

✦ *Inspiring the Soul*

CREATIONS

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Rewilding Our Hearts

On the Taboo Against Knowing Who You Eat *by Will Tuttle, Ph.D.*
The Social Potential Movement *by Barbara Marx Hubbard*
Living Simply ... No Matter Where You Are *by William Powers*
Veganism IS Environmentalism *by Demosthenes Maratos*
Taming Your Outer Child *by Susan Anderson*

Talking Our Walk

FROM THE PUBLISHERS

*The mind is its own place, and in itself can
make a heaven of hell, a hell of heaven*
~John Milton

I really love inspirational, thought-provoking quotes. The ones that particularly resonate with me serve either as prompts to see things from a fresh perspective, or simply as reminders to get back on track. The one above – you'll find it on my office wall – is my daily, "mind-reset button."

There's a whole lot of power in those few words. Every moment of every day we experience the world through the filter of our perceptions. How we choose to perceive situations and events, determines how we view, and ultimately experience the world – and life in general. And generally speaking, we are, at the very least, co-creators of our own heaven and hell.

Really knowing this is self-empowering. For starters, you are the one in the driver's seat. You're the one primarily responsible for how you feel, think and act. No other person is pulling the strings or pushing your buttons.



You alone are at the controls. And if this isn't wonderful enough, you can decide to change your way of thinking at *any* time.

Obviously, any time is a good time to create positives. Springtime – metaphorically and energetically – the season of renewal and growth, is a particularly fortuitous time to begin creating anew, be it a project, a program or your thoughts.

So, Happy Spring & Empowering thoughts!

Neil + Andrea

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- 4 Talking Our Walk by Neil & Andrea Garvey
- 5 Rewilding Our Hearts by Marc Bekoff
- 6 Expanding the Circle by Erica Settino
- 7 Living Simply ... No Matter Where You Are by William Powers
- 8 Veganism IS Environmentalism by Demosthenes Maratos
- 9 On the Taboo Against Knowing Who You Eat by Dr. Will Tuttle
- 10 Calendar of Events
- 12 The State of the Universe by Swami Beyondanda
- 13 Striking Your Spiritual Balance by Lisa Turner
- 14 The Social Potential Movement by Barbara Marx Hubbard
- 15 Interpreting Ancient Artifacts with Modern Perspectives by Daria Brezinski, PhD
- 16 Resources for Natural Living
- 21 Poetry
- 22 Taming Your Outer Child by Susan Anderson
- 23 Creations Book & Product Reviews
- 24 Marketplace
- 26 Media Reviews by Mark Maxwell Abushady

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EDITOR-IN-CHIEF: Neil Garvey

ASSOCIATE PUBLISHER: Lainie Covington

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Rewilding Our Hearts

by Marc Bekoff
Boulder, CO

When human beings lose their connection to nature, to heaven and earth, then they do not know how to nurture their environment or how to rule their world — which is saying the same thing. Human beings destroy their ecology at the same time that they destroy one another. From that perspective, healing our society goes hand in hand with healing our personal, elemental connection with the phenomenal world.

~ Chögyam Trungpa

I've been studying nonhuman animals all my life. As a child, I sensed that other animals had emotions and awareness, and much of my career as a scientist has been devoted to discovering if this was true (it is), and then how and in what ways.

Among researchers and scientists today, there is no longer much debate over this fact. This paradigm shift has been extremely gratifying to witness.

I've also been increasingly concerned with what we do with what we know. How we treat other animals matters a great deal, or at least it should. I have long argued that science and scientists must take into account ethics and morality. It's not enough to say that animals think and feel. This knowledge should affect our actions. It should change how we care for other animals, who, like us, are capable of suffering and also of caring and compassion. And so, I have long made the case, loudly and publicly, that we must give wild and captive (including domestic) animals much more protection than we currently do and recognize and respect them as individuals.

Success in this realm has been much harder to come by. In truth, I believe many individuals would like to see us develop a more compassionate and humane society, one that adequately cares for, and that preserves and sustains the ecosystems and biodiversity upon which we all depend. But it's not easy to change the entrenched practices of industry, business, science, and society. Not only do individuals have less power to change institutional structures and laws, but people can be reluctant to rethink their everyday lives and habits — to change the clothes they choose to wear

and the food they choose to eat, where they shop, and what they do for entertainment — solely to help animals.

It is impossible, or should be impossible, to be neutral on issues of animal well-being, environmental protection, and the effects of climate change. Many scientists like to think science is objective and that they themselves don't have an agenda. Many also think they have no obligation to interact with non-researchers, that is, the public. But even if the aim of science is objective discovery, scientists are subjective. They are thinking, feeling humans with particular viewpoints and a stake in the world, which is how it should be.

Rewilding our hearts is about becoming re-enchanted with nature. It is about nurturing our sense of wonder. Rewilding is about being nice, kind, compassionate, empathic, and harnessing our inborn goodness and optimism. In the most basic sense, "rewilding" means "to make wilder" or "to make wild once again." This means many things, but primarily it means opening our hearts and minds to others. It means thinking of others and allowing their needs and perspectives to influence our own.

Rewilding is a transformative and a personal process. It is a call to action, but primarily to action within our own lives. It is a lens, a way to view the world, that suggests that the combined strength of our individual personal journeys can harness a new global social movement that will help all beings, human and nonhuman alike. By proposing that we "rewild our hearts," I mean just that. Rewilding personalizes what conservation projects try to accomplish in the world by building wildlife bridges and underpasses so that animals can move freely between fragmented areas. I see rewilding our hearts as a dynamic, intimate process that fosters corridors of coexistence and compassion for animals and their homes at the same time that it facilitates corridors in ourselves that connect our heart and brain, our caring and awareness. In turn, these connections, or reconnections, will result in making wiser choices, pursuing heartfelt actions that make the lives of all beings better. Rewilding our hearts and rewilding the human dimension mean redefining the borders in our interactions with other animals and overcoming the cognitive dissonance that abounds globally.

I like to use the word "borders" rather than "boundaries" or "barriers" because the latter words imply a less permeable interface between "them" and "us."

Redefining and softening these borders and distinctions is what rewilding is all about. Because of this, rewilding demands that we employ humility in our interactions with other animals and their homes. We really are the dominant and dominating species, and so, to achieve more equality in our interactions with nature, we need to control ourselves. We need to "be humble in the face of nature's awesomeness." We should regard and approach nature as a friend, one whose welfare matters for its own sake — and even more so because it matters for our sake, too.

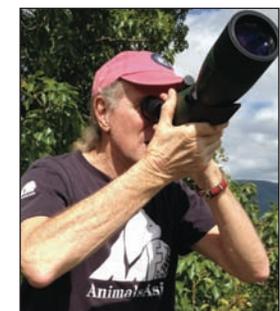
Thus, "rewilding" is a mind-set. It reflects the desire to (re)connect intimately with all animals and landscapes in ways that dissolve borders. Rewilding means appreciating, respecting, and accepting other beings and landscapes for who or what they are, not for who or what we want them to be. It means rejoicing in the personal connections we establish and need so badly. Indeed, I see the process of rewilding as, most of all, a personal journey and transformative exploration that centers on bringing other animals and their homes, all ecosystems, back into our heart. It is inarguable that if we are going to make the world a better place now and for future generations, personal rewilding is central to the process. Laws and public policy won't do it. Instead, each of us must undergo a major personal paradigm shift in how we view and live in the world and how we behave. Researchers agree. For example, conservation biologists Andrew Balmford and Richard Cowling stress that conservation is primarily not about biology but about people and the choices they make. California State University psychologist P. Wesley Schultz notes, *Conservation can only be achieved by changing behavior.*

In other words, though rewilding our hearts is an intimately personal process, its aims are broader and deeper than our personal lives. We must work on long-term solutions of different scales that encompass our society and the globe, for the Earth is really our one and only home. Today, with seven billion of us and counting, our problems will only get bigger and more difficult to solve. Despite our diversity and our differences, if we rewild our hearts with empathy and compassion for all nature, we will find common ground, effective compromises, and practical solutions.

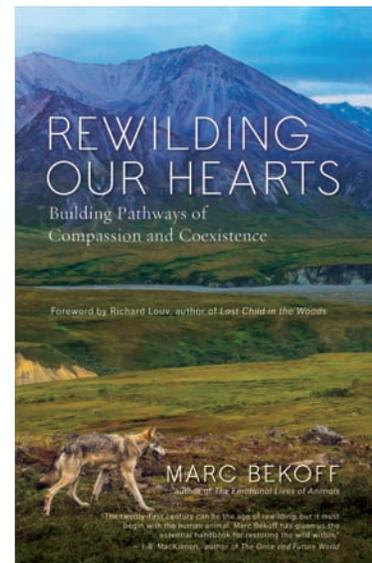
Who could be against a global social movement based on peace, compassion, empathy, and love? Gentle kindness and humility can lead us out of the murky waters in which we are now trying to survive and thrive. We need to establish tight networks of compassion that cross cultures. We simply cannot leave things to chance. We are an exceptional and unique species, and so too are all others.

Despite all the rampant destruction that is going on globally, there are many reasons for hope and to keep our dreams alive. Numerous people around the world — and I meet many of them in my travels — are working hard to make the world a better place for all beings. There really is hope, particularly if we can surrender to the deep-rooted feelings of compassion and empathy that emerge when we connect and reconnect with nature, when we rewild our hearts. We really do feel good when we do nice things for others — when we accommodate their needs and welfare. By rewilding, we get past the false dualisms of us and them, humans and animals, civilization and nature. Rather, we see and cultivate a close and reciprocal interrelationship built on peace, compassion, empathy, and love. There is only all of us sharing a single home that supports everyone. If we allow it to, rewilding our hearts comes naturally — since it is who we and other animals truly are. ✨

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*Marc Bekoff is professor emeritus of ecology and evolutionary biology at the University of Colorado, Boulder. He is the author or editor of over twenty-five books, including *The Emotional Lives of Animals*. www.marcbekoff.com*



EXPANDING *the* CIRCLE

by Erica Settino • Huntington, NY

“The love of awakened motherhood is a love and compassion felt not only towards one’s own children, but towards all people, animals and plants, rocks and rivers—a love extended to all of nature, to all beings. Indeed, to a woman in whom the state of true motherhood has awakened, all creatures are her children”

Amma (Mata Amritanandamayi)

I have joked throughout my pregnancy that should any yoga practitioner choose to put her practice to the test all she need do is become pregnant. For everything we as yogis learn, study, and by extension, apply in our daily lives, can be found in the ever-present, ever-changing challenges and rewards taking place throughout this blissful and blessed process of creating life. For never have I been so aware of the impermanence of all things. And when dealing with something as unpleasant as morning sickness, never have I been so grateful for it. Never has my ego been checked more easily than when the need to put the safety of my baby comes before the desire to kick up into a previously well practiced and now forfeited handstand. These are just some of the basics. Trust me, the list goes on and on.

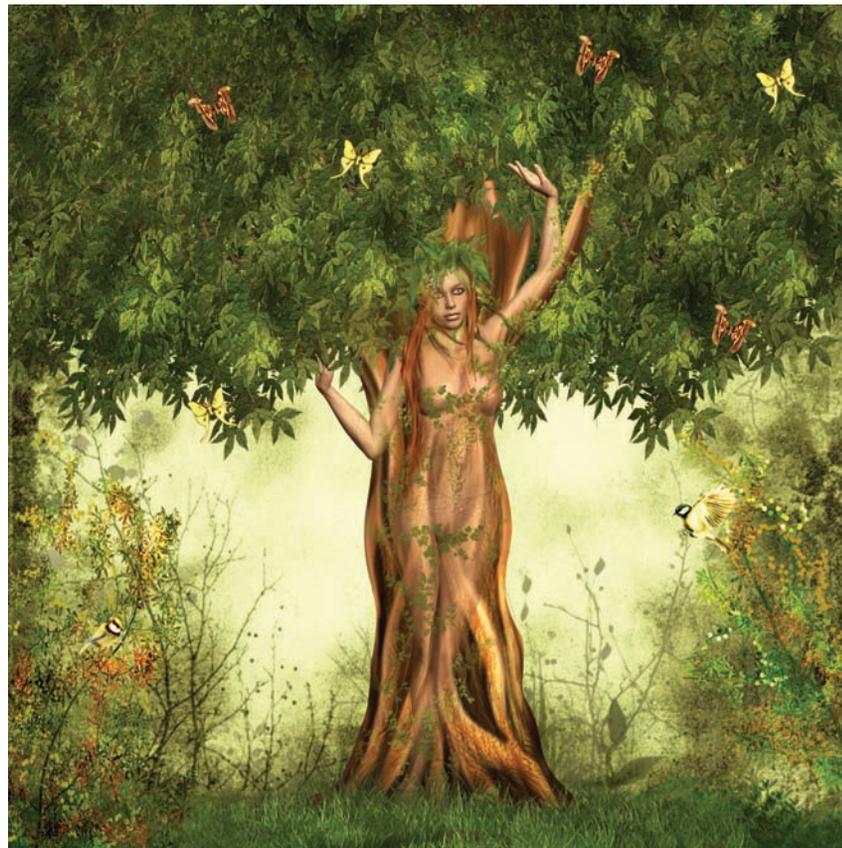
But what about those women who for whatever reason can’t or choose not to become mothers? What about men? It would be wildly unfair and inaccurate to think that those who don’t parent children do not have profound experiences and opportunities that allow them to take stock and recognize the efforts of their practice showing up in other areas of their lives. Off the mat, as we say. And it would be just as inaccurate to think that they can’t understand the love and compassion we as parents feel for our children. For we are all, each and every one of us, the great mothers

and fathers of this earth, and of all her precious inhabitants.

