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From the Directors

• Brian Clement, PhD, LN, Speaking Schedule
• State, Water District Spend $1.4M to Reduce Nitrate Flow at Dairies
• Thank You, Diane Lahoski
• The Real Truth About Health Conference

From the Publisher

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This issue

Regulars
Our multi-dimensional world often misleads our minds into believing that life is an unending series of complicated challenges. In fact, the essence of a conscious and happy existence is the simple purity of unified thought. Well stated by The Three Musketeers, “All is one and one is all” is now the premise of quantum biology. These words describe the core of all existence.

Schisms prevail when we do not comprehend the connectedness between all things. Separation between the spirit (spirituality) and emotions is the most concerning of all. Like the spark from the plug that ignites the engine, the spiritual experience ignites the expression of one’s emotions. Illusion reigns when you believe it is not one. It is not about taming the mind; it is about unifying transparent expression.

As you may have noticed, inspiring people who freely express prolific and profound concepts raise your spirit. This is because they have bridged these two essential pillars in the human experience. Your aspiration is not to be inspiring, but more so to inspire yourself to freely share.

At this time in history, we need more genuine, humble, truth tellers who can instill trust in others so that they can fully express themselves. As this trust propagates throughout humanity, we will then eradicate the boundaries, differences and prejudice that can only exist in darkness.

Challenge yourself by freeing your heart, soul and mind from the habitual, learned traditions of the past. Give of yourself as a waterfall would on a rainy day. Life is expression; learn to do it well.

With respect,

Anna Maria Clement, PhD, LN
and Brian Clement, PhD, LN
Brian Clement, PhD, LN
Speaking Schedule*

**September**
18—19: Montreal, Canada
20: Somerville, MA
21: Pittsburgh, PA
22: Chicago, IL

**October**
28–30: Doctor Days at Hippocrates
See ad on page 14
31: Raw-Loween at Hippocrates
See ad on page 7

**November**
3: San Diego, CA
4: Los Angeles, CA
5: San Francisco, CA
6–7: Seattle, WA
8: Portland, OR
9: Vancouver, BC, Canada
10–11: Vancouver Island, BC, Canada

*Subject to change. Please check www.HippocratesInstitute.org for current schedule.

**STATE, WATER DISTRICT SPEND $1.4M TO REDUCE NITRATE FLOW AT DAIRIES**

The Suwannee River Water Management District and the State of Florida will use $1.4 million in public funds to reduce the flow of nitrates into groundwater at seven north Florida dairies in the Santa Fe River and Suwannee River basins.

**List of dairies**
Funds to reduce nitrate flows go to:

- $115,650: Lonesome Meadow Farm, Suwannee County, affecting the Suwannee River
- $196,200: Barrington Dairy, Suwannee County, affecting the Suwannee River
- $117,900: Jeffco Dairy, Jefferson County, affecting the Aucilla River
- $275,000: American Dairyco, Gilchrist County, affecting the Santa Fe River
- $177,179: Piedmont Dairy (Alliance Grazing), Gilchrist County, affecting Fanning Springs
- $279,900, Byrd Brothers Dairy, Lafayette County, affecting Troy Springs
- $266,850, Shenandoah Dairy, Suwannee County, affecting Falmouth Springs

**Funding is sourced from:**
- $920,000 from the Florida Department of Environmental Protection
- $250,000 from the Florida Department of Agriculture & Consumer Services
- $258,700 in district funds.

Source: The Gainesville Sun

**REAL TRUTH ABOUT HEALTH CONFERENCE 2015**

Orlando was the epicenter of the world’s most important health and environmental conference ever held this past May. After years of work and research, Steven Shore, assisted by Hippocrates directors, selected 30 truth-telling scientists and leading experts to attend. This ten-day event was offered free of charge for all attending participants. It was also live streamed free of charge internationally as a gift to the worldwide public, and will soon be made available on TheRealTruthAboutHealth.com website.

Discussion on nuclear power, genetic modification (gmos), plant-based diets, human health and disease, chemicals, and pharmaceuticals, just to name a few topics, were vigorously and thought-provokingly presented by uncompromisingly authentic truth tellers.

We no longer have the time to be casual about the world's state of affairs. The tides can be turned but it is going to take serious personal commitment from all the compassionate and conscious people that share this beautiful planet.

**THANK YOU, DIANE LAHOSKI**

Diane Lahoski worked at Hippocrates Health Institute (HHI) for 15 years. She filled many roles at HHI over the years, starting her HHI career as Brian Clement’s personal assistant. Most recently, Diane oversaw the HHI Library and assisted in writing and editing Healing Our World magazine.

Please help Hippocrates give Diane a big thank you for her service, helping people help themselves.

Diane is moving to live closer to her children, grandchildren and great-grandchildren.

*To RSVP, or for more information, call (561) 471-8876*

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Dairy Deception by Brian Clement, PhD, LN
Dairy Deception explains why milk, eggs and their offshoots are health's biggest enemies.

Power Woman by Anna Maria Clement, PhD, LN
Belief offers a blueprint for helping re-creation health in body, mind, emotion, and relationships.

Killer Clothes by Brian and Anna Maria Clement, PhDs
Killer Clothes reveals the many ways that synthetic clothing, chemicals added to garments, and tight clothing and tight shoes create dangerous problems for human health.

Belief: Integrity in Relationships by Brian Clement, PhD, LN
Belief offers a blueprint for helping re-creation health in body, mind, emotion, and relationships.

Killer Fish by Brian Clement, PhD, LN
People the world over are eating more fish than ever before and assuming fish to be a healthy alternative to meat as well as an excellent source for omega-3 fatty acids. Killer Fish aims to correct the fallacy of how eating aquatic life endangers our health.

Hippocrates Health Program by Brian Clement, PhD, LN
Brian Clement has been a leader in the health field for over three decades. He directs Hippocrates Health Institute in South Florida, which promotes same living as a polluted, stressful and undernourished world.

Healthful Cuisine by Anna Maria Clement, PhD, LN & Kelly Serbonich
If you're one of the millions of people who have learned about the superior health and nutritional benefits of raw and living foods and wish to begin experiencing its life-enhancing qualities, then Healthful Cuisine is for you!

Food is Medicine: Volume Three Foods That Undermine Your Health by Brian Clement, PhD, LN
Book three in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

Food IS Medicine: Volume Two Edible Plant Foods, Fruits, and Spices From A to Z by Brian Clement, PhD, LN
Book two in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

LifeForce Health Program by Brian Clement, PhD, LN
Learn how listen to your body's desires to build health, happiness and vitality. Did you know that by listening to the wisdom of your body you create a more vibrant and radiant life!

Healthful Cuisine by Anna Maria Clement, PhD, LN & Kelly Serbonich
If you're one of the millions of people who have learned about the superior health and nutritional benefits of raw and living foods and wish to begin experiencing its life-enhancing qualities, then Healthful Cuisine is for you!

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Book two in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

LifeForce by Brian Clement, PhD, LN
Learn how to transform your lifestyle from toxic and self-destructive to healthful and self-affirming and experience renewed energy and vitality that will last a lifetime.

Food IS Medicine: Volume One The Scientific Evidence by Brian Clement, PhD, LN
Book one in a three-volume series presenting data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume.

Belief: Integrity in Relationships by Brian Clement, PhD, LN
Belief offers a blueprint for helping re-creation health in body, mind, emotion, and relationships.

Killer Clothes by Brian and Anna Maria Clement, PhDs
Killer Clothes reveals the many ways that synthetic clothing, chemicals added to garments, and tight clothing and tight shoes create dangerous problems for human health.

S P R O U T S

From the Publisher

“Spirituality” conjures up different meanings for different people. It can mean participating in an organized religion, spending time in contemplation or meditation, or simply connecting with nature during a stroll on the beach or hike in the wilderness.

This edition of Healing Our World offers many methods and suggestions to expand our consciousness. Accomplished yoga practitioners, meditation experts, athletes and counselors share their perspective and wisdom to help us reconnect to the bigger picture.

Be Well,

Will Burson

Old Master, what is the difference between religion and spirituality?

My child, religion is for people who are trying to avoid going to hell. Spirituality is for those who have already been there!

Text by Bodi Deliberato Artwork by David Robles

Healing Our World »« EmoSpirit

Embracing this truth can help us overcome any challenge we may be facing. Shrinking away from this powerful reality can make even minor obstacles seem insurmountable. It is never too late to tap into this boundless magic and erase any limitations we may have dreamed up.

Will Burson

We are spiritual beings in physical form. If we are sick and diseased, and our minds are depressed and neurotic, our pain absorbs us. We can’t focus on the question of why we are here and how we can best serve. We are imprisoned by our suffering. We learn at Hippocrates Health Institute (HHI) that it is going to take our own two hands to get us out of it.

Yes, a belief in and connection to a Higher Power, to the life force—whatever you want to call it—is a deep well to drink from. But faith alone won’t do it. Although we may partner with angels and experts, we have to do it. Ourselves.

One of the great gifts of Hippocrates is the experience of power that it gives to every one of us that has experienced it… the understanding—daunting at first—that our healing is up to us; and then the unparalleled experience of victory when we re-create ourselves in ways we never imagined possible.

We begin by voluntarily and gladly reducing ourselves, practically to ashes (some of us are frighteningly close to that state when we arrive). Cell by cell, we rebuild and rebirth ourselves—our physical and our emotional bodies—which align with our already-perfect Spirit. Even when the healing process goes quickly, it is always slower than we want it to be. There’s plenty of time to reflect, to take stock of our lives, to examine what’s working and what’s not, to clean house.

We have to confront the anger that is acidifying our bodies, the grief that may be trapped in our lungs and whatever un-lived dreams we thought we could live without, but maybe can’t. That, in and of itself, is radically practical—a spiritual cleansing of the soul. It has delivered thousands of HHI alumni to lives that worked much better after their illnesses then they did before.

When we wake up and realize we are not, in so many ways, the same people we were a year or six months or three weeks ago, there is an elation as satisfying as anything else one can experience. We didn’t just leave our diseases behind; we left the patterns and the habits and the lifestyle that created them.

It is an earned arrival, which makes it especially fulfilling. The simplicity of the rituals we embrace, as tedious as they might seem, are often un-glamorous in every way. This process humbles, centers and grounds us. They soften us, and they toughen us. They break us open, and teach us to become much more present, because we learn that all we really have is this moment. And if we’re lucky, the next moment. Then what is more practical, and spiritual, than that?"
Spiritual Awareness & Stress Management

by Antony Chatham, MPhil, MTh, LCSW

“Do you have any experience or practice in your life that you would describe as ‘spiritual’ or ‘religious’?” This is one of the questions asked in a stress assessment session with Hippocrates guests. “Yes, I do; I meditate, or do yoga, or Tai chi on a regular basis,” “Yes, I do; I am a practicing Catholic/Christian,” “I have some spiritual practices like meditation, but I do not practice any religion,” “I don’t really have any practice, but, if anything, I lean towards Buddhist ideas,” “Nothing, I am an agnostic.” These are some of the responses I receive from our guests. Whatever the answer, it is very often indicative of one’s level of openness and one’s readiness to cope with stress.

