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# Zip

*Living Well.  
Feeling Great.  
Enjoying Life.*

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## Is It Time For More



by Dr. DiVanna VaDree

Of course the natural answer to this question is a resounding YES. We all want more love in our lives. The craving for love is immense within us. So much so that we spend a good deal of our time trying to change ourselves into what we think is the more perfect us. We are sure that if we loose weight, have money, say the right things, and know the right people that love will find us and all our cares and worries will go away and we will be at peace. Oh that it were true.

**What we forget is that the love that we are seeking resides within us.** It is already here. We are already perfect. All the outward seeking leads to disappointment because it is based on the premise that the love we are seeking is outside of us, something that if we are lucky we will find someday. Well, what if someday is today? What are we waiting for? The desire is always with us. It is one of our greatest gifts from the Divine. I see no reason to wait another minute for more love. If it is within me then so be it, I am going within.

**And so the great journey begins.** How do I go within? What is needed? The craving for love within us is immense. It is what is right and perfect about us. So, I sit myself down and I close my eyes and I take a couple deep breaths and I ask my spirit to come and be with me. I breathe into my body focusing on my heart, being available for whatever comes. I don't care whether I get it right or not. I am not entertaining notions of being unworthy or not enough in some way. I just want to feel better and to know that love resides within me. My mind tells me I am not doing it right and reminds me of my shortcomings trying to make me feel unworthy

so that I will stop. It tries to distract me with questioning thoughts like "Did you feed the cats?" I persevere because my desire, my need for more love is great.

**I start to feel calm and I notice that my body starts to relax.** My mind is still chattering away but it now feels far away, like a distant voice. I can feel energy in my body. It feels warm and soothing to my mind and body. It is as though a warm liquid is moving through my nervous system calming all the tense edges. I can feel how much I have needed this union and I begin to cry. I didn't think I was worthy of it. I had put it off so long and pretended that it didn't matter because I was afraid. I start to realize the God of me has never wavered in its love of me. It has only been my fear that has kept me alone.

**As I continue to breathe, my connection within myself deepens and I begin to feel a deep sense of peace and unity.** I realize that at my core I am love and that I have always been love and I will always be love. It is my nature and it is yours. We have within us the power to choose right now to end our longing and suffering for love by going within. Please love yourself enough to try.

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## The Human-Animal Bond: Why Is It So Healing For Us?

by Dr. Penny Lloyd

### 1. We love them.

Animals are easy to love and love is a healing state of being. This may sound overly simple, but being in love – with life, with another, with yourself – promotes health.

Do you remember how great you felt the first time you fell deep in love? Everything was fresh and exciting. Colors were brighter. Food tasted better. Brilliant ideas came easily. You had so much extra energy you barely needed to sleep. The simplest thing was fun. All was well. Nothing bothered you. You were at ease – the opposite of "dis"ease.

### 2. When we are around animals we can be ourselves.

There is no need to impress or do something our heart is not really into. We can relax and drop the tension that we carry with us through much of our day. As our concerns melt away, we reduce the workload on our body and give it a chance to get everything back into balance.

Health is our normal state. The body works 24/7 through a process of homeostasis to maintain health down to a cellular level. Anytime we find a way to reduce stress, tension, anxiety, irritation we drop resistance; we allow our

bodies a chance to return to a normal healthy state. Being at ease around animals promotes health.

### 3. Animals help us get out of our heads and into the moment.

Have you ever driven somewhere and been so absorbed in thinking that you didn't notice anything along the way? Not even how many red traffic lights you stopped at?

Animals live in a state of constant presence. They are not worrying about tomorrow or yesterday. They are tuned into what is happening now. They see, hear, smell and perceive things beyond what most humans are capable of. For example, birds feel the impulse of the flock to take off in flight, before movement starts. With practice, we humans can too. This heightened awareness increases our capacity to enjoy the moment.

