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# the Life Connection

August 2017

## *Fatigue Warrior*

ANGELA  
ROBERTSON

**Health Care:  
What's Really  
Changing**



**The Dalai Lama  
Birthday & Visit**

**The Eclipses • Get Gratitude Working  
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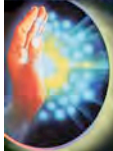
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TLC is distributed at the beginning of each month. We provide a guide to San Diego County's resources for improving your health, the environment, relationships & expanding human potential.

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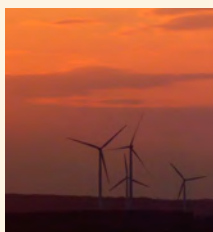
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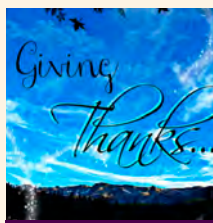
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# Greetings from the publisher

## Health Care: What's Really Changing

If you pay attention to the world at all, no one needs to tell you that the times they are a-changin'—rapidly.

Recently there have actually been glimmers of hope for humankind. You might be asking where? For me, it's where it looks the most chaotic and "terrible." I have friends who wonder about that but what's also more clear these days is it takes a lot of different approaches to move us to the kind of country that truly represents the ideals it was founded on. Here's why I think it's working.

There are some patterns or shifts emerging that don't get a lot of attention underlying today's news. To me they look hopeful.

That's not to say that some don't have plans that could, like the recently defeated health bill, cause suffering and unnecessary deaths. I just don't think those forces will ultimately triumph, and not for political reasons.

In the middle of seemingly bad news that appears to be creating more chaos and making things worse, I think that chaos is what also helps move us closer to what the majority of us want—a sustainable and humane way to live together in the world.

The recent health-care drama is a great example of many of these patterns or shifts I'm referring to. One of the most obvious is that government requires openness. With the attention it is getting right now, keeping secrets seems unrealistic. Who supports what and why is clearer. Hidden beneficiaries and graft are revealed almost daily. Doesn't it take that kind of chaos to make it obvious to enough people that change is necessary?

It almost looks like it's time to drop party labels and start saying "here's

Sen. John Adams of Monsanto," for example. Perhaps listing the top three contributors that support them after their name instead of their state would make identification easier

If we want openness then we want leaks too, don't we? It's chaos-making to some, but shouldn't we really be embracing that chaos too? If those who should be forthcoming are not, shouldn't we reward those who expose conflicts of interest and corruption? Aren't whistle blowers the ones showing loyalty and respect for honesty and integrity?

What's also becoming clearer is that nobody can really hide anything anymore. Almost anything someone wants to know about someone else is accessible, if they really want to know. There's little recourse, unless you're a corporation. I don't really like that privacy has vanished, for now, but losing privacy is also liable to bring some of these leaders down, too.

For that matter, anyone who wants to can read a book on body language or NLP and can at least get suspicious, if not certain, that something is going on that's not quite right. People know it more and more when things don't feel right—and that's not just in politics.

Closely related to openness is the common reaction we see when someone is exposed and don't like it. It's the same old way many think get us what we want—control things and others. Not seeing the directions the world is going in they think exerting more control will stop what's really a personal and societal shift toward cooperation.

More and more people see that cooperating, not forcing our way to what we want and controlling

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# News & Events

## Kiwanis Captain Book Program



Every year, Captain Book and his crew, deliver scores of free hand-made, hand-decorated treasure chests and thousands of free books to pre-school-through-primary grade children. The Good Ship Literacy

goes to schools and other agencies where teachers pick out free books for their students and/or classroom libraries. By putting books in the hands of children who might not otherwise have them, Captain Book and members of the Kiwanis Club of Greater Encinitas are changing the world one child at a time. Community members volunteer their time by donating and sorting books, building and decorating treasure chests and donating money to keep The Good Ship Literacy afloat.

The Treasure Chest Literacy Program started in 2000, by retired theater professor Dr. Morris Pike and Larry Marquardt. By late 2002, Dr. Pike created the good pirate Captain Book who continues to inspire children to read.

Find out more about Captain Book at [www.captainbook.org](http://www.captainbook.org)

## 7th Annual TwainFest is Saturday, Aug. 19 & Free

This year's annual TwainFest will be held Saturday, Aug. 19 from 11am-5pm. It's a free event for all ages held at the Old Town San Diego State Historic Park.

TwainFest is an all-day festival celebrating Mark Twain and the literature and culture of 19th Century America. Produced by Write Out Loud and sponsored by Fiesta De Reyes, here are some of the activities: Local San Diego performers present 19th Century stories and poems by Mark Twain, Robert Louis Stevenson, Walt Whitman, Eugene Field, Cervantes and others. Prof. Pudd'nhead & Co. puppets are predicted to delight the little ones. Giant puppets of Mark Twain, Emily Dickinson, Paul Laurence Dunbar and Edgar Allan Poe will wander the green. An arcade of unique literary games and activities designed especially for TwainFest will entertain players of all ages on the green. Join sack races, ring toss and other games of the period for a fun-filled and educational day. For those who dress up in period attire there's a 19th Century Literary Costume Contest. Free books are provided to all who participate in 5 or more activities.

Old Town San Diego State Historic Park 4002 Wallace St, San Diego, CA 92110 See [writeoutloudsd.com](http://writeoutloudsd.com)

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# Is Making Energy Public the Way to Meet Paris Goals?