Spirituality as feeling connected

Feeling disconnected is a torturous experience for most people. When working with people who have been adopted (at birth or later) they reveal that feeling disconnected from their birth mother (or both parents) is very painful, even if the adopted parents are very loving and generous. “I feel rejected by the one who gave me a life,” they often explain. Fear of being rejected is one of the nightmares that come up in therapy sessions. For some people that feeling of “rejection” lasts a lifetime. No wonder many people who are in this predicament seem to spend all their time working with people who have some kind of spiritual background, than to work with people who react negatively to the very idea of spirituality. The latter are often reacting to certain bad experiences of the past with people who claimed to be “very spiritual” yet treated them with arrogance or hatred. Redefining spirituality is often one of the tasks to be completed to help the person move ahead in such situations. When someone shows openness to spirituality, it becomes easier to point them in the direction of meaning and purpose. This allows them to experience inner harmony, peace and love. Although the concept of spirituality may mean different things to different people, one’s awareness of feeling connected, feeling purposeful and feeling hopeful helps one to be better equipped to deal with stress than otherwise.

Fear of being rejected is one of the nightmares that come up in therapy sessions. For some people that feeling of “rejection” lasts a lifetime. No wonder many people who are in this predicament seem to spend all their time working with people who have some kind of spiritual background, than to work with people who react negatively to the very idea of spirituality.

Spirituality as source of meaning and purpose

People who feel depressed often explain their experience as feeling empty and meaningless. Feelings of helplessness and hopelessness result from feeling purposeless and worthless. Spirituality, on the other hand, acknowledges that one has a place in this universe; it is the awareness of feeling purposeful. It is this awareness that motivates people to go beyond their comfort zone and help others without expecting anything in return. Being able to help others is itself the purpose and fulfillment they explain. Purpose and meaning for life takes people out of their negative self and connects them with others.

Emptiness creates stress, but purposefulness creates fulfillment and relaxation. As a result of the spiritual experience, people enjoy peace, awe, contentment, gratitude and acceptance.

Spirituality as intuitive and as instilling hope

Those who lack any spiritual vision often tend to explain their experience of the world in materialistic terms. Only what can be sensed through the five senses of vision, sound, touch, smell, and taste, they argue are real. But spirituality uses the “sixth sense,” the intuition, as the source of experience. Stress itself is not necessarily a material experience even though stress has body-mind effects like tense muscles, poor circulation, high blood pressure, heart palpitations, stomach upset and the like. Experience of stress is an interpretation that one does not have the ability to cope with the challenges around them. We are able to change this interpretation through our spiritual awareness, by understanding that the universe will come to our rescue when other resources fail. Spirituality helps us feel empowered through hope.

Spirituality helps manage stress

As a therapist, I find it easier to work with people who have some kind of spiritual background, than to work with people who react negatively to the very idea of spirituality. The latter are often reacting to certain bad experiences of the past with people who claimed to be “very spiritual” yet treated them with arrogance or hatred. Redefining spirituality is often one of the tasks to be completed to help the person move ahead in such situations. When someone shows openness to spirituality, it becomes easier to point them in the direction of meaning and purpose. This allows them to experience inner harmony, peace and love. Although the concept of spirituality may mean different things to different people, one’s awareness of feeling connected, feeling purposeful and feeling hopeful helps one to be better equipped to deal with stress than otherwise.
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Hippocrates Institute, a non-profit organization, is jointly directed by the caring hands of Dr. Janet Hranicky and Dr. Michael Galitzer, along with their entire team.

Hippocrates Health Institute

More than a half century ago, visionary and humanitarian Ann Wigmore developed a simple concept first voiced by Hippocrates, the father of modern medicine, nearly 2,500 years ago:

“Let food be thy medicine and medicine be thy food.”

The commitment to this inspired truth is embodied in Hippocrates Health Institute, a non-profit organization, jointly directed by the caring hands of Brian and Anna Maria Clement since 1980. Hippocrates flourishes within a lush, tropical 50-acre setting in West Palm Beach, Florida.

Under the guidance of a knowledgeable and compassionate team, guests from all over the world benefit from health and nutritional counseling, noninvasive remedial and youth-enhancing therapies, state of the art spa services, inspiring talks on life principles and a tantalizing daily buffet of enzyme-rich, organic meals.

The goal of the institute is to assist people in taking responsibility for their lives and to help them internalize and actualize an existence free from premature aging, disease and needless pain.

Caroline Bryan and I are co-founders of the Doctor Days program, which offers health professionals a three-day immersion experience of the Hippocrates lifestyle (www.ceaone.com). Each quarter, we are privileged to meet doctors from around the globe who are looking for an edge in treating their patients.

I have the pleasure of sharing my personal recovery story with them, sharing how I’ve implemented lifestyle medicine. This past May, I had the opportunity to share my story with the participants of Dr. Janet Hranicky’s Comprehensive Cancer Wellness Program (CCWP). Dr. Hranicky has lectured on this topic to our Doctor Days participants for the past three years and I attended her program in order to learn more about the field of psychoneuroimmunology. Since I had a cancer recurrence last year, I felt it was paramount to take her course.

The program focused on the causes of health and how to anchor these beliefs into the psyche. Prior to me taking her course, I had the opportunity to meet with Dr. Christiane Northrup and hear her lecture on a similar topic. Dr. Northrup said that possession of elevated cognition; excited emotion and righteous anger were the primary causes of health. It seems that more MDs are now making the connection between immune function and emotional status. It is a universal truth, known to be self-evident that stress is the major cause of dis-ease.

As a practitioner and a patient recovering from Stage 4 metastatic cancer, (see the story of my health recovery in Healing Our World Volume 35, Issue 1,) I was very fortunate to learn about a technology called NuCalm while taking Dr. Hranicky’s course. Had I not enrolled in the CCWP, I would have missed one of the most effective strategies for reducing, managing and eliminating stress. It has never been more apparent to me that while in recovery, the focus should be on our spiritual-emotional management as much as nutritional and medical management.

NuCalm has taught me how to restore and heal through a meditative-induced theta state, which is created by sound waves. It basically “put the brakes on the stress response” so that my body could restore at a cellular level. When we remove stress from the equation, it is amazing how much better the body can respond and recover. The CCWP was such a wonderful supplement to the Hippocrates Life Transformation Program, which I attended last year. Controlling cancer with the mind is such a powerful concept. It took me awhile to wrap my head around it, but this course made it tangible with the high caliber of lecturers, various workshops, group therapy and, of course, NuCalm.

I would recommend this program to anyone with concerns about recurrence. I would like to thank Dr. Janet Hranicky and Dr. Michael Galtzer, along with their entire team, for the most amazing gift of all — total calm and wellness from the inside out.

Feel free to email questions regarding any of the above programs.

Dr. Jacqueline Campisi

Dr. Jacqueline Campisi is a graduate of Quinnipiac University in Hamden, CT where she majored in Biology and an optometric graduate of the Pennsylvania College of Optometry. She has 20 years experience in the field of Optometry.

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Dr. Jacqueline Campisi

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What a pleasure it is to be able to walk outside on a beautiful sunny day, turn our faces to the sun, close our eyes and just bask in the heat and energy of it. It brings with it a moment of peace. It compels us to stop and experience silence framed by the golden light. Our bodies slow, we breathe more deeply and we appreciate these fleeting seconds of the intangible before our eyes open and we continue on to our next task. Nutritionally, we get a dose of vitamin D, more oxygen, and as our breath deepens it is grounding us as we stand firmly, especially if bare-footed, on the earth that holds us. This wonderfully simple moment of silent light leaves space for the kindling of our souls.

Similarly, when we first find our seat on a sandy beach and become transfixed by the movement of light reflected on the water, our thoughts stop racing and our minds become calm. We feel the ocean breeze blowing through our hair and on our skin. We hear the waves singing their rhythmic coming and going and taste the salt air on our lips. What greets us here, as we migrate to the water and stop to look out to the horizon, in the sound, taste and feel of it, is the presence of our very souls.

When we are in forests and made exuberant by the freshness of the air and are cooled by the shade of leaves and branches overhead, our souls are being awakened. When we’re perched on mountains, scanning the distant hilltops beneath and beyond us, when we find ourselves, or rather place ourselves, in the middle of nature and its vast beauty, we begin to shed our veils of disconnection. We begin to experience the real human condition.

Not only are we and our souls connected to the life outside of ourselves, we are the life and soul outside of ourselves. We are nature.

A few years ago, I was participating in the Hippocrates Health Institute nine-week Health Educator Program. I remember being drawn to the bamboo trees growing along the path to the classroom. When the wind would blow, they would make such deep guttural sounds while brush- ing against one another that I would become mesmerized. It was as if they were resonating with a mystical, holy place — a world that I became a part of in my silent, respectful listening. They were alive to me in the truest sense. I would stand beneath them and just listen to these great giants communicate in a way that I had never heard before. In turn, I was communicating with them in my watching, hearing and thinking.

The plants around the Hippocrates grounds were also alluring. I felt compelled to place my hands on the leaves of plants and trees as I passed. When my palms would rest on the leaves, the lines of my hands touching their veins, the intangible nature of my soul was transformed into the tangible life within these silent growing beings. I’ve never felt more like myself because there was no barrier between me, my soul and the world around me. We were all one. We are all one.

This pull that we feel, toward the sun, the water, the mountains, the deepest caverns of our earth and to all the life that lives upon it, when honored, enables us to near the raw beautiful nature that resides within us.

CONT’D ON P. 60

Dr. Belaga is the founder of MindHolistic, a holistic psychology practice that fosters emotional growth through the integration of psychology, meditation, yoga and organic, whole-food living. She offers in-person and web-based appointments, concierge services and psychological health retreats. MindHolistic.com
Meditation or mindfulness based practices are exploding across the planet. Gwyneth Paltrow, Russell Brand, Harvard professors, Oprah, Deepak Chopra and the Dalai Lama are doing it. Why aren’t I? What is it? I want to know if meditation is a religion, a practice or a way of life. Really, how can it help me in my daily life? Let’s take a look.

The majority of meditation or mindfulness practices use the breath to focus the mind. Meditation is a form of mind training that calms the mind in order to find a place of peace, harmony and tranquility within. This supports what we are really searching for: a place of internal peace and purity of heart, not outside yourself, on a mountain top temple secluded in the woods, but as common householders. This healing modality can be (and should be) practiced by husbands, wives, parents, children, bosses, and employees to improve your relationships, productivity and happiness.

Meditation can be practiced sitting, lying down (supine), walking or even standing, the whole time concentrating on your breath. Focus on your breath to develop breath awareness. Allow me to offer a few simple questions to ask yourself, in order to heighten your sensitivity to your own breath. Are you inhaling through your nose or mouth? Are you breathing into your chest or belly? Is your breath smooth and easy or short and choppy? Are you holding any stress or tension in your body, or do you feel calm and relaxed? It can be easy. Take your time. Take as much time as you need and as many breaths, which allow you to receive an answer. Self inquiry is another aspect of meditation. Self discovery is the result of meditation.

