AN INTERVIEW WITH KIMBERLY MEREDITH
MEDICAL INTUITIVE WHO CHANNELS THE HOLY SPIRIT

THE WILD MUSTANGS OF THE SALT RIVER

Southern California's Guide to Conscious Living

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MEDICAL INTUITIVE WHO CHANNELS THE HOLY SPIRIT

THE WILD MUSTANGS OF THE SALT RIVER
ANGELA AND RACHAEL WANT TO GET
SEA TURTLES OFF THE HOOK, DO YOU?

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AWARENESS
An Interview with Kimberly Meredith
Medical Intuitive Who Channels the Holy Spirit

By Yolanda Chapin

I overcame a lot of physical challenges when I had a car accident in 2012. I then aligned myself with God’s energy. When the gift started unfolding, I consciously accepted them and continue to do so. Now they are rapidly emerging, to include medical any current injury. I also have the ability to find trapped emotional pain encapsulated in the body; I am also being guided to do many surgical healings while channeling and moving into the 4th dimension and higher where God’s energy and the Holy Spirit exist. My intuition, surgical hands on healing, spiritual activist and channeling of the Holy Spirit.

Yolanda: What is your medical intuitive and healing process?

Kimberly: I scan the entire body as a human MRI/x-ray with my blinking eye movement and hand coordination. My blinking eyes are my indicators of negative energy and disease. I can detect all traumas that the body has suffered from birth to eyes both blink simultaneously when everything is in balance with the body. The left eye blinks when everything is good and the right eye blinks when things are not. After I scan the body and give my client the full assessment of what is going on, then while I am laying on hands, with God, you and me (The Trinity). I then release negative energy and emotional or physical injuries and disease by anointing with Holy water, oils and chanting prayers. Then if the client can truly surrender and accept the healing of the Holy Spirit, the helper of God, a miraculous healing will truly take place in the 4th dimension here on earth.

Yolanda: What are the main causes of disease currently on earth?

Kimberly: I believe the simple concept that anger and negative or dark energies are causing disease. The DNA particles of anger and negative energies can enter into everything we touch including food and water. It is only through the energy of love and light that the body can heal. God is Energy, God is Love. We all have the ability to tap into this energy, manifest it and receive it into our bodies. I believe that in order to receive the love of God’s energy, you truly need the commitment of having both feet in. The image of one foot in and one foot out leaves room for a person to be an open vessel for negative energy to enter the body. It is about making a commitment to the universe, the light and God with both feet in. Some of the tools include blessing your food and walking away from any angry situation.

Yolanda: Is there any significant difference when you work with and heal animals?

Kimberly: Yes, when I lay hands on an animal and the healing is meant to occur it is done very rapidly, whereas with a human there can be some resistance. But it is all in God’s hands as I am directed. If God is ready for the animal to cross over my eyes blink upwards, same as with humans. If my body moves forward in bowing motion, I have been given permission to heal the animal or person.
Yolanda: Please explain the 4th dimension, which Jesus and Einstein both spoke of and how is it different from the other dimensions.

Kimberly: The 4th is the miracle dimension! Don’t pray casually, God can hear you! Meaning make a firm commitment with your higher self and the truth and know when you live in the 4th dimension and greater, you are living in the miracles and you can do the work of a 100 men or more, and you will witness the miracles. Your life is a Miracle! Without miracles there is no life at all. Staying in the 2nd and 3rd dimensional world, human beings are going to keep at the same pace we are living in now, which is constant worry, fear and resistance.

Einstein spoke of how we move in and out of dimensions all of the time, shifting from one to another, this is true, but we can truly stay in the higher Christ consciousness and live in the highest physical and spiritual vibration. I channel we can have peace on this earth with truly surrendering over to one God and loving all mankind. The answer has always been LOVE.

Jesus had constant acts of miracles in the 4th dimension, so when I channel and lay hands on people they receive this in the same dimensional space.

So in 4BC when Jesus did it, it was done and it can be done now. The lack of understanding of this dimension is 3rd dimensional fear. God is existing in the highest dimensionalities that is the 4th dimension and higher.

Yolanda: How can humans bring the 4th dimension to earth and keep it here?

Kimberly: I feel that by chanting positive prayers, sound vibrations, loving each other, not judging and staying in a higher consciousness, this is a must. Also we must have two feet in with God’s loving energy, so that we can move mankind forward. I channel from the Holy Spirit that now is the time to stand together and not look away. We can change our country, every person counts, every soul matters, and it’s one Nation under God.

I channel that more people will leave the 3rd Dimensional fears, judgments, blame, anger the rights and wrongs. When our vibration of thoughts are worked on the 3rd Dimension can disappear and you can shift with embracing the Holy spirit. Love and finding yourself moving into the 4th Dimension, your thoughts will be brighter. You will feel aligned to the present time stepping in to your own beauty. When your feel this happening everything is simple and easy. You feel loved, light and safe. Your world is brighter and your con-

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Maverick Mustangs of the Salt River

An interview with Tom Porter by Yolanda Chapin

AND TARGETS THEM as nuisances & feral animals to be destroyed, instead of the magnificent creatures that they are. The North American fossil record and Native America pictographs provide evidence that horses and burros are native species and did evolve in North America. These animals do have a natural birth right to live here on our country and continent. Thankfully the public understand this but unfortunately not our own government officials. That is why the public has to stand up, be vocal and demand that wild horses and burros be protected because they are national treasures!

The wild horses of the Salt River have been targeted for removal several times in recent years. Thankfully the public has repeatedly come to their rescue, but it has been an ongoing battle for THEIR survival. Arizona Fish and Game, Tonto National Forest (USDS-DEPARTMENT OF AGRICULTURE), Arizona Fish and Game have stated several times that these horses should be taken AWAY OR ELIMINATED. There is a constant battle with our government to save wild horses and burros in general & the Salt River horses specifically. The public must stay vigilant to protect these wonderful beings! A nonprofit organization has been created to preserve and protect the Salt River horses and is on Facebook.

Yolanda: When did these horrible injustices begin and how were they brought to your attention?

Tom: Wild Horse Annie began a crusade in 1950 to help wild horses and burros. Annie wrote, “Although I had heard that airplanes (now helicopters) were being used to capture mustangs, like so many of us do when something doesn’t touch our lives directly, I pretend it didn’t concern me. But one morning..., my own apathetic attitude was jarred into acute awareness. What had now touched my life was to reach into the lives of many others as time went on.”

She was outraged by large scale cruelty and set out to change the course of America’s history preventing the eradication of wild horses from public lands.