By: Sarah van Gelder

Mayors across the country have vowed to deliver on the goals of the Paris climate accord in defiance of President Trump's decision to back out. But how can they, realistically, when the national government is questioning climate science and promoting coal, fracking, and pipelines?

"When a local economy is dominated by enterprises that work to extract value for Wall Street banks or corporations controlled by absentee owners, communities are drained of their common wealth."

Simply put: Make energy public. Instead of privatizing city services, as some policymakers have long advocated, a new report shows that public ownership gives cities and towns the best shot at meeting renewable energy and efficiency targets.

"Reclaiming Public Services: How Cities and Citizens are Turning Back Privatization," a study by the Amsterdam-based Transnational Institute, challenges the ideas that governments are ineffective service providers, that private companies are more efficient, and that austerity budgeting and reductions in public service are inevitable.

Cities and towns that want well-run water and sanitation services, low-cost access to the internet, and affordable housing should keep those operations public or run by local nonprofits, the report found. If these services are now private, the institute recommends "re-

municipalization."

The report is based on research involving 1,600 cities in 45 countries that have chosen public ownership over corporate ownership, especially of their energy and water systems. "These (re)municipalisations generally succeeded in bringing down costs and tariffs, improving conditions for workers and boosting service quality, while ensuring greater transparency and accountability," the report concludes.

Both Hamburg, Germany, and Boulder, Colorado, for example, are making their electric power enterprises public in order to shift to green and renewable energy sources.

*"Like an ecosystem, a functioning local economy requires diversity. It needs many forms of ownership and types of entities."*

In France, 106 cities and towns have taken over their local water systems in the past 15 years, in spite of the fact that France is home to some of the world's largest private water companies. During that time,

the report found that no French cities went the other direction and privatized their water system.

The report focuses on water and energy services, but there are many other services that benefit from local public ownership—some unexpected. The French towns of Mouans-Sartoux and Ungersheim bought farmland and hired local farmers to supply organic produce for school lunches. In India, the Tamil Nadu government



opened dozens of public low-cost restaurants run by impoverished women to feed the poor. Argentina privatized postal services in 1997, but just six years later, renationalized the service in response to the private company's poor service and high prices.

Privatization is tempting; it can provide local governments with short-term cash infusions. What politician doesn't like to fill a budget hole without raising taxes? But the infusions don't last. The private companies must pay large sums to their shareholders and executives, which they often do by cutting corners on upkeep, wages, and services, or jacking up customers' rates. Instead of circulating locally, that money leaves a city's economy.

According to the report, once a service is turned over to a private company, many cities found it was difficult to maintain accountability. They faced cost overruns, poor service, and violations of contracts. Many found they saved money and improved services when services went back into public hands.

Although family-owned or worker-owned businesses and consumer cooperatives are essential to local economies, some services—like water and sanitation—are best operated at a municipal or regional scale, and multiple providers may not make sense. In cases of these natural monopolies, local public ownership especially makes sense.

Like an ecosystem, a functioning local economy requires diversity. It needs many forms of ownership and types of entities. To thrive over years, each entity must both give and take; they must be in relationship with

the people, institutions, and ecosystems that make up each community. When a local economy is dominated by enterprises that work to extract value for Wall Street banks or corporations controlled by absentee owners, communities are drained of their common wealth. It is that concern that drives much of the opposition to big international trade deals, like the

Trans-Pacific Partnership and Transatlantic Trade and Investment Partnership, which critics say favor corporate rights over those of local government.

On the other hand, local entities, whether operated by worker-owners, families, nonprofit enterprises, or local governments, seek out

multiple bottom lines—multiple benefits for employees, young people, vulnerable residents, and other local enterprises. They also take responsibility for their own human and natural communities. That is how We the People and the natural world can thrive for the long term.

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# Happy Birthday, Your Holiness the 14th Dalai Lama

## TRUST ME.

It's not as if I felt unworthy of being in the presence of His Holiness. It was more akin to feeling that this was purely pure serendipity.

True to form, I arrived very early to the press conference, and snagged the best seat in the house, in the front row, literally six feet or so from the Dalai Lama.

The energy in the room was palpable. With about one hundred jaded journalists and photographers who've seen it all, there was a certain excitement and anticipation; the quiet chatter expressing feeling of positive and uplifting spirituality.

When he walked in, His Holiness didn't immediately climb the riser to sit on the small stage. Instead he stopped to chat with and bless many of us lucky enough to sit in that first row. He said "hello" while looking directly in my eyes, took my hand, and blessed me. His hand was warm and I felt touched on a cellular level.

*"Forgive, because holding on to anger  
only makes you unhealthy."*

*– Dalai Lama*

## HE TOUCHED ME.

After Ann Curry (journalist formerly of NBC's "Today" show) introduced him, His Holiness spoke for about fifteen

**By Rosanne Bentley**

**B**orn July 6, 1935, His Holiness, the 14th Dalai Lama Tenzin Gyatso, is the spiritual leader of the people of Tibet.

The Dalai Lamas are considered the manifestations of the Bodhisattva (Buddha) of Compassion who chose to reincarnate to serve the people.

Somehow, the Universe was aligned at this precise moment in time to bring me to the front row of a press conference with the Dalai Lama at University of California, San Diego.

After the year I had endured, one in which I was broken into a million pieces and each of those pieces exploded into a million pieces; this girl who had her rose colored glasses cruelly ripped off her face and shattered—the shards of glass slicing and ripping apart every tendon and muscle, deeply cutting to the bones, her bones that were now stripped of all flesh— and oh especially her heart, her innocent vulnerable heart...that she could have and DID muster up the wherewithal to apply for media credentials for the press conference is really nothing short of a miracle.

