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THE MEDITATIVE Lifestyle



What does it mean to live a meditative lifestyle? First, let's define what it means to be in a meditative state. Often referred to as being "in the moment", the meditative experience involves a feeling of inner calm and outer attentiveness. In sports, athletes are in the moment when they are totally immersed in their performance and its immediate objective. In education, students are in the moment when they are fully interested and engaged in the subject, lesson or learning activity. In work life, people are in the moment when they are totally involved in their role or purpose. People who live their lives in the moment sense that they are in the flow of life and feel as though they are doing exactly what they are meant to be doing. And so, living in the moment usually involves the feeling of trusting that something is guiding us, whether it is our inner higher self or intuitive nature, or something that is larger than ourselves.

Is there a progression that starts with the basic meditative experience and expands into an entire 'in the moment' lifestyle? In my years of teaching meditation and consulting to sports, education and business, here is what I have discovered.

It begins with **establishing the meditative state** by practicing some kind of calm focusing exercise. Some people use a calming exercise such as counting

breaths to get into the moment to prepare to bring the calm focused state into specific activities or simply into their day. Some people practice meditation, yoga or slow movement exercises to reach that feeling of **calm attentiveness** before applying it to an activity or skill. Many examples of these can be found in business and education, and especially in sports. Once you have established the meditative state, it's time to apply it. This usually involves **following a direction**. A direction might be given by a manager, a teacher, a coach, etc.

Or it may be one that you define yourself to support a goal, or simply for personal enjoyment. After you learn to experience the calm focused state while practicing an activity under someone's direction, you then move toward **self-direction**, or self-management. The guideline here is to bring the same level of expectation that someone else has for you, and apply it to yourself, that is, expect it of yourself. So now, let's look at the meditative state in action. Most actions or activities involve **transitioning** from one step to another. For example, in bowling you would transition through the four or five actual steps of your approach. And then you would have the time between your shots, which involves the transition of bringing your calm focused state into your next approach. In school, a student transitions from one lesson point to another, from one lesson to another, and from one room to another. In work life, you might be multitasking, rapidly transitioning from one activity to another.

Now that you have established the meditative state and brought it into purposeful activities, there's just one

more piece to the basic puzzle. That is **recovering the meditative state** once you lose it due to distractions, upsets or anything that pushes or pulls you off of your calm focused center.

The second stage of living in the moment is bringing your meditative experience into your social world. The first part of this stage is acting within the **character** of your particular role, whether this role is that of coworker, classmate, or teammate, etc. When you lose your character, it creates a distraction that takes you out of your calm focused state, hence the value of staying within character. The next step is **appropriateness**, and that is where you are acting or behaving in a manner that is precisely fitting to the time and place. Acting inappropriately creates a conflict within you that takes you out of the moment. When you are in a purpose that serves people, your next quality would be the true spirit of **helping others**. If you are involved in a serving purpose and are selfishly motivated, it would be felt by all involved, and would naturally pull you off center.

We next move into the larger concept of **respect** for people, life and the world in general. A disrespectful action, word or even a thought will create an extraneous concern within one's heart, mind and body that blocks the meditative feeling. And the final quality we will address is the one that progresses from following directions and self-direction; and that is **leadership** – the act of giving direction. By practicing the other traits of attentiveness, transitioning, recovery, character, appropriateness, respect and the true spirit of helping others, your leadership will in itself be an 'in the moment' experience. ▲

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Yoga Lifestyle in America



A FRIEND RECENTLY POINTED OUT HOW PERVERSIVE YOGA IS IN OUR SOCIETY; HOW MANY MAGAZINES THERE ARE ON THE SUBJECT AND HOW MANY CLOTHING LINES NOW CARRY THEIR OWN BRAND OF 'YOGA WEAR.' How did it happen that a lifestyle that seems so strictly an outgrowth of Indian culture and heritage become such an important part of the American zeitgeist; so much so that in a 2003 survey conducted by Yoga Journal, 15 million people practiced yoga, with an expectation of an exponential increase? While a treatise could be written on the subject, it is interesting to contemplate even a small portion of the influences that have made 'Yoga' a household word.

