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Portland Edition

June 2005



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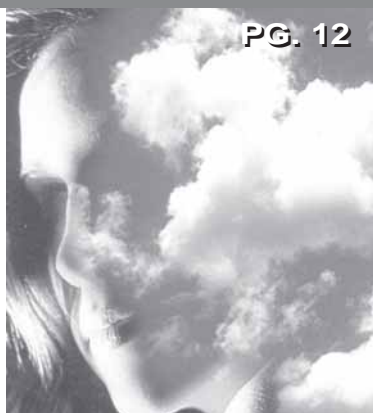
HEALTHY LIVING

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Natural Awakenings is your guide to a healthier, more balanced life. Our mission is to provide insights and information to improve the quality of life physically, mentally, emotionally and spiritually. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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letterfrompublishers

Thanks for picking up this edition of *Natural Awakenings*. We would like to thank everyone who stopped by our booth during the Body, Mind, & Spirit Expo. It was a pleasant weekend and we enjoyed the opportunity to personally meet many of our readers along with others in the health and healing industry that also attended the conference.



Photo by Charley Kornis

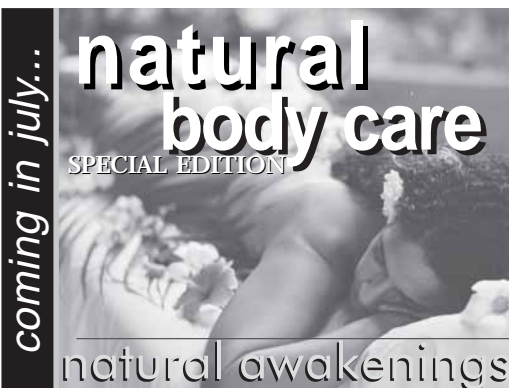
Natural Awakenings is constantly striving to improve the quality of the magazine for our readers. So, you will notice a few changes were made to enhance the layout, including the newly redesigned table of contents page. We really like the fresh new look and thank the home office graphics department for the redesign.

The theme of this month's issue is Men's Health and we feature many articles and briefs related to natural health and well-being as it applies to men. In the article *Changing the World One Man at a Time*, you will read about a special brotherhood of men who take a journey to achieve a better life. When reading *Why Hemp*, you will discover the many benefits of hemp, from its durability as a fabric, to its high nutritional content. You'll also learn a little about how industrial hemp ties into our country's history. There's also a great little article, *The Top 10 Common Sense Rules for Fathers*, which has some sensible advice on effective parenting for fathers. Plus, we think you will find *Codex Law Could Curtail Supplement Choices*, regarding the consequences of the passing of the Codex laws, to be informative. We hope you enjoy reading this month's issue.

To your health,

Erin and Patrick

Have you ever thought about owning a *Natural Awakenings* magazine but did not want to move from Portland? Well, now is your chance. Due to personal circumstances, we need to find someone to take over publishing this wonderful community publication. If you are interested in learning more about this exciting project, please call John Voell at 877-530-1377.



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For more information on how your business can be a part of this special edition call...

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BODY CARE

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New Holistic Pet Food Company

After years of hard work and research, Radagast Pet Food, Inc., a locally owned cat food manufacturing company, is proud to announce that *Rad Cat Raw Diet* is now available around Portland. *Rad Cat Raw Diet* is a premium, complete, natural raw diet for cats.

Radagast Pet Food, Inc. owners Tracey Hatch and Janice Rizzi saw a need for healthy, nutritionally balanced raw diets that are formulated specifically for cats. Their goal is to provide the felines of the world with a variety of delicious, free-range, and organic foods that are convenient and affordable, using only the highest quality ingredients.

Radagast Pet Food, Inc. is located in NW Portland. For more information about Rad Cat Raw Diet and retail locations, visit www.RadFood.com or call 503.736.4649. See ad. p22.



Medical Massage in Mt. Tabor

This summer, Bridgetown Therapeutic Massage (OR license # 7662) celebrates its fifth year of practice on East Burnside in Portland. Bridgetown Therapeutic Massage focuses on providing therapeutic massage services designed to help active people maintain their healthy lifestyle.

Recent expanded services include medical massage, available for those who have sustained injuries in a recent (within the last year) car accident. Auto insurance companies pay for these services. It is encouraged to have those injuries evaluated and treated before settling a claim.

Call 503.516.2108 to find out if you are eligible to receive medical massage treatments for your injuries.

Sustainability Illuminated

Portland serves as home for another sustainable company. Yoga teacher Diana Hulet, and artist/craftsman Lawrence Newman, recently joined us here in the Northwest and are proud to contribute to this growing, green-minded community with their company, Bambuseae.

Bambuseae is a collection of handcrafted bamboo products; lamps, candles, art and 100% bamboo, naturally antibacterial t-shirts are in the works. Currently, the company is focusing on distinctive bamboo lamps that come with unique shades made of locally reclaimed coffee bags. They have an assortment of these lamps available in several shapes and sizes.

Look for Bambuseae at Portland Saturday Market and Bamboo Lifestyles. To learn more about their company and vision, visit www.bambuseae.com.



Yesterday is but a dream, and tomorrow is only a vision, but today well I lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.

- unknown



Steadfast

by C. M. Rose

"Steadfast depicts a state of unwaivering love and trust. By spending time with this image, the viewer is reminded of what it feels like to be infused with Love and have his or her every move met with unconditional acceptance. Encouraged to shine full force, the viewer is empowered to go back out into the world and share from an enlightened heart-centered place," explains artist C. Michele Rose.

Painting intuitively to create what she calls Focal Points, Rose works on the principle "where the mind goes, energy flows." Focal Points assist viewers to consciously focus their energies and their transformational processes. All Focal Points by C. M. Rose are themed around the intention of self-empowerment and conscious living/evolution.

Visit www.cmrose.com to view more Focal Points by C. M. Rose or call 239-430-3594.

Hypnobirthing Training & Romance Weekend

Dr. Michelle Leclaire will visit Portland to provide her specialized hypnobirthing training to a small group of clinical professionals on June 18th and 19th. Space is limited in this training class, so early registration is encouraged. RN's will receive 16 credits of CEC for this training.

On Saturday, June 18th, five pregnant women and their birthing partners are invited to participate in Michelle's "Smart Beginnings" Natural Childbirth class. Don't miss this all-day class if you want a complete and holistic approach to an easy and natural childbirth; and if you want a healthy pregnancy and postpartum for you, your baby and your partner.

Special evening events will be held as well for all participants. On Friday evening is a fun, romance program which includes an hour of rhythmic motion and music, catered buffet, and on-going chair massages. Saturday evening brings another fun program on passion and a guided visualization.

Training will be held at the Silver Cloud Inn Airport. Call 503.668.1319 to request a brochure. For complete information and on-line registration visit www.NWNLP.com.

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For more information visit crystalheartbooks.com or call 503.643.4801. See ad p. 29.

News and resources to inspire concerned citizens to work together to build a healthier, stronger society that works for all.



Eating Closer to Home

Though organic farming is relatively easy on the environment, buying locally-grown food, even the pesticide-sprayed variety, is usually more earth-friendly than buying organic, a new study contends. Published in the journal *Food Policy*, the study found that the transportation of food over long distances—anywhere outside a 12-mile radius—can cause more harm than the growing of food with non-organic methods. Researchers calculated the hidden costs of farming and food transport and found that the U.K. would save some \$4 billion a year in environmental and traffic costs if all food consumed was grown locally, and an additional \$2.1 billion a year if all food were grown organically. The study authors called on supermarkets to label items with the number of "food miles" they travel to get to the store. "The most political act we do on a daily basis is to eat, as our actions affect farms, landscapes, and food businesses," said study coauthor Jules Pretty of the University of Essex.

Sources: BBC News, 03.02.05; grist.org

Medical Schools Recognize Spirit Factor

A decade ago a study showed that 77 percent of Americans felt that physicians should address patients' spiritual needs, but that only 11 percent of doctors participated in such discussions. Today attitudes have changed. Now 101 medical schools incorporate patient spirituality in their curricula, up from 17 in 1995 according to an article in the *Los Angeles Times*. Some hospitals, such as UCLA Medical Center, even encourage physicians to include spiritual histories in patients' charts.

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Living Will Directives

The Terri Schiavo case in Florida and related news events have accelerated interest in living wills and end-of-life issues. More people have become aware of the vital importance of making decisions about their own end-of-life care and ensuring their choices are known. Vital legal steps include drawing up a living will, designating a healthcare surrogate and assigning power of attorney. Considerations include use of artificial life support and emergency resuscitation.

Beliefnet.com has provided a free "Living Will Resources" webpage as a guide to thinking about both legal requirements and spiritual questions from the perspective of various faiths. It provides links to state forms, the American Bar Association's advance planning toolkit, and answers to questions about palliative nutrition and hydration, pain management and hospice care. There's also a link to the U.S. Living Will Registry to document desired arrangements.

For information visit www.beliefnet.com/story/162/story_16281_1.html.

The Field of Meditation

More than 40 studies over a period of 20 years (at 160 universities and private institutions in 27 countries) have shown that transcendental meditation (TM) not only has a positive effect on the individual practicing it, but also on their environment. It appears that if 1% of the population of a city or country practices TM then there is a general improvement in the social climate. Among other things, this so-called 1%-effect (or Maharishi effect) brings down the crime-rate, the number of traffic accidents as well as the number of missed days at work due to illness. A study published in the *Journal of Crime and Justice* (vol. 4, 1981) shows a 16% decrease in crime if 1% of the population of a city practices TM, for example.

Consequently, attempts are being made all over the world to assemble large groups of TM practitioners in order to counteract negative trends such as war, sickness and hunger, and to replace them with positive tendencies like peace and understanding.

In Washington a group of 4,000 TM practitioners came

together in 1993. The results of their group meditation were evaluated by independent scientists, political leaders and police representatives. At the end of the research period the observers noted that violent crime in the area had dropped by 23%. Studies show that the larger the group the greater the range of impact. Experts speculate that it would only take a brief meeting of 7,000 advanced TM practitioners to have a global impact.

For more information: www.tm.org.

Spiritual Cinema Weekly Radio Show

Spiritual Cinema's new weekly one-hour radio show with hosts Stephen Simon and Gay Hendricks has many listeners sharing recommendations and insights on movies that enlighten and inspire. Interviews with actors, directors, and screenwriters making movies for heart and soul keep the show current together with news of releases in theaters and DVD. Programs air Fridays from 2 to 3 p.m. PST. For upcoming topics visit hayhouseradio.com.

Former Iron Curtain Turning Green

The fabled Iron Curtain that separated Western Europe from the communist countries of Eastern Europe was once one of the most dangerous places on earth. But in the post-Cold War era, a coalition of conservation and community-development groups has ambitious plans to transform it into a string of parks, nature preserves, and organic farms. Already parks exist in Germany, between Finland and Russia, and between Austria and the Czech Republic and Hungary. Though there's resistance from governments that aren't quite yet chummy—say, Greece and Macedonia—and farmers that chafe at organic restrictions, organizers envision a grassroots, largely voluntary effort involving both public and privately owned land. "The idea is to interlink the needs of people and nature, because they're not incompatible," says Andrew Terry of the World Conservation Union, which is coordinating the project. "Protected areas should be places that allow humans and wildlife to live together."