Long before my husband and I made the decision to bring a child into the world we were the caretakers and guardians—dare I say, parents—of six amazing individuals. Each of who just happened to belong to either the feline or canine species. It is thanks to each of these precious beings with whom we were blessed enough to share our lives, that we not only came to the decision to create a child of our own, but also that we felt a readiness to do so. The animals we have loved and lost as well as those we continue to care for today have been some of our greatest teachers and inspirations for how we choose to interact and co-exist with all of the forms of life that dwell here with us, including Mother Earth herself.

A mother’s ability to see and love each of her children equally, and at the same time, as the individuals they are, comes from the same place that dwells within each of us. We are all capable, and in fact, inherently designed to recognize the vulnerability in others and respond with love and compassion. Let’s face it; to be alive is to be vulnerable.

The desires to love and be loved are not inherent only to mothers and their children or even to human animals alone. It has



their lives is how we can move towards a more harmonious relationship with and existence for all.

As the great mothers and fathers of this earth, it is not then, too much to ask of each other and of ourselves, to do the work to awaken and extend the very real, very profound love that we reserve for some to encompass all. It is this alone that enables us to truly mother or parent in the ways which serve the best interest of all of life and of the great Mother herself — without whom every one of us would cease to exist. ✨

Erica Settino is the Editor-at-large of Creations Magazine and a long-time writer, yoga teacher and

animal activist. Through her teaching, writing, and nonprofit organization, *Karuna For Animals: Compassion In Action, Inc.*, she works to promote compassion, non-violence, and kindness for all living beings. Information about Erica and her yoga classes can be found at: www.yogaturtle.net. She and her husband, Chris are eagerly anticipating the arrival of their son, Sebastian Bodhi, in May 2015.



Living Simply ... No Matter Where You Are

by William Powers
New York City

In 2007, I lived for a season in an off-grid permaculture cabin in North Carolina. No Name Creek gurgled through a lush forest, and I befriended the eclectic neighbors — organic farmers, bio-fuel brewers, eco-developers.

I discovered a sustainable but imperiled way of life, and wrote about in my memoir *Twelve by Twelve: A One-Room Cabin off the Grid and Beyond the American Dream*.

Alas, the book triggered angry questions. “It’s easy,” one *Twelve by Twelve* reader wrote, “to find minimalism, joy, connection to nature, and abundant time in a shack in the woods. But how the hell are the rest of us supposed to stay sane in our busy modern lives?” This question was the genesis of my new book: *New Slow City: Living Simply in the World’s Fastest City*.

I received — in fact — a hundred variations of this question after lectures and on radio interviews, and always answered by saying I was living 12 x 12 values ... but in Queens, New York, the home to which I returned after my time in the cabin. But as each year passed, the reader’s doubt increasingly became my own as overwork, material clutter, and the lack of contact with nature — “civilization,” in short — brought me to a point of extreme unhappiness in Queens. Eventually, I too doubted it was possible to live 12 x 12 in a city, and I felt an urgent need to decamp far from urban life.

Not so fast. As I reached this point, my newlywed wife, Melissa, was offered an excellent job that demanded we stay put in New York City, and I suddenly had no choice but to figure out how to take what I’d learned in the 12 x 12 — about the Leisure Ethic, connecting to nature, and living simply — and somehow make it work in the real-world context of a marriage and two careers.

In an attempt to do this, Melissa and I embarked on an experiment. We sold or gave away 80 percent of our stuff, left our 1,600-square-foot Queens townhouse, crossed the Williamsburg Bridge, and moved into a tiny rental: a 340-square-foot “micro-apartment” — roughly two 12 x 12s — in downtown Manhattan.

Melissa and I approached our thimble of an apartment through the ideas of philosopher Thomas Merton, who called his stark monk’s chambers “the four walls of my new freedom.” We stowed a minimal kit of kitchenware, toiletries, clothing, and books as if equipping a houseboat’s trim hull. It was a refreshing purge; the apartment seems to expand with each tweak.

We began to feel our well-being rise in proportion to what’s been shed. A slim metal table in the kitchen welcomes the cutting board; jackets laze on his-and-her hooks; sandals snuggle in their micro-shoe-apartment beside the door.

Beyond this minimalist freedom, I discovered that being “Slow” is not at all Luddite. Slow means cultivating positive qualities — receptive, intuitive, reflective— instead of the fast qualities so common today: busy, agitated, acquisitive.

I began living and working smarter instead of faster. Borrowing from author and entrepreneur Tim Ferris, I spent my Slow Year practicing two principles at the same time: 80/20 and the Hodgkinson’s Principle.

The 80/20 principle says that we accomplish 80 percent of work results in just 20 percent of our time. Conversely, we more or less waste the other 80 percent of our time on a paltry 20 percent of the results.

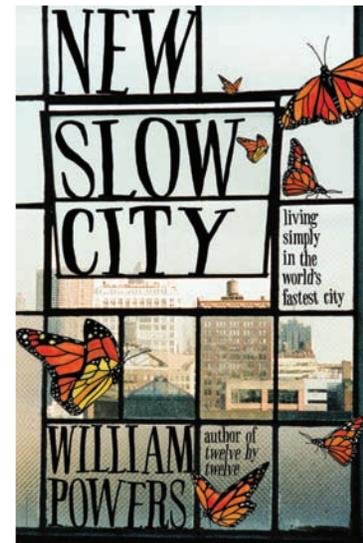
Dutifully, I 80/20ed my life and find that the principle holds true. In one particular week, for example, I looked at all the potential work streams — in international consulting, writing, and speaking — that I *could* pursue, and distilled out that week’s most strategic one in terms of income-to-time-invested and my current level of enthusiasm: a high-end magazine article. Then I overlaid the Hodgkinson’s Principle. Hodgkinson’s says that work expands to fill the amount of time available to accomplish it.

Thus, having chosen the one most critical work activity, I corralled it into a tight timeframe, and found it works: I condensed what might have been five days of work into two! This approach spawned “reverse weekends” for me, where I worked smarter for two-days and took five-day weekends. This is not a utopian idea. Even Carlos Slim, the world’s richest person, recently called for a 3-day work week and Google is increasingly experimenting in lowering hours and thus increasing employee creativity and efficiency.

Other Slow City tools my wife and I discovered in our year’s experiment are:

- **Urban sanctuaries** — Melissa and I began spending more and more time in natural and reflective places right in Manhattan, like Central Park’s Ramble and the tip of Pier 45.
- **“Living at the third story”** — I discovered I only need half my attention on the street level. As the rest of my focus rises up, I notice nut-brown oak branches and green leaves fluttering with white butterflies. An off-turquoise sky. Stretchy clouds. *Ciao stress!*
- **Technology fasting** — We “fasted” from our gadgets for stints, disabling our phones and setting email to vacation mode. This helped the quality of our relationship because we had more time focused on each other.
- **Silent meals** — Even in Manhattan’s fine restaurants, we’d sometimes eat in total silence, deeply savor the food, scents, soundscape, and visual beauty of the restaurant in a meditative manner.

Though not everyone will live twelve-by-twelve, all of us can ask: What’s *my* twelve by twelve? We can find the elusive contours of enough—and live there. Enough is the sweet spot between too little and too much. It starts with each of us creating space to slow down a little and ask the core questions, like: How do we find balance in



a world that is changing more quickly than ever before in history? And how can we incubate a New Slow City that’s saner now and fit for the future? ✧

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Born and raised on Long Island, **William**

Powers has worked for over a decade in development aid and conservation in Latin America, Africa, Native North America, and Washington, DC. He is a senior fellow at the World Policy Institute and is on the adjunct



faculty of New York University. A third generation New Yorker, Powers has also spent two decades exploring the American culture-of-speed and its alternatives in some fifty coun-

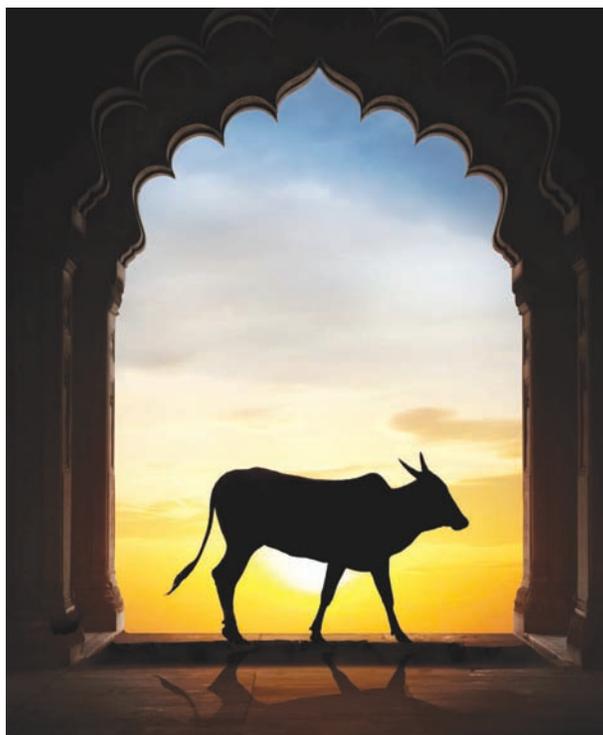
tries around the world. He has covered the subject in his four books and written about it in the *Washington Post* and the *Atlantic*. An expert on sustainable development, he is a freelance writer and speaker. More information at www.WilliamPowersBooks.com.

Veganism IS Environmentalism

by Demosthenes Maratos
Farmingdale, NY

Wednesday April 22, 2015 marks the 45th anniversary of Earth Day, and we are already hearing all the annual awareness campaigns: take shorter showers, drive a hybrid, change a light bulb, recycle, blah, blah, blah. What's noticeably missing in these campaigns is perhaps the single most important thing one can do for the environment: Go vegan and stay vegan.

As Communications Director of the Sustainability Institute at Molloy College, I sat down with every intention of writing a piece that extols the virtues of environmental veganism. As an abolitionist vegan, however, I have a hard time making the case for veganism solely on environmental grounds — not that a compelling argument can't be made from an environmental standpoint. The environmental benefits of being vegan are tremendous, and the environmental toll that animal consumption takes on our planet is frightening. When thinking on this subject I'm often reminded of this now eleven-year-old statement from WorldWatch Institute:



The human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future — deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease.

Even the most casual Internet search about raising animals for human consumption will turn up a number of persuasive environmental reasons to go vegan. And that's a good thing.

That got me thinking, however. Going vegan for strictly environmental reasons is a

basic misunderstanding of what veganism is at its core. I understand that with environmentalism enjoying the spotlight these days, and the green movement having a whole array of "green" products to consume, I might be quickly criticized to suggest that anything done for environmental reasons alone is not a legitimate enough reason. Fact is, I'm glad for the growing number of environmental vegans out there. If concern for the environment gets people thinking about and moving towards veganism, that is great. However, those of us who are vegan because we respect the inherent sentience of animals, must take an active role in moving environmental vegans beyond merely environmentalism and to see veganism for what it really is about: the rights of non-human animals.

From the moment Donald Watson first coined the term vegan in 1944, veganism has been about the rights of animals to be given equal consideration. To this day, veganism continues to be the only logical answer that gets at the heart of animal exploitation. **Being vegan is your everyday statement that things are not right as they are, that you are the person who is standing up in opposition to the exploitation of animals. It is a refusal of a system that produces enormous profits at the expense of animals who are just as sentient as the family dog or cat.** Veganism is, and has always been, about animal rights.

