establishing balance can require multiple tactics, sometimes over several cycles to ensure a stable situation. Recently it has been proposed that the appendix is not vestigial but stores these organisms to re-innoculate the intestines after illness¹.

HUMANS, YEAST, AND BACTERIA

Since the beginning of human culture, these organisms have been used for preservation and nutrition. Fermenting and salting were the only means of food preservation before the use of pasteurization and refrigeration (see below). The greatest culinary inventions of civilization rely on fermentation, including bread, beer, wine, chocolate, salami, sauerkraut and several other foods. "Fermentation" is the process whereby these creatures consume certain compounds in their medium, usually sugars (starches and fiber) and in return produce carbon dioxide (gas), and some form of acid (alcohol, lactic acid), which altered and protected the food stuff from destruction by other organisms. Some cultures bury foods for

months, creating strange concoctions that are reputed to have very strange tastes and health benefits. Our modern version of harnessing these critters is by altering their DNA to produce biological medications such as human insulin.

THE PROS AND CONS OF PASTEURIZATION

In the later 1800's Louis Pasteur was hired by a beer company to improve production. While they did not know about bacteria, they did know that some batches went right and some didn't. Pasteur determined that by heating the mixture, and then re-inoculating it with a good batch, the success of the process became less random. He eventually figured out that the heating process killed off bad bacteria. This process was then used to decrease the illness that would be caused by milk and other products. However, like all good things, more is not better. Pasteurizing yogurt and sauerkraut, and using anti-bacterial wipes on our bodies and kitchen counters may create the illusion of cleanliness, but all that they're doing is killing off good organisms and making room for bad ones.

ROLE OF PRO-BIOTIC BACTERIA AND YEAST.

Whether we like it or not, bacteria, yeast and parasites are everywhere. The only choice is which ones are present. The bad ones create compounds that do damage—to our gut, our skin, and can invade other sites such as the sinuses and gallbladder. In summary, the gut has a major role not only in food processing, but the functioning of the immune, nervous and hormone systems of our body. When the ecology goes bad, these systems can spiral out of control. The good bacteria and yeast not only push out the bad, they manufacture critical compounds such as vitamin B12, biotin, and butyric acid.

Many patients with chronic disease trace their illness back to a bacterial illness that was or was not treated with antibiotics. In many cases, without knowing it, their ecology was altered, igniting a fire of imbalance and then frank illness. When gastro-intestinal ("GI") symptoms are present (pain, bloat, constipation, diarrhea, nausea), looking at the gut is straightforward. Even without GI symptoms, altered ecology is

often implied by chronic illness.

USE OF PRO-BIOTICS FOR SPECIFIC CONDITIONS

Here are just a few of the many known uses for probiotics:

1. Allergy--by modulating the immune system;
2. Auto-immune disease--by modulating the immune system;
3. Constipation, diarrhea, IBS and more significant GI conditions such as Crohns, Ulcerative Colitis and possibly gallbladder disease;
4. Yeast infection of the skin, hair, nails, vagina--by changing the inner ecology, the outer ecology is changed;
5. Other infections by bacteria and viruses—possibly including herpes and swine flu²;
6. Inflammation and pain--proper gut balance decreases the production of inflammatory compounds;



continued on page 34

Because you have gifts -
Ability, Potential and Purpose. . .

PERSONAL VISION

Learning, Creativity and Wellness Services

- Holistic vision enhancement • Integrative color, sound, art and yoga based therapies • Natural help for ADD/ADHD, dyslexia, effects of stress and trauma • Empowering adults and children • Enriching lives

610-299-6210 | www.seeingislearning.com

Holistic Support for Life's Challenges

Mind • Body • Soul

www.EssentialWellnessCtr.com

Essential Wellness Center

610-647-5407

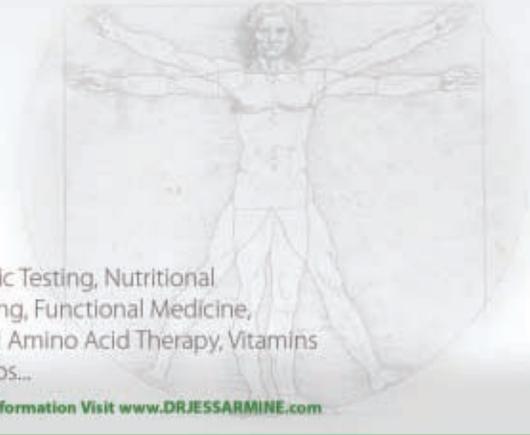


INTEGRATIVE FAMILY HEALTHCARE

Because your health deserves alternatives.