Source: *The Christian Science Monitor*, 04.28.05



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EXERCISE Prolongs Men's Sex Lives

Here's one more reason to exercise—and believe it or not, it's not heart related. Researchers say exercise may add years to a man's sex life and lower chances of impotence. The study showed that men over age 50 who kept physically active had a 30% lower risk of impotence



than men who were inactive. As men age, the chance of impotence increases, but the research shows that exercise can keep a man going significantly longer. The findings appear in the August issue of *Annals of Internal Medicine*.

Smudging

Need to clear the air after an argument or hosting a party? You may want to try smudging, a Native American tradition of ritual cleansing.

Practitioners burn a mixture of herbs in an abalone shell or ceramic bowl, or light a smudge stick made of herbs tied with colored thread, then use a feather to fan the pungent smoke around the room or around particular objects in a room.

"Aromatic smoke created by burning dried herbs like sage, sweetgrass and cedar calms the mind and nervous system, harmonizes the emotions and purifies the outer physical body," says Lesley Tierra author of *The Herbs of Life*.

"Smudging can clear negative energy left over from illness, a bad dream or a fight with your spouse," Tierra says. She even suggests smudging work tools like computers or your car before a long trip.



Real Men Eat Organic

Men who eat organic foods produce 43 percent more sperm than those who do not, according to a report published in the *Lancet*, a British medical journal.



Tummy Tamers

Stomach-aches are a part of life: 25 million adults experience tummy turbulence every day. Before you dial your physician, try one of these simple remedies.



NATURAL

Did your mother ever put a warm water bottle on your stomach? It helps, and so does the glass of ginger ale she used to give you. Chewing on a piece of fresh or candied ginger relieves nausea, as does a licorice-flavored lozenge. Chamomile or peppermint tea improves digestion.

NUTRITIONAL

To keep your belly healthy, make bananas, vegetables, and whole grains staples on your grocery list.

MENTAL

If stress has your stomach in knots, practice your favorite relaxation exercise or yoga pose.

To put your tummy troubles behind you for good:

- Avoid culprits such as spicy, rich, fried, or junk food; alcohol and caffeine; and cucumbers, peppers, tomatoes, onions, and beans.
- Eat more slowly to avoid swallowing air.
- Stop smoking (it builds up acid in your stomach).

Seek medical care if you have severe stomach pain that lasts for a few hours or wakes you up at night.

Men Find Health Benefits with Acupuncture

While Father's Day and National Men's Health Week (June 13-19, 2005) makes us think about how much we love the men in our lives,



recent studies show that men's health has been steadily declining. Acupuncture, however, may help many of the common ailments that men face.

According to the U.S. Census Bureau, 190,000 more men are diagnosed with cancer than women each year, and cancer kills men 18 percent more often than women.

Furthermore, 4.4 million men in the United States have already had a heart attack, and men between the ages 29-44 have a 41 times higher chance of having a heart attack than women. Other health problems that are common to men include high blood pressure, prostate disorders, diabetes, smoking, and obesity.

Acupuncture has been cited by the World Health Organization to treat over 43 conditions, including those previously mentioned. Using acupuncture to treat health problems of concern to men has been growing in popularity; a Kaiser study conducted in 1996 found that 57.2 percent of primary care physicians in Northern California used or recommended acupuncture in the previous year. And according to the National Certification Commission for Acupuncture & Oriental Medicine, nearly one out of every 10 adults in the United States has tried acupuncture.

For more info on the benefits of acupuncture in men's healthcare, phone (800) 729-0941.

YOGA Has Muscle

It's not high intensity, and it doesn't burn megacalories, but a gentle yoga routine blasts fat as effectively as weightlifting does, says research presented at the American College of Sports Medicine's 2004 conference.

In one of the few studies that have compared these radically different exercise regimens, University of Pittsburgh researchers put 59 obese, inactive women, ages 25 to 55, on a low-fat diet. Everyone walked for 40 minutes 5 days a week; a third of the volunteers did additional strength-training exercise; and another third added a yoga routine 3 days a week. After 4 months, the yoga devotees dropped an average of 27 pounds; the strength trainers whittled away 23; and the walking-only group lost 20. Study author Kara Gallagher, PhD, an exercise physiologist, warns that the differences aren't big enough to conclude that yoga is better than dumbbells. But it appears to be a soothing option with a surprising power to fend off excess pounds.



Tooth Whitener Alert



Lately it seems every dentist and drugstore is pushing peroxide kits that promise you dazzling white teeth. These treatments, however, have an unexpected side effect. Alan B. Steiner, D.M.D. a holistic dentist in Denville, N.J., says peroxide treatments create free radicals, those unstable molecules that attack your cells and promote aging and disease. He recommends using only the shortest peroxide treatment possible—no more than two weeks. And while you're bleaching, take a multiple antioxidant supplement to fight the extra free radicals.



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Codex Law Could Curtail Supplement Choices

If passed into law this summer, pending legislation known as Codex Alimentarius, or "Food Rules," will have far-reaching and irreversible consequences on the availability of foods, herbs and nutritional supplements in the United States. The government's intention is to join other countries in harmonizing and enforcing uniform food standards to protect consumers in an increasingly global market.

But many see the proposed standards as "extremely detrimental to the environment, complementary medical practice and the food supply," says Dr. Rima Laibow, medical director of the nonprofit Natural Solutions Foundation. His online analysis brings the 15,000-page Codex document into perspective. For example, it specifies that supplements and nutrients "may not be used to prevent, treat or cure any disorder." Yet, says Laibow, "More than 80 percent of Americans currently use supplements for these purposes."

One basic question is whether supplements will continue to be classified as foods or become internationally regulated as drugs. Another is whether Codex will be considered as an optional guideline or mandatory and strictly enforced.

Currently the United States considers nutrients as foods under the 1994 Dietary Supplements Health and Education Act. Nutrients not explicitly forbidden are generally permitted. Under Codex, any substance not explicitly short-listed as a nutrient would be banned. At this time, a

nation's compliance with Codex is still voluntary. But if it is voted into international law at the Codex Alimentarius Commission meeting in Rome July 4-9, total compliance among the World Trade Organization's (WTO) 165 member nations will become mandatory.

For several years the Codex Commission has been working with United Nations-linked organizations to develop and promulgate uniform worldwide standards for food, nutrition and agriculture. Should the Commission's present recommendation become law, it would legalize the manufacture, distribution and sale of non-medical prescriptions and "meaningful dosages of all vitamins, minerals, herbs and nutritional supplements" according to Laibow's summary. It also

would outlaw "all organic, free-range, and bio-dynamic farming."

European courts are embroiled in a Codex test case as the Alliance for Natural Health and Nutri-Link Ltd. argue that the European Union (EU) is exceeding its powers by even considering participation. Should the new law pass, as of August 1,

2005, 75 percent of the natural substances currently available in health food stores and pharmacies in Europe will become illegal. The EU decision is expected in June.

The lynchpin is that in signing the WTO treaty, members agreed to always allow the organization's standards and regulations to supersede and take precedence over national

standards, laws, and regulations. Penalties for noncompliance can include international trade sanctions "across the economic spectrum."

Should the United States be forced to follow the European Codex model, "It will be illegal to manufacture, buy, sell, recommend, or use any but 28 ultra-low dose nutrients," Laibow reports. Only synthetic versions will be allowed and natural supplements, herbs, enzymes and other non-pharmaceutical treatments will be



banned. The only legal health option will be the pharmaceutical one.

Earlier Codex-type bills have been defeated by the U.S. Congress several times, each time by a smaller margin. Interests aligned with proponents of increased government regulation appear to include "the pesticide, chemical, pharmaceutical and dairy industries." But others largely "absent" from official Codex deliberations are now raising their voices. A fax campaign by consumers, health scientists, physicians and natural medicine practitioners is underway to defeat the mounting threat.

Time is short. Consumers are asked to send letters voicing their opinion now. Sample letters and fax numbers for the U.S. Congressional delegation may be found at the Natural Solutions Foundation website, healthfreedomUSA.org.

Visit healthfreedomUSA.org to take action. Comments are welcome at healthfreedom@optonline.net.

The 15,000-page Codex document specifies that supplements and nutrients "may not be used to prevent, treat or cure any disorder."

TOP 10 Common Sense Rules for Fathers

by Mark Brandenburg

There are a lot of fairly sophisticated parenting techniques and ideas out there that are attracting attention. To be an effective father, you can skip most of them and concentrate on common sense rules that have always worked. They won't always make you the most popular dad, but they'll always be effective.

RULE #1: Expect a great deal from your kids.

If your kids know that you expect a lot from them, they'll rise to the occasion. Everything from saying "please" and "thank you" to efforts in school or on the athletic field ... if expectations are made clear in a loving atmosphere, your kids will know that you think a lot of them. When they know this, they'll respond.

RULE #2: Always be willing to be the problem.

When you're convinced that someone in your family is causing the problems and you're blaming them for it, realize that this problem won't get better until you accept that you're making it worse by blaming them. It may briefly feel good to blame, but it never improves anything. Loving and accepting that person will make a positive difference.

RULE #3: Know your child's life intimately.

Get to know all that you can about your kids. Know what their favorite toys and colors are, who their best friends are, who their heroes are, etc. By showing interest, you're showing you love them. By not asking, you show that they're not that important to you.

RULE #4: Say "no" to your kids.

There's an awful lot of stuff out there for kids these days...and of course they want to have it all. Kids who get



almost everything they want typically don't turn out to be very happy kids. Kids learn discipline, self-control and how to delay gratification when they are told "no" by their parents. It may be a difficult struggle, but saying "no" and meaning it will help you to have happy, healthy and cooperative kids.

RULE #5: Hitting or spanking your kids doesn't work.

There are plenty of studies showing that kids who are spanked have lower self-esteem. Spanking your kids will also be likely to increase the very kinds of behaviors that you are spanking them for. As a father, do you really want your child to be afraid of you?

RULE #6: Treat your wife extremely well.

This is where your kids get their most important information about relationships between men and women. Make a great effort not to fight in front of the kids. Remember to be kind more often than trying to be right.

RULE #7: Actions speak louder than words.

Many parents spend time threatening their children when their kids aren't cooperating. But if you don't follow through on the consequences, you can threaten 'til the cows come home—your children will learn to ignore the threats. They'll understand action. If

certain privileges are taken away because of their lack of cooperation, they'll learn very quickly that you mean business. Try your best to align the consequences with the action ("If you don't clean your room in time, you won't have time for stories before bed.").

RULE #8: Really listen to your kids.

Don't just hear their words, but learn to understand the meaning behind what they say as well. "I'm picking my own clothes!" might mean that your child wants more

responsibility or independence. Be able to reflect back what your child says to you. If you want your child to listen to you, you absolutely must listen to her/him.