I don't want to be misunderstood so let me say this once again: I'm glad to have people go vegan for environmental reasons. My point is, however; an environmental thrust alone is an insufficient basis for a long-term vegan position, or for a long-term movement seeking to gain animal's important rights. To put it another way, going vegan for solely environmental reasons is quite like opposing the Holocaust because the trains to Auschwitz had a big carbon footprint. I know that is a provocative thing to say, but before getting up in arms, think about the central point I'm making. In both cases, yes, the person is opposed to the holocaust. But all of us would argue that the person making an objection on environmental grounds is really failing to see the larger picture — that genocide is profoundly disgusting and wrong because it violates the inherent rights that we think all human beings should have. Most importantly, I would argue, the right not to be used as a resource.

The point of veganism is recognizing the inherent value of animals as individual beings unto themselves. Though the environmental implications of the exploitation of animals, and humans for that matter, are severe, disturbing and taking a growing toll on our ecosystems, we must however put these concerns within the larger framework of exploitation — one in which the environmental side effects of exploitation are recognized and understood, but not in which they are the central focus of concern.

We need not be silent about the environmental benefits of veganism, but when we do address such benefits, we should point out that, while great, they are very much incidental to the grave moral wrong of exploiting and unnecessarily breeding and killing the innocent. I would be vegan even if it were not environmentally sound, but it's good to know that I can simultaneously be a good environmentalist and a good vegan.

Those of us who are seriously concerned about the environment should take a strong animal rights position. **No other ethical framework has a farther-reaching and more profoundly positive impact on the environment and all life on earth.** If you're not vegan — go vegan. It's really easy when you focus on the victims instead of yourself. If you are vegan — stay vegan. It's better for your health, the planet and all life on earth, but most importantly, it's the ethically right thing to do. ✨

Demosthenes Maratos serves as the Communications Director at the Sustainability Institute at Molloy College. Beginning in the field of environmental advocacy with the Long Island Neighborhood Network in 1989, he now provides community education and fosters informed debate on key issues related to sustainability. Demosthenes' work also includes integrating concepts of sustainability, environmental ethics, and veganism into the curriculum, operations and culture at Molloy College and the larger Long Island community. He hosts the Institute's Sustainable Living Film Series that boasts an entirely vegan menu at each screening, and makes the ethics and environmental benefits of veganism a central focus of each event. Demosthenes is featured in the 2014 documentary film, **Cowspiracy: The Sustainability Secret**, holds a degree in Sociology from St. John's University, and has been vegan since 1989. The Sustainability Institute at Molloy College is a proud sponsor of the 2015 New York Vegan Living Program. See ad on p. 27.

On the Taboo Against Knowing Who You Eat

by Will Tuttle, Ph.D.
Healdsburg, CA

The suppression of awareness required by our universal practice of commodifying, enslaving, and killing animals for food generates the “built-in mental disorder” that drives us toward the destruction not only of ourselves but of the other living creatures and systems of this earth. Because this practice of exploiting and brutalizing animals for food has come to be regarded as normal, natural, and unavoidable, it has become invisible.

Though it is fundamental, it continues to be virtually ignored in the ongoing public discourse about why we have the problems we have and how we can solve them. This lack of mindfulness is tragic in the classical sense. It obviously derives from the fact that the writers, speakers, researchers, theologians, doctors, politicians, businessmen, economists, and those who are in positions of leadership and influence, as well as those who are not, all regularly eat foods derived from cruelly treated animals and would prefer to collectively ignore the disturbing consequences of this behavior.

Our culture encourages us all to be omnivores. “Eating everything” has become an apt description of our culture as it consumes and ravages global ecosystems. It is ironically true on an individual level as well. Because of the industrialization of food production, we eat artificially colored, flavored, refined, processed, irradiated, engineered, and chemical-laden products that confirm we will eat virtually anything and everything. We are relentlessly pressured by corporate advertising to swallow anything, and thanks to our well-practiced ability to insulate our awareness from the horror we regularly consume during our meals, it’s easy for us to similarly block our awareness of the toxic chemical preservatives and residues in our food. We may even pride ourselves on not being choosy about what we eat. Besides leading

to reliable profits for the medical and pharmaceutical industries, this mentality leads to our co-creation of a culture that is “omnivorous.” Its voracious appetite hungers to consume virtually everything, transforming the beauty and diversity of nature into the gadgets, toys, and foods we crave and that never satisfy our inner hunger but lead inevitably to distraction, addiction, frustration, and environmental devastation. Animals, ever vulnerable, bear the burden of our voracious hunger. Their suffering returns, in the end, to us as well.

Eating animals is thus an unrecognized foundation of consumerism, the pseudo-religion of our modern world.

Consumerism can only flourish when we feel disconnected and yearn to placate this by consuming, which is a warped attempt at reconnecting with the larger order. Because our greatest desensitization involves eating—our most sacred, essential, and defining act of consuming—we inevitably become desensitized consumers with increasingly voracious appetites. Through commodifying animals, we have ironically and unavoidably constructed a system that ultimately commodifies us as well. Our net worth is measured in dollars, as cows are sold by the pound.

Because virtually all of us are omnivores, our cruelty is invisible and unmentionable, like an enormous family secret. John Bradshaw, Virginia Satir, and others who have been attempting to illuminate the psychological repercussions of dysfunctional families over the last twenty-five years have emphasized that the more dysfunctional a family is, the more secrets it has. The secrets are the ongoing addictive and abusive behaviors that are never discussed. Child abuse, sexual abuse, drug addiction, and alcoholism have been cultural secrets that, in order to be healed, must be brought into the light, fully acknowledged, and then worked through in open discussion. In dysfunctional families, the secrets and shadows stay buried and painfully unresolved, manifesting as shame, suicidal behavior, aggression, violence, emotional distancing, and psychological numbing. The biggest

secret our dysfunctional cultural family has is our horrific brutality against animals for meals, and this shadow drives us into violent and suicidal behavior. The secret is never mentioned or even recognized in our ongoing discussions of dysfunctionality because, being omnivores and thus complicit perpetrators of abuse, we don’t want to talk about it. Our efforts to understand family dysfunctionality can thus raise consciousness only to a certain extent. These efforts are vital, though, because they’re part of the necessary preliminary work for facing the larger, deeper, more

fundamental, and more ruinous shadow secret: our relentless and hidden abuse of animals for food.

The remorse and grief we suppress about the horror we routinely and efficiently inflict on animals in order to eat them is natural and healthy. People who kill or torture others without remorse appall us, and we lock them up as sociopaths and psychopaths. Yet we torture and kill animals who feel pain and fear just as we do, and though we try to ignore and discount their suffering at our hands, we know, deep down, that it’s unnecessary, horrifying, and immoral.

There is a German saying, *Übung macht den Meister*: practice makes the master. If we practice golf and tennis, we become proficient at golf and tennis, and golf and tennis become part of us and part of our way of being. If we practice music, art, drama, or martial arts, we become proficient in these, and they influence us and become part of our way of being. If we practice generosity, kindness, and thoughtfulness, we become skilled at being more generous, kind, and thoughtful of others, and these qualities become part of our way of being. If we practice killing, lying and stealing, we become adept at killing, lying and stealing, and these activities become part of us and part of our way of being. By relentlessly and assiduously practicing the ability to disconnect the reality of the flesh, cheese, or egg on our plate from the reality of the misery, we have become masters at reducing feeling beings to mere objects, to tools, to means, to property. We

have become skilled at being numb and switching off, at not feeling sympathy for the suffering that we demand by our desire to eat animal foods. We have become masters of denial, absolutely refusing to register in consciousness the consequences of our actions. This denial becomes a sort of paralysis that prevents effective and innovative action. Practiced since infancy, our daily rituals of eating have made us highly skilled in the art of objectifying others. This is an enormous tragedy and we have hardly allowed ourselves to become aware of it.

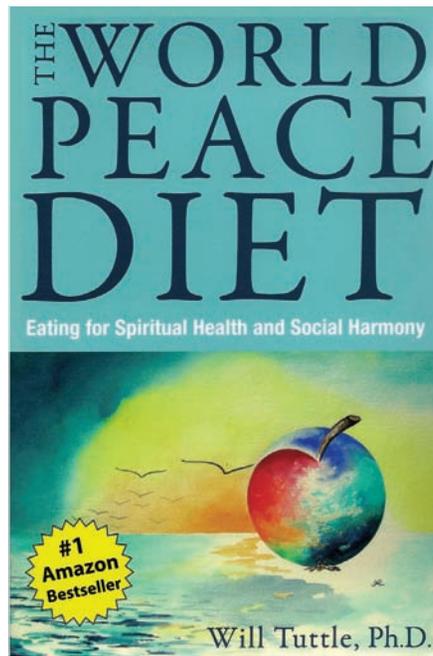
In our churches, ministers often speak about the tragedy of loving things and using people, when we must instead love people and use things. After the services, people eat meals in which animals have become things to be used, not loved. This action, ritually repeated, propels us into using people just as we use animals—as things. We all know in our bones that other animals feel and suffer as we do. If we use them as things, we will inevitably use other humans as things. This is an impersonal universal principle, and ignoring it doesn’t make it go away. It operates with mathematical regularity as Pythagoras taught: what we sow in our treatment of animals, we eventually reap in our lives. Because it is a taboo to say this or make this fundamental connection in our herding culture, we can go to church assured that we will not be confronted by the discomfiting entreaty to love all living beings and to use none of them as things.



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Dr. Will Tuttle, author of the acclaimed best-seller, **The World Peace Diet**, is a recipient of the Courage of Conscience Award. A vegan since 1980 and former Zen monk, he has created eight CD albums of uplifting original piano music. The co-founder of Circle of Compassion, he is a frequent radio, television, and online presenter and writer. With his spouse Madeleine, a Swiss visionary artist, he presents over 100 lectures, workshops, and concerts annually throughout North America and Europe. Visit: www.worldpeacediet.com.



CALENDAR

OF EVENTS

ONGOING EVENTS

MONDAYS

ROOM TO CREATE WOMEN'S STRESS MANAGEMENT GROUP— Gently begin the journey towards stress & pain relief and self-discovery. Learn techniques of meditation, self-awareness, and creative expression in an intimate supportive group setting. 9:00-11:00AM in E. Northport. roomtcreate@yahoo.com (516) 965-4175. roomtcreate.wix.com/northport.

TRANSMISSION MEDITATION — offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-791-1485 for more info and location in Valley Stream.

SHAMANIC MEDICINE WHEEL GROUP for healing and personal transformation. Meditation, drumming, journeying with Irene Siegel. 7:30pm, Huntington. Call for info and registration, (631) 547-5433, www.CenterPointCounseling.bz.

A CIRCLE OF WOMEN presented by Moonfire and The Women's Ways Mystery School gathers monthly. Celebrating the sacred in every woman since 1990. Now in ISLIP TERRACE, SOUTHAMPTON, NYC, Chappaqua, NJ, CT, NH, MA. 631-287-9000, www.MoonfireMeetingHouse.com, http://womensways.typepad.com/circle.

MONDAY NIGHT ALIVE! WITH ARIEL & SHYA KANE — You can have a stress-free, utterly successful, satisfying, and easy — that's right, *easy* — life. These fun, lively and interactive seminars will show you how. Location: Skyline Hotel, 725 Tenth Ave. at 49th Street, Penthouse Ballroom; Fee: \$20. Call 908-479-6034 or visit www.TransformationMadeEasy.com/Mondays to pre-register. Walk-ins welcome.

REIKI HEALING CIRCLE. 2nd Monday of every month, 7:30 to 8:30PM, Love Offering, Contact Elena Calderaro, RMT, 631-339-3726. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

TUESDAYS

REIKI MEDITATION AND HEALING CIRCLE from 6:30 - 8:00PM on the 2nd and 4th Tuesday of each month with Dr. Carrie McDermott. Please email carrie@laughstrom.com to register.

PSYCHIC PALM/TAROT/MEDIUM READINGS by Roni Todd. Private Readings in Roni's Psychic Sanctuary. Tuesday or Wednesday by appointment only. Call 516-889-3732.

5RHYTHMS® - DANCE - MOVING MEDITATION A fun workout for Body, Mind, and Soul. No choreography, no steps to learn. Perfect for any body type. 7:30PM at Long Island Center for Yoga, Babylon. Please see http://5RhythmsLongIsland.com for complete and up-to-date schedule.