Her crusade was to stop the extermination of wild horses, symbols of the Old West. There has been decades of cruel, indiscriminate annihilation of wild horses and burros in order to make more grazing land and resources available for domestic livestock, and other interests such as PUBLIC LANDS MINING AND BIG GAME HUNTING, DEVELOPMENT OF SUBDIVISIONS, ETC.

Yolanda: What is the solution? How can the perpetrators of crimes against wild horses and burros learn to live in harmony with the wild mustangs and burros?

Tom: My friend Craig Downer, author of The Wild Horse Conspiracy, has come up with a solution, a Reserve Design program, by which these animals can be protected in a natural and non-invasive manner, restored to truly long term viable population levels.

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I pick up on all of the energy faster. I blink with my eyes and scan my hands over them detecting everything across their bodies. I also can be guided to blink how many years back it happened to them. I am guided by the Holy Spirit and given sign language with my hands tapping my body to give you more information about your detailed assessments.

Then I feel like a puppet who’s being moved by the most amazing energy in this universe and I could cry telling you this, I feel chills every time. The surgical healings are very intense. The Holy Spirit, Jesus and Mother Mary come right through my hands, my hands start knitting away, feeling like they are in a pair of gloves. Then they heal the person or animal. I am taken over as a complete vessel and I obey God. Myself and the client both praise and are in absolute awe. God is great.

Yolanda: You are also an ordained minister of a non-denominational ministry. When and where are your services held?
Kimberly: My ministry is called “The Healing Trilogy” and we honor all religions but we are not a religious group, we honor God and the Holy Spirit, which is pure love and light. God has many names and we honor that. We welcome everyone here. I channel every service and event from the Holy Spirit, I speak in codes with my eyes from God, and I do my channel intuitive scans and healing on several people. I discuss on how important energy is and also the importance of raising our God consciousness. I channel Albert Einstein and Edgar Cayce and do extensive dimensional lectures so that we can have peace in this life and can and will raise the global consciousness with this understanding that God is pure Love and Light. Then following the sermon or event a beautifully divine prayer circle takes place with the chanting of OM or other prayers. I am currently at the Gateway every other Thursday. I will be at the Soulful Summit May 20-22, 2016 in Sedona, Arizona. http://soulfulsummit.com. I will also be a presenter at the IONS Consciousness Cruise to Alaska August 30 – September 6, 2016. http://www.consciousnesscruises.com.

Testimonials for Kimberly:
I just want to let you know how truly impressed I am with the specificity of your diagnostic/scanning, and the miraculous speed with which you were able to do the healing. No doctor could explain my rare type of diabetes, pituitary hormone and kidney issues. I’d almost forgotten what it was like to be in complete health.

With Gratitude,
Emily Carr

Working with Kimberly has changed my life in the most, magnificent ways. Her hands on healing removed a benign tumor in three minutes that had been in my right breast for 20 years. The top, prominent surgeon was flabbergasted after 2 confirmation visits and she printed ultrasound photos to show me. Kimberly’s love, healing, guidance and communion with the holy spirit as the healing trilogy has opened my world up in the most amazing, joyful, magical ways. I am forever grateful and my faith in our God is unquestionable and continues to get stronger. I am beyond grateful to have met her and connected to this energy.

Iris Braydon

For more information on Kimberly please visit her event calendar for current locations and events. thehealingtrilogy.com and thehealingtrilogy.org. You may schedule your own private healing(s) and sign up for her newsletter on her websites. Please also join her on twitter @ Healingtrilogy.
GET RID OF IT... Leaf Blowers

By Julie Newmar

Every living creature in the range of a leaf blower is harmfully impacted. It’s dumb-headed technology – it’s torture by technology. A new DDT? Design Dementia Technology. Think of asbestos... cigarettes... the car alarm! It’s irrational exuberance at its least productive. It’s a blight on any neighborhood. The noisier the neighborhood, the more negatively aggressive are its people.

It’s not good for us. It’s war, without our permission. We don’t need it. It’s not necessary. Get rid of it.

The Japanese invented the leaf blower in the 60’s, to spray trees. In America before the 70’s, our gardens, streets and sidewalks were perfectly fine and clean! Leaf blowers weren’t needed. As any good doctor knows, sometimes it’s better to do nothing!

There are only two kinds of people that like leaf blowers: the manufacturers and maybe the lawyers, not the workers. They’re always pissed off...

sucking on those gas fumes. There are two reasons that leaf blowers even exist: money and macho.

Money – the manufacturers, the one percent, paid their lobbyists to go back to the city council to get the ban reversed. The ban that the people wanted, that they worked so hard to get. The manufacturers claimed it would put gardeners out of work. The reverse is true.

Macho – It is a macho machine!

It’s a Viagra machine... that requires little, if no effort. But unlike Viagra... it doesn’t do anything. It’s a false mistress. A public nuisance. It poisons neighborliness. It makes people crazy. It destroys our human environment.

Plants don’t like it. Hot air blown at hurricane force, 200 miles an hour, destroys the process of photosynthesis. That’s what plants do to change carbon dioxide back into the oxygen we breathe.

It is why we love being in a forest or a garden.

Why would you vacuum your lawn? Your lawn is not a billiard table. Nature made leaves, leaves turn to mulch, mulch turns into the top soil which promotes next year’s growth. If you vacuum your lawn, which contains four times the chemicals of agricultural land, you blow... desiccated dog doo, pesticides, mold... up into the air. It stays there for days for you to breathe.

On every Echo leaf blower machine it says: “Warning! The engine exhaust... contains chemicals... causing cancer, birth defects...” You might as well smoke three packs of cigarettes a day!

About Rights:
Does the leaf blower guy have the right to pass all those gas fumes into my office, so I can’t breathe and have to run all over to close the windows? Does he have a right... to jam that noise down my ears? So I can’t talk on the phone, think or most importantly... work?

(Continued on next page)
Leaf Blowers...
(Continued from previous page)

Worst of all, does he have the right... to enter my body? To shatter my nervous system? I’d call that a form of rape... from which I cannot protect myself.

Here’s the bigger problem: It’s the sound... that deeply disturbs people. It is a narrow-band... scream. It is like a laser, the kind that is maliciously flashed in the eyes of pilots.

The sound of a leaf blower:
Is the sound... of RAGE.