Now you can begin integrating some basic healthy breathing principles into your breath awareness mindfulness practice. Start by consciously inhaling in through your nose to breathe into your belly (Diaphragmatic Breathing). Exhale naturally, through the nose or mouth. Observe the rise and fall of your belly, without judgment. I invite you to take nine conscious breaths this evening when you lie down before you go to sleep. Place your hands on your belly to bring more awareness to your breath and breathing pattern. Repeat in the morning when your wake up, before you get out of bed. It is a great way to end your day, cultivating relaxation, and begin your day, invigoration.

There are many different expressions of meditation practices based in cultural, religious and spiritual context, such as Tibetan Buddhism, Japanese Zen, Christian Contemplation, and Taoist Innes Alchemy practices. Dr. Jon Kabat-Zinn created an entire clinical program at the University of Massachusetts Medical Center, which came to be known as Mindfulness-Based Stress Reduction (MBSR). These practices lay out different methodologies for us to attain peace in the present moment. They provide a tool for us to find the gift in the space between your inhalation and exhalation without regretting the past or worrying about the future.

Meditation can be practiced by anyone, at any time, at any place. Give yourself permission to slow things down in your life. It is becoming increasingly more important in our daily lives to incorporate these mindfulness practices, as the world around us seemingly speeds up and becomes more chaotic. Meditation helps find the eye of calmness in the center of the storm.

Dr. Keith Cini, Acupuncture Physician, is now practicing and offering classes at Agape Healing Arts in Tequesta, Florida. AgapeHealingArts.com

May all beings be free from aversion and be happy.
— S.N. Goenke

May peace and harmony prevail.

— S.N. Goenke
For two decades I have been struggling with severe rheumatic symptoms (arthritis, inflammation, agonizing pain) at irregular intervals. One doctor after another was unable to find the cause for my disease and the only diagnosis I was ever given was some issue with a spine disc in my lower back. As a result, I underwent two surgeries in that region in the ’90s. Unfortunately, these major invasive operations did not alleviate any symptoms. Subsequently, a specialist recommended an artificial disc replacement, a surgery I decided against.

Four years ago, I finally received a diagnosis: psoriatic arthritis. I was prescribed several rheumatic medications (MTX, Remicade and Prednisone), which for the first time in my life, eliminated my symptoms for an extended period. I love sports. After reading The China Study by Dr. T. Colin Campbell and watching videos on YouTube about Frank Medrano, a vegan and master of Calisthenics (exercises by using body weight only), I knew that becoming vegan was the first step in the right direction. I read stacks of books and articles to obtain comprehensive information to cover every possible avenue. In other words, I left no stone unturned to improve my health and changed almost everything in my life. With these changes, my whole world changed as well. I became a vegan with a food intake of 70–80% raw. I grew my own sprouts and wheatgrass and started to exercise regularly (calisthenics, mostly outdoors). Additionally, I made sure to avoid any kind of negativity and trained myself to focus on the nicer things in life. Today I no longer watch TV, stopped reading newspapers and ended some toxic relationships.

Now I am 43 years old, symptom free and no longer taking any medications. But I was still not satisfied. My inner voice piped up again to ratchet up my efforts. So I decided to go to Hippocrates Health Institute (HHI) to learn anything I could about self-recovery. Hippocrates is a very peaceful place full of incredible and powerful people. I had a wonderful time and received a thorough education about self-recovery. It will take me some time to understand and digest the whole value of my stay. However, what I know already is that this was one of the best decisions of my life.

To paraphrase David Wolfe in the documentary The Healing Effect (you can watch it on FMTV); today you have the choice to go the “best” or the “worst” way (based on A Tale of Two Cities by Charles Dickens). If you choose the “best” way, you will encounter hope and love in the world and get optimal food, water and herbal medicine. This will accelerate you to a destination you could not have imagined before. After staying just three weeks at HHI, I can say with certainty that this place is choosing the “best” way.

PS Many thanks to Maya for editing my article.
Spirituality & Stress Reduction: How They Intersect

by Dr. Edwin Riley, Hippocrates Health Educator

As an author, therapist and so-called “authority” on stress reduction, I am often asked how spirituality relates to stress reduction. Which comes first? Chicken and egg dilemma perhaps? Something to ponder sitting around sipping wheatgrass juice on a lazy summer afternoon?

This question makes me think of Deva Premal’s beautiful Sanskrit chant about the interconnectedness of our planet—how ocean waters rise to clouds carried by winds to rainforests forming streams racing unconditionally via rivers and streams back to the sea.

Such is interconnectedness with techniques in mindfulness-based stress reduction and spirit, or “spirituality,” a word originated from the Latin “spirare,” meaning to breathe. When we breathe profoundly we connect to spirit and eliminate our stressful environment. So simple, yet so complex. Like waters returning from mountains to sea. In flow. Stress-free and spiritual. We can reasonably accept water does not “stress out” flowing around boulders and breaching fallen logs.

Just using the word “spirituality” conjures up so many colossally individual interpretations that we are moot to consensus. I suggest each individual defines spirituality for oneself. Definition does not need be exact. It is more a feeling—a sense of contentment. Peace, equanimity. Holy and wholly.

The same goes for being stress free, or at least less stressful. Or less stressful than other states of mind and body and spirit that are considered out of sync with “spirituality.” These can include anxiety and misery and loneliness and the list goes on. (You can fill in your own personal incongruities with spirit.)

Back to the conundrum, the relationship with spirituality and stress, and how they interplay. Let’s make it more like a college course in “Spirituality and Stress Reduction 101.” What we really care about are solutions, right? You want answers.

As your professor, I propose as the bridge to spirituality and stress reduction the daily practice of meditation, qigong and mindfulness. Let me explain why.

Meditation clears and quiets the mind so it flows like water returning to source: the sea. Just using the word “source” conjures up so many colossally individual interpretations that we are moot to consensus. I suggest each individual defines spirituality for oneself. Definition does not need be exact. It is more a feeling—a sense of contentment. Peace, equanimity. Holy and wholly.

The same goes for being stress free, or at least less stressful. Or less stressful than other states of mind and body and spirit that are considered out of sync with “spirituality.” These can include anxiety and misery and loneliness and the list goes on. (You can fill in your own personal incongruities with spirit.)

Meditation clears and quiets the mind so it flows like water returning to source: the sea. The key word here is “source,” our true nature, the primordial essence of who and what we are. Just like rain from clouds eventually finds its way home to the oceans. Meditation guides us home to our origin.

In silence, without an agenda, focusing on our breath or a sound such as “OM,” we can bypass the critical factor of the conscious mind, our ego, and literally “return home.” This is the spiritual connection. Some call this experience “God,” because in meditation practice our stress and human worries vanish. We often experience a state of undefined bliss and ecstasy.

“How to Meditate” is another article entirely and even though you may think sitting (or lying down if unable to physically sit erect) and watching the breath come and go for 20 minutes while abandoning thoughts about daily living is easy, think again. That’s why it is called meditation “practice.” We practice to move forward.

When we “take our seat” to meditate, it is a new experience every time with every breath, just as though there are no identical waves lapping on the beach. So meditation is NOT day dreaming, prayer (asking for something), relaxation (although it can very well be), recreation, fantasizing or contemplation. Meditation is a spiritual activity that has been proven in empirical medical studies to reduce stress.

Qigong is a formal meditation practice in motion connecting breath with movement and intention that guides energy through meridians of the body to remove blocks, obstructions, congestion and even pain. That is why I am including qigong into our course “Spirituality and Stress Reduction 101.”

Edwin Riley, PhD, Hippocrates Health Educator, coordinates qigong, spirituality and stress reduction retreats in Tepoztlan, Mexico, and in the US. He resides in Palm Beach, Florida. He is author of Stress Rx, Amazon.com/StressReduction.com.
Mental Imagery & Relaxation

by Karen Simonton, ED

A cancer diagnosis can suddenly turn your world upside down.

You are asked to make major health decisions based on information you might not clearly understand, and you ask yourself, “Where do I go from here? What therapies do I receive? What facility has the best treatment for me? Who will take care of my family and my finances?” The list goes on and on...

And sometimes, our answers are not the ones hoped for. Financial issues, insurance stipulations, little to no medical expertise in our local area or with our disease and limited resources in our hometown can create further stress or hopelessness. But, there are things you can do that can significantly impact your health and well-being—and they are readily available to everyone now.

The Simonton Cancer Counseling Center is based in the field of Psycho-neuroimmunology: How our psychological and emotional states impact our physiology, in particular our endocrine system and our immune system function can play a central role.

In receiving a cancer diagnosis, something, somehow, has “tipped” our scales—creating an internal imbalance—and the fear that usually accompanies this diagnosis can be paralyzing. Critical in getting well is to find ways of influencing your responses to support your cancer treatment. And cancer treatments are many and multifaceted.

Above all, it is a highly personal decision and once made, the job then is in creating your best possible outcome. Whether you have chosen a traditional Western protocol of chemotherapy or radiation, or any one of a variety of complementary approaches, or a combination of traditional and complementary approaches, there are things you can do to positively assist the impact of your choice.

A favorite non-invasive area for many patients is mental imagery and relaxation. It is one of the most valuable tools we have found for helping patients believe in their ability to get well from cancer and for leading them in the direction of health. But first, it is important to realize this is not “magical thinking,” but proven tools and techniques that have been rigorously studied, and although not completely understood continue to show benefit.

A few of the major benefits that relaxation and mental imagery can provide are:

- Decreased fear and anxiety
- Strengthening the “will to live.”
- Physical changes, enhancing immune function and increasing natural killer cells.
- Changing unhealthy beliefs that interfere with getting well.
- Decreased stress, which can have a significant effect on underlying body functions, such as blood pressure and oxygen levels.

Basic relaxation techniques are taught virtually everywhere and you should have little difficulty in finding a professional or health coach to assist you. Mindfulness is a good basic relaxation technique and has become popular in recent years. Check with your local hospital and/or community center/college to see what is available.

Mental Imagery can be both enjoyable and insightful. The goal is to “imagine the desired outcome.” This can be a challenge, particularly when you find your cancer is not reacting to treatment in the way you would like. If this is the case, you may believe that imagining otherwise would be lying to yourself or that it would mean you are in denial. But remember: the purpose of mental imagery is to imagine the DESIRED outcome—not what is happening right now, that you might be unhappy about, but rather what you want to see happen. It is possible to imagine a shrinking of the cancer even if this has not been the case. Your job with imagery is to picture what you want to come about. Understanding this distinction is very important.

Mental Imagery is not a method of self-deception, but rather a method of SELF DIRECTION. For example, imagining your treatment as a friend or ally and seeing yourself well, engaged in the activities that bring you joy and deep fulfillment, would be a good healthy image.

Working with imagery may also help you unravel some of your underlying beliefs about cancer and it can assist you in creating a more positive expectancy for recovery. Imagination work, like relaxation, can also be done with a health care professional or coach, but the beauty of this process is that you can begin at once—today!

There are wonderful YouTube videos on the internet, free of charge, which can be accessed for both relaxation and guided imagery. Some are better than others so I encourage you to listen and find one that speaks to you. In addition, there are many health care professionals that have chosen these areas as their expertise. They frequently teach, offer online courses, or have audio programs for sale.

Experience has taught us that those who are most successful in getting well again have a multitude of “tools” in their toolbox. We hope these can be added to yours.