MEDITATION GROUP— 4/15, 5/5, 7:30 — 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

PSYCHIC DEVELOPMENT GROUP— 4/28, 5/19, 7:30 — 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

NEW! THE 9 DIMENSIONS OF CONSCIOUSNESS SERIES— Rescheduled: 4/21 — Introduction, Levels 1 & 2; 5/2 — Levels 3, 4. 7:30 — 9:30 PM, Smithtown. Registration: 631-724-9733, www.lightawakenings7.com.

WEEKLY WORKSHOPS on a variety of spiritual topics. Email for changing schedule. GatheringLT@aol.com. Everything from Past Lives to Getting God all Wrong! 7-9PM. Each one is unique. 95 Old Country Rd., Melville at PCSH. Or call 265-3822.

WEDNESDAYS

NORTHPORT SPRING PSYCHIC & MEDIUMSHIP DEVELOPMENT with Winter Brook, Psychic Medium Eight (8) Classes April 15 - June 17, Wednesdays 7:30PM — 9PM. www.winterbrookmedium.com/calendar for further details. \$250.00. (see ad p.16)

THURSDAYS

TRANSMISSION MEDITATION — offers an unparalleled opportunity to serve humanity in a simple yet very potent manner. By participating in this unique form of group meditation, you assist the Masters of Wisdom in the healing and transformation of the world, accelerating your own spiritual evolution in the process. 6:30PM. Call 516-729-0664 for more info and location in Farmingville.

PSYCHIC PALM/TAROT READINGS by Roni Todd at A Time for Karma, 14 S. Village Ave., RVC, NY. 1-6pm. (516) 889-3732.

JAN GUARINO WILL BE TEACHING HER FEARLESS WATERCOLOR TECHNIQUES at the Art League of Long Island. Learn to trust your instincts with color, and allow blossoms, drips and splatters to work for you. Plan to have fun and lose your anxiety of watercolors - hold onto whites, increase contrast and fill your painting with color. 631.462.5400 www.artleagueli.org.

FRIDAYS

MOONFIRE MEETING HOUSE presents our "Men's Long Island Talking Stick Circle" on the first Fri of the month. Open to men searching for Balance, Courage and Brotherhood. 631-287-9000; www.MoonfireMeetingHouse.com.

SATURDAYS

SPIRITUAL FELLOWSHIP — GATHERING OF LIGHT - Are you looking to deepen your spiritual connection? We welcome all faiths, beliefs, and traditions. Come join like minded people in community. Saturday 10 AM. www.gatheringoflight.org 631-265-3822.

SPIRITUAL DISCUSSION 1st Saturday of every month, 10AM-12Noon. Traveling a spiritual path is a journey of discovery and is always easier when undertaken with the fellowship of other like-minded people. Our Saturday discussion is for those who would like to share their journey with like-minded friends. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

MAGICAL, MYSTICAL PSYCHIC READINGS with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM — 5:30PM. Readings can include: Astrology, Tarot, Channeling your spirit guides, Angels and Mediumship. Fridays also. For appointment call 516-445-4242. www.karmickat.com.

ENERGY HEALING — Reiki, Vortexhealing®, and Healing with Archangel Metatron, with Rev. Pauline Southard at A Time for Karma, Rockville Centre. 12:30PM - 5:30PM. Fridays also. For appointment: 516-445-4242. www.karmickat.com.

SUNDAYS

THE TEMPLE OF METAPHYSICAL SCIENCE, NSAC— Come join us in our search for Spirituality & Inner Peace. The American Legion Building, Baker Street & S. Ocean Ave., Patchogue. Healing & Service: 11AM. (800) 316-1231. (See ad p.25)

SEARCHING FOR YOUR LIFE'S PURPOSE? We provide tools to transform your personal life & help make the world a better place. Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 10:30AM. 516-822-9314. www.csl-longisland.org. Children's Activities (Ages 4-12), 2nd and 4th Sundays, 10:30 to 11:30 The Junior Center will be held twice a month. (See ad p.20).

SUMMERLAND CHURCH OF LIGHT, NSAC Return to your Spiritual Home each Sunday at 10 am in our loving sanctuary, where all truth and knowledge-seekers are welcomed. 120 Plant Avenue at Oser Avenue, Hauppauge. 631-316-1588. (See ad p.13)

SPECIAL EVENTS

MARCH 28

SOUND HEALING AT INNER SPIRIT YOGA with Andrea Garvey. Saturday, 2-4PM. Please visit www.innerspiritryoga.com click on YOGA and then EVENTS for details.

APRIL 9

SOUND HEALING ON ABUNDANCE AT TEMPLE OF METAPHYSICAL SCIENCE with Andrea Garvey. American Legion Hall (corner of Baker St. and South Ocean Ave.), Patchogue, NY. 7:30PM - 9:30PM. Space is limited. Please email Joan at JoanRosenberg@aol.com to reserve your spot. You can come without reservation, but once the room maximum is reached, no one will be allowed in over the fire code max, and reservations have priority.

APRIL 10

EVENT: MEET THE PSYCHICS This program will bring you the opportunity to get up close and personal with our gifted readers, mediums and psychics. The audience will be seated in one of five semi-circles, and five psychics will each spend 25 to 30 minutes in each circle before rotating to the next circle, allowing all attendees the opportunity to interact with all of the psychics in an intimate environment. Friday, 8:00PM. Most of these gifted metaphysicians will be doing readings at our Spring Festival, Sunday April 12. Members: \$10 Non-Members: \$15. No pre-registration Required. 201 Levittown Pkwy, Hicksville, 516 731-0909, eyesoflearning.org.

APRIL 11

MEDIUMSHIP DEVELOPMENT WORKSHOP WITH ROBIN HODSON - 10AM to 5PM, Summerland Church of Light, 120 Plant Ave., Hauppauge; Cost: \$90. See ad at: www.summerlandchurchoflight.org. 631-316-1588.

KIRTAN WITH WYNNE PARIS 7:30 pm, St John's Episcopal Church, 100 South Main Street, Southampton, NY. 631 287-6538, please visit our website: hamptonskirtan.com for additional info.

APRIL 12

2015 SPRING FESTIVAL Sunday, 11AM to 5PM Please join us for the Eyes of Learning's most popular event. Spend a day with "like minded individuals" and make some new friends! You can "give back" to the Eyes of Learning through your annual membership dollars and by generously supporting our festival vendors. A token admission fee of \$5.00 will gain access.

201 Levittown Pkwy, Hicksville, 516 731-0909, eyesoflearning.org.

APRIL 17

SIMONE M. MATTHEWS WORLD TOUR Free talk Sacred Ancient Wisdom hosted by BE the example! 6:30-9:30PM at BTE Center for Conscious Living in Muttontown. Register @ eventbrite.com.au. For more info contact debbie@betheexample.org.

APRIL 17-19

WOMEN'S SOUL SATISFACTION RETREAT Repower and Replenish at the beautiful Gurney's Resort & Seawater Spa in Montauk, NY. thethahealingartsli.com/retreats

APRIL 18-19

ESSENCE OF ANGELS® CERTIFICATION COURSE with Simone M. Matthews hosted by BE the example! 9:00-6:00PM both days at BTE Center for Conscious Living in Muttontown. Register @ eventbrite.com.au. For more information contact debbie@betheexample.org.

APRIL 19

OHM TUNING FORK WORKSHOP - Learn about the healing effects of vibrational sound therapy using Acutonics® OHM Tuning Forks. Attend this one-day workshop in Huntington Village on Sunday, 9:30 - 5:00. Contact: (631) 848-8856 or donna@soundhealingpathways.com. Reserve your spot!

APRIL 21

9 STEPS TO A PASSIONATE LOVING PARTNERSHIP TELECLASS For women in a relationship looking to transform it. Free Class, Tuesday, 7:30PM. Call Nanci, 516-897-0649. Passionatelovingpartnership.com.

APRIL 23

9 STEPS TO A PASSIONATE LOVING PARTNERSHIP TELECLASS For single women who want to create a passionate loving partnership. FREE Class, Thursday, 8:30PM. Call Nanci, 516-897-0649. Passionatelovingpartnership.com.

PLANET HEART'S 9TH ANNUAL WORLD PEACE "MOTHER" EARTH DAY CELEBRATION - Come and join us in a high vibes conscious community gathering in UNITY to honor Mother Earth with world leader panelists, indigenous ceremony, prayers, call to action, and live music performances with Host and MC Alan Steinfeld of New Realities TV. Thursday, 7:00PM - 11:00PM. \$15 in advance, \$20 at the door. St. John's Lutheran Church, 81 Christopher St. For tickets and info: www.planetheart.org, or contact earthday@wetheworld.org.

APRIL 24

MOVING FROM EMPTINESS: THE LIFE AND ART OF A ZEN DUDE: FILM SCREENING AND DISCUSSION Friday, 7:00 to 9:00 PM, Free Admission, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville. 516-822-9314. www.csl-longisland.org.

APRIL 25

LONG ISLAND FOOD CONFERENCE Saturday, at Hofstra University, Hempstead, NY. A forum to educate people about growing food, making healthy and sustainable food choices, and incorporating broader policies and programs that affect food sources in our communities. Admission is \$25 for adults, \$15 for college students, and free for Hofstra students and children. Sponsorship and exhibitor opportunities available. For more information, please visit www.lifoodconference.com or call North Shore L and Alliance at 516-626-0908.

APRIL 26

ALL KIDS FAIR — Part health/wellness fair, part activities/education expo. 80+ exhibitors. 24 kids' classes (all ages). FREE: valet parking, face painting,

balloon animals, food samples, and character visits. Meet QuackerJack! Camps, party places, special needs, kid's products and more! Come with or without your kids. Melville Marriott. 10AM-4:30PM. \$5 ages 3+. 516-621-1446 www.AllKidsFair.com.

MAY 2

22ND ANNUAL BELTAINE FESTIVAL –

Guest speakers, live performances, vendors, readers, workshops, maypole dancing, raffles & more! Bring a dish for pot-luck feast following open ritual. Suggested donation of \$5, \$4 with donation for LI Cares. UUFH Huntington, NY. Saturday, 10AM-6PM www.longislandbeltaine.org, longislandbeltaine@gmail.com.

MAY 3

SPIRITUAL AWARENESS SEMINAR –

A gathering of spiritual teachers and healers. Sunday, 1-5:30PM. Islandia Marriott. Tickets: Paul Saladino - 631-588-4340. (see ad p.27)

NAVEL EXPO – 50 Speakers and 80 Exhibitors. Huntington Hilton, 9AM - 8PM. navelexpo.com 516-596-8974. (see ad p.26)

MAY 15

KIRTAN WITH DEVADAS 7:30 pm, St John's Episcopal Church, 100 South Main Street, Southampton, NY. 631 287-6538, please visit our website: hamptonskirtan.com for additional info.

MAY 16

WELLNESS DAY @ THE MEADOW CLUB An enlightening experience of yoga, kirtan, spiritual readings, and more. Saturday, 9:30AM-2PM. Registration: 631-928-3800, Indu@TheMeadowClub.com. themeadowclub.com (see ad p.20)

T.O.U.R. – TOTAL ORGANIC

UNDERSTANDING RIDE – 14 Mile bike ride from Tobay Beach Park, Massapequa, NY. Saturday, 11-4PM. Participation Riding Organic Cotton T-Shirts - Adults: \$25, Children, \$19. Contact Madeline, 631-946-9725 or MOMMASORGANICS@GMAIL.COM, Visit: www.mommasorganics.com.

MAY 17

SCOTT KALECHSTEIN GRACE – Sunday, May 17th, 2015, 1:00 to 4:00 P.M., Workshop Fee: \$35, Center for Spiritual Living Long Island, 17 Maple Place, Hicksville., 516-822-9314. www.csl-longisland.org. Scott will be our guest speaker and musician at the 10:30 AM service and present his workshop "Manifesting with Ease" in the afternoon. "Manifesting with Ease" is an afternoon workshop dedicated to letting go of old beliefs that create struggle and scarcity, and towards allowing ease to be your compass and guiding light. Easy does it! Ease really does do it, and many of us forget that working smarter, not harder, is the secret to success. Scott is the author of *Teach Me How to Love*.

CONCERNED ABOUT THE WORLD?