### 4. We pick up qualities of those we spend the most time around.

If we practice connection skills, we can tap deeply into new ways of being. For instance, we can feel a hummingbird's joy reverberate our heart, or relax to the decadent depths of a true cat nap. All animals and people have unique and special qualities to share in healing interactions.



*Dr. Penny Lloyd has over 20 years experience in veterinary practice integrating Western Medicine, Acupuncture, Chiropractic, Homeopathy, Mind Body Medicine, Energy Healing and more. Her current practice specializes in the healing potential of the human-animal bond. Clients are taught skills for healing interactions. Prescriptions include games to benefit both animal and person. Most of her veterinary experience is with horses, but Dr. Penny provides mentoring for healing connections with all species. Book her for an appointment, wildlife trip, healing retreat, fundraiser or workshop at 360-502-1114. To learn more visit: [ConnectionTheBestMedicine.com](http://ConnectionTheBestMedicine.com)*



# Ayurveda for a Healthy Fall and Winter

by Teresa Goldsmith

Ayurveda is the natural healing system of medicine from India. This medical system is over 5,000 years old and is based on paying attention to the qualities present in nature and ourselves. This ancient wisdom can help you stay healthy this fall and winter!

This time of year is the Vata season according to Ayurveda. Vata is formed by the elements of space and air – which are inherently cold, dry, and light. One basic principle of Ayurveda is that “like increases like” and that things with opposite qualities can help balance one another. This means that warm, moist, and heavier qualities tend to promote balance in the Vata season. Common seasonal health challenges like skin dryness, increased aches and pains, cold hands/feet, digestive issues, and anxiety can be minimized using these basic principles. Try these simple strategies from Ayurveda for staying balanced in the Vata season!

## Lifestyle Tips for Vata Season

**Abhyanga:** This term refers to the generous topical application of warm oil. Sesame seed oil is renowned for protecting and nourishing skin during the Vata season. Abhyanga can be done as self-massage or by an Ayurvedic practitioner.

**Artistic expression:** Creative activities provide expression for Vata. Set aside some time each day for activities like dancing, painting, singing, or playing instruments.

**Exercise:** Ideal exercise for Vata utilizes methodical movements that are balancing and gentle. Great choices include: tai chi, restorative yoga, walking, and qi gong.

**Breathing exercises (Pranayama):** Breathing exercises promote health. Try alternate nostril breathing, an exercise that promotes a calm mental state and combats anxiety.

**Guided meditation:** Meditation plays a key role in balancing the mind. Guided meditations can help increase focus and concentration and prevent the mind from wandering.

**Create cozy and relaxing environments:** Keep a warm atmosphere to balance-out the cold weather.

Use soft lighting and relaxing music to prevent over-stimulation. Use calming aromas like lavender, sage and chamomile.

## Food and Nutrition for Vata Season

**General tips:** Favor cooked and warm foods over raw or cold items.

**Seasonal foods:** Take advantage of the harvest season and enjoy foods like apples, pears, pumpkins, and winter squash.

**Vata-balancing foods:** cooked grains, nuts, seeds, soups, stews, and root vegetables.

**Healthy oils and fats:** Natural oils and fats supply energy, lubrication, and heaviness that help balance Vata. Use cold-pressed oils from organic vegetable and seed sources liberally.

**Spices and seasonings:** cinnamon, allspice, nutmeg, ginger, fennel, and sea salt.

**Foods to minimize:** The following list of foods promote Vata imbalance: cruciferous vegetables (broccoli, cauliflower, and Brussels sprouts), dry/puffed grains, garbanzo beans, refined sugars, caffeine, and excessive amounts of raw foods.

The mantra for Vata balance is “grounding and warming.” Try these tips from Ayurveda to support your health this fall and winter!

Remember, this information is for general educational purposes only, and not meant to diagnose, cure or treat disease. For more specific information, consult a health professional who is trained in Ayurveda.