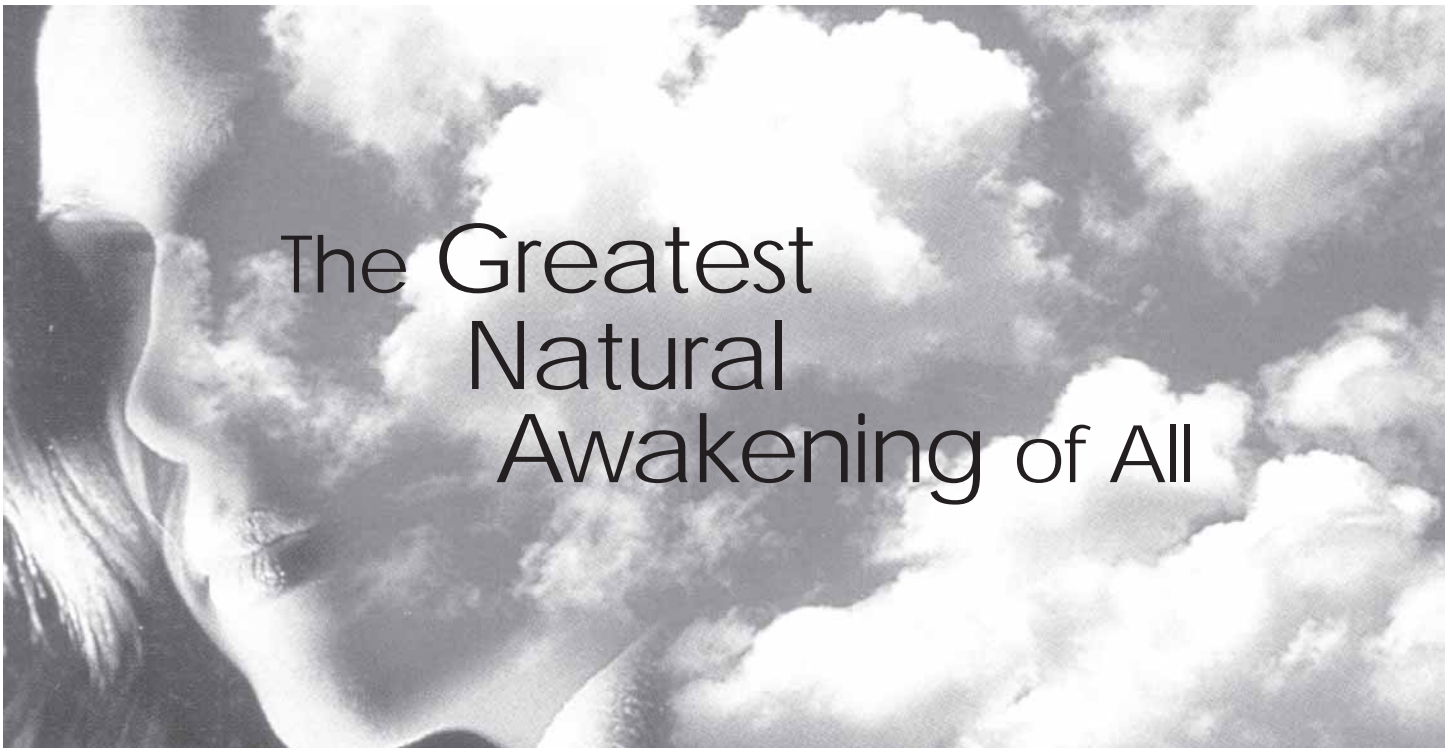
RULE #9: Give your kids responsibility as they grow older.

When your kids are very young, maybe they just help make their beds in the morning and keep their rooms clean. As they get older, add things to their list. Tell them that this is how a family works, that everybody has certain things that they do. If you do it when they're young, it's more likely they'll do it when they're older. Don't reward them for things that should be expected of them.

RULE #10: Tell your kids they're great all the time.

It is especially important to tell them this when they're not at their best. It's easy to tell them when things are going well. Make it a point to tell them specifically what you think is great about them. This will be more meaningful than generalized praise.

Mark Brandenburg, MA, CPCC, CSC, is an author, speaker and certified relationship coach. He is the author of a number of books for men, including 25 Secrets of Emotionally Intelligent Fathers. For more information visit: MarkBrandenburg.com.



The Greatest Natural Awakening of All

By Noel Frederick McInnis

Our planet's greatest natural awakening thus far was when our human predecessors became self-aware of their own individual and collective actions. Upon recognizing both the nature and the consequences of their existence, they inaugurated the social evolution of our species, and the eventual emergence of *homo sapiens* – our present human species. Today we are on the threshold of the next great awakening. In and as the collective consciousness of our species, planet Earth is likewise becoming self-aware of the nature and consequences of its existence, both locally and globally as well as over time. We collectively embody Earth's self-awakening to the way it works and to its further evolutionary possibilities.

Ken Carey announced this awakening 15 years ago in *Starseed: The Third Millennium*: The field of collective human consciousness is now entering the final stages of the awakening process, congealing into awareness of itself as the organ of consciousness (similar in function to a brain) of a *single planetary being*, a being with internal organs of oceans, forests, ecosystems and atmosphere.

Humankind is its system both for processing information and for directing its future development.

Peter Russell also foresaw this awakening a quarter-century ago in *The Global Brain*: It takes about 10 billion atoms to form a complex living cell, then 10 billion cells to form a complex self-conscious brain. As we approach the same number of human brains that are rapidly interlinking via global electronic networks, this could represent a similar clumping of the nerve cells of an emerging global brain.

Unlike Carey and Russell, most of us have yet to recognize that our species is the means by which our planetary household is becoming mindfully self-aware of its evolutionary process and potentials. Our lack of such recognition is understandable, for Earth's self-awakening isn't taking place outside of ourselves where we can see it occurring. Rather, it is awakening subliminally within ourselves, where it calls upon us to *be* its occurrence.

Earth's Fifth Geological Force

As with all other collective perceptual makeovers (a.k.a. "paradigm shifts"), Earth's awakening to itself is occurring

in and as the awareness of our species, as did our earlier recognition of the sun as the center of a planetary system rather than Earth's being the center of the universe. Since that perceptual makeover some five centuries ago, the planet's evolution has become increasingly subject to the enormous collective impact of our species' global presence. We are now Earth's fifth geological force, wielding mighty evolutionary powers of which we have yet to become mindfully aware.

Our impact on planetary change is now comparable to that of the four geological forces that preceded us: the energetic dynamics of our planet's electromagnetic field; the erosive dynamics of wind and water; the terrestrial dynamics that give rise to mountain ranges, volcanic eruptions, earthquakes, and tsunamis; and the ecological dynamics of organic evolution. As the global impacts of our urban sprawl and technological thrall interact with Earth's other geological forces, we are shape-shifting our planet (a.k.a. "terra-forming" it) quite dramatically.

Lest we short circuit Earth's evolutionary automatic pilot, its further evolution must receive more mindful human piloting. As the only species

that is aware of both the nature and the extent of its global impact, we have an awesome capability and response-ability: the capability of learning how life's collaborative dynamics work, and the response-ability of emulating such co-operation by living more compatibly with our planet.

Earth's Greatest Evolutionary Hope

The collective consciousness of our species is Earth's only means of becoming aware of itself to the point of mindfully directing its further evolution. Thus for all practical purposes we have met the "missing link" between the apes and civilized man, and it is us. The most civilizing thing for us now to do is to bring our species into alignment with the living *kindom* of the Earth. It is time for us to cease being a divisive planetary disease and instead become a collaborative planetary mind.

The prospect of humanity's being Earth's greatest evolutionary hope may incline some folks to throw up their hands in utter dismay and say, "There goes the neighborhood." Yet the good news is that each day more of us are awakening to our individual and collective conscious evolutionary roles as we honor an ancient commandment to be fruitful and multiply on behalf of collaboratively *replenishing* the Earth instead of hastening its depletion.

What is now required is a collective perceptual makeover that awakens us to our evolutionary destiny: to be a beneficial presence to the kingdom of all that lives. As mindful bearers of that destiny, we are the progenitors of the next human species: *homo custodiens*, i.e., the custodians of lifekind.

Making Over Our Perception

Those who are already awakening to our custodial role are distinguished by their advocacy of three overlapping objectives: greater well-being (individual, social, and economic), peace, and environmental integrity. These objectives are so mutually interdependent that none can be realized by itself. There can be no

peace in the absence of well-being and environmental integrity, nor well-being or environmental integrity in the absence of either of the other two. Pursuing any of these quests independently of the others diffuses rather than focuses the energy that we devote to their realization.

Accordingly, what Benjamin Franklin once said of the American colonies may now be said of our three great advocacies on behalf of a better world: they will either hang together, or else be hung separately by those whose relationship to the world persistently promotes ill-being, warfare, and environmental degradation.

What presently keeps our advocacies from hanging together is their adversarial nature. Adversarial advocacy is like an opposing wall of an A-frame building, holding in place what it opposes via the principle that "What you resist persists." Adversarial advocacy focuses our attention and energy on what we are against rather than on what we are for, thus fueling and escalating conflict rather than resolving it. For example, peace advocates tend to focus their energy on resisting war rather than on establishing mutual harmony. This may in part be why we have thus far won only wars, and have yet to win any peace other than intermittent seasons of warfare's absence.

Awaking from our Adversarial Trance

Neither well-being, peace, nor environmental integrity is obtainable or sustainable via adversarial advocacy. Only as we stand for

something and against nothing may our advocacy unite us rather than dissociate us. What we require is a heart-felt commitment to forms of advocacy that unify us in co-operative advancement of all three quests for a better world, in the manner of a rising tide that lifts all boats. Our great challenge in meeting this requirement is to create strategies and models of collaborative advocacy with which to displace our prevailing adversarial syndrome.

The most prominent model of collaboration is the ecology of living systems, the kingdom of all that lives. Lifekind's kingdom is the most co-operative model of mutuality in the universe, and is presently known to exist only on Earth. For those of us who would live in a better world, therefore, the fullness of time is at hand to emulate lifekind's kingdom, and to do so as its enlightened global brain.

On behalf of thus piecing together a better world, over 2,000 persons are gathering on September 24 at the Oregon Convention Center in Portland, to witness to and generate self-transforming practices, projects and programs of collaborative, non-adversarial advocacy. For further information on this conference, see page xx, or visit www.gbenetwork.com.


Noel Frederick McInnis, a co-founder of the environmental education movement in the 1970's and managing editor of Marilyn Ferguson's *Brain/Mind Bulletin* from 1980-1983, is the principal co-facilitator of the Portland-area based *Global Brain Empowerment Network*. E-mail: noelmcinnis@gbenetwork.com.

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WHY HEMP?

BY JAMES BENEAR

George Washington was a hemp farmer, so was everyone else that tilled the soil during our nation's colonial times.

In fact, hemp was so much a part of the commerce, governors of the colonies mandated that all persons farming had to grow a certain amount of hemp. Hemp is one of the oldest materials, if not the oldest, to be used in industrial applications. The final draft of the Declaration of Independence was written on hemp paper, as was the Guttenberg Bible. Maybe we should consider taking another page from the book of our founding fathers.

Hemp was pretty widely used up to the passing of the Marijuana Act of 1938. This legislation was passed in the hope of discouraging people from using the plant as a drug. Dope. It is interesting to note that the biggest opponent of the law's passing was the medical profession. The plant was widely used by doctors for treatment of different ailments. What was/is most unfortunate though, with the passing of the Act, industrial hemp was tossed onto the Marijuana pile. While they are both *Cannabis Sativa*, the plant that is Industrial Hemp contains less than three percent of THC, the narcotic of Marijuana. In other words, a person would have a very difficult time smoking enough industrial hemp to feel any kind of effect other than a headache.

As well as being



the strongest natural fiber known to man, hemp is more nutritious than soybean and is second only to soybeans in complete protein, but it is more digestible by humans. Hemp seed contains more essential fatty acids than any other source. Environmentally, hemp is very



On a sustainable basis, hemp produces more pulp per acre than timber and can be used for every quality of paper.

beneficial as it has no insect enemies, requires little if any fertilization, and needs a fraction of the water needed for growing cotton. When one considers that at least twenty-five



percent (the conservative estimate) of all pesticides and herbicides that are dumped into the earth are put there in the production of conventional cotton, hemp seems to be a very sensible answer to help stop pollution.