DISCOVER TRANSMISSION MEDITATION

If you are searching for a potent, yet easy way to serve, Transmission Meditation may be the opportunity you've been looking for. Cooperating with the Masters of Wisdom, Transmission does not interfere with any other spiritual practice and is always FREE. Join us for an Introduction to Transmission Meditation. Sunday, 1:00PM-3:30PM, CRS, 123 4th Ave, 12th St, NYC. No res. needed. www.transmissionmeditation.org, 718 200-7965.

MAY 19

9 STEPS TO A PASSIONATE LOVING

PARTNERSHIP TELECLASS For women in a relationship looking to transform it. FREE Class Tuesday, 7:30PM. Call Nanci, 516-897-0649. passionatelovingpartnership.com.

MAY 21

9 STEPS TO A PASSIONATE LOVING

PARTNERSHIP TELECLASS. For single women

who want to create a passionate loving partnership. FREE Class Thursday, 8:30PM. Call Nanci, 516-897-0649. passionatelovingpartnership.com.

JUNE 6

KIRTAN WITH HUDOST 7:30 pm, St John's Episcopal Church, 100 South Main Street, Southampton, NY. 631 287-6538, please visit our website: hamptonskirtan.com for additional info.

JUNE 11

SOUND HEALING ON INTUITION AT TEMPLE

OF METAPHYSICAL SCIENCE with Andrea Garvey. American Legion Hall (corner of Baker St. and South Ocean Ave.), Patchogue, NY. 7:30PM - 9:30PM. Space is limited. Please email Joan at JoanRRosenberg@aol.com to reserve your spot. You can come without reservation, but once the room maximum is reached, no one will be allowed in over the fire code max, and reservations have priority.

JUNE 20

KIRTAN WITH WYNNE PARIS 7:30 pm, Locations TBA. 631 287-6538. Please visit our website: hamptonskirtan.com for additional info.

UPCOMING EVENTS

BACH FLOWER REMEDIES LEVEL 1 VIA WEB

AND HOMESTUDY - Learn how to use Bach flower remedies to reduce stress, fear and worry. Improve focus and well-being for yourself and others. This complementary treatment modality is compatible with all other healing methods. Courses approved by Bach Centre, UK. 3 tiered training leads to practitioner registration with Bach Centre. Level 1 available online or via correspondence. Open enrollment, course materials available 24/7. Info & enrollment at www.bachflowereducation.com.

THE SACRED WALK STUDY PROGRAM -

Two year experiential learning focusing on advanced hands-on healing techniques, personal transformation, developing intuitive skills, energy psychology, and establishing relationship to the soul. Modalities such as Acupuncture, Naturopathy, Sound Healing, Chiropractic, etc., will be presented to encourage a broad-spectrum knowledge in the world of complimentary and alternative medicine. Meeting dates and Suffolk County hotel location TBA. Contact Theresa Walsh @ 516-851-2745 or Theresa@thesacredwalk.com, www.thesacredwalkstudyprogram.com

HAS YOUR INTUITION BEEN AWAKENED

TO ITS POTENTIAL? Learn more than a dozen types of intuitive readings. Find which awaken yours. See website for complete agenda. 3-Day Workshop 4/21, 4/25 & 4/26 7-9PM. Is Stress Eating Away At You? BioFeedback measures stress causing energy imbalances and health effects. Biofeedback clears blockages. 5/19, 7-9PM. SelfEmpoweredMinds.com, 917-658-1660. Edgar Cayce, 241 West 30th St., NYC.

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Swami's State of the Universe – 2015:

Cosmic Comic Pundit Swami Beyondananda Calls for Evolutionary Upwising

Swami Beyondananda

“Either we will have an awakening, or there will be a wake.”

~ Swami Beyondananda

Greetings, Mirthlings!
Welcome to the
state of the Universe
– which is of course, ever-
changing, same as always.

So ... are you finally ready to live in the now?

With time rapidly becoming a thing of the past (the calendar's days are numbered, you know) people are living in the now like never before. Listen, I know. I was a futurist in a past life. But now, I have no time for time. I am living all the time in the Timeless Now. I think they call that All-Timers.

Meanwhile, here on Earth – or as it is known throughout the galaxies, the Comedy Channel – a critical mass of the heretofore uncritical masses are awakening to a serious truth. There's something funny going on.

Take politics – *please*. America's two political parties spent \$4 billion on the last election and it worked – the American people were soundly defeated. Once again the Golden Rule was overruled by the rule of gold, and the Constitution overrun by the prostitution. The result is government in *greedlock* and rule by a one-party system where we the people haven't been invited to the party.

We don't exactly have a name for this new system, although I think *Futilism* describes it pretty well. Thanks to government for hire, voting has devolved into an act of futility. Whether we vote Democratic or Republican, we seem to end up with *Dempubliocrats* running things.

Now some mystics – *pessimystics* they are called – would look at this “shituation” and see a glass 95% empty. As an *optimystic* I take the exact opposite position. I see a glass 5% full.

Yes, there is good news. An evolutionary *upwising* is afoot, and left and right are coming front-and-center around a new common sense consensus. In Colorado

and now two other states, this has meant legalizing cannabis. So what does this mean, other than in the Mile High State you can now legally get a mile higher? For one thing it means a blooming economy selling transcendental medication. Science is now finding that humans have THC receptors in the part of the brain called the *hippiecampus*. When this area is stimulated, people see farce fields and laugh at invisible jokes.

There's an old saying – and I know it because I myself made it up many lifetimes ago – the truth shall upset you free. Once again in 2014, inconvenient truths exposed convenient lies. For example, now everyone knows our government is spying on us, and Public Enemy Number One appears to be none other than – the public. Maybe the NSA needs to be balanced out by another three-letter organization, the ICU – Independent Citizens United, where citizens who intensively care about the rule of law can say, “I see you” and begin to oversee what we have until now chosen to overlook.

From Monotheism to Stereothoism, and a REAL Conspiracy

There was another sign of the upwising in 2014. Pope Francis took a stand for social justice, making the Catholic Church more *non-dominational*. And boy, are those purebred dogma breeders upset! It just goes to show that maybe you CAN teach an old dogma, new tricks. Maybe monotheism is evolving into stereothoism, where the same truth comes from multiple speakers, in many different languages, and some with no language at all. After all, there is no harm in harmony, and no sin in synergy. And in the end, every dogma must answer to the same Master. Maybe if religions evolve in this way, John Lennon could imagine “no religion too” becoming “all religions true.”

And for those of us who want peace in the Middle East? Let us first try peace in the Middle West. A first step is to quiet our own barking dogmas, and listen to the silence. Instead of just following the herd, follow the unheard ... right into your own heart. Imagine, Americans from all tribes coming into the same space of silence, and breathing together. Now that would be a REAL conspiracy, and could expose and help us overgrow the con's piracy we have now.

The evolutionary upwising calls on people everywhere to rise above the identity issues

that each side serves up as dogma chow, and instead focus on the *identical* issues we face now – like being passengers and crew on Spaceship Earth, citizens and denizens of Gaia.

So, come on you Gaians! Time to show your species' pride. And time to evolve from children of God to adults of Good. Yes, I know. We are collectively in this awkward tween phase called addled-essence. Our essence has been addled by obsolete myth-conceptions.

A Three-Step Plan to Launch the Upwising

So, how do we un-addle our essence? How do we launch this upwising to turn the funk into function, and leave the junk at the junction? I'm glad I asked that question.

I have created a three-step program that is mathematically proven to work four times faster than 12-step. If we want to have an upwising, we must wake up ... wise up ... and show up. We must wake up to the awful truth and the awesome opportunity. Yes the world is in serious condition, largely due to our conditioning to be serious. Seriously.

And if the problem is serious, then the solution has to be humorous, right? So we wake up laughing as we recognize that we've been running around in circles, chasing our *tales*. These tales usually tell us that happiness is somewhere “out there.” It's a sure sign of the upwising when those who've been in hot pursuit of happiness get struck by enlightening and realize, “Gee, I must have run right past it.”

And in this moment of fool-realization, we fully realize our foolishness and laugh in our own face. This is called self-facing laughter, and it helps us illuminate our world from the inside out. People ask me all the time, “How can I uplift humanity?” I take one look at their doomy and gloomy expressions and I say, “You can begin by uplifting the corners of your mouth in a smile.” When you feel the *levitational* pull giving you a natural face-lift, you are literally overcoming gravity.

Hearty laughter brings us from the static of the head to the ecstatic of the heart, and we take the second step to upwising – we wise up loving. It has been said that the more we expand our hearts the less we will need to shrink our heads. **Beliefs lie**

in our head, love lives in our heart. So ... are you going to believe those lies? Or live that love? When you sacrifice being happy for being right, you know what they call it? *Smartyrdom*.

With laughter and love helping us wise to the occasion, we take the third step. We show up, living and giving. Each of us has been given a special gift, just for entering. So you are already a winner. We are all here to let our light fully shine – the enlightened ones call this *full-filament*. It is true that the unexamined life is not worth living, and equally true that the un-lived life is not worth examining. To “show up” means to live life fully, and *foolly*, laughing all the way. Make a bucket list of all the undertakings you wish to undertake before being overtaken by the undertaker. Express your unique love in the world, and make your life a work of heart.

Bring your gift to the party, and show up for the greatest show on earth – REALITY! You know, reality. That's reality TV without the TV. What a movie we're in! A cast of 7 billion, and all of humanity is in the hero's role. And the whole world is on the edge of its seat. Will we achieve critical mass before we reach critical massacre? Will there be an awakening, or a wake? As the great baseball player / philosopher Willie Mays once said, “That's what we're going to play the game to find out.”

I end this 2015 State of the Universe with good news. When it comes to transformation, we have all the time in the world. And that time is now. May we wake up laughing and leave laughter in our wake. ✨

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Swami Beyondananda is a noted social uncommontator and spiritual political pundit (If anyone punned it, Swami punned it first) and is the alter ego and brainchild of author and humorist Steve Bhaerman. Steve and Swami can be found at www.wakeuplaughing.com and on Twitter @swamibe.

Striking Your Spiritual Balance

by Dr. Lisa Turner

It seems as if many people are spiritual these days, and I can't help noticing that there's a lot of telling others how spiritual they are. You could be forgiven for thinking that being spiritual these days is all about how much, how often and how loudly you tell others about your spirituality.

Have you ever met someone who makes a point of telling you they are spiritual? Perhaps they were wearing red, vegetarian sandals and telling you about the amazing spiritual experiences they've had or how they like to meditate and can't stand loud noise. They may even tell you about how often they ask their angels for help and advice. And if you're the sort of person who gets put off by this great "show and tell" of spirituality, you're certainly not alone.

On the other hand, although being spiritual is much more acceptable than ever

before, there are a lot of diehard sceptics (cynics) out there who love to ridicule those who claim to be spiritual. These sceptics will be equally adamant that spirituality is illogical or unscientific.

Being spiritual does not have anything to do with what you say, or wear, or do. It's not even about what you choose to believe. Being spiritual is just that. It's about who you're BEING, not what you DO. **Being spiritual is how connected you feel to the source, whatever that "source" is for you.** It might be simply your source of inspiration and intuition, or you might call it God, the Universe, Great Spirit, Great Mystery or something else entirely. What you call it doesn't matter. Being spiritual isn't about how you behave overtly. It's about what you experience in the comfort and privacy of your own mind. And most of all, it's about how you show up in the world.

There's a saying in Huna: "effectiveness is the measure of truth" What this essentially says is that how effective you are at solving, avoiding or overcoming challenges, how much difference you make in the world is the measure of how true you are being to your spiritual principles. In essence, it's how grounded you are.

Notice how different this is to how many new-age spiritual people show up. They are often broke, frustrated, and not living the life they choose. Even if they tell you how "at peace" they are, it's easy to sense an undercurrent of unhappiness and even bitterness and resentment.

So how can you truly find your spiritual balance? How can you be true to your spiritual beliefs whilst staying grounded and effective? Well let's take a look at some do's and don'ts

First here's how NOT to be spiritual

1. Tell everyone how spiritual you are, always, loudly and often. Make sure that you have a subtle sense of superiority, and pity for those who haven't yet seen the light. Spend more time talking about your amazing meditation experiences than you do on actually meditating.
2. Insist on eating a really unusual diet. But then get caught eating a bacon sandwich when it suits you.
3. Wear weird clothes, so you stand out. But make sure they are the exact same weird clothes that all other spiritual people wear.
4. Be broke. And also slightly superior and proud for how little you earn.
5. Say "spirit told me" when you want to do something or to avoid doing something you don't want to, even if it causes others problems. Make sure you emanate a sense of victimhood in the process, as if there's nothing you can do about it and that you have no choice but to follow the will of your spirit guides.
6. Spontaneously give uninvited "psychic messages" to anyone you happen to be in the vicinity of. To be extra spiritual you can make sure that you do this loudly in public where you can attract a lot of attention.