*Teresa Goldsmith is a naturopathic doctor and Ayurvedic wellness practitioner in Seattle, Washington. For more information, contact the Emerald Center for Integrative*

*Medicine - Seattle's Home for Healing the Body, Mind & Spirit - at (206) 525-5576.*



# Increase Your Visibility — Attract Your Sacred Soul Mate

by Gianna Rosewood

You're ready! Ready to experience lasting love with a supportive, secure, and trustworthy partner. You are reading this because you are ready for real change. You're serious about creating a love life that is authentically you. More than likely you've already made a “my partner must have...” love list. Smart move!

But you wonder if that's enough. You ask yourself, “How can I make myself more available and increase my visibility?” A handy tool to do that is your love list. Also, consider making a joy-filled 21-day commitment to do an experiment called “increase my visibility.” Here's the three-step experiment process.

## Step 1: Be completely bold and honest.

Everyone – including the Universe – can feel a strong, confident vibration! Do you feel clear and confident about what you want in a mate? Developing a detailed “love list” builds confidence and clarity. Review your list and update it as you learn from experience. Be bold and list your true desires. You may also be unaware of what you really want and shy away from digging deeper. You may think, “Am I setting my expectations too high?” and then cut yourself short of what you really want for fear it's not possible. Probe deeply. Relationship seekers often neglect to list important subjects like preferences regarding sex, money, or emotional availability. In my book, *Are You Still Kissing Frogs? Leap Into Real Solutions to Attract a Genuinely Committed Relationship* I devote several chapters on list making in order to gain clarity.



## Step 2: Stand Clear – Don't Overanalyze

Don't misuse the list to overanalyze and automatically eliminate a potential companion. Likewise, it's possible that unconscious expectations are keeping

you safely single. For instance, one of my clients dated men based purely on physical attraction. When she took physical attraction out of the equation, she met a man whose qualities were a perfect match. She said, “I would never have gotten to know this man if I had only looked at his physical characteristics.” Conversely, you may be using the love list to disapprove of yourself. You review your list of the positive characteristics you want in a partner and think, “I'm not good enough.” Instead, lovingly gaze into a mirror and affirm, “I am worthy! I deserve to have an amazing partner.” Really feel the possibility. Repeat daily.

## Step 3: Be the person you defined on your love list.

Embody the qualities that you intend to attract in a mate. For this exercise read your list. Make this a simple process by selecting one characteristic you'd like to personify. Let's say you place a high value on having a trustworthy partner. How does a trustworthy person express their self? What does trustworthy mean to you? Do words like dependable, reliable, responsible, faithful, or honest describe trustworthy? You decide. Now live and breathe these traits.

*An author, relationship whisperer, and former frog kisser, Gianna Rosewood helps women who are ready to stop kissing frogs and attract their sacred soul mate. She is available to speak and coach relationship seekers who are ready for transformation. [www.rosewoodwisdom.com](http://www.rosewoodwisdom.com)*





by Lizzie Bennett

You get those feelings that your soul can fly, you have creative moments when you know – in your true self – that you can do something better, be something better, and leave something better for your kith and kin. And, in naive excitement you tell someone. It usually takes about 5 minutes before your shoulders stoop again and you're right back where you were before that split-second of insight, excitement, and vision.

#### What just happened?

Filipina feminist Ninotchka Rosca first used the phrase “crabs in a bucket” many years ago. It’s a way of illustrating what she saw everyday in her life: buckets full of crabs destined for the cooking pot were active, squirming with escape plans and yet when one intrepid crustacean would stand up and grab the edge of a the bucket with gusto, he would be immediately pulled back down by the hungry claws of the other crabs and be right back in the frenzy of life because of his esteemed colleagues who frustrate every effort at the first sign of success.

Sure, we aren’t crabs. But then, think about it in your own life and hand me an answer: Why do we behave like them? The first step out of the compliant, docility that defines our everyday-ness is met with stiff resistance, disapproving stare-downs, and even discipline at work when we aspire to more than we are.