But she did. I did. She persevered. I persevered. She triumphed. I triumphed. She rose from the whirlpool of a sinking boat and she took one breath. And then another. And another.

Apparently, I still live an enchanted life. In spite of everything.

With nothing to lose, you lose nothing by trying. You only have everything to gain.

That's one of my new mantras. It's the ultimate despair to have nothing left.





minutes about compassion and kindness and education and the state of the world, and then opened it to questions.

He answered a few generic questions about politics, education, and a macro vision of the world, and then I raised my hand.

He pointed at me.

Now let me ask you, how would you have felt at that moment? Would you be nervous? Scared? Shy? I felt no anxiety. He didn't hear me the first time and I had to repeat myself:

"If you have suffered deep personal and emotional pain, how do you turn that pain and anger into love and compassion and forgive the one who hurt you?"

For the next fifteen minutes, his eyes locked on mine as he spoke directly to me, as if we were the only ones in the room. You could hear a pin drop. There were things he said to me that were conveyed only by thought, I know, because I started tearing up, wiping away tears unashamed to be so emotionally raw in public. Ann Curry nodded to me, as if she too understood, and he kept talking, leaning forward to heal my pain cell by cell, deeply and lovingly.

"There is only today. You must have compassion for one who hurt you and not hold anger. We must be kind to those who are unkind to us."

He ventured slightly into his interest in quantum physics.

This is the absolute nature of this Law: whenever we try to change someone else to grant us inner peace and hap-

piness, we are firmly in Wrong Town ... and all we get is MORE inner turmoil and unrest in our attempts.

The other thing that Quantum Law forces us to get (and ideally we do finally awaken) is that inner peace and happiness is our own foundational responsibility and then and only then other people with healthy resources will follow.

In addition to being a scientific autobiography, the Dalai Lama's book "The Universe in a Single Atom: the Convergence of Science and Spirituality" highlights those issues he feels are most important in the "convergence of science and spirituality." These issues

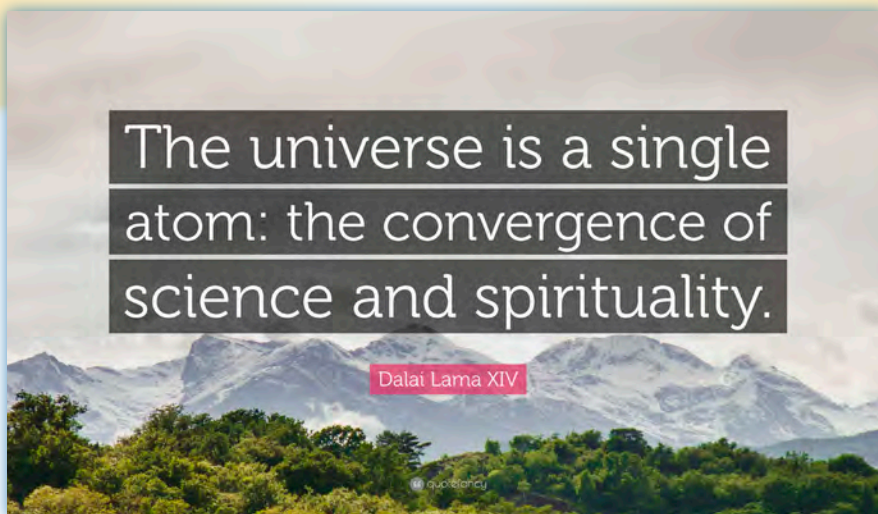
and questions form the focus of the Mind and Life XIV meeting, and become the foundation on which a group of scientists develop a deep dialogue with the Dalai Lama and other Buddhist scholar-practitioners.

### Quantum Law – so within, so without.

It may be the Dalai Lama's 82nd birthday, but the truly transformative gift of healing he selflessly bestowed upon me will last a lifetime.

Happy Birthday, Your Holiness. And thank you.

Contributor: Rosanne Bentley, AKA Princess Rosebud, Rosanne writes at [enchantedseashells.com](http://enchantedseashells.com) and spends the rest of her time searching for the perfect shoe. [www.enchantedseashells.com](http://www.enchantedseashells.com)



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# Calendar

## August

**7 | Monday — Full Moon**

**16-19 | Wed-Saturday**



### **BIODYNAMIC CRANIOSACRAL TRAININGS**

at LifeShapes Institute. Breath of Life—Biodynamic Craniosacral Foundations and Practices. For information call 951-677-0652. [www.LifeShapes.org](http://www.LifeShapes.org)

**19 | Saturday**

### **FREE PRANIC HEALING CLINIC - ENCINITAS**

Pranic Healing of San Diego offers two community free clinics each month. These pranic healing clinics are acts of loving service to the community at large. They provide an opportunity for those who are in need to have free access to pranic healing services, and for those who want more information to directly experience the powerful effects of pranic healing. From 1-3pm at 741 Garden View Court, Ste. #204, Encinitas, CA 92024 Contact: [mary@pranichealingsd.com](mailto:mary@pranichealingsd.com) for more information.