I'm sure a few of those rang true for you! And I expect that some of this behavior has put you off the whole idea of sharing your spiritual beliefs or joining spiritual communities.

So how DO you find your spiritual balance? How can you be both spiritual and grounded?

1. Understand that spirit and matter, are just opposite ends of the same polarity, just as hot and cold are both different ends of the temperature spectrum. You can, and are, being spiritual, when you're being grounded, practical and pragmatic.



2. Meditate daily. Meditation or any time you spend in quiet reflection allows you to open up to your inner guidance, your Inner Tuition which is, of course, your intuition.
3. Take care of the physical. This includes money, possessions and your physical body. It is completely possible to be spiritual AND rich. They are not exclusive or incompatible. On the contrary, as a spiritual person you can make much more of a difference if you are successful, and your success enables you to help even more people.
4. Speak about your spirituality in ways that are appropriate and only if necessary. Be selective about what you share and who with. It's completely possible to BE spiritual and not ever need to mention it to anyone.
5. Honoring your intuition is the route to success and overcoming any problems. Einstein used visualization to craft his general and special theories of relativity. The scientist who discovered the chemical structure of benzene saw it in a dream. Your dreams and daydreams are important and will lead you to solutions.
6. Take action. A spiritual person knows that spirituality gives you the inspiration, but there's always a bit of perspiration required to make changes in the physical world. After all, you can't meditate a brick to lay itself. Use your spirituality to avoid and overcome problems and challenges, and a deep connection to source will be very magnetic and inspirational for others, so it becomes easy to gather a group of supporters around you. ✨

Lisa Turner is the founder of *Psycademy*, the only company to offer a professional certified psychic and spiritual practitioner training. Her personal mission is to assist people to become empowered, free and successful and to help them evolve. Lisa's approach is based on years of research into the latest scientific, psychological and spiritual thinking on what it means to be human in the 21st century. For more information, please go to: www.psycademy.co.uk.

The Social Potential Movement: An Evolutionary Agenda

by Barbara Marx Hubbard

The human potential movement began to come to public attention in the 1960s with the seminal work of Abraham H. Maslow, Viktor Frankl, Robert Assagioli, and others who discovered, nurtured, and affirmed the higher reaches of human nature. They developed techniques and practices to fulfill untapped human potential.

In his seminal book, *Toward a Psychology of Being*, Maslow identified a hierarchy of human needs inherent in all of us. He said that we all have basic needs for survival, security, and self-esteem. When these basic needs are relatively well met, a new set of needs arises naturally. They are growth needs for self-expression in work that is intrinsically valuable and self-rewarding. Then, transcendent needs emerge: to be connected to the larger whole — one with Source — to transcend the limits of self-centered consciousness itself.

Maslow had the genius to study “well” people rather than the sick and discovered that all fully functioning, joyful, productive, and self-actualizing people have one trait in common: chosen work or vocation that they find intrinsically self-rewarding and that is of service. If we do not find life purpose at the growth stage, he reasoned, we become sick, depressed, and even violent. People in modern society, he said, are stuck between survival needs and growth needs for further self-expression and self-actualization in a culture of intrinsic meaning.

Through the human potential movement millions of us have awakened, crossing the barrier from survival to growth needs. Yet, ultimately all of us want to find life purpose and meaning — a potentially huge community of people, perhaps a majority in the developed world (where basic needs are relatively well met).

The social potential movement builds on the human potential movement. It seeks to identify and map peaks of social creativity and works toward social wellness, a self-actualizing society, the same way the human potential movement cultivates the

self-actualizing person. It seeks out social innovations and designs social systems that work toward a life-enhancing global society. I believe the social potential movement is on the threshold of a mass awakening, seeking to carry into society what individuals and small groups have learned spiritually and personally.

An Evolutionary Agenda

The social potential movement is the vital catalyst to carry us through the twenty-first century and to fulfill our collective potential in the third millennium. It is now surfacing in society and is ready for a shared vision that attracts and connects us, not only with one another but also with society as a whole. The time is ripe to move toward a new *evolutionary* agenda — not to reform but to transform based on the full and appropriate use of our immense new powers. This agenda is based on the hierarchy of social needs, which calls upon us to:

- Meet basic food and shelter needs of all people;
- Limit our population growth;
- Restore and sustain Earth’s environment;
- Learn to coexist with other species;
- Learn sustainable economic development and new forms of monetary democracy;
- Shift the vast military-industrial-technological complex toward building new worlds on Earth and in space;
- Redesign social and economic systems to enhance human compassion, cooperation, and creativity;
- Emancipate individuals’ unique potential and life purpose;
- Explore and develop the further reaches of the human spirit and the universe beyond the planet of our birth;
- Guide our radical new technologies, such as genetics, nanotechnology, robotics, and space development toward evolutionary, life-oriented purposes.

What would happen if we began to use our new scientific and technological powers within such an evolutionary, open-ended agenda? Ancient prophecies have foreseen our self-destruction, but few of us have seen the magnificence of what we could become, collectively, through the use of all

our powers — spiritual, social, scientific, and technological. In the past our glorious visions of the future — heaven, paradise, nirvana — were thought to happen after death. The newer thought is that we do not have to die to get there! We are not speaking here of life after death in some mythical heaven, but life more abundant in real time in history. We are discovering and participating in the next stage of our social evolution, the next turn on the Evolutionary Spiral.

A Spirit-Motivated Process of Action for the Twenty-First Century

We now know that a pattern or design of action, also known as DNA, is encoded in the genes of every living organism and guides it from conception through gestation, birth, maturation, and death. From the study of epigenetics, we have also learned that the DNA code is a script that is influenced by the membrane or consciousness that surrounds the cell. It is not static and unchanging; it is responsive to its environment. Like the human body, planet Earth is a living system. Is it not possible, then, that there is a pre-patterned (but not predetermined) tendency, an encoded design for planetary evolution, just as there is for biological evolution? And that our attitude, consciousness, and every action are affecting that life cycle?

As there is a biological cycle, it is also evident that there is a planetary life cycle. Earth’s conception occurred with the big bang. The period of gestation included its 13.8 billion years of evolution, from its formation 4.5 billion years ago to the origin of human life. Its “birth,” or collective awakening, is happening now as we begin to realize that we are one planetary body, capable of destroying ourselves or co-creating an immeasurable future, on this Earth and in the universe beyond. And we know that 4.5 billion years from now our sun will expand and destroy all the planets in the solar system. We live precisely midway in the life cycle of our planet. We have not yet seen another planet go through this change, so we have nothing with which to compare it. But let us imagine for the moment that we are a normal planetary event in the universe and that there is a

pattern encoded in our collective spiritual, social, and scientific awareness, ready to be activated and affected by our actions, when the time for conscious evolution is here, just as the imaginal discs self-organize into new bodily functions when the caterpillar is ready to transform.

To awaken our magnificent social potential, we need first and foremost to become aware of our “new story,” our evolutionary story. This story places us in the cosmos and reveals to us our vital part in the evolution of ourselves and our world.

I believe that the crises and opportunities we face today are triggering the next stage of planetary evolution

and that we, as individual members of the planetary body, are now being awakened to our new personal and social capacities to participate in our evolution. This is not a plan imposed by any group or individual, but rather a design of evolution, a tendency toward a higher, more complex order and consciousness, with which we can cooperate and align ourselves to re-pattern our social systems and evolve ourselves. ✨

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Futurist **Barbara Marx Hubbard** is a prolific educator and author of seven books, including a revised and updated edition of her seminal work **Conscious**

Evolution. She is an evolutionary thinker who believes that global change happens when we work collectively and selflessly for the greater good. Visit her online at <http://www.evolve.org>.

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Interpreting Ancient Artifacts With Modern Perspectives

by Daria M. Brezinski, PhD

Recently uncovered by archeologists in Java, Indonesia, is a 500,000 year old “purposefully made graphic art or writing form” on a mollusk shell.

I lived with native peoples observing first-hand how elders, with great simplicity, intertwine teaching children (at preverbal ages) Sacred Geometry, Spirituality and the Tangible World through storytelling. By using nature (vines, sunflowers, etc.), youngsters were able to understand without the use of “technical or scientific jargon, written language or symbols.” If an infant/child can learn and understand higher level mathematics and geometry through storytelling, how does this relate to our interpretations of artifacts discovered from past civilizations?

TIME ERAS

Time, especially viewed in the past, is not a straight line from point A to point B. There is a lot of meandering in between. Tunnel vision arrogantly interprets the past using suppositions as if the same level of evolution thrived simultaneously throughout all lands in ancient times, in a forward trajectory. In other words, during a certain era, it is assumed that all humanoids were Neanderthal with the same skills; or that ancients behaved within our modern world-view so that there is religious significance interpreted in all artifacts.

This is how interpreting the past using present mindset might look. In the year 4150, after the planet has reemerged from its polluted environment and nature has replenished itself, an archeologist might interpret a dig uncovered from a volcanic eruption which struck a motel full of guests in the following way: Finding skeletons lying on a bed, with fake fingernails, hair extensions and cubic zirconia jewelry, plastic bags all over the room, with a remote in hand in front of a flat screen TV, might appear as worshipping the gods. Awestruck by not being able to reproduce an un-degraded plastic bag or water bottle, which lasted thousands of years, or to find a cubic zirconia in nature, she might think us a god-like highly evolved species that disappeared by natural disaster. The bathroom could be interpreted as the place where one cleansed before worship, the ancients washed their feet in the toilet and hands in the sink prior to entering the spiritual waters of the bathtub, in order to commune with the gods in front of the TV set.

A panoramic view of the today’s world shows many TIME ZONES exist between

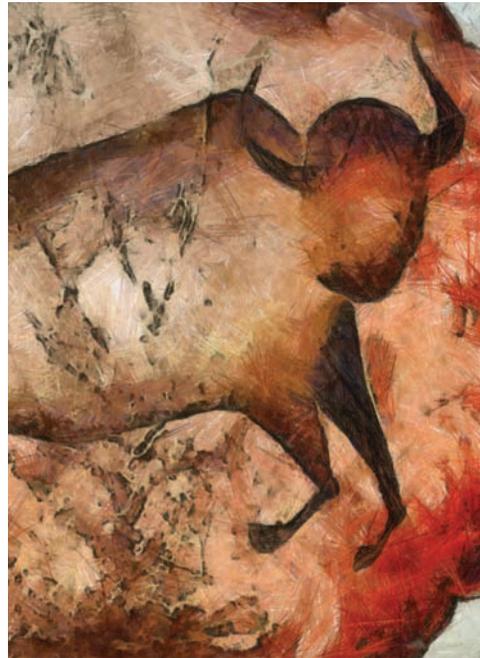
peoples from the Modern Cultures in America and Europe, the Third World Cultures to the Indigenous Cultures untouched by the “civilized” in remote New Zealand or Africa. So in the modern era with multitudes of evolved phases of what might be considered “time eras” or “cultural eras,” imagine how many different epochs existed in ancient times when technology did not connect the planet and ice separated the multitudes hidden in remote pockets of the globe? Since they were so in-tune with nature, they might well have been connected at an intuitive/psychic/metaphysical level of awareness that animals often exhibit in what Rupert Sheldrake calls *Morphic Resonance* – which most humans can only imagine rather than experience. Perhaps thoughts were communicated telepathically instead of speaking aloud or scribing them to eternal legacy in stone.

Today a comet hitting the earth would leave survivors located in various parts of the globe, without technology, electricity, knowledge of food production, unable to work together as a species, disconnected from the rest of civilizations across the globe. Each pocket of survivors would evolve differently depending on climate, group skills, values, resources, etc. New species would emerge out of Silicon Valley technicians vs. mid-west farmers vs fishing cultures along coasts vs big city populations. Each would have different priorities, values, customs, strategies to survive and perhaps one day, come into contact with the others with clashing or compatible viewpoints. What would be valued by each of these groups: history written in stone or on cave walls, preserving Heirloom seeds, books and technologies for future generations who after the initial backsliding into survival mode – food, clothing and shelter – find society evolving again? But after so many generations in survival, are past achievements now myths, legends or memories in human psyche?