As a fiber for clothing hemp is very advantageous. It is more isolative than cotton, less allergenic than wool, and holds less water than cotton so it has a better "wicking" effect and dries more quickly. The fabric is very comfortable to wear and becomes softer and more comfortable with each washing. Hemp is also very mildew resistant. This, combined with the quick drying time, makes it an ideal fabric for travel. From shoes to shower curtains, hemp is a very timely new/old resource.



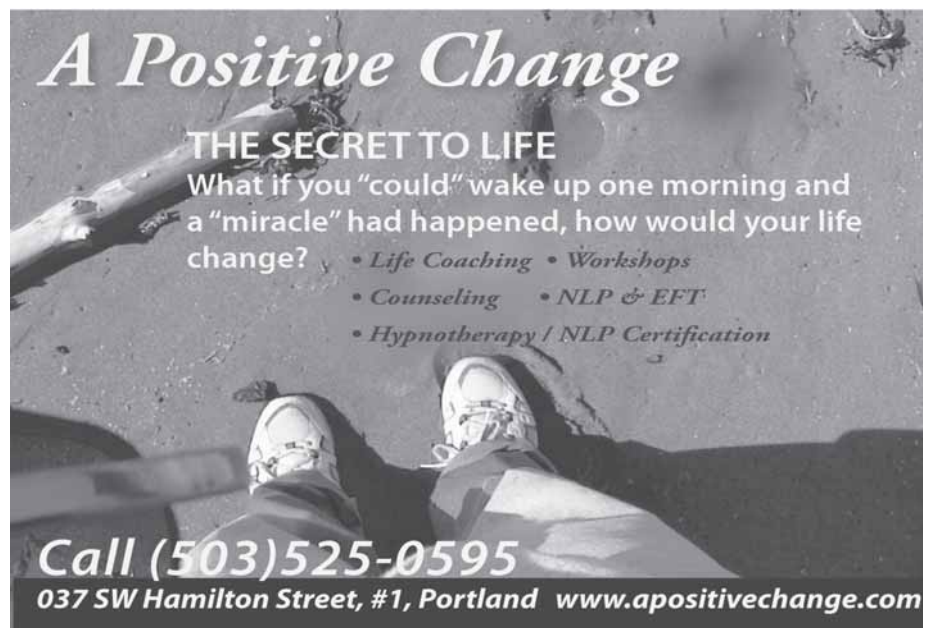
Hemp offers a very viable substitute for wood in the production of paper. On a sustainable basis, hemp produces more pulp per acre than timber and can be used for every quality of paper. Hemp's low lignin content reduces the need for acids used in pulping, and its creamy color lends itself to environmentally friendly bleaching instead of harsh chlorine compounds. Less bleaching results in less dioxin and fewer chemical byproducts.

We all are facing very un-nerving realities concerning a sustainable environment. From global warming to contaminated drinking water, unless better choices are made, the future will be problematic at best. Synthetics, prominently polyester, account for 55 percent of a 52 million ton global fiber

market. That percentage is on the rise according to Doug Hoscheck, Sales Manager for Wickers, the largest supplier of polyester performance underwear. Mr. Hoscheck also states, "While every ton of polyester consists of about the same amount of natural oil, a further quantity of oil, in excess of one ton, is needed for the production process, transport and processing of every ton of fiber." This obviously adds to our addiction to fossil fuels. On the back end of this production, those nearly 30 tons of synthetic fiber produced annually eventually have to be disposed of, and they are *not* biodegradable. A scary truth that is usually overlooked but, in the long run, will not be forgotten!

So let us step backwards to the future. Hemp is a simple, relatively easy, economically sound, and environmentally sustainable alternative. Although obviously not the complete answer, the expanded use of hemp can go a long way in helping us overcome at least some of our environmental problems. Just by choosing hemp over conventional cotton will allow us to eliminate a substantial amount of poisons going into the earth and, eventually ourselves. The next time you purchase a packet of stationary or printer paper, think of the amount of chemicals and water that had to be used in its production from the felling of the tree to the bleaching of the pulp. The next piece of clothing you try on contemplate how many chemicals were put into our environment and are contained within the fabric and the dye used for the production. And then, please, ask a clerk if they carry products made of hemp.

Jim Benear is the owner of Hollywood Naturals which sells products made from hemp and other sustainable materials. He views hemp as a viable alternative to many wood and petroleum based products and hopes to help people discover that we can substantially decrease the amount of pollutants put into the environment without having to drastically change our lifestyle. See ad on page 15.



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CHANGING THE WORLD one man at a time

by S. Alison Chabonais

MANKIND PROJECT TRANSFORMS MEN'S HEARTS

This year another 3,000 men will join a worldwide brotherhood of 30,000 adult males who are helping each other make the interior journey into manhood. Transformation from a life of the head—"What I must do"—to a life of the heart—"What I must be"—takes commitment. It also requires a community of men.

The Mankind Project, started in the United States two decades ago, offers hundreds of such communities linked through a network of 32 independent educational training centers on four continents. Local groups of men regularly meet to mentor one another, express themselves and share experiences. Their candid heart-songs tell of changed lives, including the lives of everyone around them.

"I remember the day I met one of the most admirable men I know," says Stan Sherman, a national sales manager from Philadelphia with a Barcelona-based textile company. "He asked, 'What is the most important thing in your life?'"

Listening to the younger man's long list of masculine priorities, the elder bluntly interrupted, "You're wrong. The one thing you must do is learn to take better care of yourself. Then you'll be able to start taking care of what's on your list."

That pivotal moment set Sherman on a road to self-discovery that's improved every facet of his life. He now devotes hours each week helping to pass along such wisdom as enrollment coordinator for The Mankind Project, believed to be the oldest and largest group of its kind.

THE JOURNEY FROM HEAD TO HEART

Group leaders liken each man's odyssey to that of being lost in a dark forest with no way out. In a New Warrior weekend initiation, 30 to 40 compassionate volunteers lead 32 newcomers out of the woods to a road that will take each one home to himself. At that point, a man has three choices. He can turn around and head back into the forest. He can sit by the roadside. Or he can start walking up the road.

Les Sinclair, a life coach and Mankind Project global support team coordinator from Los Angeles, explains the concept. "Society's old definitions of a warrior meant life-

long physical battles with external enemies," he says. "A new warrior enters spiritual battle with inner demons. He becomes a man who is awake, conscious, loving and fiercely alive." He also embarks on a self-defined mission that enables him to step into his life in a totally different and more satisfying way.

The fruits of this new way of life may look like a higher sense of purpose, a better marriage, good fathering, fresh career direction and community volunteerism. Results show in less anger and more compassion. A new warrior has an inner smile. He listens and communicates better. From any measure, once he's set on the road, "He's not the same man," says Jeffrey Goldwasser, a chiropractor in Asheville, North Carolina.

Benefits start with the first week-end of training. Personal growth continues through eight weeks of follow-up Integration Training, which later morph into local Integration Groups known as I-Groups.

Trust is a huge issue for men schooled on competition as the road to success. "Men need to feel safe with each other," says Goldwasser, who serves as I-Groups chair for the Carolinas Center. "They need a place where they can freely express anything they need to, without having to explain or censor themselves." In his own I-Group experience, several men have become close confidantes, a sort of surrogate family. He asks, "If we with people at home, how can we hope to get along with people on the other side of the world?"

Paul Fiske, a real estate investment consultant and Enrollment Coordinator for The Mankind Project in Santa Fe, says that knowing how to look another man in the eye jumpstarts the journey. Having permission to open his heart to articulate hurts, hopes and dreams allows a man to bump up against what scares him. "When he feels a point of resistance, it's a prompt to examine what's inside that's holding him back," says Fiske.

Like a good therapist, fellow warriors provide a safe context for a man "to touch the deepest, most essential truth of who he is." All

"I'm seeing things, good and bad, about myself that I either had long since forgotten about, taken for granted, rationalized, excused, grown numb to, or written off as standard behavior."

~Ken Lessley

understand that everyone's a work in progress. Holding up a clear mirror and sounding board can be a veritable "spa for the soul."

"People can't attack you when you speak from the heart," says Sinclair. "I can now speak honestly rather than putting on some show."

NEW WARRIOR PRINCIPLES

Responsibility. Accountability. Personal truth. Living a life of integrity. These are among the themes that characterize the conversation of a new warrior.

Mankind Project co-leader Phillip Beverly, a Chicago college professor, asks weekend warriors a key question.

"Is your life working for you?" Hard-won answers can open new realms of healing.

For most, it takes a personal crisis to smack a man into awareness of the need to radically change the way he lives his life. Inevitably, he runs up against unwanted consequences to his behaviors. By owning up to the good, bad and ugly parts of himself, he commits to being accountable for changing those behaviors and to stop hiding behind masks of anger, distrust, isolation or addictions. As he drops old habits for healthier choices, his whole being responds. As he comes to see himself as good and worthy, and good enough, he emerges from the shadows of old wounds to find a good man inside. Life finally feels good.

"Too many men's bodies hide a lost little boy inside," observes Fiske, "One that's still finding his way, not yet grown into the rich fullness of the man he is meant to be."

"Doing the New Warrior training gave me back my life. Without it I was living half a life."

~ Aboodi Shabi

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Soul-challenging discussions, exercises and activities in the new warrior's training toolbox include team-building workshops, classes, coaching, journaling, light-hearted games, visualization and meditation. Trainers and support groups offer a banquet of suggestions and possibilities. Each man's choices decide how he'll embrace the essence of his own masculinity.

Men are thirsty for this work," says Sherman. "It gives them permission to live from the inside out. And it empowers them to carry out a personal mission of service to the world. I've never seen anything like it."

The Mankind Project crosses and connects cultures, economic and

*What does a man do
when his life isn't working?
Where does he start?*

political boundaries, and spiritual practices. It attracts ordinary men of all ages from all walks of life who are tired of feeling demoralized, dispirited, depressed or aimless. It appeals to men who are tired of stuffing down the unacceptable worrying parts of themselves into the subconscious realm. For these men, the New Warrior movement supplies a clean invigorating tonic.

"The power these men emanate is a grounded centeredness," says Frederick Whitmeyer, Mankind Project

center director for the Carolinas. "They know their truth. They are calm, clear and confident in their speech. They have faith in their mission and their essential contribution to the world." Often they are found sharing the redeeming power of men's work in prisons, juvenile detention centers, residences for traumatized children and young men's mentoring programs.

To join, all a man needs to do is sign up for a weekend. Many hear about it from a friend.



Through establishing local circles of men, The Mankind Project not only is expanding inner boundaries, it's opening international borders. "Imagine," says Beverly, "in countries here and abroad, men sitting in a circle opening their hearts to someone they may have had in their gun sights. It shows us that anything's possible."

For more information on the nonprofit Mankind Project and a monthly schedule of regional New Warrior training weekends, visit mkp.org. Centers are located in the United States, Canada, Australia, New Zealand, South Africa and Europe. In the U.S., the weekend training typically costs \$650 depending on accommodations.

Wives and girlfriends of Mankind Project members are welcome to attend new warrior graduation ceremonies. Some also pursue their own complementary path to a better life through weekend seminars sponsored by Woman Within. For information see WomanWithin.org.

S. Alison Chabonais writes for corporate marketing teams and publishes in national and regional magazines. She may be reached at 239-495-2112 or achabonais@earthlink.net.

What Women Say about New Warriors

It's no secret that women respect

men who love good and demonstrate responsibility. They love to live with a man who has the true shine of manhood upon him. The Mankind Project has a track record of delivering such men, and women are rejoicing. Here's what they're saying.