**19-20 | Saturday — Sunday**

### **41ST ANNUAL WORLD BODYSURFING**

Championships in Oceanside. Held next to the Oceanside Pier- starting at 6:30am each morning. Approximately 350-400 bodysurfers from around the world will compete in their respective age divisions for trophies and prizes. The Men and Women's Grand Champions will be announced Sunday afternoon on the final day. 1 Oceanside Pier Oceanside, CA 92054

**21 | Monday — New Moon**

**21 - 22 | Monday — Tuesday**

### **PLANETARY LINK UP**

People around the world are gathering or meditating alone to "Energize the Unified Light Matrix" in conjunction with the significant eclipses and full moon in August and September. In this time so many incredible shifts are happening within us and in our earth and heavens. By our conscious linking from our hearts with intention we energize and strengthen the Unified Light Matrix. On August 21/22 focus at 11:26 Pacific Daylight Time.

**27 | Saturday**

### **BIKE THE BAY**

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Bikeway. 5:30am-12:30pm. Embarcadero Marina Park South -1 Marina Park Way San Diego 92101. [www.bikethebay.net](http://www.bikethebay.net)

## August Weekly

### **Mondays**

#### **INT'L COL OF HOLISTIC STUDIES OPEN HOUSE**

Miraculous Monday happens once a month, on the first Monday of every month. We have an open house followed by a guest speaker, then at the end we offer a FREE chair massages to our guests. On the first Monday of every month (unless it falls on a holiday). International College of Holistic Studies, 1500 State St., SD 92101. [www.ITCOHS.com](http://www.ITCOHS.com) 858-581-9460

### **Tuesdays**

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### **Wednesdays**

#### **DEEP SOUND MEDITATION AT CIHS**

Every Wednesday from 6:30pm at California Institute for Human Science. 701 Garden View Court Encinitas, CA 92024- \$10 For info email: [deepdeoja@gmail.com](mailto:deepdeoja@gmail.com)

### **Thursdays**

#### **TWIN HEARTS MEDITATION**

Every 1st & 3rd Thursdays 7:00pm – 8:30pm at the Myo-Sei Center 741 Garden View Ct. Suite 204 Encinitas, CA Call (888) 226-4325 or Visit the website at [www.goddessenterprises.net](http://www.goddessenterprises.net) for more information.

### **Saturdays**

#### **INNER VOICE SOUND MEDITATION**

Every Saturday 7:30pm-9pm at Bikram Yoga - 701 Seagaze St. Oceanside [www.innerworldmusic.org](http://www.innerworldmusic.org)

## September

**4 | Monday — Labor Day**

**15-17 | Friday-Saturday**



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## October

**14-15 | Friday-Saturday**



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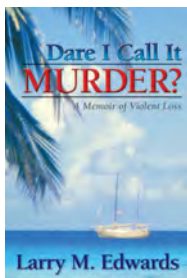
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# The Integrity Effect

Melissa Joy Johnson



Words, deeds, and actions are all energetic containers for the essence of integrity to flow. Integrity is the skin of the soul, our largest organ and interface (inner-face), which breathes life into all endeavors.

When integrity is congested by confusion, deception, or manipulation, the flow of integrity is obstructed in all systems of inner actions and interactions. Integrity is not a barrier; rather, integrity is a carrier wave to bare what is raw and authentic in the heart-soul of our being. Integrity opens us to our truth, a song for the soul's transmission of love—love that transmutes and transforms everything.

Integrity cannot be compartmentalized, no matter how many mental lies are told. When integrity is compromised, the broken promise to self reverberates into the eternal soul.

Broken integrity creates wounds that lie before us. Initially the wounds may be only scratches or scuffs we may overlook, mask, or cover by a bandage. Left unattended without authentic awareness, the wounds will fester, bleed, and infect all organizations of the interconnected systems of reality.

What once was hidden by a bandage of protection may bondage the soul's True Authentic Expression. Life circumstances will present like salt thrown in the

wound to beckon our attention.

Through our hearts, we can air the wounds with the breath of honesty, inspired by integrity. This loving action will flow directly to the hemorrhage and heal the soul, restoring cohesiveness by providing wounds with the necessary ingredients to mend what once was severed.

We can allow the organ of integrity to orchestrate harmonic symphonies in all aspects of life with ease as grace. Love is integrity and can end all self-betrayal. Love as integrity is loyalty to the soul.

*“Love as integrity  
is loyalty to the soul.”*

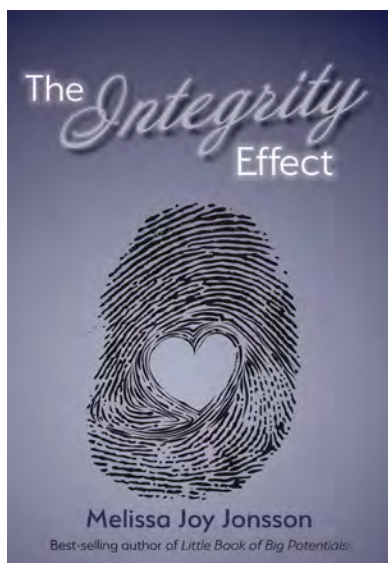
## Defining Integrity

Integrity is deeply personal to everyone and yet transpersonal in that it affects everyone. Integrity may mean something different to everyone, depending upon personal thoughts and beliefs. It is not important that we be on the same page with respect to defining integrity. What is important is that you discover the essence of integrity that already exists within your heart.

Nonetheless, the integrity I am describing is an energetic integrity, centered in the heart, which radiates through congruent choices and actions, reflected in observable matters of everyday reality. Integrity includes a facet of transparency.

At the time this article is being written, there are no technological tools to measure energetic integrity. We can observe the effects of embodying integrity. We can also sense integrity like we may notice the presence of light in a dark room. We are attracted to the radiating essence of integrity as the light of life.