Karen Smith Simonton has been the Executive Director of the Simonton Cancer Center for the past quarter century. The Simonton Cancer Center, founded by internationally renowned radiation oncologist, O. Carl Simonton, MD, is one of the first integrative cancer programs in the world and the most established cancer counseling program in the United States. The Simonton Cancer Center has been in operation for 44 years and was approved by the Surgeon General’s Office in 1973.

The Simonton Cancer Center offers a six-day retreat program for cancer patients who are interested in learning mind/body techniques for improved health, taught by experts in their field.

For more information, contact www.simontoncenter.com or call (800) 459-3424.
Psycho-Neuro-Endocrino-Immunology (PNEI)

Spiritual Faith & Regulation of the Immune System
by Janet Hranicky, PhD

PNEI is the most recent medical science that studies neuroendocrine biochemistry. This chemistry mediates the emotions and the states of consciousness and their influence on the status of health through a regulation of the immune responses. The discoveries of PNEI offer not only medical and scientific significance, but also a philosophical relevance. PNEI clarifies the relationship between biological body and spirit (known as self-consciousness), by proposing a reciprocal influence of neuroimmunobiochemistry on consciousness and psycho-spirituality on neuro-immune interactions.

According to recent advances in neurosciences, and PNEI itself, it is possible to identify a pyramidal functional structure in complex brain neuronal interactions. This structure consists of three fundamental levels of neuron relationships: neurotransmission, neuromodulation, and psychoneuromodulation, which are the expression of three different grades of brain neuronal integration.

The PNEI results have demonstrated that the psychoneuroendocrine functions related to the perception of sexual pleasure and spiritual life play a direct antitumor action, due to either antiproliferative action exerted by both pineal and cannabinoids, or activation of the antitumor immunity.

The two major brain systems of the psychoneuromodulation interact differently with the endocrine glands. The opioid system is closely linked to the pituitary gland, as demonstrated by its activation in stress conditions, whereas the cannabinoergic system, which is functionally linked to the pineal, is activated in conditions of pleasure and spiritual perception.

The opioid system has been proven to inhibit the antitumor response, whereas the cannabinoergic-pineal functional unit plays a stimulatory role on the antitumor immunity. In contrast, the activation of the opioid system allows an inhibition of the secretion of both IL-2 and IL-12, and this finding could explain the stimulatory influence of stress, depression and pain on tumor onset and development.

These cancer-related immunoen-ocrine alterations are not a simple epiphenomenon, but on the contrary they represent the cause responsible at least in part for cancer progression related to the immunosuppressive status of patients. Then, cancer-related immunosuppression would mainly depend on an altered psychoneuroendocrine regulation of the immune system, rather than the primary damage of immune cells themselves.

A Spiritual Approach in the Treatment of Cancer: Relation between Faith Score and Response to Chemotherapy in Advanced Non-small Cell Lung Cancer Patients

Psycho-oncological and Psychoneuromunological investigations of cancer patients has allowed the rediscovery of the importance of spiritual faith in influencing the clinical course of neoplastic disease, not only in terms of supportive care but also as a potential prognostic variable.

Clinical criteria were worked out to explore the existence of a real status of faith, in an attempt to correlate the degree of faith with the clinical response to chemotherapy, consisting of cisplatin plus gemcitabine, and the overall survival time in a group of 50 metastatic non-small cell lung cancer patients.

Results. The tumor response rate achieved in patients with a high degree of faith was significantly higher than in the other group of patients. Moreover, the mean post chemotherapeutic lymphocyte number was significantly higher in the patients with evident spiritual faith than in the other patients. Finally, the percentage of three-year survival observed in the patients with a high degree of faith was significantly higher than that in the patients with a low faith score.

CONCLUSION: This preliminary study suggests that spiritual faith may positively influence the efficacy of chemotherapy and the clinical course of neoplastic disease, at least in lung cancer, by improving the lymphocyte-mediated antitumor immune response.

A Spiritual-Neuro-Endocrino-Immunology (PNEI) of the Immune System

Spiritual Faith & Regulation of the Immune System
Dr. Hranicky is Co-Director of Hippocrates Health Institute’s Comprehensive Cancer Wellness Program in West Palm Beach, Florida. She is a leading pioneer in the field of Psychoneuro-Endocrinoimmunology and cancer. Her associate was the late renowned radiation oncologist, D. Carl Simonton, MD.

To Register, please contact the Hippocrates Program Consultants Office at: (561) 623-1002 or email info@hippocratesinstitute.org

Comprehensive Cancer Wellness Program
at Hippocrates Health Institute, West Palm Beach, Florida
uch distortion or dilution can lead to confusion and encourage spiritual bypass—a term used in psychology to describe the tendency to jump to spirit prematurely usually in an effort to avoid various aspects of earthly realities such as challenges, unresolved emotions and memories.

To develop a better understanding of this, let’s start with laying a foundation to define the essence of yoga.

**Yoga Lite: Spiritual Bypass & The Consciousness Diet**

by Liza Pitsirilos, Experiential Wellness Consultant

Over the past 40 years, yoga in America has evolved from a niche activity of devoted New Agers into part of the cultural mainstream and a $27 billion dollar industry.

In 2014 The Huffington Post reported that there were 20.4 million yoga practitioners in the US (83% women) and much of what we see around the conversation of yoga in the West is a focus on the physical benefits, muscle tone, apparel and lifestyle issues—Yoga Lite. This has many people wondering:

*How do we adapt yoga’s ancient teachings and practices, modernize them and bring them to a new culture without distorting or diluting their effect on spiritual development?*

**S**uch distortion or dilution can lead to confusion and encourage spiritual bypass—a term used in psychology to describe the tendency to jump to spirit prematurely usually in an effort to avoid various aspects of earthly realities such as challenges, unresolved emotions and memories.

To develop a better understanding of this, let’s start with laying a foundation to define the essence of yoga.

**Yoga comes from the Sanskrit root yuj, meaning to yoke or bind. It refers to the state where we become aware of our inherent unity. In other words, yoga as a noun refers to a state of wholeness and presence where compassion, flow and integration are felt.**

**Yoga also provides insight into a basic yet important human condition: suffering. It suggests that our suffering lies in the belief that we are separate from others and our environment.**

**Take for example a person who decides to cut you off while driving and nearly causes an accident. Your immediate reaction may be to feel angry and express that anger outward. Such a reaction indicates that you’ve taken the action personally: “How dare they do that to me? Who do they think they are?” When in reality you’re seeing an end effect in a long chain of events that caused the person to cut you off.**

CONT’D ON P. 61
I do not have a traditional God gene, calling me to attend a conventional church. Instead, I use Nature as my go-to place in which I explore and cleanse the Temple I’ve been given. I consciously pay homage to an unconditional outside environment and use it to find peace within my inner spaces. The specifics of the method, albeit analogy based, are accessible to any open mind. Through my visual system, I use oceans and rivers to envision the fluidity that bathes my spinal cord within my spinal column and my brain within my skull. I use nature’s wind as fuel to clear my lungs and nasal passages. The salty mist of the sea is my neti pot. I rely upon its effectiveness to clear my head, calm my mood, and simply feel better after each practice. And now, the scientific field seems to be lending credibility to my personal Church.

Multiple studies are now revealing some fundamental motives why we are attracted to given vacation destinations. Simply observing nature scenes have lowered heart rate levels and stimulated positive parasympathetic regulation, lowering levels of stress hormones known to inhibit digestion. Memory and attention improved 20% after people spent even just an hour in nature. Taking a walk in nature reduced depression by 75%, while walking indoors in a mall reduced depression by 44%. Observing awe-inspiring nature scenes later demonstrated lower levels of cytokines, which means less risk of tissue damaging inflammation. Yet, perhaps we can take it one step further and turn to Dr. Nature to diagnose an imbalanced physical state. Regardless, the odds of opening up to potential benefits will increase after drawing correlations between the Earth’s biology and our own.

Consider the fact that 96% of our bodies are made up of the same materials upon which nature is built: oxygen, hydrogen, carbon, and nitrogen. With the majority of our make-up being fluid based, circulation within our own bodies could be likened to the forces of oceans and streams, carrying gases that flow through mineral-enriched networks of our bony structure. These principles of equilibrium and fluidity that surround us within our natural environment creates a healthy platform for our bodies to continuously breakdown and rebuild themselves. We produce new bone from within by compounding calcium and small amounts of trace minerals with our blood stream. These same powerful, fluid forces dissolve waste build-up and wash away old bone, similar to streams that reshape rocky river beds.

Before simply hugging a tree, you can relate to nature more effectively by stepping back and visually transplanting it’s biological structure within your body, either standing, sitting, or lying down. Begin by metaphorically planting your feet into the ground (preferably barefooted). cont’d on p. 54
Dr. Helen Caldicott’s formidable mission began in her hometown of Adelaide, Australia, in 1971, when radioactive particles from a French nuke test seeded the atmosphere. As a medical doctor and scientist, she had grave concerns about the implications that this fallout would have on people as time passed. With the focus and power of a charging rhino, Dr. Caldicott has become the eminent voice of reason in a world of nuclear energy and war. Counseling global heads of state on the frightening outcome playing with radioactivity will have, she warns us all that this is the looming issue that may ultimately render our species extinct.

On a beautiful spring day at The Real Truth About Health Conference, I had the privilege to chat with world-renowned nuclear industry expert, Dr. Helen Caldicott.

Ann Maria Clement (AMC): Why did you begin to campaign against the nuclear industry?
Dr. Helen Caldicott (HC): Seeing this as the foremost issue of our times made it easy for me to champion this cause. Recognizing that this was not a local issue but a global tragedy forced me to absorb as much knowledge about radioactivity and the effect it has on both people and the earth’s environment.

AMC: Where are the most dangerous places in the world concerning nuclear fallout?
HC: Belarus and the Ukraine with their multitude of nuclear power plants and war raging present an eminent concern. 40% of Europe is highly contaminated and should be deemed uninhabitable. Chernobyl was a great contribution to this catastrophe.

The Irish Sea is the most radioactive ocean water. Seemingly one-third of the aquatic life that lives there possesses cancerous tumors.

America’s Pacific Northwest is the home of the Columbia River, the most notably radioactive river on earth. Savannah River Site in South Carolina, with its nuclear power plant, is also highly radioactive.

The Fukushima disaster on the small island of Japan highlights the permanence of such mishaps. Tractors are scooping up millions of pounds of fallout compound soil and wrapping it up in plastic, with no place to discard it.

Tokyo is highly contaminated and the tea growing south of the city jolt the Geiger counter.

Fukushima’s debris practically engulfed Hawaii, leaving behind a legacy of poison on the way to the West Coast of North America.

Some nations are acknowledging this recent nuclear disaster and have banned importing foods from Japan. Taiwan and South Korea want to protect their citizens and have wisely legislated to prevent nuclear bodily disaster.

Unfortunately, World Trade Organization agreements and most recently the Pacific Pac will supersede laws of independent nations and force citizens all over the planet to consume food choices and offer goods that they would prefer to avoid.

cont’d on p. 64
Let’s contemplate the Sun...always giving its rays of light energy and asking nothing in return. Pause and Breathe in the mystery of the Sun...the power and mystery of the Sun is in every cell of your being and it is flowing in and around you constantly. Sometimes we say, “That is such a beautiful sunset.” In reality, the sun serves “real food” to help your transformation. Living foods (like sprouts) provide the highest vibrational enigmatic nutrition and the best probiotics. Spirituality may also be about tuning into a higher vibration and frequency.