Although there were others interested in the unbroken chain of spiritual knowledge found in India, (notably Madame Blavatsky and others who founded the Theosophical Society in 1875 along with American transcendentalist writers Emerson and Thoreau), we can look to the Parliament of Religions held in Chicago on September 11th, 1893 when Swami Vivekananda addressed the American populace as the moment when Hinduism and yoga touched the hearts and minds of America.

A student of the Saint Ramakrishna, Vivekananda's opening words; "Sister's and Brother's of America" drew an unprecedented three minute standing ovation (which some have posited a response to his sincerity and vibrant energy field). His speech advocated universal tolerance while decrying fanaticism in religion. He quoted from the Bhagavad-Gita and gave examples of India's acceptance of all streams of faith; gaining acceptance of Hinduism as a sophisticated and relevant religion in a primarily Christian land.

With Vivekananda preparing the way, it wasn't long until Paramahansa Yogananda arrived in the United States in 1920 and founded the Fellowship for Self Realization. Yogananda's seminal work *Autobiography of a Yogi* was published in 1946. The *Autobiography* documented both the external events and internal process of how Yogananda found and came to study with his guru Sri Yukteswar and documents encounters with other teachers and saints of his era. Yogananda's glimpse behind the veil of mystical Hinduism gave a vision of how connection with divine energies could be achieved by applying a system of practices, or kriyas. It was this book that convinced many people miracles were achievable through the practice of Yoga.

Quick on Yogananda's heels was Jiddu Krishnamurti whose emphasis on Jnana Yoga or the Yoga of Knowledge became very popular with Hollywood actors and intellectuals, notably the influential Aldous Huxley, from the 30's until his death in the 80's.

As the groundwork of understanding was laid by these early saints and teachers with the intelligentsia, momentum started to build with the average citizen. The example of Gandhi's peaceful resistance against the British inspired the tone of Martin Luther King's crusade for equal rights and later the anti-war movement in the 60's and 70's. Cultural cross-pollination was completed as the Beatles and other popular musicians traveled to India; incorporating the sitar and other traditional and complex instruments in their songs while sitting at the feet of Transcendental Meditation teacher Maharishi Mahesh Yogi, musician Ravi Shankar and others.

Young Westerners flocked to Mata Bharata in search of a deeper understanding of themselves and came away with knowledge of Yoga, Meditation, Ayurveda, and devotional chanting; filling a spiritual void for many disillusioned with organized religion and the military industrial complex. Noting the interest or perhaps receiving divine guidance, Indian teachers started to migrate to the U.S. and other countries, establishing ashrams and schools of Yoga.

Swami Prabhupada and the Krishna Consciousness movement spread the Bhakti flame through out the Western world, paving the way for the recent popularity in Kirtan. Swami Rama and others underwent scientific experiments to prove that meditation and yoga materially affect brain activity, spawning a new field of mind-body research. Today, even the most avid supporters of allopathic medicine admit that yoga and meditation are effective ways to combat the main illness of the 21st century – stress.

Necessarily, the sharing of a tradition results in change and while some may view this as distortion, others may celebrate the variety and see it as part of yoga's universal appeal and accessibility to all personality types, (which seems consistent with the way Yoga philosophy is structured). We can humbly thank both the courageous Yogi's and Yoginis who left their native land to settle in a strange country as well as those since who have shared their experience of Yoga as an offshoot of an older tradition and eagerly look forward to see how the story continues to unfold. ▲

**The entire Vivekananda speech can be found at:
<http://www.swamiji.com/swami-vivekananda-1893.htm>*



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Sleep: Is it a Pastime?

YOU LAY YOUR HEAD DOWN ON THE PILLOW. Its 10:00 pm. Your body is tired but your mind races. 11:00 pm rolls around. The thoughts in your mind continue to keep you awake. And now anxiety sets in. "...if I don't fall asleep soon, I'm going to be tired all day..."

Sound familiar?

You are not alone. In fact, the National Sleep Foundation reports that 64% of individuals surveyed experience a sleep disruption more than once per week. Over 40% report sleep disruption on a nightly basis. What keeps us from getting good sleep?

Sleep is an extremely complex process that is influenced by many factors in our external and internal environments. Our brains are ultimately responsible for processing the external and internal information and transitioning the mind and body into sleep. To make the transition, our brains use chemical messengers, called neurotransmitters and hormones, to "shut off" brain pathways that keep us awake.