However, simply because we can't measure energetic





integrity doesn't mean it doesn't exist and can't eventually be captured scientifically as an observable and measurable phenomenon.

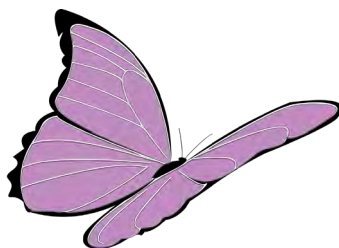
As heart coherence can now be measured through electromagnetic tools, evidenced through HeartMath Institute research, I suspect the energetics of the Integrity Effect will also someday be measurable too.

Simply because energetic integrity may not yet be measurable does not mean it does not exist, for integrity as an essential quality is real, just like we know love is real. We know it when we feel it, and it is very real to us when we experience it.

### Sensing Integrity

Once upon a time, the collective consciousness did not believe in the existence of germs, because science could not see or measure germs. Then the microscope was invented. Now germ theory is a fundamental tenet of medicine. This theory states that microorganisms, which are too small to be seen without the aid of a microscope, can invade the body and cause certain diseases. Until the acceptance of germ theory, diseases were often perceived as punishment for a person's evil behavior.

What is invisible to the naked eye is not unreal. It is simply . . . invisible to the naked eye. So, too, is the



invisible essence of integrity that expresses through coherent wave-based interference patterns. Organized movement. Organized flow. Organized glow.

Some of us see these waveforms with expanded perception, and we know they are every bit as real as coffee tables. Others hold hands with skepticism and wait for the tools to prove the existence of unseen realities.

Wherever we are on the continuum of knowing or doubting, trust that someday soon what is hidden will be revealed. Perhaps we will be able to calibrate integrity in the same way we may sit down for a cup of tea—with ease and grace.

Our settings for reality will change. The settings are changing now. Feel it. Know it. Trust it. Our hearts can calibrate integrity. Our hearts have an innate sensor for the Integrity Effect.

~Melissa Joy Jonsson, Excerpted and Adapted from the bestselling book *The Integrity Effect* available on Amazon.

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Melissa Joy Jonsson has announced that her popular transformational 'M-Joy Integrative' seminar will be offered in San Diego October 14-15, 2017. The seminar will teach a whole way of being, including strategies and methods for interacting with patterns that shape the experience of reality. For registration and more information: [www.MJoyHeartField.com](http://www.MJoyHeartField.com)  
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### Transformational Talk ///

## Do you know how to get gratitude working for you?

BY PENELOPE YOUNG ANDRADE, LCSW



**Y**ou've likely heard how important it is to be grateful. You've likely also been advised to keep a gratitude journal. For many, it sounds like a good idea but you just haven't gotten around to it. Perhaps you feel pissy about the pressure to feel grateful. The challenge is to find a reason to do this, because the jury is in. Gratitude works to enhance joyous living!

Here's the tip: Notice whether you feel receptive to searching for and/ or feeling gratitude. If not, see if you're ready to shift attitudes. If yes, check where/how in your body you feel receptive. Next, start small and be specific. I'm not talking about big gratitude for not living in war torn nation... certainly a gift ...I'm talking about reviewing your day and noticing little things like how your coffee tasted just right this AM, or that a hummingbird danced before your eyes, or how really helpful the clerk was at Kmart...or

that your beloved smiled at you today in the way you love.

After you find miniature moments for gratitude, observe how feeling thankful feels in your body. Check your breath, your gut, your heart. Notice openness, softness, flow and the tiniest waves of pleasure.

Finally, when ready, make a commitment to finding three things to be grateful for every day. Although writing helps the experience of gratitude expand, the most important thing is to notice and receive. Watch how life gradually become more delicious as you now, consciously, search throughout the day for what makes your list. You deserve to feel this good.

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Penelope Young Andrade, LCSW [EmotionalMedicineRx.com](http://EmotionalMedicineRx.com), [penelopeyandrade@gmail.com](mailto:penelopeyandrade@gmail.com), Twitter @EmotionalRx, 858-481-5752  
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By Angela Watson Robertson

## Fatigue Warrior: Boost Energy Naturally and Finally Feel Great Again!

**O**ur daily lives often leave us depleted. We are pulled in so many different directions that we often have no time left for ourselves. We give to everyone else and don't have any energy left at the end of the day to do the things we love. When you have chronic low-energy life becomes frustrating and exhausting.

If you're overwhelmed with work, family, marriage or motherhood it's likely that all you want to do is read a good book and have a hot bath without someone demanding something from you. Possibly your calendar is jam-packed with events, to-do's, calls, errands and you just can't take it anymore.

To top it all off, your body is starting to show signs of overwhelm. You feel exhausted and fatigued all day long regardless of how much sleep you get, you're craving coffee and sugar and you can sense that something isn't right- you're not well. It's likely you were even recently told by a doctor that you have adrenal fatigue and you don't know where to start to get well.

*Well, I'm here to tell you that you're not alone.*

We've all found ourselves completely exhausted and burned out at one point or another. We have all struggled to keep our head above the water, only to be brought down again and again by fatigue and low energy.

### What is Adrenal Fatigue?

Due to our fast-paced and stress-filled modern lives, over 80 percent of us will experience Adrenal Fatigue multiple times in our lives. Adrenal fatigue occurs when the adrenal glands, the small lumps of tissue located directly above your kidneys, become triggered. The primary trigger for the adrenal glands is stress.