"I remember the fear, isolation and anger that I saw in my partner's eyes when he left our house for his weekend. I also remember the look of grim determination I saw on his face. He said he wanted to change his life because whatever he had been doing was not working. I sat with my fear all weekend.

"A joyous man returned to our house Sunday evening. His eyes were bright and clear. His inner peace and excitement for life were visible. He had a gentleness in his spirit that he had revealed before only occasionally and guardedly.

"I was witnessing a transformation I could not even have imagined! And that was just the beginning..."

~ Carmen Stallings Finn

"My husband hid behind work rather than being a complete partner in our family. He missed swim meets, Little League games...and I think his excuse (making money for them) was really an excuse to keep intimacy away. After he did the New Warrior weekend, a new man began to emerge, one who was still scared and scarred, but also tender and no longer afraid to show his deep love for his family."

~Abby Lederman

"My man came in the front door and looked into my eyes and stayed there long enough to see my heart and soul. He'd never done this before in all the years we've been together."

~ name withheld

Running on Empty

by Josh Salzmann

Exercising on an empty stomach is something I get asked about regularly. There are a number of things to consider in order to determine if "running on empty" is a good idea for you—type of workout, time of day and duration of workout, as well as your general health and physical shape, are some aspects to factor in.

If you do a basic cardio workout such as running, biking or rowing first thing in the morning for no longer than 30 minutes, exercising on an empty stomach can be beneficial. However, many people tend to take the idea to the extreme, and will go all day without eating and then try to work out, which is not a good thing. Also, if you have any medical problems like low blood pressure, diabetes, or high or low blood sugar levels, I don't advise working out at any time on an empty stomach, as your body may have a negative reaction.

The advantage of working out on an empty stomach first thing in the morning is that you have just enough energy stored from the night before to fuel your workout, and you also have a greater chance of burning stored fat, which will cause you to lose weight. This is due to the fact that, because your stomach is empty, you are more likely to burn calories already stored as fat, as opposed to using calories from recently digested food in your system.

Working out on an empty stomach does not speed up your metabolism. But it does help to kick-start it by increasing your heart rate, circulation and the amount of incoming oxygen, all things that help your body function more efficiently throughout the day. Exercising for more than 30 minutes on an empty stomach or at the end of the day is unhealthy and inadvisable since, without the necessary energy to



If you do a basic cardio workout first thing in the morning for no longer than 30 minutes, exercising on an empty stomach can be beneficial.

fuel your workout, your body will start using your muscles as an energy source. This is not an efficient form of energy, and you may overexert yourself and experience dizziness or

dehydration.

Weight training on an empty stomach is also not advisable, since a lot of energy is required for this kind of workout. Without the necessary energy, you won't be able to work your muscles efficiently and increase muscle mass. Weight training is one of the best ways to burn calories and consequently lose weight, because the more muscle you have, the more calories you burn. So, despite what most people think, starving yourself is the least effective way to lose weight, especially if you want the results to last.

Although working out on an empty stomach can help you lose weight, it will not happen overnight, and should not be used as a long-term solution to weight loss. Maintaining a healthy weight requires a lifestyle that includes a balanced diet and regular exercise.

Josh Salzmann is one of the United Kingdom's leading fitness experts and has been a favorite Hollywood instructor for over a decade. For more information about Josh Salzmann, visit www.truthaboutfitness.com.

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Men Have Special Nutritional Needs, Too

THE WAYS IN WHICH MEN AND WOMEN DIFFER ARE INNUMERABLE. NOW YOU CAN ADD NUTRITIONAL NEEDS TO THE LIST.

by John Casey

While women would seem to have more special nutritional needs than men, given the demands that biology puts on them, men need to pay attention to their own set of nutritional demands as well.

Many problems caused in part by nutrition are common to both men and women, such as cardiac disease, obesity, and diabetes. In general, absolute nutritional requirements in men are greater than in women, simply because men as a population are larger and have more muscle mass than women.

MORE CALORIES

"[Men's] calorie needs are greater," says David Heber, MD, director of the UCLA Center for Human Nutrition in Los Angeles. "Those needs are dependent on the amount of lean body mass and average about 14 calories per pound of lean body mass per day at rest with additional calories for exercise."

For example, Heber added, a typical 180-pound man who has 17% body fat would have 150 pounds of lean muscle and would need 2,100 calories per day at rest. A woman who weighs 130 pounds with 100 pounds of lean body mass at about 23% body fat would need 1,400 calories at rest.

"You might add 300 to 500 calories per day for physical activity," Heber notes. "However, the differences are quite large, as you can see."

In large part, these differences are driven by reproductive hormones, Heber says. In men, testosterone is responsible for muscle mass differences from women and this hormone accounts for the extra muscle driving extra protein and calorie requirements.

But there are subtler differences, also.

"Even if you take differences in size and weight out of the equation and express nutritional needs per body weight or lean body mass, there are still differences between men and women," says Paul J. Flakoll, PhD, professor of nutritional physiology and director of the Center for Designing Foods to Improve Nutrition at Iowa State University in Ames, Iowa. "Obviously, there are differences during life

Men who are active and want to maintain muscle mass need to eat more protein than they might think they need.



events specifically related to women, such as pregnancy and lactation, which men do not experience."

Normal levels of circulating red blood cells are higher in men than in women, which may have nutritional implications, Flakoll says, adding that men do not tolerate low levels of plasma glucose, or hypoglycemia, as well as women.

MORE PROTEIN

Men and women need good sources of protein in their diets. However, men's protein needs may be proportionally greater, especially if a man is physically active.

To build muscle mass, men might want to increase their protein levels above the regular daily requirements, according to Rachel Agnew, RD, and Sandra P. Marin, MPH, RD, who are members of the professional education team at the Nature Made company, a manufacturer of nutritional supplements based in Mission Hills, Calif.

Agnew and Marin say that to determine your optimal protein needs, divide your weight in pounds by 2.2. The ending figure is a good upper figure for the amount of protein you need. For example, they say, a 32-year-old man who weighs 180 pounds who wanted to increase lean muscle mass should eat up to 82 grams (his weight in kilograms) daily.

"We have this idea that it's easy to get too much protein, but really men who are active and want to maintain muscle mass need to eat more protein than they might think they need," say Philip Goglia, PhD, a nutritionist and founder of Performance Fitness Concepts, a testing center for sports training in Venice, Calif.

"Too often we turn to carbohydrate-heavy meals in the evening. Carbohydrates are satisfying and taste good, but men are better off eating the majority of their protein at

dinner, which helps their bodies rebuild muscle tissues overnight," adds Goglia, who also is the author of *Turn Up The Heat, Unlock the Fat Burning Power of Your Metabolism*.

AGE AFFECTS MEN'S NUTRITION

"Metabolic rates decrease as age increases, and physical activity also decreases with aging, thus, energy needs tend to be reduced with aging," says Flakoll. "However, good quality protein and vitamin and mineral needs continue to be very important."

It is important for diets to be more nutrient dense as men age, Flakoll notes. Quality nutrients are important to maintain men's immune function and overall health, as well as preventing bone loss, eyesight loss, and muscle loss, he says, adding that "prevention of oxidative damage and maintenance of tissue health via antioxidative vitamins and minerals become more important as men age."

Agnew and Marin agree, saying, as we age, lean muscle mass is gradually replaced by fat. As the body composition shifts towards more body fat, calorie requirements decline.

That's why if you keep your same eating pattern in your 40s as you did in your 20s, you will most likely gain weight.

They added that exercise must be

"fast" metabolism as we age.

And although there are many supplements out there that promise to help men as they age, Heber says he's seen little convincing evidence.

"The benefits of hormone or pre-hormone supplements has not been proven in the literature," he says. "Certainly, it may seem to make sense to use these types of hormones to make up for deficits as men age. However, publications of good clinical trials that provide valid assessments of risks and benefits are lacking in peer-reviewed journals."

CALCIUM IS VITAL

Calcium is as important for men as it is for women, according to Agnew and Marin. They say that men's need for calcium is one "often-overlooked similarity between men's and women's nutritional needs." Os-

teoporosis tends to be looked at as a "woman's disease," but this is not always the case. In fact, they say, "one in four men over age 50 will have an osteoporosis-related fracture in his lifetime."

Visit WebMD.com for more information.



part of the regimen to help maintain lean muscle mass. Part of the reason we may see less lean muscle mass among older men, may be because there is also a decrease in the number of men who do weight training as they age. Exercise can help maintain muscle mass and help maintain a

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Allergy Relief for Pets

by Shawn Messonnier DVM

Q: My cat has this patch on his tail that looks like a rash. I think he has been biting or scratching it, which keeps it appearing irritated. Could he have a skin allergy? What can I do to help?

A: Allergies are common problems in dogs and cats. The following basic steps will help improve your pet's health and should be started immediately.

1. Diet—Feeding the proper diet is the foundation upon which any integrative pet care program begins. Minimizing harmful byproducts and chemicals is essential in preventing further inflammation and itching. Natural diets that may help your pet include *Nature's Variety, Eagle Pack, California Naturals, Innova, Wysong, Old Mother Hubbard, Halo*.

2. Minimize Vaccines—I recommend an annual blood antibody test called a titer test to determine if and when your pet might need vaccinations. If the titer is low, your pet might need a vaccine; if the titer is normal, no vaccine is needed. Rabies vaccination is a different case and vaccination schedules are based upon state law in consideration of your pet's health. I don't vaccinate most pets 12 years of age and older.

3. Minimize Toxins—While oral



monthly heartworm preventive medication is important (I have not found any proven natural preventives) most pets do NOT need annual chemical flea and tick control (*Frontline, Advantage, Advantix, Revolution, Program*, etc.).

4. Basic Health Maintenance Formula—Maintaining health and minimizing additional problems is important in reducing inflammation

and skin damage in pets with allergies. The best product I have found is the PetCentRx brand called *Vim & Vigor Formula* made by Pet Together (www.pettogethers.net/healthypet). All patients with allergies are placed on this supplement. In addition to vitamins and minerals, it contains colostrum (to support the immune system), coenzyme Q-10 (a potent antioxidant that also supports the immune system and supports healthy teeth and gums, the heart, and is one of many supplements useful in treating cancer), enzymes such as amylase/protease/cellulase (that improve your pet's digestion and absorption of nutrients from the diet), glucosamine (necessary to support normal joint function), Siberian ginseng (which helps your pet adapt to various stressors), and L-tryptophan (an amino acid included in the PM formula which helps ensure restful sleep and less itching at night).

5. Additional Therapies—

There are a number of therapies I use in addition to *Vim & Vigor* as part of my therapy for treating allergies in pets. These include *Omega-3 Fatty Acids, Proanthozone, SinoAllergy, DTX Allergy*, and frequent bathing when possible. When needed, a *homeopathic and/or herbal detoxification* therapy is also utilized. Which specific supplements are chosen depend upon a number of factors, and each patient is prescribed a specific protocol based upon these factors. Because not all of these supplements are suitable for every pet with allergies, you should not start using these additional supplements except under veterinary supervision.