Biologically speaking, our bodies are essentially a carefully orchestrated sequence of biochemical reactions- chemical messengers shooting back and forth to keep processes running smoothly. Optimal health, specifically adequate sleep, boils down to having the right chemicals (neurotransmitters and hormones) at the right place and at the right time.

Stress, in the form of physical challenges (toxins, infections, sensitivities) and in the psychological form (emotional difficulties, traumas, tight schedules) disrupt the delicate balance of chemical messages in our brains and bodies. The body is designed to handle these challenges on a short-term basis. However, repeated exposure to these stressors can have long-lasting effects on the function of our systems.

Chronic stress forces the brain and body to use up valuable chemical and energy resources, as it tries to cope with the challenge. When your stress response system runs on "overdrive" for an extended period of time, the degree of imbalance in the system can steadily increase. And for some, this is experienced as the inability to sleep. Others may feel depressed. Some feel anxious. Some may experience all these and more!

Effective resolution of these issues requires one to consider their internal biochemistry. For years, experts have promoted healthy diets key to maintaining good

health. Why? Our diets provide the building blocks for the chemical messengers in our systems. When stress depletes them, a good diet can replace them.



Often a healthy diet isn't enough to resolve significant health concerns. When it comes to sleep, there are a number of options an individual has to help restore balance in the system. "Sleep hygiene", as it is called, is the practice of creating an environment that is suitable for the body to transition to sleep. It suggests making your bedroom as dark as possible. Darkness signals your brain to sleep. It also suggests removing sounds, including shutting off the TV. The flashes and sounds of a blaring TV stimulate your brain, thereby keeping you awake. It is important to avoid caffeine before bedtime. Caffeine is a chemical that stimulates your brain, making you more awake and alert.

In addition to sleep hygiene, relaxation techniques, including yoga, have been shown to help the mind and body transition to a more tranquil state, setting the stage for good sleep.

Lastly, numerous prescription medications, over-the-counter remedies, and dietary supplements have been designed to enhance sleep. This rapidly growing area of medical science is providing some very effective solutions for those with sleep disorders. Because of this, choosing which intervention is right for you can be a daunting task. There are literally hundreds of different options that exist and many work via differing mechanisms.

The decision process can be simplified by asking your doctor to measure your sleep hormones and neurotransmitters through an exciting new test. Non-invasive, insurance reimbursable lab tests now exist that can help your doctor determine which sleep intervention may be best suited for you. By unveiling potential deficiencies and/or imbalances in your brain chemistry, the lab test is a useful way to target your needs.

To learn more about sleep and sleep hygiene visit the National Sleep Foundation online at www.sleepfoundation.org. ▲



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Dreams Define Lifestyle

CONSULTING THE DREAMTIME ON THE SUBJECT OF LIFESTYLE WAS LIKE WALKING INTO THE LIBRARY OF CONGRESS AND ASKING THE LIBRARIAN, “DO YOU HAVE ANY BOOKS?” The DreamTime was more merciful in its answer because it only offered fourteen references to the basics of choosing One’s lifestyle in this embodiment.

The DreamTime answered from an Energy and Spirit perspective. It spoke from the Gifts that we have brought into this lifetime. DreamTime viewed these as more important than re-commending possible professions by saying, “Go be a carpenter, lawyer, professor, or Energy practitioner.” The pivotal question here is, “Why have I come here and what is the best way for me to offer my Gifts for my Highest Good and the Highest Good of All?”

The DreamTime offered Itself by the scenes that It presented. *Blend One’s desires with those of the Higher Self. Balance the Energy of worldly pursuits with the fervor of One’s Spirit Energy.* Our first requirement is to be in tune with our life’s mission. We do so by focus, attention, contemplation, meditation, and the outpouring of our Love. As Beings of Spirit, we face the challenge of balancing our Path with the demands of the physical world. Support arrives when we understand that this world conforms to our Vision, respect it as such, and cooperate with its rhythms. The world is a resourceful friend that provides many opportunities for success in this physical experience called life.