Your adrenal glands produce hormones that are critical for your well-being: adrenaline, cortisol and hormones that regulate the production of your sex hormones, estrogen and testosterone. When your adrenal glands are triggered and over-extended, your adrenal glands produce extra amounts of hormones, such as adrenaline. This is an extraordinary survival mechanism if you are in danger, but if the stress continues over a long period of time (let's say you are going through a divorce, bankruptcy, the death of a loved or some type of major crisis) your adrenal glands will eventually become damaged from being so hyperactive.

### Adrenal Fatigue Symptoms

If you have Adrenal Fatigue, you may experience one or more of the following symptoms: weakness, lack of energy, trouble concentrating, becoming easily confused, forgetfulness, trouble completing basic tasks you could once handle easily, hoarse voice, poor digestion, constipation, depression, insomnia, not feeling rested after

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waking from sleep, and relying on naps during the day.

### **In addition, you may experience the following:**

- You “crash” in the early part of your day and/or throughout your day
- You feel tired all day at work and have more energy at night when you are home
  - You’re really exhausted at night but have trouble falling asleep
- You feel unrested even after a full night’s sleep
- You experience continual sweating under your armpits even after minimal activity
- You are always thirsty and can’t seem to quench your thirst; or you have dry mouth; or you’re always craving salt
- You have blurry vision or difficulty focusing with your eyes
- You are continually craving stimulants like coffee, cigarettes, or soda
- Yet, you don’t have to feel this way. There is hope.

### ***So you’ve been told you have Adrenal Fatigue, now what?***

Treatment of Adrenal Fatigue involves reducing stress on your body and mind, eliminating toxins from your food and environment, avoiding negative thinking and revitalizing your body with the right healthy food for your body. Your body is an amazing machine and, when given the right tools, it can bring itself back into balance.

Recovery from Adrenal Fatigue and chronic low-energy is possible, yet it may take patience and often a complete change in lifestyle. Regardless of how long it takes, the sooner you get started on the road to wellness, the sooner you’ll start feeling better and restoring your adrenals to full health. If you have severe adrenal fatigue, don’t despair. You can take a number of concrete steps, as described below, to heal your adrenals and return them to optimal health.

### **1) Remove any food from your diet that taxes your adrenal glands**

When it comes to healing from Adrenal Fatigue, and low energy in general, diet plays a big role. There are many foods that support adrenal function, but first it’s helpful to remove any foods that are difficult to digest or contain toxins or chemicals.



#### ***Foods to avoid:***

- Caffeine
- Alcohol and soda
- Hydrogenated oil

- Sugar and artificial sweeteners
- Processed and microwaved foods

### **2) Add nutrient-dense foods to your diet that are easy to digest and have healing qualities**

Eliminating foods that don’t support your adrenals is only half the battle. Next you need to add in nutrient-dense foods to give your body a fighting chance to heal. Here are some of my favorite superfoods for adrenal health:



- Coconut
- Olives
- Avocado
- Chicken & Turkey
- Nuts, such as walnuts and almonds
- Seeds, such as pumpkin, chia and flax
  - Kelp and seaweed
- Celtic or Himalayan Sea Salt
- Fatty Fish (e.g., wild-caught salmon)
  - Cruciferous Vegetables (cauliflower, broccoli, brussel sprouts, etc.)

### **3) Eat a light, balanced meal every 90 minutes to two hours**

Most of us eat large meals 1-2 times a day with long stretches in between. This is not helpful when your adrenals are overextended as about 90 min to 2 hours after you eat a meal your bloodstream runs low on glucose, meaning you’ve run out of the sugars you consumed.

*—continued on page 16*



Once this happens, your adrenal glands are forced to produce hormones such as cortisol to keep you going. So, if you frequently go for long stretches without eating then your adrenal glands are under a constant strain and you're not giving them a chance to recuperate.

#### 4) Take these "Core 4" supplements every day

This combination of a decline in nutrient-dense food and an increase in stress, toxins and gut imbalances is why we can no longer get all of the vitamins and minerals we need from our diet alone. It's what I refer to as "the perfect storm" and why I believe everyone should use a few essential supplements to maintain optimal levels of nutrients.

- Vitamin D
- Probiotic
- High-Quality Multi-Vitamin
- Omega 3s (EPA/DHA, Fish oil)

#### "Reduce stress on your body & your mind"

As you can see, stress reduction is key. Your adrenal glands have a big job and we can do a lot to help them out by make some changes to how we live our day-to-day life.

Here are a few tips to help reduce stress on your body and give your adrenal glands a break so they can recover fully:

- If you feel tired, rest as much as possible.
  - Sleep 8-10 hours per night.
  - Don't stay up late.

If you can, get to bed before 10pm and sleep in until 9 am.

7-9 am is an important time for adrenal repair.

- Get more laughter and fun in your day.
- Practice deep belly breathing every day.

I recommend the 4-7-8 breathing technique.

- Minimize work and relational stress.

Set boundaries with stressful conversations.

- Exercise regularly-even just walking can help.
- Avoid negative people and negative self-talk.
  - Surround yourself with people that encourage you.
  - Take time for yourself regularly & do something relaxing.

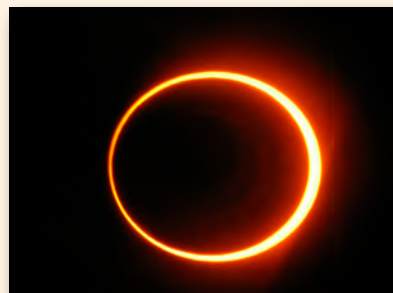
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\\ Astrology ///

### August Eclipses: Opening to the Truth Within Our Hearts

BY CHRISTOPHER TAYLOR



August features a Lunar Eclipse in Aquarius on August 7th followed by the highly anticipated total Solar Eclipse in Leo on August 21st. In addition, Mercury will be within the shadow zone of its pending retrograde from Virgo back into to Leo (August 12th through September 5th) for the duration of the month.