COMPLEMENTARY AND ALTERNATIVE THERAPY

Depression, Chronic Stress, Migraines, Menopausal Symptoms, PMS, Anxiety, Fatigue, ADD, Autism & more...



Metabolic Testing, Nutritional Consulting, Functional Medicine, Targeted Amino Acid Therapy, Vitamins and Herbs...

For More Information Visit www.DRJESSARMINE.com

INTEGRATIVE FAMILY HEALTHCARE
1010 West Chester Pike, Suite 303
Havertown, PA 19083 | (610) 449-9716

The Art of Health

Colon Hydrotherapy
Whole Health Coaching
Training and Certification



Jeannette Ponder
Director

Be inspired and empowered to honor
yourself through cleansing, nourishment and
healthy choices



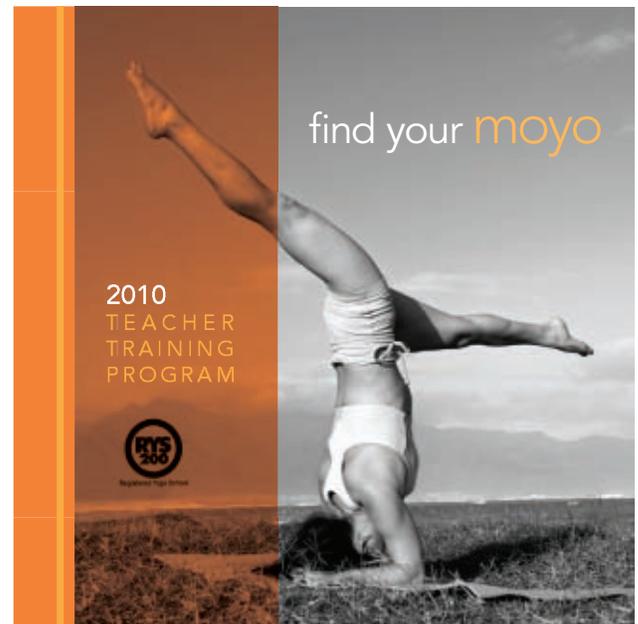
Locations:

Kimberton, Pa (610) 935-0701
Havertown, Pa (610) 924-0600

www.theartofhealth.us

Email: vibrant@theartofhealth.us

Ask about The 28 Day Cleanse!



2010
TEACHER
TRAINING
PROGRAM



One weekend a month for 8 months.
2010 session begins January 8, 2010.

200 HOUR CERTIFICATION COURSE

4402 Skippack Pike | Skippack, PA 19474
610.584.1108 | www.moyo-yoga.com



7. Osteoporosis--by decreasing inflammation and enhancing absorption of critical nutrients;
8. Anxiety, depression, panic, ADHD, insomnia, and other neuro-psychological conditions--by changing the neuro-chemicals made by the gut;
9. High cholesterol--by improving absorption of nutrients and decreasing inflammation and physiologic stress;
10. Diabetes--by modulating the immune and hormonal systems and improving the processing of nutrients;
11. Toxicity with heavy metals, radiation and other chemicals--some of these critters are able to bind up these toxins which enable them to be passed from the body;
12. Stress and hormone modulation--again by balancing the neuro-chemicals and neuro-hormones made by the gut.

HOW TO TAKE PRO-BIOTICS

The following factors will determine which probiotics to take and how:

1. Therapeutic/Preventive Goal
2. Whether in acute or maintenance mode
3. Strain(s)--even within the same species, there are important differences between strains.
4. Rotation--since we were designed to have up to 400 species, rotation of species can be more effective.
5. Other agents—to support these organisms and/or modify some other aspect of digestion—see below.
6. Presence of serious medical conditions that affect the immune system—in some conditions, even good bacteria or yeast may not behave properly and need close supervision.