Come to know One’s Chosen Path of Service in this Lifetime. Receive and re-cognize hints that this life moves in harmony with other lifetimes birthed to follow a similar Path. Know that One is the Master and Creator of One’s life and, as such, has the Grace to draw all necessities to succeed in this Chosen Life. The DreamTime urges us to understand that this is one of many lifetimes in which Spirit has been our “Guiding Light,” our own soap opera, indeed. We can, therefore, take supportive Energy and Guidance from those experiences. As we take the time to receive feelings, Dreams, and Visions from other lifetimes, we can utilize these Gifts that we had stored on Earth ready for our re-turn. We also benefit from the Great Truth that, as we planned this lifetime, we were sure to provide all the Grace necessary for us to succeed. The contrary, that we would make a grandiose plan and then fail to include the success mechanisms of that plan, is repugnant to Divine Law.

Be Light, Loving, and Humorous on a daily basis. Know that One’s Positive Energy is healing to others. Understand that, as we share our Love with family and friends, we also share the vibration of Universal Love. When we share our Love, we understand that we communicate Universal Love, the only Love that exists. This is a very penetrating insight. The conscious sharing of our Love serves as a healing balm for others. We are all healers even if we have not yet merited a degree or

certificate in a specific healing modality, just as we are all teachers, whether or not we stand in front of a classroom in formal education. As we re-cognize and channel these Gifts, we become Light and vibrate with Joy. Laughter becomes the sound and personal signature of our Presence.

Know the Energy of Life Itself. Dedicate One’s Life to Divine Law. Life has its own Energy. We feel it and participate in it. We live by the Spirit of the Law, that which transcends the letter of the law. As members of the Bar of Spirit Law, we choose the most benevolent outcome because it is best for all rather than for fear of punishment or reprisal.

Know that perseverance in the same profession builds the Energy exponentially. Patiently respect those who have a different perspective on the meaning of life. When disappointments come, be resilient and fervent toward One’s life mission. Remain fluid in life and re-cognize when it is time to move on. We rely on Spirit to help us persevere in our Chosen Mission. We remain steadfast with those who follow a Vision different from ours. We find the strength to overcome disappointments and fulfill our task. Though we are strong in our resolve, we feel gratitude when we complete a chapter in our life and seamlessly turn the page to the next one.

When we can integrate these virtues presented by our Friend, the DreamTime, any lifestyle will do very nicely thank you. ▲



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Constellation Corner: Do Ancestral Families Have Souls?

WELL, SOME FAMILIES HAVE SOUL, YOU SAY, AND SOME DON'T. It just depends on what kind of tunes they like. Classical types don't rock. But what's an "ancestral family" anyway? Well just hold on—I'll reply—this is not really about music. By "ancestral family," I mean your birth family two or three generations back. And the question's really about whether there is some kind of organizing system that distributes roles and functions in that family over those several generations, and whether that system persists and is somehow still active even though various members may have died.

Boy, that's a mouthful, you say. And this, I suppose, has something to do with this issue's theme of "lifestyle"? Well actually, yes—it does. What if, in a great many cases, very powerful influences on your adult lifestyles arise, not from your personal history, but rather from active, present-tense attachments to ancestors already long dead whom you may never have met. By influences I mean chronic problems (or sometimes uncanny good luck) with health, wealth, or relationships. Through the pioneering work of Bert Hellinger, spreading now from Germany rapidly throughout the world, tens of thousands of people have achieved seriously better lives through a process called "family constellation" work. And this process does not focus purely on the individual. Instead, it reveals and realigns hidden loyalties and present-tense dynamics in the individual's ancestral family system.

Well, ok, you now concede, so we're social animals and group cohesion's important.



And, old habits hang around from old groups. Why elevate that to the level of some kind of "soul"? Great question, I respond. Why don't I describe a constellation process and then you decide what words to use. Here comes 19 year-old Marvin to a workshop with 15 other people. In a brief dialogue with the facilitator, we learn that he has severe migraines every autumn. Nothing seems to have helped. Trained to look for certain patterns, the facilitator determines that one of Marvin's uncles fell and was killed by a head concussion. He tells Marvin to pick 5 people from the group and place them intuitively on the floor as representatives for Grandfather, Grandmother, the lost Uncle Phil, his Father, and himself. The lost Uncle Phil is asked to lay down. The others stand wherever Marvin put them. All are asked to simply focus quietly on their bodies, their feelings, and any reactions to other representatives.