Recently, even Pope Francis took a strong stand for the convergence of science and spirituality with his statements about climate change and caring for our precious collective ecosystem. (Note: he also has a degree in Chemistry from the U. of Buenos Aires.) This is good news—the Pope is the leader of 1.2 billion people on our planet. By the way, when we speak about “protecting the environment,” it’s just common sense. This is not some fairy tale. Who does not want clean water, clean air and clean food? Let’s get back to basics and open our minds.

Although it is impossible to fully define something that is infinite, we can describe some qualities of the invisible field. In a general way, let’s define Spirit simply as the infinite, invisible energy field that is behind all things. At this point in human history we know a lot about the power of invisible forces. A few examples of these forces are electricity, infrared light, sound, emotion and the kinetic energy of the ocean. Consider the invisible energy field called “gravity.” The Law of Gravity does not care about your opinion of it; yet there are infinite possibilities if we align with it. It is the same with this “thing” called Spirit, and it goes by many names: Life force, the Universe, the Higher Power, Consciousness, or simply the Presence. Remember electricity is invisible unless it passes through a light bulb. It is the same with our physical and spiritual nature. We are like electricity and our body is like a light bulb. The science of Epigenetics is proving that invisible forces, lifestyle choices, thoughts and environmental forces have way more power than genetics alone. Epigenetics is defined as above or beyond the genes.

Nature consistently outperforms the human brain and it does so organically without toxicity or pollution. The divine intelligence of a full grown sunflower plant already exists in the seed, however it does need sunshine, water and minerals to flourish and reach its full potential. Meditation, prayer and yoga are intensely practical. Highly respected institutions of higher learning such as Harvard and Stanford have proven these practices enact a powerful effect on health and wellness. It is not a religious thing, it is a spiritual thing. Even pro sports teams (including the 2014 NFL Champion Seahawks) use these practices for wellness and optimal performance. Plant-based athletes refer to “being in the zone” creating a “flow state,” or just being fully immersed in the “present moment.”

Let’s meditate on the mystery of a sunflower seed—sprouting and blooming into a glorious tall sunflower plant with enough new seeds to create a field of sprouts! I don’t know about you, but I want that kind of energy and divine intelligence in my body/mind. Nature consistently outperforms the human brain and it does so organically without toxicity or pollution. The divine intelligence of a full grown sunflower plant already exists in the seed, however it does need sunshine, water and minerals to flourish and reach its full potential. Meditation, prayer and yoga are intensely practical. Highly respected institutions of higher learning such as Harvard and Stanford have proven these practices enact a powerful effect on health and wellness. It is not a religious thing, it is a spiritual thing. Even pro sports teams (including the 2014 NFL Champion Seahawks) use these practices for wellness and optimal performance. Plant-based athletes refer to “being in the zone” creating a “flow state,” or just being fully immersed in the “present moment.”

It’s All Spiritual All...the...Time!

by Bodi Deliberato, Plant-Based Triathlete

Hippocrates Health Institute (HHI) was designed to help you take your life to a higher level of consciousness! HHI is not a religious institution or a medical facility. It is a center that helps people help themselves. You can harmonize your life with the right blend of body/mind/spirit awareness. The Hippocrates program nurtures an open-minded and diverse approach concerning spiritual beliefs. HHI serves “real food” to help your transformation. Living foods (like sprouts) provide the highest vibrational enigmatic nutrition and the best probiotics. Spirituality may also be about tuning into a higher vibration and frequency.

Recently, even Pope Francis took a strong stand for the convergence of science and spirituality with his statements about climate change and caring for our precious collective ecosystem. (Note: he also has a degree in Chemistry from the U. of Buenos Aires.) This is good news—the Pope is the leader of 1.2 billion people on our planet. By the way, when we speak about “protecting the environment,” it’s just common sense. To define something that is infinite, we can open our minds.

Clean air, clean water, clean soil...does not want clean air, clean water and a clean food? Let’s get back to basics and define something that is infinite, we can open our minds.

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EmoSpirit

by Brian Clement, PhD, LN

Over time I couldn’t help myself from questioning the apparent separation of one’s spiritual life and emotional strength. Our compartmental culture breeds specialty and separation. This in and of itself defeats the premise of cultivating emotional and spiritual wherewithal. All of this most likely occurred as special interest people and groups began to hijack and harbor certain specialties. Expansive minds like that of Young and Freud or religions from the ancient to the current seem to all lead humanity into the belief that life’s little neat packages could hold your real purpose for living.

As my experience grew with people in the grips of life transformation, I recognized the disparity between their hearts and minds. This pervasive and almost universal problem was at the center in preventing dynamic change. Lacing the mind with spiritual theology and convincing people that the emotions are sporadic happenings that we have to control creates a schismatic imbalance that prevents us from reaching true insight. When observing the people who work hard to become spiritual, I have never observed one that has achieved it. On the other hand, when people become immersed in the idea that their minds control everything, they also seem to fail at living inherently rich lives. All of this brought me to the understanding that the emotions and spirit are indelibly unified and represent each other.

EmoSpirit is the term that emerged in my quest to resolve this breach of self-realization. When looking at the emotions as the spark that ignites the spirit, it is easy to see the interdependency. When experiencing an enriching moment of conscious awareness, it always immediately enhances the emotional self. The consistent interplay of the spirit and emotions is as essential to life as eating; it is likely more important.

Purposeful existence occurs when we employ our passion in all that we pursue. This organically evolving contribution is truly the reason for your life. Although few find this powerful place, it is ultimately the most important discovery that anyone can make. Over time these have been terms like “that was a spirited conversation or that individual is charismatic, or I felt the words deeply in my heart.” These thoughts are verbal expressions of the existence of EmoSpirit.

Effortlessly, these are possessions that all people maintain and, at this point in history, must learn to utilize. When we do not unify these pillars of persona, we add to the utter confusion that humanity faces today. There is never an emotional time or spiritual time; there is only time.

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What would life be like if TV shows became more important than talking to our fellow human beings? How would a person feel physically, mentally and emotionally? How would it feel to be stuck in a drug trance, even though we know the drugs can’t heal us? If we got stuck in a negative emotional trance for a long time, the effects would be depression, body and mental illness or muscular tension could arise. Eventually, people would no longer want to be around an individual who is depressed all the time.

What has been breaking down in your life? Hint: if you have been stuck in something for a while, then you know the answer. It’s happening to you right now, and you are ignoring it. What would life be like if we learned to honor the experiences that keep us stuck in love? Embrace them and move on, the universe is truly constant. Our planet is perpetually moving and we are energy that must keep moving. It is good to stop every now and then to take a peek to see if you are in a trance that is harming you and the people around you. Break that trance and consciously shift it to a state of love.

Love can heal anything. The power of love can move and shift your life, bringing you back to your true nature. Love is the tuning fork that realigns and unifies your energy, restructuring your physical, emotional, mental and spiritual energy into unification. You can never go wrong with love. Love will inspire others around you to transmit positive energy. Become the cause of a positive effect.

David Torrella healed himself of type 2 diabetes, obesity, gout, heart problems and mental fog through living foods and his “mental make over.” His mission is to support people and help them appreciate life by reconnecting them with their own true nature.

LivingYourTruenature.com
www.facebook.com/Luviam

Recognize loving symbols in your dreams.
Wake up. Smile with the feeling of love. Talk with the feeling of love. Look around as you feel love in and around your body.

Remind yourself throughout the day of your practice just by moving your fingers nonchalantly on your chest. Nothing more and nothing less.

This will shift your consciousness towards the real you, the “I Am.” Love is the energy that realigns all the frequencies of your being, the moving force of your life. Yes. Love will make you realize you are divine!
Every Thursday morning for the last ten or so years, a handful of Hippocrates Health Institute staff and therapists gather around the fountain in the Oasis Therapy Center and pray for our guests. We call it the Quantum Prayer Circle, acknowledging that our loving intent and our spoken word make a difference at a quantum level, where we are all connected. Is that “spiritual” or is that “scientific”? We say it’s both.

Spirit is the original part of us, the very spark that animates us; spirit is our energy, our essence. Before we had thought, before we had emotion, we had spirit. In the beginning was the Word, and the Word was made flesh. For a newborn there is no gap between pure life force and identity. It is so easy to look deeply into an infant’s eyes, because, in one way, there’s nobody home, no ego looking back, no judgmental mind. Just life.

Even as we depart our mother’s womb, sever the umbilical connection and become a truly separate physical entity, our consciousness remains primarily steeped in Oneness and Unity. As babies we are still little spirits, simple and pure. But like pristine little tea bags thrust into a dualistic, ever-shifting world of forms, we become infused by a cause-and-effect complexity that assaults our innocence from the get go. Our brain is wired to absorb and make sense of this complexity, and before we know it, we become it. We think in words, create all sorts of conceptual maps, and the assumption of separateness that fills our language soon fills our lives. This goes against what our spirit knows to be true, and I am convinced that is what babies cry about. That and gas pain.

By the age of two or three we center our emotional life on our relationships. From family, community and culture we learn all sorts of things about ourselves, what’s good and bad, and what it takes to get love from the people in our environment. These beliefs, right or wrong, can accumulate and warp our sense of self-esteem, or worthiness, and our spirit suffocates in the struggle. If not challenged, we live with our early childhood conclusions as if they were real even when they aren’t. This is like carrying a backpack full of stones for years, and thinking life is heavy.

With childhood trauma etched into our nervous system, the world, even when we’re adults, shows up as a mine field, with innocuous and benign interactions often triggering emotional tsunami responses to events that ought to be just regular waves. Our own turbulent feelings carry us far from our naturally peaceful spirit.

Spirit and emotion split apart when pain overrides the peace of unity. Ominously, this disintegration of wholeness, and the stored pockets of pain in our body, can set the stage for disease. This is what Hippocrates guests look to unearth and reverse.

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We are in our third dimensional, undergraduate work on planet Earth to learn the mastery of this energy, to become servants of it and to live a life of 100% symbiosis with all the manifestations of this universal force, as kindred souls. The central theme of intention is to continuously remember, while individual and unique, that we are all one and all is love. It is my strong belief that once you learn the mastery of love, then all commandments, all laws and all actions will be guided by this single principle. It is a powerful lesson to learn.

The variety of disciplines related to spirituality is the most practical thing that one could be engaged in on a daily basis. Ultimately, this involves connecting to the Creator for further instructions on how to manifest your life to be in the flow. As you surrender to your dharma, you will find yourself healthy, happy and holy. You will enjoy endless synchronicity and find unlimited opportunities before you.

There are many different ways to connect to The Source of All That Is. For some, that might mean a morning run or a session of meditation, going into stillness. For another, it may be going to church and surrendering themselves to the sanctuary of structure. Whatever it is that moves your heart, leaves you empowered and fills you with a passionate energy for living, therein is the connection.