JUDGING QUALITY

There are a myriad of products being sold, each with claims. Here are some factors to be considered when purchasing a probiotic product:

1. Quantity--total and quantity of each strain;
2. Quantity "at expiration", not "at manufacture". Good companies will over-pack their product so the guaranteed amount is still present at time of expiration.
3. Quality of the strain(s)--while very technical, some strains have a better effect than others.
4. Refrigerated--while most products will last a short time unrefrigerated, most of these organisms will perish if kept for longer periods in warmer temperatures.
5. "Resident" vs. "Transient" Strains--some yeast strains are transient but very important to push out the bad species and enable re-population with healthy organisms
6. Whether strains are acid-sensitive or not--while controversial, most pro-biotic species are resistant to stomach acid. However, some may need to be protected in order to safely reach the intestines, where they populate.
7. Other contents, such as lactose. Some organisms must be grown on milk sugar, or lactose. After this step, there is none left. Some are packed with lactose as well. This may be a consideration for some (not all) people.
8. Reputable company, using "GMP", good manufacturing process. Because of their importance, probiotics should be "pharmaceutical grade".

OTHER CONSIDERATIONS REGARDING PRO-BIOTICS

Pro-biotics should be a part of a comprehensive nutritional program. Every cell of our body, whether host or guest, needs

nutrients to grow and prosper. Ideally, there should be testing for deficiencies of critical vitamins such as D and B12, critical minerals such as Magnesium and Iron, and critical oils such as omega-3's and omega-6's.

The diet should be as free as possible of things that will kill off good bacteria, such as pesticides in produce, antibiotics in commercial meat and fish, and chlorine in drinking water. Certain medications, including antibiotics, NSAIDs (aspirin, ibuprofen, naproxen, etc) and others can alter the delicate ecology of our gut in just a few doses.

Foods to which we are allergic alert the immune system to go on the attack, which can create an inflammatory condition that ultimately will alter ecology and integrity.

As mentioned above, additional support supplements may be needed to re-establish a healthy environment. Sometimes these probiotics need to be combined with "pre-biotics"--carbohydrates and fats that feed and support the bacteria and the GI lining. Sometimes other agents are needed to kill off aggressive bad species of bacteria or yeast (see below), or to support digestion in other ways such as through specific enzymes, acid and other aides.

TESTING FOR ECOLOGY

When chronic conditions persist, whether GI symptoms are present or not, testing for gut ecology can be important. Starting in childhood with antibiotics, vaccines, poor hand-washing and toxic exposure, we can carry malevolent organisms for decades. Testing the upper and lower GI tract through special urine and stool tests can identify specific recalcitrant organisms. In such cases special agents and sometimes medications are used as part of a sequenced strategy. Other tests, for toxins and food allergies and other conditions may explain a persistence of sub-optimal ecology. ▲

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

REFERENCES

- ¹ http://news.yahoo.com/s/livescience/20090824/sc_livescience/theapen_dixusefulandinfactpromising
- ² http://lactopafi.com.ph/index.php?option=com_content&view=article&id=64&Itemid=80

FOR MORE INFORMATION

- See Dr. Cheikin's related articles on: *Leaky Gut Syndrome, Adrenal Fatigue, Gut & Inflammation, Detoxification* and more info on probiotics
- see www.ewg.org for a list of toxic produce, fish and other environmental toxins.
- Ballentine, Rudolph: *Radical Healing: Integrating the World's Greatest Therapeutic Traditions...* Three Rivers Press, 2000. ISBN 0609-804-847
- Campbell, TC: *China Study: The Most Comprehensive Study of Nutrition Ever Conducted...* Benbella, 2005. 1932-100-385.
- Gottschall, Elaine: *Breaking the Vicious Cycle: Intestinal Health Through Diet.* Kirkton, 1994. ISBN-10: 0969-276-818.
- Lipski, Elizabeth: *Digestive Wellness.* Los Angeles: Keats, 1996. 0879-839-848.

The contents of this article are copyright 2009 by Michael Cheikin MD and may not be reproduced without express written permission.