After a few minutes, the facilitator queries each one ("how is this for you?") and perhaps allows some movement. Grandfather and grandmother can't look at each other. They face resolutely away from one another. Nor will they look at their dead son on the floor. Father faces roughly between his lost brother Phil and the representative for his son Marvin. "I am fixated on my Uncle," says Marvin's representative when queried, "and I want to go sit down next to him." Marvin the client seems very moved by this whole display. Bits of family history that he has known his whole life, but not thought much about, now start to fill in the picture.

The uncle was killed at age four, in a head injury, the same age the headaches began. It happened in the autumn, which is when they come. He fell down a stairway whose railing was broken. Grandmother blamed Grandfather for not fixing it sooner. Grandfather blamed Grandmother for not watching the child better. Bitterness arose in the family, which affected everyone. Marvin's migraines express an unconscious loyalty

to his Uncle, an attempt to properly grieve his death (which never happened) and bring his Grandmother and Grandfather back into harmony.

Wow, you say, it's like where's the real sickness here? Is it in Marvin, or rather his grandparents? Exactly. You're starting to get the picture. Even if this is all that happens, Marvin has a whole new image and feeling about his situation, and can be aided in letting go of this unconscious loyalty. But often, there is more. Marvin's representative sits down next to Uncle Phil and starts crying. Encouraged by the facilitator, Grandmother and Grandfather slowly soften, become aware of their grandson's suffering—and begin to accept that it is their unaccepted grief and pain he is acting out. Slowly, aided again by the facilitator, they find it in themselves to forgive each other, take their rightful place in grief for their son Phil, and start telling Marvin to please get up and go thrive in his own life. There is no need for his sacrifice any longer. In the aftermath of this work, Marvin's migraines eased up quickly, and did not return the next Autumn.

Ok, you say. What I'm seeing now is that the healing starts going both ways—from Marvin to the ancestors, and from the ancestors to Marvin. Right again! And now suppose there were tens of thousands of serious healings that, like this one, seemed to connect very clearly with some kind of real ancestral awareness, and you watched that awareness grow and change in the moment as part of those healings—you saw it somehow alive and responsive in the deeply felt actions of strangers—would it be fair to call that awareness an "ancestral family soul"?

Well... you say, pausing a moment, I'm almost ready to believe you on that... but how in heaven's name do we explain such a thing? You know, I can tell you that part's getting a bit easier as well. But, you'll have to wait for next issue to hear about it. In the meantime, here's a thought: Hellinger says we do not "have" souls, but rather that we "belong to" souls. ▲

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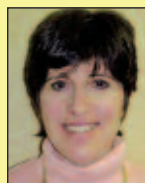
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AUTISM and Other Brain Dysfunctions

AUTISM IS A CONDITION OF THE NERVOUS SYSTEM THAT AFFECTS SENSORY PROCESSING, COGNITION (THINKING), EMOTION, MOVEMENT, AND THE ABILITY TO RELATE TO OTHERS. In other words, it effects the entire brain.

Western medicine calls this condition "Autism Spectrum Disorder" ("ASD") because kids (and adults) show different degrees of these characteristics. In "Asperger's Syndrome", the child can function fairly well and can be highly successful as they often become experts in their very restricted area(s) of interest. Autistic savants (previously called "idiot savants") are usually not functional but have extra-ordinary gifts that cause us to question our notions of intelligence, talent and creativity¹.

Most holistic practitioners consider other brain conditions such as Attention Deficit-Hyperactivity Disorder (ADHD), childhood seizure disorders, behavioral disorders, and other "random" conditions to be variations or "on the spectrum" with autism. Most of these brain dysfunctions do not go away with time, though with brain maturation by age 25, the child can learn to compensate for some of these weaknesses and to utilize their unique talents. For the purposes of this article, all these brain conditions will be collectively called ASD.

SCARY FACTS

ASD is on the rise. The formal statistic used to be 1 in 150 births, it has now increased to 1 out of 91 births, and 1 out of 50 male births².

Some say that this increase is due to better reporting; however, most practitioners agree that, if anything, it is still under-reported. If one includes other brain dysfunctions, such as ADHD in the statistics, it is probably as much as 1 out of 5 of our kids who have dysfunctional brains.