This eclipse period is the culmination of what initiated starting in late January when we experienced a 'wake-up' call with regards to the disconnect between what our egos are attempting to create and what our souls are intending to experience through this life. We may have felt forced to move in certain directions that frustrated our ignorant egos at that time which left us questioning our true intentions.

The Venus retrograde from Aries back into Pisces that followed in March and April was then a time of deep vulnerability as we were discarding our limited ideas of our self-worth and expanding into new beginnings with regards


to what we have to offer the world. It was a time when our hearts were bleeding and healing to create space for what is about to enter our lives according to our fresh perceptions of our self-esteem.

The heart is the GPS of the soul and with Mars in Leo during this eclipse period, we are driven and motivated by the callings of our hearts which will reveal themselves even to the dismay of our egos. For some of us, the urgings of our true hearts will surprise us as we realize that those interests and activities that we had assumed were heart-centered have actually been the unconscious attempts of our egos to escape the pain of being open and vulnerable!

Truth is what it is.

Christopher Taylor - Energy Facilitator - Astrologer For more information Visit [www.SovereignHarmony.com](http://www.SovereignHarmony.com) or call (877) 202-2664 - (916) 229-7652 (cell) Like Sovereign Harmony on Facebook!





# Is There a Book In You?

by Chiwah Slater

**A**re people always telling you should write a book? Do you have information or a story you feel compelled to share? Maybe you've started writing, had a false start or two. No shame in that—life got in the way.

Is it time to begin, or resume, your book project?

Whether your book is born of your own personal experience or someone else's—whether it's a memoir, a novel, a how-to book or a book to boost your business—that yet unborn expression of your mind and heart can make a big difference your readers and for you.

## Why write?

There are many reasons for writing. Ultimately, though, every authentic author writes to self-express.

Let me illustrate with a true story: My sister and brother-in-law adopted a son. The kid put them through all kinds of moves as a teenager, including arrest for drug use. But they hung in there and he grew up to be an exceptional man.

Steve's biological parents are just that—biological parents. My sister is his real mom, her husband his real dad. End of story. And what makes that so? Heart. It goes beyond love. Heart also means inspiration, dedication, the courage and determination to stick with it.

If you have the inspiration, the dedication, the courage, and the determination to get your book out, that makes you authentic—no matter whether you pen the final draft or hire a ghostwriter.

The question is, how much of yourself are you willing to invest in the writing?

Over the years, I've had the pleasure of helping dozens of local authors. Each had their own reasons for writing. I've chosen a few to illustrate the wide range of motivations for writing a book:

## To Educate or Offer a Viewpoint

Betty Brink grew up thinking of herself as fat. She couldn't slim down. Dieting just made her hungry! She wrote *The Main Meal: The New Perspective on Weight Loss* to empower the rounder woman to discover her own perfection.

Bearcloud, a Native American artist, wrote *7 Fires* to argue that crop circles, the Egyptian pyramids, and Native symbols share critical geometric features ... and

that this isn't coincidence.

Robert Raming wrote *War and Death of the American Dream* to educate readers about the history underlying American political and socioeconomic affairs.

Retired Registered Nurse Pat Holly penned *A Nurse's Journey to the Fountain of Youth* to educate women about hormone therapy as an anti-aging tool.

## To Inspire

Ruth Douglass wrote *Triumph of Dreams* to inspire others to immigrate legally and seek opportunities to better themselves.

Lily Birmingham wrote *The Adventures of Fearless Girls* using a story from her own childhood to inspire young girls to adventure.

Linda Savolainen LeVier (*Laughing Hearts*) and Donaldo Kochackis (*Prostate Cancer and Me*) both wrote the stories of their medical journeys to inspire others to heal with humor and laughter.

## To Entertain

Robert Gottlieb's *No Nude Swimming* was one of three finalists in the Humorous Fiction category of the Global eBook Awards, and has been rewritten as a television series.

Jay Britto wrote *The World's Richest Busboy*, chronicling his own experience as a wayfaring surfer, to entertain readers.

Doug Drago has written two books to entertain children of all ages: *The Adventures of Neanderthal Ned* and *Megan's Big Birthday*.

## To Boost Business Success

One client wrote a revealing book on the use of art therapy in a senior residence. She then used it to motivate other senior homes to include her programs in their patient care offerings.

Michael Wolf's *The First Time Home Buyer Book* serves him as a lead generator and trust builder. He called me recently to discuss turning it into an ebook.

I'm writing a book now to have a relevant product to sell in the back of the room when I speak to corporate audiences about authoring.

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# Life Connection Resource Directory

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## Fatigue Warrior

continued from page 16


• If you've experienced deep pain and trauma in your life, seek support such as coaching, therapy, or counseling to process any unresolved emotions.

### Adrenal Fatigue Prevention

Once you get your body back into a state of balance and wellness, it will be important to create a lifestyle that will help you avoid Adrenal Fatigue in the future. The most straightforward way to keep your adrenal glands strong and healthy is to avoid extended and/or extreme stress and strain that sets them up to overproduce adrenaline. If possible, cut back on obligations and manage your schedule and life in a way that makes space for rest, relaxation and time to recover and heal. All of us experience emotionally and physically intense (and stressful) times in our lives, but it's important to give your body adequate time to recover afterward.