CBS Video:
http://www.cbsnews.com/video/watch/?id=7387318n&tag=contentMain;contentBody
Two videos of Julie’s garden:
https://www.youtube.com/watch?v=Kx0kAJ9wgRg

Julie Newmar is an American actress, dancer and singer, known for a variety of stage, screen, and television roles. She won the Tony Award for Best Featured Actress in a Play for her role as Katrin Sveg in the 1958 Broadway production of The Marriage-Go-Round, and reprised the role in the 1961 film version. In the 1960s, she starred for two seasons as Catwoman in the television series Batman (1966–67). Her other stage credits include the Ziegfeld Follies in 1956, and playing Lola in Damn Yankees! (1961) and Irma in Irma la Douce (1965) in regional productions. She appeared in the music video for George Michael’s 1992 single “Too Funky”, and had a cameo as herself in the 1995 film To Wong Foo, Thanks for Everything! Julie Newmar.

With cutting-edge sensibility, Julie retrained herself into the Internet world of social media. Active on Facebook: http://www.Facebook.com/JNewmar, Julie is currently working on four books, and various videos to be seen on the media section of her website, www.JulieNewmar.com. An avid gardener, Julie’s gardens are renowned. There is a rose, daylily and begonia named after her. See: http://JulieNewmar.com/videos/julie_newmar_garden/

Julie has a handicapped son who “sparks love and a high level of creativity” in her life.

Wild Mustangs...
(Continued from page 6)

and become well integrated into the natural ecosystem and naturally self-stabilizing. He has a public appeal for support called “RESERVE DESIGN FOR WILD HORSES” that is on go fund me or on his website www.thewildhorseconspiracy.org. RESERVE DESIGN is also described in the Chapter IV of his excellent book The Wild Horse Conspiracy, available at his website or through Amazon at www.amazon.com/dp/1461068983. Also on his website, there is posted his ecological study of the SALT RIVER WILD HORSES AND THEIR ECOSYSTEM, together with recommendations.

Yolanda: What can concerned individuals do to help the wild mustangs of the Salt River.

Tom: Get involved: Support animal friendly legislation, take a humane approach to your diet, your health will benefit also, eating vegetarian or vegan diets can ensure that you are not inflicting undue harm on animals in your daily life. Discourage animal abuse and write letters to newspapers, your representatives and senators, land management agencies, etc. File legal actions. Go visit the herds and publicize them, involve others and organize to defeat the wild horse enemies and restore the wild herds.

Tom Porter produces the video series Animal Consciousness, which has featured Guide to Whale Watching, sea otters, elephant seals, sea lions and bird rescues. Tom was a student and educator about the Cruising Classroom at U.C.L.A. in Marine Science. Currently he is working with Craig Downer on the Maverick Mustangs of the Salt River. Tom’s goal is to inspire and empower people to care about animals and the planet.
When Dr. Hunt's patient slowly came around from the anesthesia she reported an overwhelming sensation of nausea. This is not uncommon. In fact, many patients experience similar post-operative queasiness. Anesthesiologist Ron Hunt M.D. and peri-operative nurse, Amanda Hudgens, BSN RN CAPA, are used to hearing patients complain of it. And, while Dr. Hunt knew of numerous medications he could prescribe to help with the nausea, he was reluctant to do so with many of these medications having undesirable side effects.

Amanda, a trained aromatherapist, suggested using a blend of essential oils known to ease nausea that could be administered on a gauze pad. The first patient's response to their offer of an aromatherapy blend instead of a traditional medication was a positive one and they continued to find the aromas relieved their patients' queasiness. So began many years of research and testing by Dr. Hunt, his nurse and their team of doctors and nurses to find the perfect blend of essential oils and more importantly, a safe and effective delivery system for aromatherapy in a hospital setting.

“Aromatherapy is an ancient practice that has stood the test of time,” says Dr. Hunt. “For over 5,000 years it has been used as a way to relieve discomfort and encourage balance of the mind and body and now more and more of us in the field of modern medicine are open to its many uses.”

Dr. Hunt points to a growing number of studies that suggest that certain blends of essential oils can reduce the need for more traditional medicines particularly in the cases of chemotherapy induced nausea, stress, anxiety and sleep. The available scientific research suggests that essential oils can be useful for a wide variety of issues. Some of these substances can be very complex in their chemistry, and consequently very powerful in their effectiveness.

Fully aware that numerous claims have been made about the curative powers of essential oils in the treatment of diseases (such as ebola and cancer) without any objective, data-based research to back up such claims, Dr. Hunt and his team decided to invest the time and resources to do the research. “There is no substitute for thorough objective, data-based research investigation.”

With that in mind, they developed a randomized trial to look at the effectiveness of aromatherapy to ease post-operative nausea discomfort. The results strongly suggest that aromatherapy was helpful for patients recovering from anesthesia. The change in reported discomfort level was significant for the blend of ginger, peppermint, cardamom and ginger \( P < 0.001 \) as well as another for ginger only \( P = 0.002 \) versus saline. The number of antiemetic medications requested after aromatherapy was also significantly reduced.

So, the research suggested that they’d found a particular blend of ginger, cardamom, peppermint and spearmint that soothed and relieved users. However, there was still the issue of delivery and controlling the amount of essential oils used in each instance. Essential oils are considerably more potent than the plants from which they are derived and so, in most

(Continued on next page)
A Consciousness of Oneness

By Judith Anne Winters CSL, ALSP

Living in Oneness is learning to live in harmony with everyone and everything. It begins with unconditional self-love.

We live in the center of our universe as spiritual beings having a human incarnation. Our yearning to know Beloved Spirit reflects a desire to feel this presence. Yet at the same time we are individual unique expressions of God. One may perceive this as a paradox. Paradox is defined as: “a statement that is seemingly contradictory or opposed to common sense and yet is perhaps true.” Understanding this paradox of being is not perceived through our sensory nature.

In our human incarnation, we experience the world through our five senses: sight; smell; touch; hearing; and taste. While these five are not exclusive to other senses, such as clairvoyance, kinesthetic senses; balance; temperature; pain; energy sense (chakra recognition), they are also ways by which humans experience the natural world. Insight is another way of knowing that is gained through a consistent spiritual practice of: meditation, affirmative prayer, life visioning, journaling, spiritual study, sacred service, and movement (i.e.) yoga, bodywork. Spiritual practice allows us to commune with God/Spirit. Communion in stillness and silence is one of the ways to experience this energetic vibration of Oneness. However, any activity that holds our attention as Spirit, without ceasing, maybe considered communion with the Living Presence. We listen with the inner ear and hear the voice of Spirit. We see with the inner eye, sometimes called the third eye, and see this Divine Presence in everyone and everything. Learning to live in harmony with everyone and everything begins with knowing our authentic/Higher Self. What is the authentic/Higher Self? Questions I ask in meditation are: What am I? Who am I? In the stillness and silence of my soul, I hear this: I am made in the image and likeness of God. I am more than flesh. I am an individualized expression of God, Spirit, and Divine Being. I re-present the Holy Spirit. I am a spiritual being that is limitless; loving; free; and aligned with the vibratory field of Infinite Mind. God is Love; I Am Love. As I hold these thoughts of being in my consciousness, I recognize that everyone and everything is like the answers to what and who questions. We are connected as One Divine Mind.