ASD is not a "disease" because there is no one known cause. Recent research demonstrates a genetic tendency. However, only 20% of illness is determined by genes; the rest by environmental factors and the lives of our parents and grandparents, passed on by epigenes³. In addition, the dramatic rise over a very short period of time cannot be explained by genes; therefore environmental factors are certainly dominant. There is no question that the amount of chemicals in our mothers, fetuses and children has increased over the past few decades⁴.

THE VACCINE CONNECTION

There is much mis-information and mis-perception about the relationship between ASD and vaccines. However, the facts are simple: some kids clearly developed ASD shortly after receiving vaccination; most kids with ASD do not have

as clear an association. The implications of these facts are also simple: while single vaccines are "safe" for the majority of kids (and adults), for some a single or multiple vaccination can be devastating.



In some ways, this is similar to most pharmaceuticals--that they are safe for the majority of the population, but can be devastating for a small minority. It comes down to risk-benefit ratio--if the risk is small and the benefit huge then it is worth taking that risk. On a population basis, the benefits of vaccination outweigh the risks. However, on an individual basis, this is not always true.

Also, vaccines are different than drugs in that they are designed to have persistence in the body. It is their persistence and additive effects that in some kids cause the problem. The combination of vaccines into DPT and MMR,

for the convenience of the parent and physician, increases the toxic load and challenge to the immune system when compared to giving each vaccine separately. In some kids, it seems to be the preservatives (mercury) and other things added to the vaccine (called adjuvants⁵), that instigate or exacerbate brain dysfunction; in other kids it is the viral material (such as the weakened measles virus) that causes the immune system to go haywire.

Fifty years ago, kids received only a few vaccines--smallpox, measles and DPT. Then polio vaccine was developed. However, nowadays, kids are receiving over 20 vaccinations by the age of 5, a critical time in the development of their immune system and brain. It is now formally recommended that kids receive their first vaccination for hepatitis B within the first 24 hours of life!⁶

There are ways to reasonably negotiate these issues that will be discussed below.

A MYRIAD OF OTHER FACTORS

In the diagnosis of ASD, there are two main categories: congenital (at birth) and acquired. In the congenital form, the child's nervous system seems to have been dysfunctional since birth. In the acquired form, the child develops normally until a certain event occurs, after which there is a sudden or gradual deterioration of neurological functioning.

Reaction to MMR when it does occur is dramatic in that when given at 15 months, the child is already walking and talking, so a loss of speech or coordination is apparent. Neurological reactions at other times are not as apparent and often difficult to measure.

Sometimes these changes can only be perceived by a parent, but difficult to observe by a clinician, hence the loss of trust and a desperate and understandably "crazy" parent.

continued on page 34

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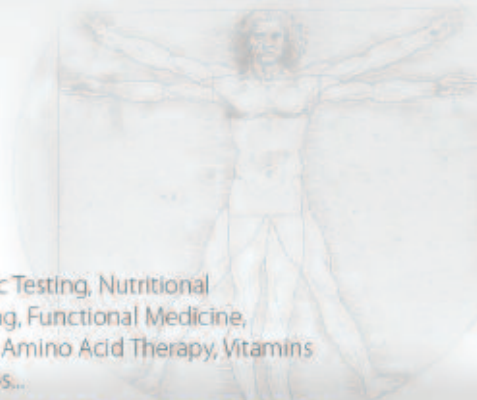
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Despite the misperceptions, hype and denial in the popular media, experts in ASD agree that it is a multi-factorial condition⁷. ASD and other brain dysfunctions are web-like, not being "caused" by a single factor or event, but usually manifesting when "the last straw" occurs. This manifestation can occur months or years after a dysfunctional process has begun. For example, Vitamin D, B12, iron and magnesium deficiencies, present in up to 90% of the world's children and adults, can make the brain and immune systems vulnerable to the toxic effects of vaccines, pesticides, preservatives and other challenges.

Many kids with ASD note significant improvement with change of diet. Foods not only provide nutrients and energy, they also program our genes and biochemistry. Foods of today are not what they were 50 years ago. Specific foods, especially dairy, wheat, soy and corn, are genetically modified, over-farmed, over processed, and over-utilized and can be a significant contributor to illness through allergenicity, pesticides and other factors.