Dr. Shawn Messonnier is the author of *The Natural Health Bible for Dogs & Cats* and *8 Weeks to a Healthy Dog*. Please address questions to naturalvet@juno.com or visit petcarenaturally.com

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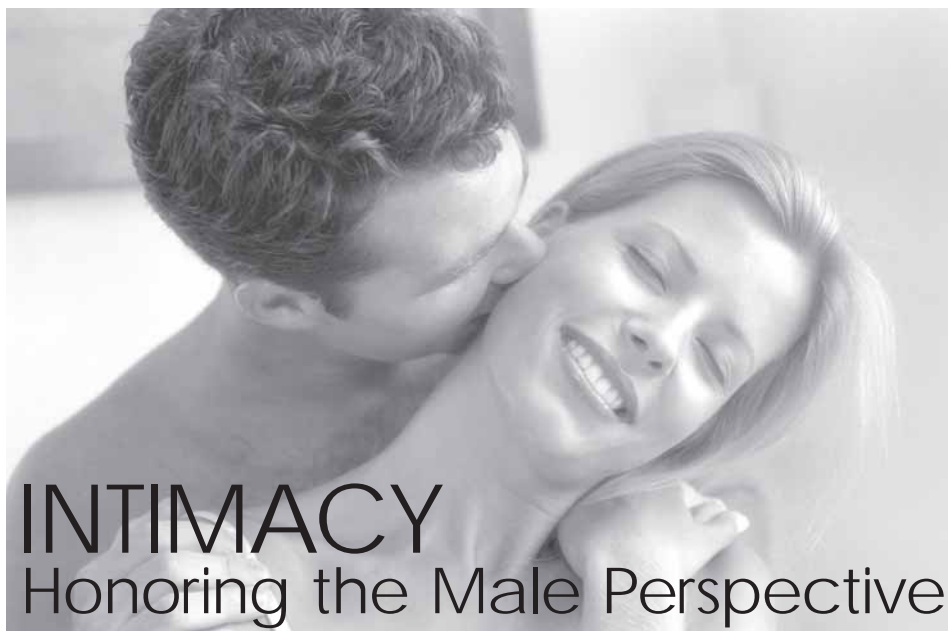
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INTIMACY

Honoring the Male Perspective

by Richard and Diana Daffner, M.A.

Men (most men) enjoy sex! They pride themselves on their virility. They appreciate sex as a release, a satisfying outlet for their masculine energy. They rarely question whether or not it's good for them. (At least, not since they learned they wouldn't go blind...) They may suspect that women have different feelings about it but they're not really sure what that means or what to do about it. They think that if they have sex with their partner, any emotional distancing will be resolved or dissolved and they'll both feel intimate and loving again.

Of course, men don't actually use words like "emotionally distant" but they do recognize when they feel intimate with their partner. It's not always or only about sex. They might notice a special shared intimacy while gazing together at their sleeping child, or a beautiful sunset. However, men are mostly aware of feeling intimate during actual physical intimacy, or the activity leading up to it.

Women (most women) like to feel intimate *before* having sex. They appreciate sex as a loving expression of intimate commitment, a manifestation of their heart's yearning for closeness.

There are many men with low sexual interest and many women who enjoy recreational sex without needing to feel intimate. However, for most of us, these male/female generalizations are pretty accurate. Men want to have sex to feel intimate and women want to feel intimate before they have sex.

Unfortunately, couples often find themselves on opposite sides of this gender divide. Which should come first, the emotional experience of intimacy or the intimately physical

*Couples can learn
to merge the inten-
tion and the action,
the feeling and the
behavior of intimacy.*

activity itself? Or, more directly put, the heart or the genitals?

Of course, guys don't talk in terms of their "heart." They're much more likely to think that their emotions are stored in – and expressed through – their genitals. Women, on the other hand, are more inclined to express emotions verbally. They often feel compelled to engage a male partner in

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emotionally-laden dialog. This is a challenge for most guys! *Recent research shows that due to brain wiring, men may be less able than women to feel and speak at the same time.*

Luckily, there is hope for this "Mars" and "Venus" dilemma. An ancient spiritual path from India, called *Tantra*, has come to the rescue of relationships caught in the confusion of stereotypical masculine/feminine viewpoints. Couples can learn to merge the intention and the action, the feeling and the behavior of intimacy. They can learn to make love in a way that touches the true essence behind his physical desire and her emotional longing.

Tantra was not originally designed as a marital enhancement program. It was meant to lead its practitioners to enlightenment. Yet these teachings, as well as similar teachings from other cultures, present the concept that our life force is fueled by sexual energy. You may be familiar with *chakras* – spiritual energy centers represented in the body at key positions along the

spinal column. Well, the first *chakra* is found right at the base of the pelvic floor. Touching that very first chakra clearly falls within the boundaries defined by intimate activity! Sex and spirituality are indeed linked together.

Sexual energy is said to rise up (no pun) from the lower to the higher *chakras*. Midway up the body is found the *heart chakra*, in the center of the chest area. Vibrating with the frequency of universal and unconditional love, an open heart chakra also clears the way for the more personal, romantic love that a couple wants to share.

The old adage, the best way to a man's heart is through his stomach, was almost right. A little lower is probably more accurate. When a man is invited to explore his heart via a sexual experience, the connected pathway opens more easily, and expands to the mutual delight of both partners! The resulting embrace, the merging of soul to soul, resonates beyond both the physical and the

emotional. It can literally move a couple into true spiritual union.

Tantra encourages its practitioners to recognize the sacred in all of life. When intimate partners regard one another as truly sacred, the whole tone and purpose of lovemaking changes.

Tantric lovemaking honors and validates the male logic that sexual connection is a doorway to intimate bonding. With its intentional, eyes-open focus and non-goal-oriented approach, this slower style of lovemaking also endorses what women know: that a deep level of heart-felt intimacy and presence is what love is all about. Couples who discover this approach joyfully step over the divide and into each other's arms!

Richard & Diana Daffner, C.S., M.A., creators of *Tantra Tai Chi™*, lead vacation workshops for couples in romantic locations around the world. For more information dates and locations, visit www.IntimacyRetreats.com or call 1-877-282-4244 for a brochure. An audio program, "Lessons in Intimacy... The Lover's Touch" is also available.



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The World Is As We Dream It



*Listen my children, and you shall hear
Of the midnight ride of Paul Revere...*

by Judith Lawson

A half century ago a small boy dreamed of Indians and longhouses in the long nights of New Hampshire winters. He mused on Longfellow's poem about Revere's famous ride to wake the people to the imminent arrival of British troops intent on stopping the revolution that birthed our nation. He pondered Tom Paine's wise words about the common man and freedom. Dreaming the world he would create, young John Perkins set forth from his Calvinist roots in a tiny New England village to become a powerful man in the country he ardently loves. He could not have known then his destiny—to shapeshift the dream of his people, a dream that in his lifetime has become a nightmare, a sad fantasy of exploitation, destruction and death for much of a world controlled by what Perkins' calls "the corporatocracy."

Many have been jolted awake by Perkins' New York Times bestseller *Confessions of an Economic Hit Man*, the well-told story of his own, and America's economic imperialism since the 1950s. Catherine Austin Fitts, Assistant Secretary of Housing in the government of George H. Bush calls the book a "limited hangout, a partial confession...that leaves the essence of a crime or covert reality hidden," that the dirty deeds and dirty money are all-pervasive now. Americans don't like to hear such things, but Fitts herself has tracked the covert disappearance of \$3.3 trillion dollars from our government during the reign of the economic hit men. An international banking expert in the same heady realm where Perkins worked as chief economist for the global management consulting firm of Charles T. Main,

secretly bonded to the NSA. Fitts warns that we must awaken to reality, and the difficulties are legion, for "We are all deeply complicit." (No more driving an SUV with Stop the War, Breathe and Nature Conservancy stickers band-aiding hypocrisy!) Perkins' stunning mea culpa confirms Pogo's timeless dictum: "We have met the enemy and it is us."

Spiritual seekers have always known this: the warrior's greatest battle is with the self. Yet just as the environmental movement has revealed itself as far too narrowly defined, so has the spiritual movement been too remote from day-to-day grappling with politics and economics. Both movements have failed to awaken or even alert the vast majority of people in the United States, a country that is living out a fantasy that now threatens humanity, civilization and other life forms on Earth.

"Things are not as they appear," writes Perkins the Hit Man. "Our media is part of the corporatocracy. The officers and directors who control nearly all our communications outlets know their places; they are taught throughout life that one of their most important jobs is to perpetuate, strengthen and expand the system they inherited. They are very efficient at doing so, and when opposed, they can be ruthless. So the burden falls on you

to see the truth beneath the veneer and to expose it. Speak it to your family and your friends; spread the word." (His book has been out since November, 2004, is in its twelfth hard-cover printing and will soon be out in paperback.)

But whoa... is this the same John Perkins whose five humble books on shamanism, shapeshifting and dream change have been out for several years? Not bestsellers, but potent, beautifully crafted and written-from-the-heart books to help us wake up? Absolutely yes. And actually no, for the Perkins who was the quintessential

JOHN PERKINS' UPCOMING SCHEDULE:

- ✿ June 3-5 at Omega Institute, Rhinebeck, NY
- ✿ June 13 at The Lensic Performing Arts Center, Santa Fe, NM
- ✿ July 9 and 11 at Institute of Noetic Sciences Conference, Arlington, VA
- ✿ August 19-26 at Omega Institute, Rhinebeck, NY
- ✿ October 6 at Faneuil Hall, Boston, MA

EHM is now a gentle, open-hearted teacher of the wisdom of shamans all over the globe, the wisdom that can save us from ourselves. He has profoundly shapeshifted at both the personal and cellular levels, including a recent near death initiation in New York that he says was "The most intense, frightening, and ultimately enlightening experience of my life. A shapeshift of amazing proportions." Perkins went home to Palm Beach Gardens, Florida, in April to rest and heal before leading an advanced shapeshifting training on Deer Isle, Maine in May and resuming his national book and speaking tour in June.

To grasp what "dream change" and "shapeshifting" mean for us at the beginning of the 21st century and a new Pachicuti, or 500-year period in the South American Quechuan and Shuar traditions, we must listen to the shamans of the indigenous people our culture has tried so hard to convert. They foresee that this is the time when the Eagle (symbol of our materialist culture) and the Condor (symbol of spiritual culture) will fly together, in balance. Their knowings are in harmony with the Mayan, Tibetan, Australian Aboriginal and indigenous North American prophecies.

"A dream is something you know from the depths of your soul you want to come true. It's outcome is beneficial," they teach. Think of the great dream of the American republic, the stirring words of the Bill of Rights, the Declaration of Independence, of passionate patriots such as Thomas Paine. Our European forebears came here because it was "the promised land," a magnificent dream that has come true for many.

A fantasy also seems like a dream, but is something that doesn't arise from the depths of the soul.

Fantasies are born of what Buddhists call desire and attachment. They are entertaining and fun and have a place in our lives. But when you give your energy to a fantasy, its outcome is destructive. Think of any number of end-of-the-world films and of the popular "Left Behind" series of novels. They do not lead to happiness, and are the opposite of Earth-honoring and sustainable. Instead they promote unconsciousness and irresponsibility and add fuel to the fears born of ignorance.

During the nineties when Perkins and a few others led many

are filled with professionals in business, medicine and academia who have been on the trips and taken part in U.S. trainings and seminars. Anyone is welcome to join. DCC is non-hierarchical and fungible, for it was dreamed by the people of the Condor and brought into being by the people of the Eagle.

John Perkins's other books include *The Stress Free Habit*, *Psycho-navigation*, *The World Is As You Dream It*, *Shape-shifting* and *Spirit of the Shuar*, which was nominated in 2002 for a Pulitzer Prize. The books, along with his CD *Shamanic Navigation* comprise a rich teaching in the ancient effective ways to restore balance when mankind (yet again) has destroyed it. Perkins has initiated another movement—Waking Our World—



*...In the hour of darkness and peril and need,
The people will waken and listen to hear
The hurrying hoofbeats of that steed,
And the midnight message of Paul Revere.*

—Henry Wadsworth Longfellow

trips into the Amazon and Andes to learn from shamans and elders, the Dream Change Coalition was born. DCC is a powerful worldwide grassroots movement—a diverse, determined community of people dedicated to making a real difference in the world. Through many projects such as POLE (Pollution Offset Leases for the Earth), DCC has quietly been helping restore the balance. Its website was chosen by *Time* magazine as one of the most effective for changing consciousness (www.dreamchange.org) and its ranks

of practical and inspiring courses of community action open to anyone. See the Dream Change website or contact WakingOurWorld@aol.com.