Oneness is an inner journey that begins with self-love. We transform our perceptions of whom and what we are and begin to embrace ourselves as lovable; loving Mother Earth and loving all of God’s creation. A consciousness of Oneness, allows us to experience beauty and love in ALL that we meet along this journey. We return to love by embracing all that live here: the four legged; winged beings; water beings; tree beings; plant beings; the mountains; grass; creepy crawlers; the air we breathe is God breathing us. We watch each sunrise feeling the awe and wonder of creation. We revere Mother Earth and Father Sky as nurturers of our soul. We walk gently upon Gaia while connecting with the roots of our being. God is the creator of both the visible and invisible and we embrace it all. There is no separation. We are One with this Divine Loving Presence. In this energetic space of recognizing that all our needs are met, our perceptions expand and we see, hear and feel that we are surrounded and immersed in unconditional love and acceptance.

This is a portal of knowing that we are connected to all that God IS. God is everyone and everything. Our existence on Mother Earth allows us to love and serve others through the expression our unique gifts. Rev. Dr. Michael Beckwith says: “We are not here to get anything; we are here to give of our talents and to reveal the glory of God.” We transform our beliefs of doubt, lack, scarcity, and separation to beliefs of perfection, uniqueness and wholeness right where we are. God is the giver of Life. We are this richness as Eternal Life. We are to surrender to the beauty and love that surrounds us and allow It to be. A consciousness of Oneness is Love, Perfection, Unity and Wholeness wherever we are. IT is happening NOW. And So IT IS.

Judith Anne is founder and CEO of The Circle of Fire Lodge. She is an intuitive, Transformative Life Coach. The lodge re-presents a field of transmutation for all whose journey is to know their Higher Self. She is a master alchemist of transformation and transmutation. Contact her at spiritedd66@yahoo.com

Aromatherapy...

(Continued from previous page)
cases, they are blended with a “carrier oil.” Often, they are mixed together immediately before use and placed on a swab for the user to inhale. This process is significantly time consuming, labor intensive, and messy. Dr. Hunt and his team have found the development of a practical, personal way to deliver the aromas to the patient to be the most complicated aspect of aromatherapy practice in a hospital setting.

Dr. Hunt noted there was no available effective way of delivering essential oils by inhalation. Currently oils are diffused into the entire room - which may be irritating to some patients with smell sensitivity - or are inhaled via a personal inhaler or on a cotton ball that may be lost in the blanket or fall away from the patient when they become sleepy thus losing the benefits of the essential oils.

In response to these concerns, the team devised a special nose clip that includes a pod containing a specific amount and blend of oils that have been tested for their safety and effectiveness. The discreet clip is inserted into the nose and the patient simply breathes in the aroma. The nose clip overcomes the problem of mixing oils, measuring exact proportions or using a diffuser in the hospital room. The patient is the only one who smells the aroma and the clip stays in one place and once in the nose cannot get lost in the sheets of the hospital bed.

Dr. Hunt says, “What we have developed with our patented nose clip is truly a blend of traditional and complimentary medical approaches. As mainstream medicine acknowledges more and more the benefits of aromatherapy, I think we’ll find, in certain instances, it becoming a useful adjunct or alternative to traditional approaches. This is beginning of a true synergism between Eastern and Western approaches to health and wellness.”
Transcend Your Environment

By Frank Daly

Today, concerns about the environment dominate public and political discussion. From the melting ice shelves in the Arctic to the disappearing rainforest and extinction of species there are many troubling issues involved in this global crisis. It is commonly believed that this catastrophe is due to human activity and habits. Questions abound: How can we fix this problem as a nation and as a global community? Is it too late to make the change necessary in order to survive devastation? What will happen if we do not do enough in time? These worries quickly become overwhelming, evoking fear and panic as we are faced with the uncertainty that lies ahead.

Here we must pause and remember that “We can’t solve problems by using the same kind of thinking we used when we created them,” as Albert Einstein so eloquently stated. We need to understand the natural laws that govern our world. As we come to have a better understanding of the universe we begin to realize that it is designed to be self-balancing and self-organizing.

Imagine the universe as a computer and consider the complexity of the design required in order for the user to navigate efficiently. As the system becomes more familiar the user is able to accomplish tasks with greater ease. The universe truly is a kind and supportive place but if we don’t understand how it is designed to work it can seem harmful, even dangerous. For example, when we sit inside of a car and drive we are able to travel simply but if we don’t fully understand how the car works navigating becomes difficult and we find ourselves banging into things and causing accidents wherever we go.

We can begin to understand the self-correcting nature of the universe by simply observing the natural world around us. Notice how a tree or a flower grows with ease. There is no effort, simply an allowing. We constantly choose how to perceive the world and this perception will set the course for the future. We are the constant creators of our world because the focus of our awareness generates a feeling and that feeling will determine what is reflected to us in the external world. If what we see is desirable, our perceptions are helpful, but if we see things we do not prefer, such as pollution and the adverse effects it has on environment, we must first examine our interior world.

When we are in a state of irritation, frustration, or even fear and we take actions to fix the problems we face we actually sustain them, or in some cases make them worse due to the fact that these negative feelings are the causes of our environmental issues in the first place. Remember, the external world is just a projection of how we feel inside. Therefore, if our attention goes to cleaning up our thoughts and creating a more positive perspective, we will inevitably see the world change for the better.

Recent studies reveal that 90% of disease is caused by overwhelming stress and when we stress we reflect it outwardly. After all, the external world is a reflection of our inner expression. The reflection will not change until we correct our inner being. Just like a mirror, if our hair is a mess we do not try to fix the mirror we fix our hair and the mirror reflects back our progress.

In order to change our inner world we must simply let go and allow. When we are frustrated and can’t find our keys we get to a point when we stop looking (let go and allow) as time passes our frustration disappears and all of a sudden we find our keys. We may think someone moved them or come up with some other so called logical reason, but what happens when we are frustrated is our mind works at a disadvantage. In return we don’t see clearly making it difficult to find the keys.

Know that our minds are designed to transcend to a quiet place when we let go of stressful thoughts just like when a diver let’s go of the platform without effort they are drawn to the water. When we allow

(Continued on page 15)
As a result of the uncertain outcomes of the 2015 Paris Climate talks 2016 has been declared THE YEAR OF THE ARCTIC METHANE EMERGENCY.