Movements and focus on these various, optimal methods can break the chains of addiction that 95% of civilized people appear to be entrapped by. Be it indoctrinated beliefs, perceptions or detrimental lifestyle habits, all too many live in fear of surrendering themselves to the source, and as a result, we now exist in an organized structure of chaos. It can be very challenging, if not impossible, to rise above it all without some kind of guidance and inspiring support system. Some people can benefit by participating in a 12-step program, others can reach the spiritual mountaintop by coming to places like Hippocrates Health Institute. On the highest level, these methods have the ability to re-connect you to your spiritual nature to reclaim an ever-present state of joy and bliss.

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The philosophy of Attachment Parenting was originally put forth by author and pediatrician, Dr. William Sears. This parenting style supports the focused love and attention that are crucial for a child’s positive self-esteem and emotional development. The infant and young child should not be brought into this world to adhere to the needs of the adult. Our responsibility as parents is to keep our children close to us and held by us until it is their choice to be more independent. A baby should be carried constantly in contact with the mother’s skin, inside her clothing, during the first hours, days, weeks, and even months after birth.

Babies held mostly against mother’s body feel safe and right in the world—a feeling that, like breastfeeding, is a continuation of life in the womb. It makes a lot of sense to hold babies skin-to-skin because of outside pressures to put the baby down. I hear from mothers who tell me they are advised to put the baby in a stroller, that the baby’s torso will not develop properly, that they are spoiling the baby, that the baby will not learn how to crawl and walk, etc. Carrying the baby against mother’s skin affords movements that bring security, trust and increased brain development. Baby needs to be close to mother, warmed by her, and feeling her heart. When the baby enters our world, he or she does not know or understand the new surroundings and wholly depends upon his/her mother for survival. For nighttime, I initially nursed my babies to sleep in a crib right next to my bed, but they would wake up and I took them to bed with me because I couldn’t bear to hear them cry. I learned later this is a natural instinct on the part of the mother, and soon we began the family bed. When a mother places her baby in a crib in another room to “scream it out,” she is going against her true maternal instinct. There is no doubt that isolation and abandonment is felt by the child.

Everyone gets more sleep in the family bed. Many babies wake frequently to nurse, and it’s easier for mother if she can nurse while lying there. Many mothers tell me nursing during the night doesn’t waste anyone up. Co-sleeping families are able to work out arrangements with king-size beds, or mattresses and futons lined up on the floor, so everyone, including father gets enough sleep. One of the many benefits of the family bed is that it helps fathers who are away from home all day to establish close bonds with their babies. As far as the marital relationship, the mother and father will need to be creative in finding their time together, such as when the child is napping, or when the children are fast asleep at night. **CONT’D ON P. 54**

**Attachment Parenting**

by Karen Ranzi, MA, CCC-SLP

The loving approach of attachment parenting makes sense as the best way to raise secure and happy children. Because my wonderful father had told me for years how important it was for children to be nursed, I was sure this was something I wanted to give my children for their long-term health. During the breastfeeding years, there was a lot of skin-to-skin contact between my children and my body, without my realizing just how beneficial it was.

THE POP REPORT: “NEVER, NEVER, NEVER GIVE UP”

Food Labeling, Dietary Supplements, and Trade Agreements
by Rabbi Gabriel Cousens, MD; Brian Clement, PhD, LN; Beth Clay and Rudy Lenardi

This year has been particularly frustrating for many in the health freedom community. Religious liberty and parental rights are being curtailed in California with a new vaccine exemption law. The lead representatives updated industry-drafted bills – MAY rather than SHALL be cosmetic and technical in nature, however, the bill actually goes from bad to worse. Little words have big meanings in bills – MAY rather than SHALL is the difference between an option and an order, the use of AND rather than OR means that both measures must be met to proceed. The bill reads as follows:

"(1) IN GENERAL — the use of genetic engineering does not, by itself, constitute information that is material for purposes of determining whether there is a difference between a food produced from, containing, or consisting of a genetically engineered plant and a comparable food.
"(2) LABELING REQUIRED — The Secretary may require that the labeling of a food produced from, containing, or consisting of a genetically engineered plant contain a statement to adequately inform consumers of a difference between the food so produced and its comparable food if the Secretary determines that,
"(A) there is a material difference in the functional, nutritional, or compositional characteristics, allergenicity, or other attributes between the food so produced and its comparable food; and
"(B) the disclosure of such material difference is necessary to protect public health and safety or to prevent the labeling of the food so produced from being false or misleading in any particular."

Public frustration mounts. Accordingly, when it is shown that a genetically engineered product is materially different, it must then be shown that it is necessary to protect the public health and safety for that information to be labeled. Even then, the Secretary has the discretion to deny the label mandate.

This latest version restored the requirement to promulgate regulations defining the term ‘natural’ on food labels. It creates a certification program for farms claiming not to use GMO products and clarifying that certified organic will be ‘non-GMO.’ The bill also nullifies existing state and local laws.

On July 23rd, the House passed this ‘DARK Act’ with a mixed party vote of 235 aye, 150 no and 80 not voting. A companion Senate Bill to date is not introduced. The POP Campaign Website will keep you informed. We continue educating on GMO Facts and urge protection of consumers’ rights to know what is in our food.

Glimmers of Hope

Maybe glimmers of hope! A group of 135 business leaders and high profile individuals sent President Obama a letter requesting that he ‘keep his campaign promise and give Americans the right to know what’s in their food by directing the Food and Drug Administration (FDA) to issue mandatory labeling rules for products that contain genetically modified organisms (GMOs).’

In early July, the Administration announced to the heads of the FDA, USDA and EPA a process to update the coordinating framework for the regulation of biotechnology.

This memo initiates a process with one year objectives: 1) development of an updated Certified Framework (CF) to clarify roles and responsibilities of agencies regulating biotechnology products; 2) formulate a long-term strategy ensuring that the Federal Regulatory System is sufficiently equipped to assess the risks, if any, associated with future products of biotechnology while supporting innovation, protecting health and the environment, promoting public confidence in the regulatory process, increasing transparency and predictability, and reducing unnecessary costs and burdens; and 3) commissioning an external, independent analysis of the future landscape of biotechnology products.

This process is an important forum where the public will have the ability to engage with the Administration on labeling. 

House Agriculture Committee swiftly passed it out of committee and sent it to the Speaker to schedule a full House vote on July 23rd.

A majority of the changes appear to be cosmetic and technical in nature, however, the bill actually goes from bad to worse. Little words have big meanings in bills – MAY rather than SHALL is the difference between an option and an order, the use of AND rather than OR means that both measures must be met to proceed. The bill reads as follows:

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"Never, never, never give up!'" — BRIAN CLEMENT, PhD, LN
One of the great challenges in the GMO debate is research that is not funded and controlled by patent holders. Corporations, in the past, the funded and controlled by patent GMO debate is research that is not 'must pass' bills. For several years, mous for slipping language into Senator Dick Durbin (D) is fa-

Dietary Supplements Update Senator Dick Durbin (D) is fa-
mous for slipping language into 'must pass' bills. For several years, he introduced anti-supplement' legislation. Attached to the Defense Appropriations Bill that had already passed the House, he and Senator Richard Blumenthal introduced three amendments. One sought to establish a higher standard for marketing dietary supplements in military instal-

Food Safety Modernization Act (FSMA) Rules Coming Soon Congress passed the FSMA of 2011, giving the FDA additional authorities to order recalls and require companies to register. A series of rules required for full implementation of the law are expected this fall. There is much un-
certainty for small farmers and farmer

Parents, only we can save our children! Please support POPCampaign.org and MOMS4POP.org Label Baby Food — Concerns About Our Children’s Genetic Structure The POP Campaign and MOMS4POP voice concerns of parents across this country to protect pregnant moms, babies and young chil-
dren from GE foods’ potential dangers. A personal case where the best doctors in Utah are puzzled! Returning from a recent family visit in Utah, Rudhi’s nephew’s 2-year-old is diagnosed with a Partial Trisomy 16 with the X Gene Depletion. Her 16 gene duplica-
tion attached to her X gene and the X Gene is subsequently only partially developed. Severely disabled, she barely moves. What causes such a genetic deformity? What happens when a child’s genes are affected? Is this the kind of congenital birth defect triggered by GE foods? Studies show GMO/GE food causes deformity in rats. Is GMO “Food Violence” deforming and attacking normal human genes? Are we by default deforming our children by our food choices? Is this a preview of the next generation’s challenges? What do we do when doctors don’t know? Caution is the most prudent option when it comes to quality food and non-GMO for our babies and pregnant moms. Please sign the pledge and donate at MOMS4POP.org. Support our efforts for perma-
nent warning labels on all baby related foods. Underscoring our concerns, in an article entitled “Genetically Engineered Food Linked with I-
dine Deficiency and Congenital Birth Defects,” it was stated that GMO/ GE foods affects the apoptosis of cel-
lular generation and health in babies. (Healing Our World, Vol. 13, Issue 4) •

"Why take risks? This situation with my baby is very new to us as young parents (our doctors don’t know). My suggestion to young moms is to watch what you and your children eat — this is important for you and the health of your child. Demand to know what is in your food. At least this is a first step." — BILLIE LIZZA, MOM OF “BABY ZI”

"There is a reason that Genesis 1:11–12 states that God created each plant to produce ‘after its own kind.’ This is a clear anti-GMO biblical statement. Those who try to break the natural laws will themselves be broken.”

— GABRIEL COUSENS, MD

THE POP CAMPAIGN and MOMS4POP SUGGEST THE FOLLOWING:

- Take the MOMS4POP healthy pledge: Join other moms in this simple blueprint for health, build a viable support base in your local communities and participate as a national influential voice — go to www.Moms4Pop.org.
- Support the POP Campaign and MOMS4POP “GE Warning Label!” Initiative: Send letters to your public officials and to Congress and the FDA to demand a “GE Warning Label” on all GE/GMO food to protect babies from birth defects and children from the dangers of GE/GMO foods. Let’s demand the following label:

GOVERNMENT WARNING: THIS FOOD MAY CONTAIN GE/GMO INGREDIENTS, ACCORDING TO THE SURGEON GENERAL.

1.  Women should not eat genetically engineered food (GE/GMO) prior to or during pregnancy or nursing because of the risk of birth defects.
2.  Young children should not eat GE/GMO food because of the risk of toxicity and serious health problems.
3.  Consumption of this product may cause serious health problems.

- Support local State GE/GMO labeling efforts: Stay informed, educate and vote — over 20 States have labeling initiatives or legislation pending — one of the more recent efforts is Washington State with proposition 52. Please see www.POPCampaign.org for a list of states and references for updates.
- Use a GE/GMO Food Guide: Reference a guide when you shop and influence with your pocketbook — get to know your local farmer — the Center for Food Safety is a most trusted site for a buying guide: www.CenterForFoodSafety.org.

"First of its kind! Doctors are Puzzle! Why should parents take unnecessary risks with their babies? Let’s give parents and newborn children a chance at full healthy lives! Don’t risk GMOs damaging children! It’s common decency and our duty to inform new parents and pregnant moms of the potential dangers of GMO food and baby food. This gives life a chance and gives them a choice.”