Judith Lawson is a former *Washington Post* columnist, professional yoga teacher, naturalist and shapeshifter in training.



Photos courtesy of Mary Tendall (from top to bottom): 1)Shuar Warriors in full regalia. 2)John Perkins with Shaman Lunduama. 3)Shaman Daniel Wachapa with John Perkins.

calendarofevents

Calendar events must be received by the 15th of the month prior to publication, and adhere to our guidelines. Please provide the following: Date, Title of Event, Time, Brief description. \$5/listing to the Calendar of Events & \$3/listing to the On-Going Calendar. Email:Portland@NaturalAwakeningsMag.com.

WEDNESDAY, JUNE 1

First Wednesday—5-9pm. Free. A celebration of community, arts, wellness and sustainability in historic Willamette district of West Linn. For more info. Call Healthy Spaces at 503.665.3565 or The Knit In Café at 503.656.7577.

Neurofeedback: Empowering Treatment for ADHD, Depression and Anxiety—7-8:30pm. Free. Learn how neurofeedback, a safe computer-based form of biofeedback, empowers adults and children to overcome a variety of conditions. New Seasons Orenco Station, 1453 NE 61st Ave in Hillsboro. 503.648.6968.

Reiki Share Circle—7-9pm. Spirit Feathers, 7704 SE 13th. Reiki experience not necessary. All welcome! 503.230.2469. www.SpiritFeathers.net.

THURSDAY, JUNE 2

Breastfeeding Preparation—7-8:30pm. Free. Get a glimpse of what to expect when starting out on your breastfeeding journey. New Seasons Concordia, 5320 NE 33rd Ave. 503.288.3838.

FRIDAY, JUNE 3

Connect with Angelic Realms through Zibu symbols, a beautiful Angelic Healing Language—7-8:30pm. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

Pharmaca's Pampering Spa Day—2-6pm. Join us for free mini-facials, makeovers, and product samples. Enter to win a spa gift certificate from Dr. Hauschka. 10% discount on purchases of participating brands and the first 50 customers will receive a "beauty bag" of samples with purchase. Our Spa Day activities fill up fast, so call ahead to reserve your mini-facial or makeover! Pharmaca. 2334 W. Burnside, Portland. 503.226.6213.

SATURDAY, JUNE 4

Immunity For Our Future—10am-5pm. \$95. Support and build immunity. Open to the power of

the pure plant kingdom, gentle touch, and prayer. Learn *Raindrop technique*, a sequence of anointing with oils to feet, shoulders and spine bringing structural/ electrical alignment to the body. NCNM Clinic 2232 NW Pettygrove. 503.667.6251

Express Your Creative Power—1-4pm. Join Nia instructors Erika Ruber and Kali Rose for the third in a series of 3 Nia workshops focusing on moving the Body's Way to find, ignite and express our power. We will play with the 18 Upper Extremities Moves of the Nia Technique, using meditation and exploration to gauge our awareness of our relationship to our personal moves. Through our Nia Dance we will expand this awareness into the sensation of Creative Power. \$45, \$5 off for mentioning this ad. To register, contact Erika Ruber, 503.493.7324, erikaruber@hotmail.com. Euphoria Studios. 1235 SE Division.

Sacred Economics: Collapse & Consciousness Transformation—6:30-8:30pm. Economic awakening is here! Learn how to survive and thrive in this new environment coming. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

SUNDAY, JUNE 5

Portland Tarot Study Group—4-6pm. For anyone interested in learning and practicing tarot. Fascinating info about the Ancient Tarot. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

TUESDAY, JUNE 7

Meditation for Starters—7-9pm. An introduction to the practice and benefits of meditation. Learn to overcome tension, restlessness, and various physical and mental ailments with relaxation and concentration techniques. Also offered June 30. Ananda, 4855 SW Watson, Beaverton, \$40 (includes instructional book). anandaportland.org or 503-626-3403.

Feeding Toddlers with Food Allergies—7-8:30pm. Free. Learn which foods are most allergenic and

the ways to keep them out of your child's diet. New Seasons Concordia, 5320 NE 33rd Ave. 503.288.3838.

Detox Your Life—7-8:30pm. Free. Learn to recognize toxins in your food, home, cleaning and beauty supplies. New Seasons Seven Corners, 1954 SE Division. 503.445.2888.

WEDNESDAY, JUNE 8

Community Drumming Circle—7-8:30pm. All welcome. Your drum or ours. Share your heart-beat. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

Introducing Solid Foods to Your Baby—7-8:30pm. Free. Learn why it may be beneficial to delay solids and what foods make good "first food" choices. New Seasons Seven Corners, 1954 SE Division. 503.445.2888.

Vital Foods for Pregnancy and Breastfeeding—7-8:30pm. Free. Good nutrition is important for a happy, healthy pregnancy, birth and post partum recovery. Make sure you are getting what you need and enjoying wonderful foods. New Seasons Concordia, 5320 NE 33rd Ave. 503.288.3838.

THURSDAY, JUNE 9

Feeding Toddlers with Food Allergies—7-8:30pm. Free. Learn which foods are most allergenic and the ways to keep them out of your child's diet. New Seasons Orenco Station, 1453 NE 61st Ave in Hillsboro. 503.648.6968.

FRIDAY, JUNE 10

Psychic Development Workshop with Renee—7-9pm. Develop your own intuitive abilities. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

Psychic Fair & Health Expo—June 10-12. Many Exhibitors and Free Lectures. The Masonic Temple, Beaverton OR. Visit crystalheartbooks.com or call 503.643.4801 for more info. See ad p. 29.

Grail Quest Workshop—June 10-12. A revolutionary approach to actualizing your potential and honoring your life's purpose. Grand Opening Special — \$250 (regularly \$350). Kalagiya West. 2040 SW Jefferson Ave. 503.243.1132 or visit www.kalagiyaawest.com.

SATURDAY, JUNE 11

Second Saturday Sampling Fair—10-2pm. Free. Join us for this popular event of samples and product information. Come learn about the newest products (and some old favorites) that Pharmaca offers in skin care, supplements and food. Pharmaca. 2334 W. Burnside, Portland. 503.226.6213.

Spiritual Training—7-9pm. Facilitate the understanding of the Four Directions - Wisdom, Knowledge, Power and Gift. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

TUESDAY, JUNE 14

Nutrition and Diabetes Part 3: Lifestyle Choices to Prevent Diabetes—7-8:30pm. Free. New Seasons Concordia, 5320 NE 33rd Ave. 503.288.3838.

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Healthy Aging and Alzheimer's Prevention—7-8:30pm. Free. Discover many things that can be done to help our bodies age in a way that retains health and prevents disease. New Seasons Seven Corners, 1954 SE Division. 503.445.2888.

Guided Meditation—6:30 - 7:30. 4605 NE Fremont #209, \$10 drop in.

WEDNESDAY, JUNE 15

Nutrition and Diabetes Part 3: Lifestyle Choices to Prevent Diabetes—7-8:30pm. Free. New Seasons Orenco Station, 1453 NE 61st Ave in Hillsboro. 503.648.6968.

Nutrition and Diabetes Part 3: Lifestyle Choices to Prevent Diabetes—7-8:30pm. Free. New Seasons Seven Corners, 1954 SE Division. 503.445.2888.

THURSDAY, JUNE 16

Safe Solutions to Menopause—7-8:30pm. Free. Find out ways to regain healthy hormone balance safely and effectively. New Seasons Orenco Station, 1453 NE 61st Ave in Hillsboro. 503.648.6968.

FRIDAY, JUNE 17

Healing the Body of Pain and Tension—7-8:15pm. Free. Learn how to return the body to its natural state of health through yoga methods including breathing, posture, mental calmness, and energization. Naturally improve digestion, improve sleep, and relieve lower back pain. Ananda, 4855 SW Watson, Beaverton. No registration required. anandaportland.org or 503.626.3403.

SATURDAY, JUNE 18

Singing Bowl Concert...Crystal and Tibetan—5:15-6:15. Allow the vibrations to flow thru you for balancing and centering, then play the bowls yourself. Spirit Feathers, 7704 SE 13th, 503.230.2469, www.SpiritFeathers.net.

Foot Care Services—9am-3:30pm. Each session includes foot soaking, cleaning, nail trimming and buffing corns and calluses. During the session a foot evaluation and massage is done; appropriate advice and referral are done as needed. \$25 fee. Please call ahead to sign up. Pharmaca, 2334 W. Burnside, Portland. 503.226.6213.

SUNDAY, JUNE 19

Kalagiya West Open House—12-4 p.m. and Summer Solstice Celebration, 4-6pm. at Kalagiya West – An afternoon of free yoga, Pilates and Qigong/Taiji classes, great food, entertainment and an amazing sale on crystals and rocks all within an inspiring “green” space. After the Open House, a Solstice Ceremony and Celebration will guide participants to manifesting their goals and dreams for the Summer season. Kalagiya West, 2040 SW Jefferson Ave. 503.243.1132 or visit www.kalagiyawest.com.

TUESDAY, JUNE 21

Getting Pregnant: Beyond the Basics—7-8:30pm. Free. Get advice from a certified nurse midwife and a medical doctor about how to prepare for conception, pregnancy and childbirth. New Seasons Seven Corners, 1954 SE Division. 503.445.2888.

Past Life Workshop—6:30-8pm. \$25. Call to enroll (space limited) 503.490.1632 Linda Carnemolla.

WEDNESDAY, JUNE 22

Natural Anti-inflammatories: Life Without Vioxx—7-8:30pm. Free. Find out how to decrease inflammation through diet and lifestyle and learn about alternatives to anti-inflammatory drugs. New Seasons Concordia, 5320 NE 33rd Ave. 503.288.3838.

Drumming/Sound Empowerment Workshop with Toby—7-10pm. Clear obstacles and come into fullness of prosperity with Power Drumming. Spirit Feathers, 7704 SE 13, 503.230.2469. www.SpiritFeathers.net.

THURSDAY, JUNE 23

Breaking the Cycle of Stress—A free evening seminar on how to naturally heal the effects of past stress and to increase your resilience to future stressors without drugs or expensive equipment. Attendees take home specific tools that can be practiced at home or work. Ananda, 4855 SW Watson, Beaverton, 7-8:15pm. Free. No registration required. anandaportland.org or 503-626-3403.

FRIDAY, JUNE 24

Soul Retrieval—Healing the Fractured Soul Workshop—7-9pm. Learn causes, symptoms of soul loss

and methods of retrieval. Spirit Feathers, 7704 SE 13th, 503.230.2469, www.SpiritFeathers.net.

SATURDAY, JUNE 25

Meet Your Guides and Guardian Angels with DawnLianna—11:30-1:30pm. Spirit Feathers, 7704 SE 13th, 503.230.2469, www.SpiritFeathers.net.