Reproductive Science Institute of Suburban Philadelphia, P.C.

For over 20 years Reproductive Science Institute leads the way in cutting edge fertility treatment and compassionate gynecological care in the Suburban Philadelphia area.

Some of our Services Include...

Treatment of...

- | | |
|--|---|
|  Menstrual Irregularities |  Donor Egg Programs |
|  Chronic Menstrual Pain |  Gestational Carriers |
|  Repeated Miscarriages |  Sex Selection |
|  Endometriosis |  Artificial Insemination |
|  Male Infertility |  In-Vitro Fertilization |



We also warmly welcome Hyacinth Nicole Bowne, M.D., Board Qualified Reproductive Endocrinologist to our practice. Dr. Browne is a distinguished graduate of Dartmouth College and Yale University School of Medicine where she completed her residency in Obstetrics and Gynecology.

Bring this advertisement for a
20% discount
off your first office visit.

*We accept most insurance.
Evening and Weekend Appointments Available.*

Chesterbrook Office
945 Chesterbrook Boulevard
Chesterbrook, PA 19087
610-981-6000

Wyomissing Office
1340 Penn Avenue
Wyomissing, PA 19610
610-373-4271

www.rsiinfertility.com

A MEDITATIVE MEAL:

NATURAL MEDICATION



First, allow me to point out that there is only one letter difference in the words meditate and medicate. Could it be that we can address our health issues with meditation instead of medication? How

often do you medicate yourself with food? To some extent we are all emotional eaters, eating when we are not truly hungry, but want to suppress some emotion, or eating to celebrate and using food in a healthy way to raise our spirits.

Have you ever meditated with food? Wow! Can you imagine the difference in our consciousness as a whole if we all meditated with food instead of medicated with food! I feel better already! I believe it is time that everyone on the planet makes it a priority to reconnect with nature and the source of our food supply. If we are going to live sustainably on this earth, we need to understand how nature works and how important it is to eat fresh local food. In eating a meditative meal, it is important to consider the freshness and purity of your food. Experiment with conventionally grown versus organic produce. Can you taste the difference? Does something you just picked from your garden taste more alive than something you bought at the grocery store?

If you have ever wondered how food affects your body, or if eating food that is fresh, local, and organic really DOES make a difference, or if you have you ever sat down to a meal and several minutes later wondered where the food went and why you still feel hungry although you don't even remember what you ate, then here is my challenge to you: For your next meal, slow down enough to breathe, chew, and really BE with your food.

If you have never tried this, try the following steps.

1. Create the ambiance. Turn off the TV. Program your phone to silent mode or turn it off. Find a clutter-free space and sit down with a tall, open posture.

2. Before you even take a bite, take a deep breath and prepare your stomach for digestion. Let your body know that you will now be nourishing it and you intend to respect its messages as you eat.
3. Smell your food. Again, before you put that bite into your mouth, use your olfactory sense to take in the essence of what you are about to eat.
4. Are you feeling calm and relaxed? Put a smile on your face and put the food in your mouth. Are you able to stop your chewing reflex and allow the food to sit on your tongue for a bit before moving your molars?
5. Start chewing. Slowly. Feel the textures. Feel the flavors. Feel how warm or cold your food is. Take another deep breath.
6. Swallow your food. Notice if you can feel the food moving down your esophagus and into your stomach.
7. Give thanks to your body for knowing exactly what to do with your food. (This applies to those of you who have digestion disorders or disturbances. Your body DOES know what to do. Make an agreement to work with your body by listening to it rather than using pharmaceuticals to "numb the pain". Of course, consult with a knowledgeable health practitioner before stopping any prescription drugs as stopping cold turkey can cause more harm than good.)

Follow the above steps whenever you want to slow down and tune in to your body. In this way you create a meditation out of your meal. You may be surprised to realize that you really enjoy a certain food or that you don't digest something as well as you thought you did. Notice how satiated you feel by slowing down. Notice if what you are eating gives you energy or causes lethargy. Your body is remarkable and will give you cues and clues as to what is working with your food and in your life. Your job is to listen and make appropriate changes to achieve greater health. ▲