If this is news to your fine media organisation we ask that you enter '2016 the Year of the Arctic Methane Emergency' into Google algorithms and see what you see.

As the Arctic seas and upper atmosphere are key drivers of the whole planet’s climate systems (along with Global Ocean currents and upper atmosphere) and as the Arctic subject itself was sidelined during the Paris event; I believe that both the Alternative and Green media sectors now have a very important role to play once more in shifting the global community’s attention to making the Arctic centre stage throughout 2016.

The rush to get oil from the last oil frontier on our planet is fraught with risks to the whole planet, for this region is not at all like the South China Sea. I write to you from a city where there was another recent major oil and gas rush. It was along the North West Continental shelf of the Australian continent. That boom is now over and the city of Perth has lost an identity.

So now a new boom looms and a new oil rush by the global oil majors to claim territory in what they call ‘the last oil frontier’ within the fragile Arctic Circle. On one side of the conflict an Ice Free summer is wanted by the oil majors, but an ICE FREE summer means climate chaos and excessive methane gas being released into the atmosphere.

Unfortunately it is now becoming a conflict zone of great interest with an increasing international military presence attempting to protect unclaimed oil territory. This is not oil rich Iraq but is potentially playing dice with the future of the planet’s climate.

When the phrase ‘ARCTIC CLIMATE CRISIS’ was entered in early December 2015 into the search box of the web sites of BBC.com, ABC (Australian Broadcasting Corporation), CNN, and Al Jazeera it was found that these major media players had ignored the crisis totally. Small items however had appeared in 2012 and 2013.

Why nothing since then? Is this a question that the conspiracy hunters will love to explore at some future date?

Historically, this year is probably going to dramatically change the whole world agenda and the true role of Alternative and Green media will manifest itself by turning away from the Terrorist or Economy memes that Big Media focuses on.

We will witness the Alternative and Green media segment of the total media spectrum pushing corporate media to follow it. By various criteria the full Alternative media sector is actually now the major media player on planet earth - as well as the media segment with a conscience. However Big Media will not run THAT story will they?

This year we will see the former big media players becoming the less important, thanks to our consciousness and perspective difference. Alternative and Green media do not push engineered stories which take the public’s attentions away from what is the only real question to ask “What sort of climate and environment is being left for the next generation?”

Michael Klein has worked in mainstream and alternative media since 1960. In 2006 he started doing research work on the CLIMATE CRISIS ISSUE but when Al Gore made his film, he took a break until last year when he was shown the Wadhams on You Tube.

Earth provides enough to satisfy every man’s needs, but not every man’s greed.
~ Mahatma Gandhi

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Margaret Ann Lembo
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The Dazzling "Jewel by the Sea"

By Ann Nelson

The idyllic seaside town of La Jolla, situated 15 miles north of downtown San Diego and approximately 100 miles south of Los Angeles, is well known for stunning natural beauty and old-world charm. The dramatic coastline curls around glistening sandy beaches, giant cliffs and small cozy coves.

This magnificent world-class location, where luxurious homes stream down the hillsides to the sea, has long been a favorite destination for writers, artists and scientists. La Jolla is the headquarters for sophisticated arts, chic boutiques, cheery sidewalk cafes and renowned think-tanks. Scripps Institution of Oceanography and the Salk Institute are located here.

During this trip, my friend DJ and I wanted to stay in two distinctly different areas: in the village, where we could walk to galleries and restaurants and in the hills, where we could hike in the nature reserve at Torrey Pines.

We first checked into the La Valencia Hotel. Famous for its pink facade and mosaic-tiled tower, this enchanting landmark is renowned for its ornate Spanish Mediterranean-style, hand painted murals, colorful courtyards and endless ocean views. Since opening its doors in 1926, distinguished visitors and Hollywood stars, including Greta Garbo, have been drawn to this alluring place by the sea.

The MED, the hotel's elegant signature restaurant, features creative and dazzling dishes. We sampled Miso Chilean Sea Bass with laughing bird shrimp dumpling and Naked Scallops with wild mushrooms, herb gnocchi and sun choke puree. Amazing! After dinner, we lounged on the ocean view terrace and treated ourselves to a decadent dessert, while watching the moonlight dance across the water.

Endless outdoor activities awaited us in the morning as we stepped outside the door to this quaint enclave. La Jolla Cove is home to a 6,000 acre Ecological Reserve and Marine Life Refuge and the perfect place for swimming, kayaking and snorkeling. The Museum of Contemporary Art is a short walk away. Enhancing our walk were the dazzling Murals of La Jolla. These works by internationally renowned artists added a colorful vibe as we strolled through the village.

A perfect way to get a birds eye view of this alluring paradise is to join Fly Rides for an electric bike tour that ascends to the highest view point, Mt. Soledad. This thrill ride was a true highlight of the trip! Our guide gave us perfect instructions about how to ride and filled us with endless tales of La Jolla history.

In the evening, we discovered dozens of dining options, ranging from farm-to table fare, outdoor cafes and elegant dining. We headed to Dukes, just up the street from our hotel and made our way to the huge outdoor deck overlooking the cove. With passion and flair, Chef Anthony Sinsay whips up custom Hawaiian- themed dishes like Roasted Tristan Lobster Tail and Shrimp Croquettes.

The Marine Room, a notable San Diego restaurant for over 70 years, is located on the beach of La Jolla Shores. The experience of dining here is simply exhilarating as we take in the spotlighted nighttime scenery long after the sun has set. Sophisticated dishes and seasonal offerings are prepared with the assistance of Executive Chef Bernard Guillas, one of only two Maîtres Cuisiniers de France in San Diego.

The next morning, we stopped at Scripps Institution of Oceanography and Torrey Pines Gliderport as we headed into the hills of La Jolla. We had lunch at A.R. Valentien in The Lodge at Torrey Pines. This notable restaurant, with a reputation for showcasing fresh seasonal dishes, has been named one of the Top 10 Farm-to-Table Restaurants in the U.S. by Epicurious.com.

After lunch, we checked into the Estancia La Jolla Hotel & Spa. This AAA Four Diamond adobe-style luxury retreat, situated on close to 10 acres, has the look and feel of a private paradise far removed from the city. Picturesque pathways showcase a beautiful garden oasis filled with native plants, fountains, outdoor fireplaces and alluring dining venues. The spa, recognized by Conde Nast Traveler in 2012 as one of the top spas in the world, features treatments with Mediterranean and Asian influences. Many of the signature treatments are performed under a real rain bar that exfoliates and hydrates skin while 12 shower heads simultaneously massage the body. The outdoor area, just outside the spa, is one of the most beautiful I’ve ever seen, with an exquisite saltwater pool surrounded by cabanas, flowering plants and enticing lounge areas.