Making Herb Infused Oil—11-1pm. \$35. Instructor Almine Barton, Lac. Part of the ACHS Making Herbal Preparations series. Learn to harvest Mullein, Verbascum thapsus, flowers from the ACHS Botanical Teaching Garden, then learn to prepare mullein infused oil. We'll discuss other methods of administration and therapeutic uses of Mullein. Space is limited, so register early. Australasian College of Health Sciences. 5940 SW Hood Ave, Portland, 1.800.487.8839. achs@achs.edu.

SUNDAY, JUNE 26

Dowsing - The Art Of Intuitive Technology—4pm - 7:30 pm. Discover this Ancient Art with the Northwest Dowsters Association. Interact, explore and analyze complex energy fields existing around us. Discover earth energy ley lines (energy webs) that create positive or negative effects on your body/mind/spirit. Explore human energy fields – your own and other's. Locate water for water wells, or minerals, on maps or underground. Locate missing objects and/or people. Pot luck, open forum. 10705 SW 49th Ave, Portland. For more information call Chris Swiberg 503.293.3155 or Mike Doney 503.659.0165 .

TUESDAY, JUNE 28

Special Series: Opening To Your Own Psychic Abilities—7-9pm. Automatic Writing, Speaking with Crystals, Spirit Guides and more. Spirit Feathers, 7704 SE 13th, 503.230.2469. www.SpiritFeathers.net.

WEDNESDAY, JUNE 29

Gluten Free Products Store Tour—7-8pm. Free. Come to this store tour to learn the ins and outs of shopping for a gluten-free diet. Gluten-free shopping list provided. New Seasons Concordia, 5320 NE 33rd Ave. 503.288.3838.

THURSDAY, JUNE 30

Daily Rituals to Optimize Your Health—7-8:30pm. Free. Learn how you can reach and maintain optimal health, as well as fight illness and disease, with some very basic and affordable practices. New Seasons Orenco Station, 1453 NE 61st Ave in Hillsboro. 503.648.6968.

FRIDAY, JULY 1

Couples Intimacy/Yoga Retreat—7:30pm through Sun 4:00pm. Create Magic in Your Relationship. Enliven Intimacy and Passion. Discover Tantra. \$595/couple. Richard & Diana Daffner, The Yoga Barn, Issaquah, WA. www.IntimacyRetreats.com. Other dates, locations, brochure. 1.877.282.4244.



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ongoing events

sunday

All Levels Yoga with John—8:45-9:45am. Focus on alignment, improving strength & stamina, and increases flexibility. Holiday's Yoga Center. 510 SW 3rd & Washington Suite 210, Portland. 503.224.8611. www.holidaysyogacenter.com.

The Milwaukie Sunday Farmers Market—May 15-Oct. 16. 9:30 -2:00. Find locally raised lamb, pork, eggs, goat cheese, crab and wild salmon and fresh produce. A wide variety of specialty plant growers providing people with veggie starts as well as unique plants for the garden.

Cholesterol and Glucose Screening with Dr. Kalli Harrison, ND—10-noon. \$35 per screening. The lipid profile includes tests for total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and HDL/LDL ratio. The glucose screening is for the detection of diabetes. 12 hour fast recommended for accurate results. Pharmaca, 2334 W. Burnside, Portland. 503.226.6213.

Kundalini Yoga with Chloe Beard—2-3:30pm. A dynamic practice with mantra, mudras, unique use of hatha yoga asanas and dynamic breathwork to awaken dormant energies and produce a state of exuberant well-being. Yoga Bhoga - 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

Northwest Dowrsers Association—4-7:30pm. Hands on opportunities to explore and analyze complex energy fields around us. Discover earth energy ley lines (energy webs) that create positive or negative effects on your body/mind/spirit. Locate water, minerals, missing objects/people. 10705 SW 49th Ave, Portland. Call Chris Swiberg at 503.293.3155 or Mike Doney 503.659.0165 for specific date.

monday

Morning Yoga with JoAnn—9-10am. \$10 drop-in rate. \$60 for package of 8 classes. Bodywork Concepts, 1912 Willamette Falls Drive, West Linn.

503.607.0018. www.bodyworkconcepts.com.

Cholesterol and Glucose Screening with Dr. Kalli Harrison, ND—9:30am-noon. \$35 per screening. The lipid profile includes tests for total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and HDL/LDL ratio. 12 hour fast recommended for accurate results. Pharmaca, 2334 W. Burnside, Portland. 503.226.6213.

Extra-Gentle Yoga—10-11:15am. Experience hatha yoga as a powerful therapeutic tool for structural problems. \$10 drop-in rate or \$36 for four classes. Ananda, 4855 SW Watson, Beaverton. 503.626.3403, extragentleyoga.com.

All Levels Yoga with Holiday—12-1pm. Focus on alignment, improving strength & stamina, and increasing flexibility. Holiday's Yoga Center. 510 SW 3rd & Washington Suite 210, Portland. 503.224.8611. www.holidaysyogacenter.com.

Power Yoga with Bill Counter—5:30-7pm. A challenging vinyasa flow style practice that's different each time. Build strength, endurance and mental focus - and have fun! All levels welcome-but expect a serious workout. Yoga Bhoga - 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

Meditation LaShelle Charde—6pm. Every other week starting June 13. Learn and practice meditation techniques for deepening your inner awareness and concentration and mindfulness to daily living. Grand Opening Special - \$57 for 6 classes (regularly \$72). Kalagiya West. 503.243.1132 or visit www.kalagiyaest.com.

tuesday

Yoga for Students and the Unemployed with Teresa Bergen—10-11:30am. \$5 drop-in rate to this Yoga 1-2 Vinyasa Flow class instead of regular prices if you're either of the above. Yoga Bhoga - 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

All Levels Yoga with John—12-1pm. Focus on alignment, improving strength & stamina, and in-

creases flexibility. Holiday's Yoga Center. 510 SW 3rd & Washington Suite 210, Portland. 503.224.8611. www.holidaysyogacenter.com.

Beginning Ananda Yoga—5:45-7pm. Calming and nurturing classes provide a deep feeling of inner renewal while exploring the spiritual dimensions of yoga and the yoga/meditation connection. \$10 drop-in rate or \$36 for four classes. Ananda, 4855 SW Watson, Beaverton. anandaportland.org or 503.626.3403.

Breath of Life Classes with Gary Ferguson—6:30pm. Every other week starting June 14. An array of breathing techniques for mental clarity and expansion, purification and detoxification of the physical body, deepening of one's spiritual connection, and transformation of repressed emotional patterns and pain. Grand Opening Special - \$57 for 6 classes (regularly \$72). Kalagiya West. 503.243.1132 or visit www.kalagiyaest.com.

Non-Violent Communication with LaShelle Charde—7pm. Every other week starting June 14. Learn the tools to creating a depth of connection with others in which everyone's needs get met through a natural giving from the heart. Grand Opening Special - \$57 for 6 classes (regularly \$72). Kalagiya West. 503.243.1132 or visit www.kalagiyaest.com.

Nia—7:00pm. With Kali Rose at Euphoria Studios. Drop in fee or class card. 1235 SE Division. Call 503-737-5355 or visit www.nianorthwest.com.

wednesday

All Levels Yoga with Holiday—12-1pm. Focus on alignment, improving strength & stamina, and increasing flexibility. Holiday's Yoga Center. 510 SW 3rd & Washington Suite 210, Portland. 503.224.8611. www.holidaysyogacenter.com.

Yin Yoga with Yvonne Novick—3:30-5pm. A gentle, restorative class with long holds in supported poses to re-lengthen connective tissue and fascia. \$14 drop-in, discount packages available. Yoga Bhoga - 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

Guided Yoga & Meditation Practice—6-8pm. A complete experience of Paramhansa Yogananda's Energization exercises, inwardly-focused yoga



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Non-Violent Communication with LaShelle Charde—7pm. Every other week starting June 14. Learn the tools to creating a depth of connection with others in which everyone's needs get met through a natural giving from the heart. Grand Opening Special - \$57 for 6 classes (regularly \$72). Kalagiya West. 503.243.1132 or visit www.kalagiyawest.com.

Nia—7:00pm. With Erika Ruber at Euphoria Studios. Drop in fee or class card. 1235 SE Division. Call 503-737-5355 or visit www.nianorthwest.com.

thursday

Yoga for Students and the Unemployed with Teresa Bergen—10-11:30am. Come in for a \$5 drop-in rate to this Yoga 1-2 Vinyasa Flow class instead of regular prices if you're either of the above. Yoga Bhoga - 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

All Levels Yoga with Eugene—12-1pm. Focus on alignment, improving strength & stamina, and increasing flexibility. Holiday's Yoga Center. 510 SW 3rd & Washington Suite 210, Portland. 503.224.8611. www.holidaysyogacenter.com.

Hatha Yoga—Mastering the Basics with Bill Counter - 5:30-7pm. A moderately paced class for all levels. Work on correct form in a broad selection of poses along with breathwork and relaxation techniques. Also offered Tuesday at 5:30. Yoga Bhoga - 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

Extra-Gentle Yoga—5:45-7pm. Experience hatha yoga as a powerful therapeutic tool for structural problems. \$10 drop-in rate or \$36 for four classes. Ananda, 4855 SW Watson, Beaverton. 503.626.3403, www.extragentleyoga.com.

Nia—7:00pm. With Kali Rose at Euphoria Studios. Drop in fee or class card. 1235 SE Division. 503-737-5355 or visit www.nianorthwest.com.

friday

Chair Massage with Diane Foster, LMT—3-6pm. Throw off stress and tension with a relaxing chair massage. \$10 for 10 min; \$15 for 15 min.; \$20 for 20 min. Pharmaca. 2334 W. Burnside, Portland, 503.226.6213.

Happy Hour Yoga with Sarah Roth—4-5:30pm. Relax, renew & restore before jumping into your weekend. Be out of class in time for your weekend activities. Holiday's Yoga Center. 510 SW 3rd & Washington, Suite 210. 503.224.8611. www.holidaysyogacenter.com.

Yin Yoga—7:30-9pm. With Jenny Gallagher. A gentle, meditative practice exploring long holds in supported postures to release tightened connective tissue and rebalance the body at the end of the week. Also Wednesdays at 3:30pm. Yoga Bhoga. 600 SW 10th Ave, # 311, Portland. 503.274.2735. www.absolutelyashtanga.com.

saturday

Estacada Farmer's Market—(May 7th-October 29th) 9am-1pm. Fresh organic produce, flowers, fresh herbs, vegetables, flower starts and nursery plants. Children's Crafts Booth. Families encouraged to bring their children and make crafts while parents shop. 3rd street and Broadway in Estacada.

Vinyasa Flow Yoga—8:15-9:45am. A vigorous flowing style of yoga linking breath & movement. Poses are sequenced to build endurance, strength, flexibility & mental focus. Holiday's Yoga Center. 510 SW 3rd & Washington, Suite 210. 503.224.8611. www.holidaysyogacenter.com.

Yoga Core—9-10am. With Sarah. \$10 drop-in rate. \$60 for package of 8 classes. Bodywork Concepts, 1912 Willamette Falls Drive, West Linn. 503.607.0018. www.bodyworkconcepts.com.

All Levels Yoga—10-11:30am. With Sue Brantley. Focus on alignment, improving strength & stamina, and increasing flexibility. Holiday's Yoga Center. 510 SW 3rd & Washington, Suite 210. 503.224.8611. www.holidaysyogacenter.com.

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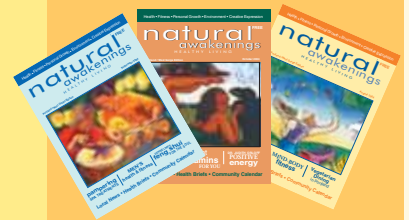
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