MULTIPLE LAYERS OF INTERPRETATION

The past is seen AS IF communication represents the same interpretations used in Modern Times. Cultures of the past may have been more evolved and assigned greater multiple-layered meaning to distinctive characteristics, hieroglyphics and scribbling then moderns who merely consider “A” as letter, as a sound “ah” and an “adjective” put together to have a consistent interpretation over time. Rather, one ancient stroke represents multi layers – spiritual/intangible, perceptual, vibrational, auditory, light spectrum – as well as a visual and communicative. The viewer, depending on level of consciousness, recognizes the multiple meanings. For example, when the “all-seeing-eye of Horus” is observed in an ancient

pyramid, the observer not only interprets it as a word or symbol for the anatomical part, a combination of Egyptian letters or numbers, representation of governmental overseeing, but also as a vibrational energy, a deep mystical meaning that touches the spirit of those who gaze upon it. **Modern observers who see symbols at face value lose the depth of meaning.**



Thus the markings here of 500,000 years demonstrate patterning of vibration, mathematics or an intuitiveness that we no longer possess. In a deep, innermost way that touches our souls instead of mere intellect, words and symbols have vibrations that are lost to the moderns who take things so literally, mono-layered and material that the most important conveyances are missed. Try banging a metal plate with sand resting upon it and see how the sound vibration creates beautiful, distinct geometrical patterns that change and evolve. Uttering words and written symbols, have the same such vibrational qualities whether they be in a name, a number or a shape.

INTREPRETING HIS-STORY

Pomposly, the belief and celebration that modern Europeans “discovered” the Americas disregards the facts that archeology demonstrates: the Clovis French came to the east coast thousands of years ago or Orientals who became Native Americans traveled across the Bearing Straight after the last Ice Age. Native friends have related generational stories about the Mayas crossing the ocean, coming to Florida and Georgia, relocating to a less draught driven geography by boat. The first presence in the US of “corn” (a Mayan invention, the first genetically modified product that, if it had come by land, would have first appeared in Mexico and Texas) was in Florida. The names of towns and tribes in Florida, reveal even more evidence – Mayamee (Miami), or

Lake Okeechobee was originally named Lake Mayaimi whose tribes in the area were the Mayaimi, Mayayuaki, and Mayaka or the presence of Mayan chocolate and turquoise in Chaco Canyon. Languages such as the Yucatec of the Mayas or the Quechua Language of the Incas are strewn all over Florida, Georgia and the Southwest, NOT along the land routes that might have been taken by foot, hinting that Mayans were seafaring people who did not die off because of starvation and draught as some postulate.

Still unknown are how Egyptians built pyramids and more importantly WHY they exist around the globe in every hemisphere, how structures such as Gobi Teppi and other recent finds demonstrate high levels of artistry, architecture, design and technologies created in an era when technology to build such edifices, did not exist. Believing we understand, know and can interpret what is dug up, observed on fish shells or pyramid walls, is arrogance.

SUMMATION

To interpret the past with the eyes, perceptions and knowledge of the present dismisses the genius, high levels of mastery of the material world and the invisible world that the ancients possessed but cannot yet be understood or interpreted with modern perspectives. The entire Light Spectrum, for example, cannot be seen by the naked eye but can be viewed by microscopes, telescopes, x-rays and, as yet to be invented, other technologies that will uncover still more levels of the spectrum. It is accepted that the “unknown” layers of the light spectrum will one day be dis/rediscovered through technologies. What must it have been to the ancients who might possibly have been able to see the spectrum with their eyes, senses or just “felt” the presence so much so that they were able to manifest in the material world what they experienced and saw in such beauty, symbology, symmetry and structures for us to marvel and contemplate?

As moderns become more aware of the multiple layers of reality, those interpretations of ancient artifacts will be seen as attempts to communicate more clearly higher orders of consciousness that are individually “felt” or “experienced” in which words cannot possibly express. ✧

Daria M. Brezinski, PhD, professor, psychologist, socially responsible serial entrepreneur, international speaker and mentor, national consultant, TV/Radio show host and author took an overarching, circuitous and unconventional path towards business, education, health and parenting. Daria@DocDarB.com, www.WhatWiseWomenWant.com

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POETRY

Cathedral of Morning

by Margaret McDermott
Long Island, NY

The bird's song rings out
Like steeple bells
I'm walking in wakefulness
With the Divine Mother
Each tree and leaf speaks to me
A rabbit pauses - gifting me with time
We gaze eye to eye
While
Runners discuss parenting strategy
The cyclists whiz by- recounting who won the race-
They can't see me
I walk cloaked by Her energy
She speaks like the passing stream-
There is
In this moment
Nothing to strive for

A Little Girl

by Rachelle Parker, Montclair, NJ

I did not have an idea, I only thought of an image.
-Rene Magritte

Of a little girl on the edge of the bed
Of a little girl whose heart is low
Of a little girl with a tear streaked face
Of a little girl with gold to give
Of a little girl with love to spare
Of a little girl squashed at the wrong time
Of a little girl who now resides in me. Who
grows stronger each day.
She pushes me to all that I can be.



Breath

by Paula Timpson, Florida

Spring is breath of hope
Flowers open hearts see God
Taste lemonade Sun

Mother Earth

by Maureen Hadzick-Spisak, Huntington Station, NY

The Hopi call her Tapuat
Mother and Earth
Nurturing, loving, gentle – yet
Cruel to anyone who crosses her.

Tapuat took her child, Earth
Carefully placed it in the sea blue sky.
Earth was happy and very much alive.
Oceans were her blood,
Air filled her lungs.
Land became her bones,
Man her senses.

Tapuat smiled down from above
Offering her undivided love.
She gave her child all it needed,
Then set it free on its orbiting path.

With sadness, Tapuat watched
As senses grew greedy,
Taking from land, ocean and air.
Senses stole the trees and their beauty
Polluted the ocean, till its blood ran with fury.
Air turned grayer and darker each day.

Tapuat knew she must warn her child
She cried until the ocean rose with her tears
Swallowed up the land
Gulping down villages, children and man.

In the Garden

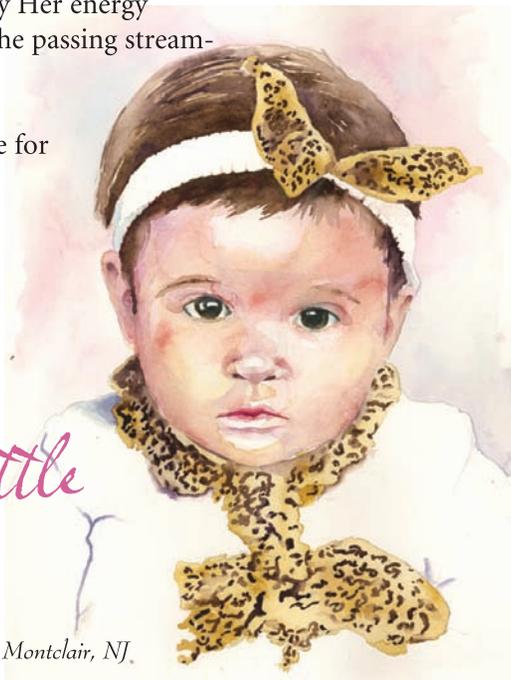
by Rose Ann Walsh, Northport, NY

Come through the gate,
Into the garden

Sit by the stream,
Be at ease

Dance with your sisters,
Big and small,
In the green meadow
Where flowers grow tall

Feel the sunshine warm on your face
In this garden of peace
All tears are erased



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“It is difficult to get the news from poems, yet men die miserably every day for lack of what is found there.”

– From Asphodel that Greeny Flower

Taming Your Outer Child: Q & A with Susan Anderson

by Susan Anderson
Huntington, NY

Q What is the Outer Child? How does it relate to “self-sabotage”?

A. We all have an outer child – the pig-headed, self-centered, impulsive part of us that blocks positive change and gets caught up in patterns of self sabotage. Outer Child is the self sabotaging part of the personality – the part that breaks your diet and gets attracted to all the wrong people.

Q. How is Outer Child different from Inner Child?

A. Whereas Inner Child is all about feelings, *Outer Child* is all about *behavior* – specifically *acting out*, self defeating behaviors. Outer Child acts out your Inner Child’s feelings – especially your *abandonment* feelings – in inappropriate ways that sabotage your relationships, or run up your credit cards, or create clutter, or cause you to underachieve. The Outer Child concept builds on previous personality frameworks in that it gives us a separation tool – a tool that empowers us to finally separate feelings from behavior. To wit: We can feel deeply about something without having to fall back into our usual knee-jerk defense mechanisms and old habits. Developing Outer Child awareness empowers us to choose appropriate actions rather than just react. The framework separates Inner from Outer, emotion from reaction, stimulus from response.

Q. How do our “abandonment issues” lead to Outer Child patterns?

A. As humans, we all have primal abandonment fear. Many things can



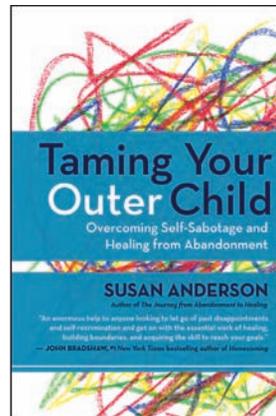
trigger it as we go through childhood and adulthood – disappointments, heartbreaks, disconnections, etc. - and we erect emotional defenses to protect us from its emotional pain. (These patterns develop in response to the trauma of abandonment – they are posttraumatic symptoms). *Our defense mechanisms are initially designed to protect us, but they can become maladaptive in adulthood.* For example, shutting down might have been a good way to handle overwhelming emotions when your parents were fighting, but not a good way to deal with the stress of becoming intimate in an adult relationship. Lashing out might have been a good way to handle an injustice in childhood, but not the best way to handle differences of opinion in adulthood. (Our defense mechanisms become a moat

surrounding the self, blocking our chance for new growth – one of the ways we abandon ourselves.)

Self sabotage is caused by self-abandonment. We no longer act in our best interests because we harbor unresolved anger toward ourselves for a whole accumulation of perceived failures, rejections, or flaws. An example of self abandonment is when we fail to live up to one of our goals, like improving our career, or making new friends, or losing 10 pounds. Self abandonment means we love ourselves only enough to satisfy the quick fix (overeating, overspending, avoiding, lashing out, etc.), but not enough to delay that immediate gratification so we can work steadily toward our true goals and dreams. We let ourselves down instead.

Q. What are other common Outer Child patterns?

A. Outer Child grabs for quick fixes that sabotage our long range goals: would rather relax *now* than work toward a long range goal, lounge in front of the TV than go to the gym, or clean out the garage, etc. Outer’s favorite time is *tomorrow*. Its favorite food is *comfort food*. Its favorite pastime is *instant gratification*. Patterns include both active and passive behaviors, such as avoidance, procrastination, co-dependency, unrealistic expectations, narcissistic needs, criticalness, all of the “a-holisms”, i.e. food-aholism, shop-aholism, work-aholism rage-aholism sleep-aholism etc., anything we overdo, or anything we under-do (due to avoidance).



Q. Why are Outer Child patterns so hard to break? (What are some neurobiological reasons?)

A. The patterns become set into the brain, and get reinforced by rewarding brain chemicals (like dopamine) that make them very hard to break. They activate the brain mechanisms involved in addiction. The patterns are deeply entrenched and do not go away just because we realize they’re not good for us. People know a particular lover is not good for them emotionally, but they have trouble ending it, similar to people who know smoking is bad for their health but have trouble quitting.

Q. How can people get help?

A. Changing behavior has eluded all known forms of conventional psychotherapy. *Taming your Outer Child* takes readers through a clinically tested program, step by step, that helps them change their lives. It is supported by my website www.outerchild.net. ✨

Psychotherapist Susan Anderson is the author of Taming Your Outer Child, as well as The Journey from Abandonment to Healing. The founder of the Outer Child and Abandonment Recovery movements, Susan has devoted the past 30 years of clinical experience and research to helping people resolve abandonment and overcome self-sabotage, and offers workshops throughout the world.

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BOOK REVIEWS

& PRODUCTS

THE MODERN SAVAGE: Our Unthinking Decision to Eat Animals
by James McWilliams
smartins.com

Society has grown increasingly more aware of how our food is grown and the way we treat the animals we eat. As a result, trendy phrases like “locally-sourced,” “cage-free,” “farm-to-table,” and “free-range,” are being attached to animal products in order to attract eco-conscious patrons. But how much can we trust these phrases and that the animals we eat are raised ethically? And if we consider the moral reasoning behind the “compassionate carnivore” movement, are we still able to justify our carnivorous habits? Does it really justify the cruelty inherent to eating meat? Author and animal advocate James McWilliams pulls back the veil on the questionable moral standards of our largely omnivorous world and explores the “alternative to the alternative” – not eating domesticated animals at all – advocating for what he argues is the only truly moral, sustainable choice—a diet without meat, dairy, or other animal products.