(Continued on next page)
**The Latest Thing**  
*By Jenna Rumer*

The Latest Thing, a 12 step recovery bookstore and gift shop, has recently grown into one of the leading sellers of gemstones and crystals in Costa Mesa, CA. Walk into the store and you’ll find an extensive collection of crystals and stones. From an array of simple, inexpensive pocket stones to beautiful pieces of raw amethyst and polished slabs of apatite and calcite, The Latest Thing has it all.

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Not only are the staff members at The Latest Thing knowledgeable and happy to help, but each stone comes with a card outlining the spiritual, emotional and physical benefits of the stone so that you leave the store informed. Whether you are seeking spiritual growth or emotional healing, you’re sure to find the perfect piece at The Latest Thing.

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**Transcend…**  
*(Continued from page 12)*

the mind to transcend to a quiet place we are presented with an entirely new perspective in relationship to our situation and the solution will appear naturally and easily. If we want to experience a clean and peaceful environment we must start with ourselves and clean up our inner environment. As individuals we are more powerful then we are lead to believe. We can make a huge difference and with each individual it multiples tenfold. So be the change you want to experience and together we will create a better environment, for ourselves and for our future generations.

Frank Daly is a wellness coach and author who has transformed lives for over 15 years with his ability to enable his clients to see beyond the immediate drama of life and connect to the greater whole.

His recent publication, Enjoy the Ride is a simple explanation of how to use your inner guidance system to reach your goals and live a life of joy. Frank lives in Arizona with his wife and son and is currently working on another book.

**Get to the Heart of the Matter – LOVE!**  
*GemSpot:*  
*By Margaret Ann Lembo*

Start your day with Malachite’s Affirmation:

I focus on my heart center. I treasure the lessons I learn through being in relationships with others. I find balance within. I feel love for myself and all beings. Love swirls into my life. I recognize repetitive patterns. I choose patterns of love, compassion, and kindness.

Malachite is a stone that helps you get to the heart of a matter. This stone reminds you that as patterns are repeated in relationships again and again that there is a lesson to be learned. This stone helps you grow emotionally as well as mentally and spiritually as you recognize the emerging patterns.

It is always great time to connect with heart-focused energy and, therefore, heart-shaped gems. Many stones are cut and polished into the shape of a heart. Heart-shaped stones are dedicated to approaching whatever you are working on from the center of yourself—your heart chakra. Heart-shaped stones remind you that love is always the answer. Allow love. Love yourself. Nurture yourself. If you are attracted to heart-shaped stones, you may want to improve your relationships—the relationship you have with others as well as the relationship you have with yourself. Use a heart-shaped stone to help focus your attention on attracting romance or more love into your life.

The Divine Guidance from Malachite is: What patterns in your life do you keep repeating? Are you ready to emerge from the maze you’ve created? Walk the labyrinth and find the higher spiritual purpose for all of your challenges and lessons. As you discover which patterns no longer serve you, remove them and replace them with new patterns. Look for the emerging patterns of joy, harmony, and inner peace. Embrace them and continue forward in your evolutionary spiral upward.

Excerpted from The Essential Guide to Crystals, Minerals and Stones.

Margaret Ann Lembo is the author of Chakra Awakening: The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals; Chakra Balancing Crystal Alignment CD; and three new upcoming titles in March 2016 - The Essential Guide to Aromatherapy and Vibrational Healing; The Archangels & Gemstone Guardians Cards; Cord Cutting: Releasing the Energetic Ties of the Past.

**CONTACT INFORMATION:**

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Estancia La Jolla Hotel & Spa: (844) 875-2800 or www.estancialajolla.com  
Ann Nelson is a freelance writer residing in San Diego.
Creating an Environment with Intention

By Ellen Angelica Pendergast

We look at our World and we see all the beauty, and yet most feel much concern for how it seems to be in turmoil; the air, the ozone layer, depletion of natural resources; many feel helpless to reverse or change what has been, and sadly still appears to be going on.

Feelings of hopelessness that the damage has been done are felt by many; that maybe it just has to be this way. We still see our Planet Earth continuing on a course that seems to make things worse, and that includes our environment.

Quantum physics states simply that there are endless outcomes and possibilities to all situations; that everything is a choice and it comes about by how we feel and think.

Gandhi was quoted to have said, “...be the change you wish to see in the world...” But how?

One man whom has given the world’s situation a hopeful and positive outlook with this concept in mind is Dr. Masaru Emoto. He was a Japanese author, researcher, and entrepreneur who claimed that human consciousness has an effect on the molecular structure of water. Dr. Emoto’s conjecture evolved over the years, and his early work explored his belief that water could react to positive thoughts and words, and that polluted water could be cleaned and cleared through prayer and positive visualization and intention.

Since 1999, Dr. Emoto published several volumes of a work entitled, ‘Messages from Water,’ which contain photographs of ice crystals and their accompanying experiments. Dr. Emoto’s ideas appeared in the movie, ‘What the Bleep Do We Know!’

He believed that water was a blueprint for our reality, and that emotional ‘energies’ and ‘vibrations’ could change the physical structure of water. The water crystal experiments consisted of exposing water in glasses to different words, pictures or music, and then freezing and examining the aesthetic properties of the resulting crystals with microscopic photography.

Dr. Emoto made the claim that water exposed to positive speech and thoughts would result in visually pleasing crystals being formed when that water was frozen, and the negative intention would yield ‘ugly’ or broken frozen crystal formations. (Emoto, Wiki.com)

So basically, how does this affect us on a personal level? How can we make a difference, aside from the fact that we personally are made up mostly of water? How does this affect our personal health, and what of the environment around us?

If mere intention changes our molecular structure, what has that to do with how we can affect our environment?

Dr. Emoto had a possible solution: he structured a large group of people to surround a polluted lake in Japan. After three days of encircling the lake, praying and extending thoughts of Love, the lake was tested and was cleared of pollution! Such is the power we all are, and can harness once we know the truth of our Being.

There are monks in the Himalayas that live in seclusion from the world, yet know the power they have. They utilize prayer and visualize, expressing Love in the way they live, treat their bodies, and extend out to our World with peaceful and harmonious thoughts. (For more information, please refer to the book, “Ancient Secret of the Fountain of Youth,” by Peter Kelder).

We can all do our part by living a life that is filled with loving kindness; not only for ourselves but towards all, including our dear Planet Mother Earth.

We can do this through visualization and intention; meditation and prayer.

The quotation, “We do without doing, and everything gets done,” is more true than we imagine. As we feel positive; as we express loving kindness, and as we think only the best, we are creating and helping our environment in the only way it can change...through US.