— RUDHI LENARDI, POP Campaign

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Opportunity for a Passionate Executive to Fulfill the Hippocrates Dream
by Betsy Bragg, Hippocrates Health Educator

America is facing an epidemic of diabetes, cancer, obesity, malnutrition and heart disease. Research shows that many of today’s chronic diseases are completely tied to what we eat and the lifestyle choices we make. According to the Centers for Disease Control, obesity has more than tripled in the last 30 years, with one-third of our nation overweight or obese.

Our non-profit organization, Optimum Health Solution (OHS), is addressing these issues through a three-fold approach: Real Kids Real Food (RRKF) after-school program for inner-city children, Eat to Thrive: 10 Weeks to Life Long Healthy Habits and Healthy Living course and a monthly Dinner Speaker Series to educate the public.

RRKF children learn the importance of organic and local foods and the true value of a meal with its full life force as intended by nature. They are encouraged to read labels of processed foods and to make choices of unprocessed and fresh, plant-based foods to nourish their bodies with adequate fiber and natural enzymes. Building better habits through improved reading, exercise, self-care and gardening will foster a love of fresh foods at a young age. A program is being formulated to launch RRRK in many more communities. Real Kids Real Food: Kids-Tested Recipes contains 40 of the children’s favorite recipes, and is available on Amazon and in the Hippocrates bookstore.

Eat to Thrive educates adults with hands-on experience preparing recipes and learning the benefits of plant-based nutrition, exercise and mindfulness. Many of the class graduates have become RRRK Health Educators and/or hosts of educational plant-based potlucks in their own communities. A Spanish-speaking program was launched at Mystic Public Housing in Somerville, Massachusetts. Both of these programs originated in the monthly Dinner Speaker series that continues to educate the public and spread the Hippocrates Health Institute (HHI) message. OHS recently hosted “Sugar Blues... the Cancer Connection” featuring Brian Clement, director of HHI. It was so well-received that attendees and sponsors have already signed up for Brian’s next talk. Now that I am 81 years old, I wish to pass on the role of Executive Director and serve as an OHS consultant. Since OHS is a non-profit with a successful track record, we are able to work with Hippocrates Health Educators to seek grants in poverty areas most in need and aggressively expand Real Kids Real Food nationwide to combat the growing obesity epidemic. As a consultant to OHS, I will continue to serve as a marketing interface with Hippocrates and other entities to assist the new director. We want OHS to continue. We are looking for the right person who can build upon its success and grow it to its full potential.

The Executive Director will assume all of Optimum Health Solution’s valuable assets. This includes our extensive volunteer staff, website OptimumHealthSolution.org, email list and social media resources. OHS keeps its expenses low, and can run as a part-time or full-time business, depending upon the number of dinner speaker events, Eat to Thrive courses and Real Kids Real Food clubs are offered—and how aggressively sponsorships are pursued.

If you or someone you know is ready to embrace the opportunity of a lifetime, please email resume and references to betsy.bragg6@gmail.com.

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OHS, a 501(c)3 in the Boston, MA, area, was awarded the 2014 Humanitarian Service Award by HHI and has received numerous grants to support its outstanding work.

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— Brian Clement
Director, Hippocrates Health Institute, Florida

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Holistic Spirituality

The materialistic segment of non-sustainable orientation has accelerated the movement for those who are open to higher states of consciousness. The current system is going through malting and composting. As a result, those who understand these changes are beneficial in the big picture, as they will take the laws of nature, integrate them and transcend the bombardment of matrix propaganda. No more enslavement to the rampant, corporate and robotic dehumanization.

Put your attention on your intentions and rediscover nature, both internally and externally. Nurture the quiet, peaceful mind and honor thy body. Be the reflection you wish to see in the world. We are coming to a time where we will be as one. Seek, study and find At-one-ment, as we co-create, once again, a single Gaia community.

Observe and embrace the shift from competition against...into cooperation with.

The blessed quote from The Book of Jubilees summarizes this everlasting, global heart. “And in those days the children shall begin to study the laws, seek the commandments and return to the path of righteousness...and all their days they shall be complete and live in peace and in joy.”

Then along came the priestly sects to take advantage and manipulate the masses in a controlling manner. Many gods were suddenly and mysteriously created, and the nature of spirit became diminished as the priests maneuvered into polytheism. The next shift moved the mass mindset into monotheism, propagating a subsequent belief to those who claimed to be the sole connection to the Creator. This is where we are now. The majority of society has their false spiritual perceptions in the domain of misfit sorcerers. Spirituality is just a natural way of sitting still. It is not yoga or any of the disciplines, even though they can assist one in reaching higher levels of awareness. Anybody can be spiritual. Many years ago, I had insomnia. I was eating meat and had a serious coffee addiction, and I was doing many less than optimal things. How did I connect with Spirituality and the Creator? It was a daily practice of meditation and relaxation, stilling myself, quieting my body and mind so I could relax.

I also watched the animals. I realized that they didn’t need to sleep all night. They only rested, so like them I learned and mastered rest. Through deep states of relaxation I ended up merging into what is considered a meditative state. This practice reached a level where the divine took over my life and provided guidance, as my resources were magically met.

The more we surrender and trust the divine, the easier it is to become a manifesting magician, creating sacred health, happiness, abundance and holiness. When you are following the path of loving self and others unconditionally you will discover one thing, there is no evil and nothing bad to be concerned with because, ultimately, everything is evolving in ways that are good and moving mankind into the next stage of consciousness.

We started “gotsprouts?” to provide a quality source for vibrant Organic Sprouts...Because our lives depend on them.

Viktoras Kulvinskas in Costa Rica

Spend a week with Viktoras, the godfather of plant-based living and co-founder of Hippocrates Health Institute.

January 16 – 24, 2016

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Forced parent-child separation has become especially obvious in the mother/son relationship. I frequently observe parents telling their young boys not to cry. “Be a big boy! Big boys don’t cry.” Mothers unknowingly push their boys away to be separate from them when boys are not ready. I sent my son to a nursery school for two days a week when he was four years old. He cried every time I left him there, and I didn’t realize at the time that the most important need he had was to be with his mother, and not to adhere to the planned, controlled and irrelevant educational protocol of some “authority.”

Through attending an Attachment Parenting Group with my children, I learned so clearly that my intuitions as a mother were important, and that I should listen to them and heed them instead of ignoring them. Keeping my little boy close to me, even while observing so many mothers doing otherwise was the right thing to do.

Many mothers consider earning money, cleaning the house and having time for their husbands and themselves as priorities instead of always being there for the baby, without realizing that their lack of presence at this crucial time in the child’s life will damage their well-being and self-esteem. They are evolving lower beings.

All children want and need a happy and relaxed mother who is completely present for them.
Happy Dance Workshop

Renew, Refresh & Re-invigorate Your Life

September 25-27, 2015

🎵 Is your prospect of happiness stuck in sameness and mired in despair?
🎵 Has your life taken a detour and you’ve misplaced or lost your dancing shoes?
🎵 Are you open to and looking for something to tap your feet about?

Well then…it’s time to awaken, reboot and reconnect to your desired response to life! Let’s uncover your hidden possibilities, dust off your cobwebs of self-doubt and re-kindle your inner vibe!

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🎵 Tools to release patterns of Self-Sabotage
🎵 Simple Muscle testing to remove your roadblocks to Happiness
🎵 Experience the ability to reclaim your Personal Power

The Happy Dance workshop offers a gentle, effective way to bring harmony and balance into your life. No matter where your happiness is currently limited, through biofeedback from your body, you can change your life. Sound simple? It is. This event could be exactly what you have been seeking!

Life is about choice. What do you want?
Come join the fun with 3-in-1 Concepts facilitator Sara Bronson.
Learn to experience your life doing the Happy Dance!

Registration

Before Sept 15
After September 15

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Registration fee includes dinner on Friday; and lunch on Saturday and Sunday.

Friday, Sept 25
2pm – 8pm

Saturday, Sept 26
9am – 6pm

Sunday, Sept 27
9am – 5pm

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Staying Sensitive to Spirit, cont’d from p. 41
So what are our options in the Unity/Separation choice to step backwards; we yearn to return to the good old days when life was simpler; we establish codependent relationships and invest our energy appeasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to peasing the forces of conflict by over-accommodating and yielding. Ah, to
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Yoga Life, cont’d from p. 29
If you take a deep breath, you realize that their action is unsafe yet not personal. It is merely a reflection of a larger environment that we are connected to. The remedy to suffering lies in our ability to become increasingly present in life. When we become present we begin to peel away the layers that create and recreate the illusion that we are separate. Suffering stems from our avidity, our inability to see things as they truly are, and we perpetuate our suffering through negative mental habits such as taking things personally or when we reiterate the pain caused by a dysfunctional relationship that we can’t seem to let go of. The yoga sutras (a collection of aphorisms) suggest our reactions come from not truly seeing ourselves, and hence each other, clearly. Instead we are wrapped up in mental patterns that keep us from doing the personal work needed to heal. Practicing presence in a circumstance where we find ourselves tight, uncomfortable, or in pain allows us to connect with the essence of our existence — self.

The remedy to suffering lies in our ability to become increasingly present in life. When we become present we begin to peel away the layers that create and recreate the illusion that we are separate. Suffering stems from our avidity, our inability to see things as they truly are, and we perpetuate our suffering through negative mental habits such as taking things personally or when we reiterate the pain caused by a dysfunctional relationship that we can’t seem to let go of. The yoga sutras (a collection of aphorisms) suggest our reactions come from not truly seeing ourselves, and hence each other, clearly. Instead we are wrapped up in mental patterns that keep us from doing the personal work needed to heal. Practicing presence in a circumstance where we find ourselves tight, uncomfortable, or in pain allows us to connect with the essence of our existence — self.

Becoming present helps us reconcile the habits of the mind, which allow the veil of our illusions to disipate. From here we start to gain clarity into our true Self and what really matters which is often experienced in our Aha! Moments.

Yoga as a verb highlights the exercises that help enter the state of yoga described above. The yoga sutras point to yogic exercises such as dharana — concentration, which paves the path for dhyana — meditation. Focusing our minds on the presence of our breath, the sound of birds, traffic outside the window, the sensation of our muscles as they tremble in asana (poses), or anything else is a very useful exercise to cultivate presence, awareness and ultimately to maintain a day-to-day state of yoga.

Flexible, respectful union with the er of the actual underlying unity and oneness of creation. It is there. We feel it in the joy of dancing, hugging and laughing, in deep eye contact with friends and lovers, when we witness the beauty of a waterfall, a sunset or fireworks, and we strive to extend our stay in that magic garden for as long as we can. As young thinking adults we might first look to books for answers and solutions, but unfortunately, it is not enough to just know about spirit. A menu can promise but can never replace a real meal. A philosophy can never fulfill us. We need to feel spirit to know it, personally and viscerally. Nothing less satisfies us. We know it when we feel it. We are quenched only when we drink real water. Feelings hold the key. Our feelings carry the electricity of aliveness that can help us awaken from our deep slumber into the here and now. Connecting with feelings stands as a gateway to connecting with spirit. You are as alive as you feel. Spirit calls us to be free and brave, to break our link to the chain of pain, and to know true inner unity once more. To live. The quest for health equals the quest to be fully alive. We see that in our guests here at Hippocrates all the time: their will to live and thrive, the desire to make the gifts of being and creation propel their health journey, and makes them good company.