And so, like the growing list of chronic dysfunctions of many of our bodily systems, including diabetes, depression, sleep disorder, cardiovascular disease, arthritis, thyroid disease and Alzheimer's disease, ASD in children and adults are a "spectrum" of disorders that affect the brain and are "caused" by a spectrum of factors that include nature and nurture.

WHAT TO DO

These issues are so important that every parent, every potential parent, every grandparent, every educator, every politician, and every person who wants to develop and preserve optimal brain function, should invest time and energy on this topic. Specific steps to consider:

- 1) Read read read. Learn learn learn. Don't accept what "they" say, good or bad. Read and learn enough to feel confident in your conclusions. There is lots of bad information out there. There is also lots of good information.
- 2) Commit. To a lifestyle that saves our children. As we know, the earth is at a critical juncture. So are our children. For the first time in hundreds of years, this generation of children will be sicker and live a poorer life than their parents.
- 3) Consider a change of food plan (not "diet"). Move away from animal, dairy, wheat and soy based foods to a more "green" diet with lots of organic brightly colored vegetables, fruits, nuts and seeds and beans.
- 4) Regarding vaccines, the decision is highly personal--it is not "one size fits all". Factors to consider include: a) how potentially disabling is the disease and it's treatment; b) timing of the vaccination (the immune system is considered immature until age 5-6, exposure to the disease may not occur until after this age, allowing for a reasonable delay), c) if the vaccine is given individually or in combination with others, d) adjuvants and toxins known to be in the vaccine (i.e. multi-dose vials of flu and other vaccines still are preserved with thimerisol, a form of mercury).

- 5) Consider testing for toxicity (especially heavy metals), and deficiencies, that can affect the health of your family. If planning pregnancy, try to get tested at least a year before conception, to allow for the correction of any imbalances and to clean up the diet. Removal of dairy, wheat and soy before and during pregnancy and breast feeding can have a significant affect on your child's entire life⁸.
- 6) There are many tests and interventions that can significantly help a child to recover from ASD. These include special biochemical tests, diets, supplements, acupuncture, yoga, ayurveda, biofeedback, and many others. Work with an experienced practitioner. ▲

IMPORTANT NOTE: This educational material may not be used to make decisions about medical care without the oversight of an experienced practitioner.

FOOTNOTES (see reading list for more information)

¹ see future article on energy field medicine.

² <http://mchb.hrsa.gov/autism/peds2009-1522v1.pdf>

³ Epigenes are molecules that affect how genes are expressed, and unlike genes, which are stable from generation to generation, are affected by our lifestyle, and have been shown scientifically to affect at least the two generations that follow.

⁴ see www.ewg.org, environmental work group to learn more about toxins in foods and the environment

⁵ adjuvants are chemicals, such as aluminum, that increase reactivity of the vaccine to stimulate the immune system to develop the protective antibodies that are the basis of immunization.

⁶ for the complete schedule of recommended vaccines, see: http://www.cdc.gov/vaccines/recs/schedules/downloads/child/2009/09_0-6yrs_schedule_pr.pdf

⁷ Baker, Sidney: *Autism: Effective Biomedical Treatments (Have We Done Everything We Can For This Child? Individuality In An Epidemic)*, 2nd Ed. ARI, 2005. ISBN 0974-036-099.

⁸ Fuhrman MD, Joel: *Disease-Proof Your Child: Feeding Kids Right*. St Martins, 2006. ISBN 0312-338-082

FOR MORE INFORMATION (Books followed by ISBN number)

- www.autism.org has quality information and books on the topic
- McCandless, Jaquelyn: *Children with Starving Brains: A Medical Treatment Guide for Autism Spectrum Disorder*, 4th Ed. Bramble, 2009. 1883-647-177.
- Doman, Glenn: *What to Do About Your Brain Injured Child...* Square One, 2005. ISBN-10: 0757-001-866.
- Sears, Robert: *The Vaccine Book: Making the Right Decision for Your Child*. Little, Brown, 2007. ISBN-10: 0316-017-507
- Pollan, Michael (2006). *The Omnivore's Dilemma: A Natural History of Four Meals*. New York: Penguin Press. ISBN 9781-5942-00823.
- Campbell, TC et al: *China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Implications for Diet, Weight Loss...* Benbella, 2005. 1932-100-385.
- Fenster, Carol: *Special Diet Solutions: Healthy Cooking Without Wheat, Gluten, ... or Refined Sugar*, 3rd Ed. Savory Palate, 2001. 1889-374-008 (out of print but very helpful book, others also good).
- Boutenko Victoria: *Green for Life*. Raw Family, 2005. 0970-481-969.