Blessings!

Ellen Angelica Pendergast is originally from Chicago; she holds an MS in Counseling Psychology and has been writing a successful blog which can be found at www.spirit-minded.com. She currently is in the process of editing her first book based on her blog, “Realizations; residing in the state of Arizona with her husband and adult Children. Her goal is to uplift the consciousness of Planet Earth, with her writings and information based on Quantum Physics.

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— Jimmy Carter

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Twenty-two thousand five hundred times longer than you

I don’t really need people but people need me

Yes, your future depends on me

When I thrive, you thrive

When I falter, you falter or worse (?)

But I’ve been here for aeons

I have fed species greater than you, and

I have starved species greater than you

My oceans, my soil, my flowing streams, my forests,

They all can take you or leave you

How you chose to live each day whether you regard or disregard me doesn’t really matter to me

One way or the other your actions will determine your fate not mine

I am nature

I will go on

I am prepared to evolve

Are you?”

— Julia Roberts, as Mother Nature, for the film series “Nature Is Speaking”
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**Jeffry S. Kerbs, D.D.S.**

The art of creating beautiful smiles
2016 Feng Shui for Home and Office

When we are aware of the new year's energy and make appropriate feng shui adjustments to our homes and offices, we create a new approach to our daily lives and become more effective in defining and achieving our goals.

This article provides an overview of how the 2016 Nine Stars affect your home and business, as well as key feng shui adjustment for each direction.

Depending on your floor plan and the unique characteristics of your home or office, the effectiveness of the adjustment recommendations below will vary. It is always best to have a personal consultation with an expert to determine the most effective adjustments for your situation. For full article, please visit Liu-fengshui.com.

West — The West direction brings scholarship, good reputation and romance. Those who wish to excel in school, are preparing for a licensing exam, working towards a promotion or wishing to improve their love life should study or sleep in the west room. Place a water element such as a fountain by the West door to activate these opportunities.

Northeast — Energies of challenge, accident, health problems and money loss come to the northeast room and door. If you sleep in a northeast room, you may be prone to allergies, back pain or injuries. Make sure this area does not have clutter, uneven rugs, cords or furniture that can cause tripping or falling. Be vigilant of the northeast door and your computer in the northeast room. Avoid any groundbreaking in the northeast sector. The Northeast-east direction is associated to the Tiger zodiac. This is the opposing zodiac to the current annual Monkey zodiac. This is known as “chong tai shui” which presents obstacles. Place a gong in the northeast room and ring daily to release negative energies.

East — The East direction brings wealth, ambition, and lust. It is a competitive energy, so although single persons enjoy romance, they need to be selective to avoid being taken advantage by selfish or greedy pursuers. Those who are married need to be cautious of temptation. Those who work in the north room can be prone to impulsive behavior and need to be cautious of their judgement. Place rainbow obsidian to release defeating energies in the north room.

North — The North direction has unstable energies of conflict. If you have a north-west door or office, be aware of fighting, legal issues or power struggles especially between the male boss/father and male staff/eldest son. The older man and eldest son need to be cautious of health related to anger, mental depression, lungs, arms, legs and liver. Place a pair of lions facing northwest as protective guardians.

South — The South direction brings wealth, ambition, and lust. This is the opposing direction, the annual energies of conflict. The South-west direction is related to the annual Monkey zodiac. This is known as “Tai Shui” which can some unexpected problems. Place a red flower at the southwest corner to activate wealth.

Center — In the Center direction, the annual energies can bring colds, depression, and health issues related to the hormones or reproductive system. It can also stir up spiritual disturbances and conflicts among females. Women need to be careful not to be taken advantage of by others. Keep the center of your house or office uncluttered, well-vented and bright.

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by Catherine Auman

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THE SACRED EGO: MAKING PEACE WITH OURSELVES AND OUR WORLD
by Jalaja Bonheim, PhD

In The Sacred Ego, the author explains how to heal ourselves and our planet by awakening a wisdom inside us through the myth of the ego. Our childhood and personal experiences make up who we are, and our souls are a source of love, healing and happiness. We can personally transform ourselves through healing and evolution, but our collective consciousness shapes our thinking, governs our relationships, and impacts our lives. The power of connection is found by approaching one another with a spirit of friendship and cooperation instead of hostility and rivalry, and that will foster respect and mutual understanding to views that may be contrary to our own. We are in a time of great suffering, and increased violence and chaos globally, so we must learn how to co-exist with other groups, heal these wounds, and find wisdom, love and compassion.

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SEX, LOVE, AND DHARMA: ANCIENT WISDOM FOR MODERN RELATIONSHIPS
by Simon Chokoisky

In Sex, Love, and Dharma, the author explains how to prepare your mind, body, and spirit in order to attract a soul mate for a lifetime of happiness. Using the dharma type, your personality and spiritual purpose type, with astrology, one can develop systems to help analyze our lives and make better choices for our health and well being.

(Continued on page 25)
MUSIC & MEDIA

Reviews

By Michael Diamond

2002
Celtic Fairy Lullaby
www.2002music.com

Celtic Fairy Lullaby is the eagerly awaited new release from the award-winning group 2002, one of the world’s favorite new age music ensembles. While husband and wife Randy and Pamela Cupus have produced many albums as a duo, their last few releases have featured their daughter Sarah in supporting roles. Now at the age of 11, rising star Sarah illuminates the recording as the lead vocalist, as well as on harp. In this enchanting collection of soothing ancient melodies, harp, flutes, piano, and subtle orchestration accompany delightful lyrics in Irish Gaelic, Welsh and English. The album’s production is superb; enhancing the lush soundscapes the group is so well known for. As the title implies, the music is perfect for sleep, relaxation, and meditation. Fans of Enya, Loreena McKennitt, and Clannad will find much to like in the magical music of Celtic Fairy Lullaby.

KATHRYN KAYE
There Was A Time
www.kathrynkaye-music.com

With her fifth release, pianist/composer Kathryn Kaye follows up a string of critically acclaimed and chart topping albums. Here, she once again reprises her long-standing working relation with GRAMMY winning producer and Windham Hill Records founder Will Ackerman, his world-class studio musicians, and the engineering artistry of Tom Eaton. With neo-classical, contemporary instrumental, and new age influences, Kathryn’s gentle melodies also draw from the deep well of the Appalachian folk music she grew up with. Her love of nature is also reflected in songs like “Spring Snow,” “Wind In The Aspen Grove,” and Shadow Of A Bird In Flight.” Kathryn’s compositional style is not flashy or ornate, but is elegantly understated and subtly expressive with a poetic air about it. Kathryn’s heartfelt music exhibits a perfect balance of sound and space that is as relaxing as it is emotionally evocative, on what is perhaps her most expressive recording to date.