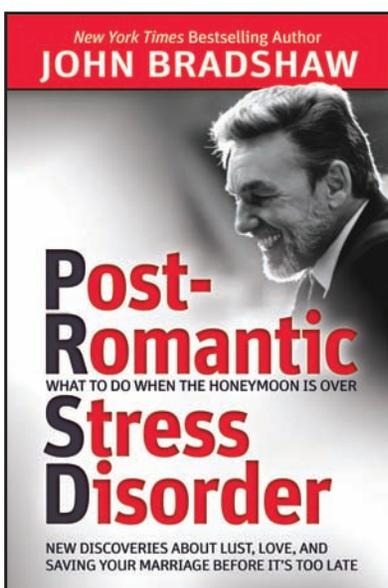
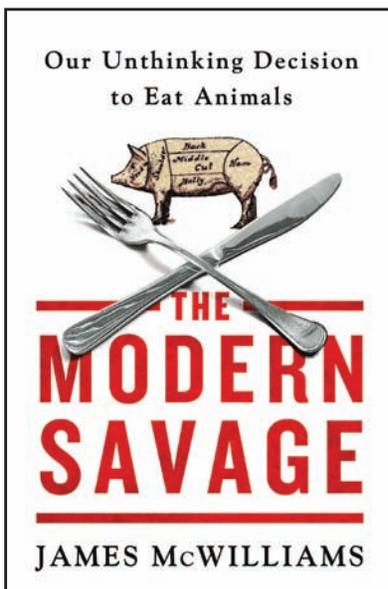
In the last four decades, food reformers have revealed the ecological and ethical problems of eating animals raised in industrial settings, turning what was once a niche concern into a mainstream movement. Through poignant, powerful and persuasive prose, McWilliams reveals the inherent immorality and the scope of the cruelty that takes place even on the smallest and supposedly most humane animal farms, arguing for a radical fundamental change in our daily dining habits. In the spirit of *Fast Food Nation* and *The Omnivore’s*

Dilemma, *The Modern Savage* is a riveting, accessible exposé of an industry that’s been largely hidden behind a veil of morality. A compelling account of how to live a more economical, environmental, and ethical life, the result is a manifesto for society to seize our chance to make history and embrace a better future for ourselves and our environment.

POST-ROMANTIC STRESS DISORDER (PRSD): What to Do When the Honeymoon Is Over
by John Bradshaw
www.HCIbooks.com

Most divorces could be prevented if couples knew what to do “when the honeymoon is over,” visionary counselor, theologian, bestselling author and addiction specialist John Bradshaw explains in his book, *POST-ROMANTIC STRESS DISORDER (PRSD): What to Do When the Honeymoon is Over*. Based on Bradshaw’s new research, PRSD is a very real and serious psychological disorder destroying relationships unnecessarily. However, he offers a step-by-step program for deepening mature love and intimacy, as well as an easily mastered series of exercises for becoming a better partner.

Couples just don’t know how to navigate the emotional swings that almost every marriage creates, he argues. If couples learn and understand the concepts Bradshaw presents in his book, the portrait of the family unit could have a whole new landscape. In *PRSD*, Bradshaw explains the brain circuitry that connects us to love and romance. This great teacher opens the gate to a new frontier, tackling issues that threaten and endanger so many modern relationships. As he so brilliantly observed some time ago, “As the health of the marriage goes, so goes the health of the family.”



REFORM YOUR INNER MEAN GIRL: 7 Steps To Stop Bullying Yourself And Start Loving Yourself

by Amy Ahlers and Christine Arylo
www.beyondword.com

There is a silent epidemic spreading like wild fire among women causing tremendous stress and unhappiness—that few talk about but all suffer from. It’s called self-bullying. Inside every woman exists an Inner Mean Girl who makes sure that no matter how successful she appears on the outside, she’s beating herself up on the inside.

In their unique approach specifically for women, authors, Amy Ahlers and Christine Arylo offer a way to breakthrough the negative self-talk and self-sabotage. Their process has helped women to: Identify the types of Inner Mean Girl, expose the motivation behind their self-sabotage, transform self-criticism into self-compassion, and distinguish between the voice of their inner critic and Inner Wisdom. Playful, practical, and powerful, this 7-step program empowers women to transform their Inner Mean Girl into an ally and commit to following their Inner Wisdom, no matter what.

RESTORATIVE YOGA For Breast Cancer Recovery
by Diana Ross, ERYT 500
www.BreastCancerYoga.com

Restorative Yoga offers a system of restorative and therapeutic yoga with an emphasis on breathing. Diana Ross has created a thoughtful guidebook where clear, beautiful photos and precise instructions guide the practitioner step by step so that beginners through well-seasoned yogis will find this practice accessible and deeply healing. These specialized yoga poses help manage lymphedema and breast cancer related fatigue and also support breast health. The poses are flowing by nature and

then ultimately sustained, all the while focusing on a conscious, smooth, rhythmical breath. This practice will help support recovery and beyond. For additional tools and support, visit: www.BreastCancerYoga.com.

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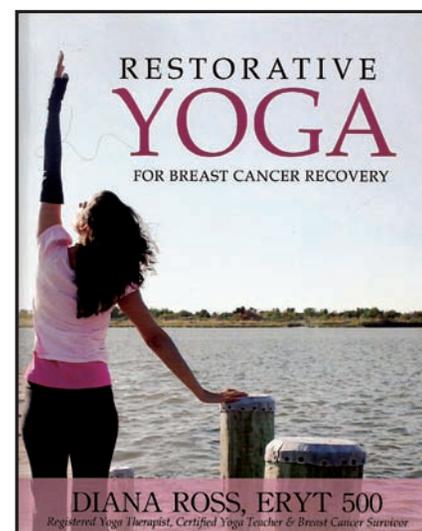
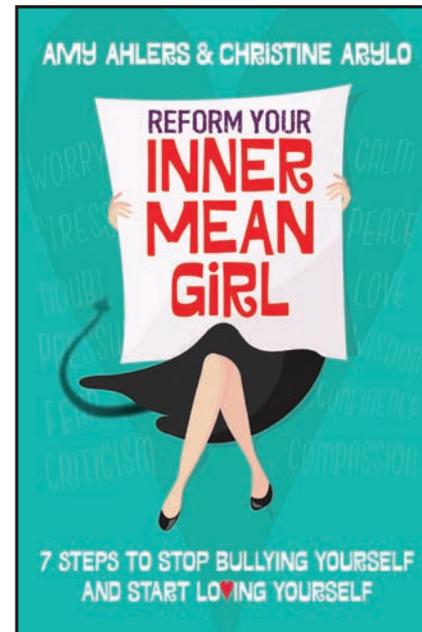
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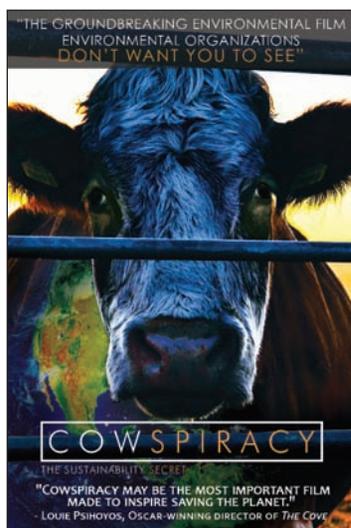
MEDIA REVIEWS

by Mark Maxwell Abushady, NYC

Film

**COWSPIRACY:
The Sustainability Secret**
A film by Kip Anderson and Keegan Kuhn
Cowspiracy.com

Cowspiracy: The Sustainability Secret explores the impact of animal agriculture on the environment while also turning a critical eye on the leading environmental organizations and their unwillingness to acknowledge the devastating effects that raising and consuming animals for food is having on the climate. The facts speak for themselves. Animal agriculture accounts for 51% of all worldwide



greenhouse gas emissions while also being the leading cause of water pollution, habitat destruction, species extinction, ocean dead zones, and 91% of the deforestation of the Brazilian rainforest. In light of these realities one would think that animal agriculture would be at the top of the priority list for all of the major environmental organizations. Sadly, the opposite is true.

Filmmakers Anderson and Kuhn brazenly investigate how organizations such as Greenpeace, The Sierra Club, Oceana, and The Rainforest Action Network are either ignoring the issue altogether or taking no action to address the major cause of climate change. These are the groups

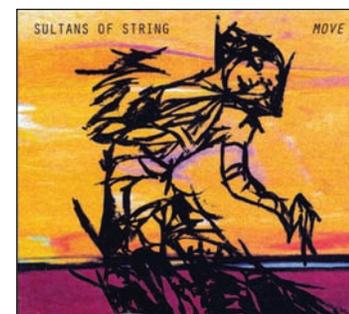
who claim to be on the front lines of battling the ecological devastation that is getting worse with each passing year. *Cowsspiracy* is an eye-opening, educational film that bravely takes these organizations to task and exposes their inconsistencies and ineffectiveness, while also articulating the solution to all of these problems—the widespread adoption of a vegan diet.

Featuring experts such as, Dr. Richard Oppenlander, Dr. Will Tuttle, Howard Lyman, Will Potter, Dr. Michael Klaper and many more, *Cowsspiracy* makes clear that only through the rejection of animal agriculture can we have any hope of avoiding the cataclysmic events that the vast majority of climate scientists tell us we will face if we do not reverse course, and do it now. This is a film that deserves all of the accolades it has received, and one that lays out a plan of action that all of us can start following today. The solution is simple, effective, and compassionate: Go Vegan.

Reviewed by Christopher Settino

**GROWING CITIES: A Film About
Urban Farming In America**
Directed by Dan Susman
First Run Features
www.growingcitiesmovie.com,
www.firstrunfeatures.com

Just in time for Spring comes our review of *Growing Cities*. Here is an inspirational film perfect for those of us with the urge to grow, yet living in seemingly impossible areas for gardening, farming, etc. The film will also open the eyes of many of us who have little connection with the food we eat . . . where it comes from, how it grows, how fresh it is, and how little it resembles the processed, unhealthy and unmindful choices often made at our local supermarkets.



The filmmakers travel about the United States searching for evidence of urban and community farms in some of our largest cities, and seek to understand the hurdles, the rewards, and the misconceptions about farming in such environments. Along the way, we see the great power and empowerment inherent in growing one's own food, and food for others. Several of the gardens are tied to the rehabilitation of wayward youths, convicts, the unskilled, and the disenfranchised. A bit of history is explored as well.

In the past, especially during the two World Wars, our government has

encouraged the home-growing of food, with the idea that it made the individual, and thus our Nation, secure. Indeed, home food production was viewed as vital to national security. During WWI, over 5 million gardens were planted. Schools had gardens in which children grew food and learned about the process: "Soldiers of the Soil" was the term used. During WWII, the 'Victory Garden' was a staple part of many homes. By 1942, 15 million Victory Gardens has been established, producing an estimated 7.5 billion pounds of food.

There are many wonderful stories about the gardens visited and the people met along the filmmaker's route, including some truly innovative ideas and heartwarming, altruistic actions taken to benefit communities.

Food IS the most important thing in our lives, states one particularly dedicated interviewee, Will Allen. He continues, that we need to raise farmers up in this country to the same level as doctors and engineers, because of the importance of food in our lives.

Highly recommended, and an inspiration to watch!

Music

MOVE
Sultans of String
www.sultansofstring.com

Spanish, Middle Eastern, Bluegrass, Jazz and Swing influences abound in this eclectic offering from the impressively accomplished *Sultans of String*. "Montreal" is especially captivating, and there is an interesting take on the Neil Young classic "Heart of Gold." "Emerald Swing" is tunefully terrific! Given the energy that comes through the speakers, I can imagine this would be a great group to catch live.

The Sultans of String are: Chris McKhool (4 and 6 string violins, viola), Kevin Laliberté (nylon string, steel string and electric guitars; 'atmospherics'), Eddie Paton (nylon string guitar), Drew Birston (acoustic and electric bass, vocals), and Rosendo "Chendy" León (percussion, palmas, jaleo). They are joined by many guest musicians, making for a rousing and beautiful collection. Enjoy!

Mark Maxwell Abushady
is an actor, singer, designer and
photographer based in New York City.
www.markmaxwellabushady.zenfolio.com.