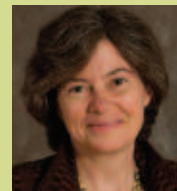
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HOW TO NOT GET THE FLU

...THE CHINESE MEDICINE WAY

AH! AH!...AH! CHOO! Oh, the all too common exclamation resulting from our winter virus foe. Some people catch the Flu or the Common Cold and some do not. The truth is that these viruses are around us all the time, but not all of us get sick...Why?

Lets go back oh...3000 years or so to China. At this time there are no microscopes or labs that can isolate and identify little bacteria or viruses in the body. Because the culture lives so closely with the elements, they look at things through the scope of nature and learn about the ebb and flow of life through the seasons.

Words like Cold, Heat, Wind, Fire, Dryness and Dampness are used to name diseases. Let's say someone notices that they actually feel cold or have a dry, sore throat, headache, body ache, tiredness, sneezing, cough, chills or a high fever. A Chinese doctor would call that a Wind-Cold Invasion. Since temperature is carried by the wind, the doctor believes that the Wind has carried the Cold into us. There is something else that is uniquely different about this society - here the doctor is seen year round in order to prevent disease. It is the doctor's job to keep her or his patients feeling well and if they do get sick, to treat them. In fact when patients in China got sick, it was the only time that they did not have to pay the doctor! This type of relationship is a proactive approach to wellness – very different from the one we have in the future, don't you think?

One might ask how exactly did the Chinese doctors keep their patients well? By strengthening the protective layer of energy. Today we call it the immune system, in Chinese Medicine it's called Wei Chi (Way Chee). Wei means 'defensive' and Chi means the 'vital energetic force that animates us'. Imagine the Wei Chi like a protective layer of insulation around our bodies.

If a person is healthy and strong both mentally and physically their Wei Chi is fat and solid. When the Wind blows some Cold in their direction, it bounces right off. If they are unwell and/or weak, their Wei Chi looks more like a thin slice of Swiss cheese. When the Wind-Cold hits them, it will invade through those holes, usually in the posterior neck area, and they will immediately start feeling, tired, achy and have a sore throat.

By using Acupuncture and Chinese medicine Wei Chi can be strengthened and any Wind-Cold invasion can be cleared from the system. This especially works well if it can be identified early, so going see your Acupuncturist at the first cold symptoms is highly recommended.



7 Ways to Keeping Wei Chi Strong and Prevent the Flu:

- **Regular Gentle Exercise:** Move your body to the point of warming you up but not sweating profusely. If you are exercising outside make sure to dress appropriately and cover your neck with a scarf, as Wind usually enters through the back of the neck.
- **Reduce your Stress Level:** Practices like Yoga and Tai Chi or breathing exercises can help you reduce both emotional and physical stress. Be aware of stressful moments in your day and try to use your breath in the moments you need them most!
- **Eat Well:** Eat a full, balanced diet that is abundant in vitamins, minerals, colors and tastes. Eat simple, non-processed foods. Foods that are local, in-season and fresh have the most vibrant chi and can help strengthen rather than weaken. In winter, eat carrots, broccoli, sweet potatoes, garlic, beets and other root veggies.
- **Drink Lots of Temperate Clean Water/Tea:** Staying hydrated is key to keeping a strong Wei Chi. I recommend drinking half your body-weight in ounces of room temperature or warm well-filtered water daily. So if you weight 200 lbs, drink 100 oz of water per day. Avoid drinking very cold water as this hinders digestion and weakens your Chi. Sugary or caffeinated drinks deplete your immune system as well.
- **Get enough Rest:** Though it goes against our cultural norm, rest is actually good for you. In the winter, in particular, go to bed earlier and sleep in later if you are able to. Along with strengthening your Wei Chi, good rest also rejuvenates and strengthens you. You will feel more vibrant and your mind will work more efficiently.
- **Add some spice:** Herbs like Ginger and Cinnamon will warm you from the inside. Make teas out of freshly cut or dried ginger and/or cinnamon bark. You can also add more of these spices to your foods. ▲