AL JEWER AND ANDY MITRAN
Surrounding Sky
www.al-jewer-and-andy-mitrans.com

While many recording artists in the new age genre craft their musical masterpieces in solitude, others such as Andy Mitrans and Al Jewer have preferred the team approach. Over the past 15 years, the award-winning duo created 4 CD’s, 4 DVD’s, and an extensive music library that’s provided music for Oprah and others. A number of the album tracks create a continuous flow of expansive soundscapes that recall the classic sound of Hearts of Space and Echoes radio programs, as reflected in titles like “Levels Of Peace,” “Regeneration,” and “Suspended.” I was greatly impressed by the expansive array of instruments that were used, including synthesizers, piano, guitar, flutes, ocarina, electronic woodwind, marimba, percussion, tamboura, and more, as well as the unique ways in which they were blended. “Surrounding Sky” is a masterpiece of ambient space music that I can’t recommend highly enough to fans of the genre.

SCOTT COSSU
Safe In Your Arms
www.scottcosсу.com

The name of Scott Cossu is one that long-time fans of new age music will remember. This highly regarded pianist/composer was one of the very first artists on Will Ackerman and Alex De Grassi’s legendary Windham Hill Records label, which Scott recorded on for nineteen years. In fact, Windham Hill piano icon George Winston used to open for Scott in concert in the early years. With some of the songs from Scott’s extensive music catalog being currently out of print, he has chosen to re-record seven of them here, featured along with five exquisite new compositions. Accompanying Scott’s much-loved signature piano sound are guitar, flutes, and harmonica. The music has a warm mellow vibe that will be enjoyed by Windham Hill fans as well as a wider audience. Scott Cossu is one of the premiere artists being promoted by Heart Dance Records and RS Promotions, headed by award-winning flutist Sherry Finzer.

JOSEFINE AND TRINE OPSHAUL
Unbroken Dreams
www.trineopsahl.com

It is often said that certain musicians who play together have “chemistry” with each other. In this case, it goes beyond having chemistry to sharing DNA as a mother (Trine) and daughter (Josefine) duo from Denmark on harp and cello respectively. The first thing that struck me about the music was the tonal contrast between the airy lightness of the harp with its heavenly connotations, and the considerably more earthy warm woody sounds of the cello. I don’t recall hearing these two instruments together in a duet before and I appreciated the yin/yang balance of them. I found the song names to be quite well chosen and remarkably descriptive of the music on compositions like “Drifting On Silky Clouds,” “A Fairytale,” “Rosebed Garden,” and “Diving Into An Ocean Of Love.” Unbroken Dreams is an album filled with exquisite artistry and intricate interplay that seems both transcendent and effortless in its flow.

Michael Diamond is a music producer, recording artist, and music journalist in the San Francisco Bay area with over 30 years of experience writing for nationally-published magazines and more recently worldwide on the internet. He currently has five CDs including two with new-age music pioneer Steven Halpern. For additional reviews of CD’s, DVD’s, and more, please visit: www.michaeldiamondmusic.com
Cycles, Seasons & Recurring Patterns

“...and a time to every purpose under heaven.”

These are the opening lines of a song made popular by Pete Seeger and Judy Collins in the sixties. The song, adapted from the biblical script in Ecclesiastes is a siren call to embrace the seasons and cycles of nature. The text reminds us there’s a time and place for all things: laughter, sorrow, war, peace, and so on. Ignore nature’s tenets and brave the effects, or embrace and respond to this invisible force, like all living entities.

The Hoh Rainforest on the western edge of the Olympic National Park, in the state of Washington, has one of the most magnificent hiking trails in the nation, if not the world. Thick green moss hangs from alder and spruce trees as speckled sunlight, looking like angel dust, trickles through the forested canopy. Ferns line the hiking trails as though years were spent planning their every position. Around each bend is an artist’s palate, with a hundred shades of green viewed in one glance. A dozen or so yards off the trail, the churning of the Hoh River is heard, but not seen...the lush rainforest blocking its view.

Water, rivers, rain, trees, the seasons, all in unison creating a work of art, a work that is ever changing, reminding us each season brings with it its own purpose. Birth, growth, dormancy, growth again, then decay and death; all are part of a grand design, fulfilling its destiny.

Rhymes and Reasons

Walking the trails of the Hoh is about as far as one can get from a math class or architect’s office. Or is it? Leonardo Bonacci, known as Fibonacci, is considered the greatest European mathematician of the Middle Ages. He saw patterns in nature, patterns that translated into numbers, numbers that could be applied to many aspects of life. These numbers, sequences and ratios are termed Fibonacci numbers and can be seen in art, architecture, and in the Hoh Rainforest.

Trees exhibit mathematical properties allowing them to maximize sunlight. The placement of leaves along a stem follows a measured sequence allowing for the largest use of daylight. Emerging fern fronds have a mathematically consistent spiral based of Fibonacci numbers. And, Fibonacci ratios are found in the spiral of the nautilus shell, the unfolding galaxies and the coiled structure of human DNA.

Cycles, seasons, the silent pulse of nature, all play a role in everything and everyone’s life. In the 1700’s the French scientist de Mairan observed that the daily raising and lowering of leaves continued even when the plant was placed in an interior room, not exposed to sunlight. This finding suggested that the movements represented something more than a simple response to the sun and were controlled by an internal clock. This internal clock was, two hundred years later, dubbed the “circadian rhythm.”

A study done by the NIH indicated that “a disturbed circadian rhythmicity in humans has been associated with a variety of mental and physical disorders and may negatively impact safety, performance, and productivity.” The study went on to indicate that for older adults changes in the circadian clock system “may underlie, or at least exacerbate, the age-related deterioration in the physical and mental capabilities of older adults.”

Mother Nature

“It’s not nice to fool Mother Nature” was the theme for a margarine product advertised in the 1950’s. The theme of not fooling with Mother Nature is backed up by studies and by observing the natural order of things. Unfortunately, in today’s hustle and bustle, following the natural laws of nature can be somewhat challenging.

But, without listening to our own rhythms, our love of work, hobbies or family may suffer, become less, stale, routine. We may find ourselves prisoners of our own schedules, ignoring the nudge within, that’s trying to remind us to balance work with rest, repetition with spontaneity, rigid routines with time off, and enthusiasm with reflection. Sure, in modern society, we need to follow a defined schedule, but we also need to know when to follow our own internal timetable, our circadian rhythms, knowing this is a part of nature’s design.

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**MAY / JUNE**

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- Aristotle

**MAY / JUNE**

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