Here is more good news: freedom is at hand, and you can have a hand in it. You can liberate yourself by making strong life-affirming choices, and then actively face, feel and ultimately over- ride any resistance to having those choices enacted. Vision of critical, shyness in public settings, the fear of being judged and self-inhibition of expressing love — and any other blocks — become challenges to confront and wrestle with on the way to enlightenment. That’s what we do together at the weekly Hippocrates guest support/therapy group! Angels wrestle with humans to make us strong, not to defeat us. Our angels are our true selves united with the universe.

The path of emotional liberation takes guts, and a willingness to be vulnerable and take risks, to live large and be tender with our smallness at the same time. You are as free as you feel. You are tender with our smallness at the same time. You are as free as you feel. You are tender with our smallness at the same time. You are as free as you feel. You are tender with our smallness at the same time. You are as free as you feel. You are tender with our smallness at the same time.

The more we are distanced from it by our own minds, the more we need and crave a connection with the true nature of spirit itself. For others of us, it lies so dormant or so far in the background, where the pain of separation is so repressed, it leads us into a quest for power — all shadows from our souls, from true living, in our intellects would soar, and the tremendous good that we could do for the very space in the tight and uncomfortable situations that arise in everyday life, but it may also help us uncover some important truths about who we are, and from what we need to heal. So here is the catch: the exponential growth in accessibility to yoga classes has led to a new phenomenon called Yoga Life, where the physical practice of asana has become the primary focus at the expense of spiritual teachings on consciousness. To focus on just the physical act of asana reinforces the belief that we are our body or our mind (which creates separation) when in reality we have a body and mind but we are a spirit — an “invisible energy field” that is infinite and equally present everywhere. Think about this for a moment. You are an infinite being equally present everywhere. When you move beyond the illusion of separation of mind, body and spirit, you cultivate the ability to come out of suffering and into presence with the infinite, and ultimately feel more unity, peace and ease.

Spirituality & Nature, cont’d from p. 17
The more we are distanced from it by the imperfections in our society and, many times, by our own minds, the more we need and crave a connection to it and likewise to the very essence of who we are.

The moment of silent light that the sun brings is spirit, our spirit and the spirit of light. What greets us by the water’s edge is also spirit. When we place ourselves down in the middle of nature, we are bringing the spirit within us to the spirit around us and uniting. It can be discouraging, recognizing just how far we have traveled away from our souls, from true living in, symbiotic, respectful union with the natural world, but this reality is just a blip on a very large screen of an even bigger picture. It, nature, calls to us and we arrive time and again and again, looking, smelling and feeling it. We can take comfort in knowing that this calling cannot be destroyed and will not end for as long as the earth remains beneath our feet. It offers us the chance to remember our spirit, our essence, our responsibility and our capacity to be spiritual beings.

Imagine a world in which we could feel our spirts, effortlessly, all the time. Imagine how our hearts and intellects would soar, and the tremendous good that we could do for the world. Imagine the form that our creativity would take. It is unlikely that with such awareness and connection, that we would be building skyscrapers, massacring forests and stabilizing our earth with pipelines. The next time you feel the golden light of the sun on your skin, remember that its greatness is within you and your potential toward good is boundless.

This is the moment when our raw pure spiritual self awakens. This is the moment when we begin to live spiritually. This is the moment when we bring our quiet, oxygenated, grounded, sunlight souls into our homes, families, offices and world, making each and every decision in accordance with the spirit of nature that creates and sustains us. Nature is our soul and our body. We are the soul and body of nature.

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Every experience is spiritual and expressed emotionally. How often have you heard a song that deeply touched your heart? Laughter from a child also highlights the strength that this duo of demeanor provokes. Many would think there are people with greater abilities to possess these attributes but this would be wrong. At worst, there are just those in the masses who choose not to open up the part of their life that fills one’s soul with the permanent pleasure of purposefulness. There are just those in the masses who choose not to open up the part of their life that fills one’s soul with the permanent pleasure of purposefulness. At worst, this would be wrong. At worst, this would be wrong. It is easy to broaden your confidence and understand that life is meant to unfold in a not so neat and perfect way. Allowing this can all be remedied by not taking yourself so seriously and truly attempting to recognize and employ the fact that all things will be as they should be.

EmoSpirit and its application is one more step in bridging the gap between self and realization. Too often spiritual dogma has clouded the premise of “know thyself.” Freud actually used this term in his hypothesis of emotional pursuit. Biblically, it is stated that we are made in the image of God. When fully embracing this gigantic idea, it requires that we are fully enlightened, fully responsible and fully capable of every aspect in our reality. Sadly, most of us read the words and personally mandate our own subservience to become a follower rather than a self-realized human being. It is easy to broaden your confidence and understand that this partnership from either side, but hopefully leave the room clearly acknowledging and understanding that this partnership is an essential way of creating a life of contribution and joy.

Whenever you doubt that you have the wisdom to do what is right, allow the spiritual to increase your optimistic imagination, which will ensure a viable option. Whenever caught up in mundane patterns that are not enriching your heart, find what turns you on and utilize it until your every action is genuinely heartfelt and authentic. EmoSpirit and its application is one more step in bridging the gap between self and realization. As humanity progresses, it will require streamlining the cumbersome weights of historic cultural missteps. We must each be willing to relinquish the many misguided traditions which have blocked us from our very self. Having fantasies about what needs to be done before you can achieve particular goals actually sabotages the potential accomplishments that are much easier to reach than you have been led to believe.

As humanity progresses, it will require streamlining the cumbersome weights of historic cultural missteps. We must each be willing to relinquish the many misguided traditions which have blocked us from our very self. Having fantasies about what needs to be done before you can achieve particular goals actually sabotages the potential accomplishments that are much easier to reach than you have been led to believe.

Our universe works in perfect form and with or without us, all will end up exactly as it should be. Unfortunately, due to our insecurity, we believe that we can manipulate and create a comfortable outcome for ourselves. Our only real comfort is in being at peace with who we are and always expressing oneself truthfully and freely. Be respectful of ultimate good that you and all others achieve when you allow your heart to lead.

It’s All Spiritual, cont’d from p. 35

When we talk about the soul, this is not some new age concept or religious science tells us that there are billions more neurons near the heart center of the nervous system than in the brain. Tap into the spiritual wisdom of the soul and let go of the limited brain center. A wise man once said spirituality is 99% about letting go. Physical and emotional cleansing is so important to our body/mind system. Let go of the stuff that is blocking your innate spiritual wisdom. Letting go of pseudo-science, consumerism and dead food is essential to optimal living. “The fine print is: Cleansing, detoxing, and change can be uncomfortable. This is true for the physical and the meta-physical. It is also very rewarding.

EmoSpirit, cont’d from p. 37

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When the emotions are tamed by understanding, they are not different from the spiritual self. It is easy to broaden your confidence and understand that life is meant to unfold in a not so neat and perfect way. Allowing this can all be remedied by not taking yourself so seriously and truly attempting to recognize and employ the fact that all things will be as they should be.

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Let’s consider the lifecycle of a caterpillar transforming into a butterfly. A butterfly basically starts out as a worm. You can bet that little worm is not planning on flying someday. At best it is probably just dreaming about “moving a little faster.” Through a mystical yet very natural process, an amazing multi-colored butterfly emerges from a cocoon of biological soup, divine intelligence and invisible energy. Examples of “spirtuality” in nature are all around us. Let’s just wake up to what is really going on. The invisible world is amazing and very real. Remember, if you want to fly, you have to “lighten up a bit.” If a “worm” can transcend gravity, the possibilities are endless. Of course, a butterfly lives on a plant-based diet and has a balanced microbiome. They also do better when they avoid GMOs, pesticides and herbicides. Not to mention, they also exercise, meditate and sleep well!

Here are a few other ideas to consider:

1. You are not your mind; you have a mind. You are not your body; you have a body. At the same time, there is no separation between the two. The body/mind is “one system,” with many connected subsystems.

2. Everything is energy! When we view anything under a microscope, we see there is no such thing as a completely solid object. Even a chunk of steel has moving electrons. In fact, the difference between a magnet and a regular piece of steel is the following: Regular steel has electrons moving in random directions. In a magnet the electrons are all moving in the same direction, thus it has magnetic and attractive power. In my view, that is scientific proof of the power of collaboration and harmony.

3. Some say the Spirit is Love. It is also creative, dynamic, abundant, peaceful, powerful and, yes, eternal. It is also forgiving and relentlessly peaceful, powerful and, yes, eternal. It is also forgiving and relentlessly peaceful, powerful and, yes, eternal. It is also forgiving and relentlessly peaceful, powerful and, yes, eternal.

The beautiful image above shows a satellite view of Mother Earth. Everything appears as one, despite the busy-ness of a New York City street. What’s the difference? Perception! Step out of the matrix of misperception and shift into a new view. Catch some of these spiritual mind shifters, and see how they feel. We have tried separation, maybe we should consider interconnectedness. When we zoom out and observe the big picture, it’s all spiritual. All the time!
**Spirituality & Stress Reduction, cont’d from p. 23**

Having trained for 25 years with four Chinese masters who studied with their masters in China where qigong originated 5,000 or more years ago, I credit qigong practice for my abundant health and vitality, along with other lifestyle initiatives. Next to meditation, I consider qigong a vital spiritual connection that eliminates stress and strengthens the physical and emotional body internally.

Since I have been facilitating qigong/spiritual retreats in the magical, mystical village of Tepoztlan, Mexico, I have witnessed participants transform their lives from inert beings into super-charged, energized, compassionate and healthy individuals though qigong practice and sitting meditation.

In analogy, TESB are the clouds raining water to rivers then returning to the magnificence source called SEA. Stress reduction at its zenith.

Being mindful (filling the mind with awareness) means living in the present moment. Doing so reduces stress. You absolutely cannot be relaxed and anxious simultaneously. I like to define “mindfulness” as “a mind full of awareness and love and compassion.” It doesn’t get more spiritual than that!

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**Nuclear is Not Green, Not Safe, cont’d from p. 33**

AMC: Is there any hope that we will halt the nuclear march forward, and is there light at the end of the tunnel?

HC: First to the negative, plutonium commonly used by industry becomes more dangerous as time passes and it decays. So this means that we may have generations of negative effects on health before we eliminate its threat. As an example, the first cancer that presents itself is thyroid, some were more than eight years after contamination. Chernobyl has proven that every child within a 250-mile radius of the explosion contracted this disease. Other cancers, sterility, neurological disorders, deformities, etc. — all present themselves at different times as years pass. Those who claim that nuclear energy is green are misinformed since the emissions from these plants emit CFC (chlorofluorocarbon) gas, which is 100 times more potent a greenhouse gas contributor than CO₂.

If there is a positive, it is that this international threat could potentially bring all people from all nations together in a common cause. Oceans rising, genetic modifications of food, environmental degradation, as well as nuclear holocaust, is modern humanity’s opportunity to fix what we have broken.

If and when we become determined to rid our lives of unnecessary and dangerous processes, we will once again enable ourselves to live on a prosperous planet in peace and harmony.
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