The above treatments for Adrenal Fatigue can be equally applied to preventing Adrenal Fatigue in the future. Many people will make drastic changes in the short-term to heal their body, but then go right back into the same lifestyle they had before, so Adrenal Fatigue becomes a part of their life again down the road. You don't have to be this way. You can allow this message from your body to teach you your body's limits. I encourage you to continue to incorporate the above 5 steps into your

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daily life and experience the joy, peace, and balance that goes hand in hand with optimal health.

Angela Watson Robertson, MBA, CIHC, INHC, is known as The Reinvention Warrior and host of Masters of Reinvention. Angela has completely reinvented her own life, and has created simple, effective tools to help others transform every area of their lives—from health, career and money to relationships, spirituality and sex. Find her free wellness tips and courses at [fatiguewarrior.com](http://fatiguewarrior.com)

## Write a Book?

continued from page 17

### Simply to Self-Express

T. C. Townsend packed Imagine ... The Rock 'N' Roll Party In Coalition with The Worldwide Fair Play for Frogs Committee with social and political commentary. But he wrote it to celebrate himself and his friends. Janet Eileene filled Whisper of the Universe with stories that grew out of her own experiences of an alternate reality.

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## What's Changing

*continued from page 4*

others, is a better way to coexist.

Some governments embrace control as a mean of self-preservation. In some countries, such as France where people are very willing to take to the streets to tell the government they are not being heard, it's the government that is afraid of the people. Isn't it good news that health care, immigration and human rights issues have brought out so many people willing to express themselves? Are things falling apart or falling together or into place? It gets reported as chaos, maybe it's establishing new order. Besides, when has controlling others really worked for very long?

Look at any relationship that is nurturing and works, and it would be a surprise to find one person dominating another. Has it worked lately to take over and occupy another county? Don't those conflicts go on forever? This is another pattern that is becoming increasingly clear to so many of us—control and domination don't work and make us slaves to keeping it in place. So who is the master and who is the slave?

I once heard someone



say that one of the biggest ways we can relieve stress for ourselves is to give up the idea that other people should act a certain way. Don't we see that shift to tolerance around us more and more?

It's almost like the mother's love that says "if you really loved me you would xyz—and all the time" compared to, "what you are doing is not my path, but if it makes you happy, great."

These are just some of the ways a new society and way of being are emerging. Ones that recognizes there is not just one right way.

When commentators tell us what the parties need to do to win I think they miss these shifts. We have a government that doesn't get this that tries to hide and keep secrets and wants to dominate and force their "right" way when it's obvious their philosophy is run by the desire for money and power.

Didn't these shifts show up in the health-care bill fiasco? Americans began to act like the French and took to the streets. That was huge.

Then very dramatically, Sen. John McCain of Arizona was confronted with his own mortality. His position changed. Ironically, the medical procedure he underwent is one that is covered by the ACA. Perhaps he considered what it would be like not to have insurance. Perhaps he couldn't deny millions of people what he had just received. Whatever happened he became the voice that told Congress to make the health care bill about

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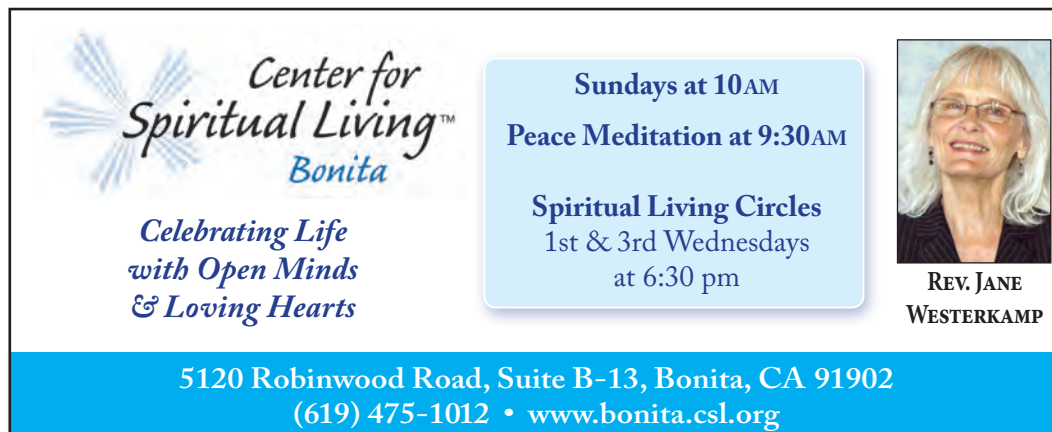


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When the bill was finally revealed it was, as suspected, about tax cuts for the wealthiest among us. Many in Congress seem ready to sacrifice people—literally—to make money for themselves and their contributors. No one can really say that what defeated it was a new plan or philosophy, or political strategy or one party—shifts and new patterns are redefining our society and the way we approach life. Politicians and the media may be the last to know.

Meanwhile it's almost as if many politicians can't help themselves. They keep stepping in it. And that's the point. They don't see how those patterns that define them are becoming obsolete.

Is there a better way to change than have a government that's trying to go in the opposite direction of the where society is going? It may look chaotic, but people can't help but notice it—times have changed.

*Steve*



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Angela Watson Robertson, MBA, CIHC, INHC, is a Certified Integrative Nutrition Health Coach and Life Reinvention Expert. Not only has Angela completely reinvented her own life and health, she has created simple, effective tools to help others transform every area of their lives—from health, career, and money to relationships, spirituality, and sex.

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