When we consider the short-sighted nature of this, we can easily see that such behavior and thinking is

extremely self-limiting, even though it’s foisted by others. In order to reach a higher plane of reality and thinking, we must realize that the whole fault with the system really isn’t with the system. It’s with: *us* as individuals. Yup, me and thee, my friend.

See, here is what occurred to me this morning, in a short prose.

*“Defeat knocks your sweet dreams right on the head*

*Can you seize your strength?*

*All will go on, surpassing this moment. How? Exactly the way you choose it.”*

Learn to recognize that *argumentum ad invidiam*, that appeal that makes you want to be part of the crowd.

*Lizzie Bennett RN PhD is a gifted intuitive energy healer, author, and registered nurse.*

*She offers reflexology, body therapy, classes in authentic lifestyle designing and private counseling for women’s health and emotional growth. Lizzie partners with women in an uncanny coaching and creation process that is intuitive and centered on one woman’s specific life. Nutrition for a healthy body? An exercise plan you actually want to do? Emotional blockages that are causing pain? Learning to express your needs? All that and more: we can do it! More information is offered at [simpletruthfullife.com](http://simpletruthfullife.com), or email [simpletruthfullife@gmail.com](mailto:simpletruthfullife@gmail.com)*



## Is Your Animal Friend Happy?

by Martha Norwalk

“Is my animal friend happy?” Sometimes the answer to that question is obvious, but sometimes it’s not. As an animal behavior therapist and trainer, I am often asked that question. So, how do you know for sure? There are a number of things to look for and questions to ask yourself.

**Physical health affects happiness.** Is your animal in the best health possible? How do they look both physically and energetically? Are their eyes wide open, bright, and clear? Do you see the twinkle? Is their fur smooth and shiny? Do they over- or under-groom, especially cats, and birds too. (Speaking of birds, does your bird get to fly?)

**How does their skin look?** Are there patches of redness? Patches of black pigment can indicate chronic inflammation. Do they scratch or chew on themselves often? Are their teeth and gums healthy? How about their ears? Are they clean? Has their behavior or personality changed dramatically?

**With dogs you can start with the three F’s, food, fun and follow.** Are you feeding the best quality food you can? Do they love to eat it? Do you have fun and play with your dog often? Do they readily engage when you do? Are they still eager to go with you and follow you around?

**Dogs are functional creatures so they need a job.** Does your dog have one? Some are okay with just keeping you company, playing and protecting. Others need more work like herding or retrieving, pulling or searching. All of that and much more can be done as a fun sport with your dog friend. Other dogs make good service or therapy workers.

**Dogs are also pack animals.** They need leadership, boundaries, and direction. The more insecure the dog, the more leadership they need to feel emotion-

ally and psychologically stable. These things should come first and must be *balanced* with spoiling. A very spoiled dog is not necessarily a happy dog. In fact, most are not!

**Cats are not pack animals and most resent being treated as such.** Cats need respect. Have you catified your house? They need “up places,” like climbers, perches, shelves or benches to get up on. They need hiding places and cuddly corners to snug-up in. Do you provide self-entertainment, and more importantly, great interactive play?

**Outdoor cat runs or enclosed “catios” make most cats very happy.** Have you provided large and convenient cat boxes for your cat friends? I say one per cat, plus one. Do you scoop and stir the litter at least once a day? Many cats enjoy being taken for a walk outside with a harness and leash. Most happy cats march and motor a lot!

**Another important question, are you happy?** Animals pick up and reflect what their owners are feeling so remember to take good care of yourself.

**Last question: Are you happy with your animal’s behavior?** If not, call me and let’s change that!

*Martha Norwalk is an animal behavior therapist, trainer and host of Martha Norwalk’s Animal World, Sunday mornings, 9 a.m. to noon on AM 1150. She can be reached at Martha’s Canine, Feline and All Creature Counseling at 360-217-7258 or [www.marthanorwalk.com](http://www.marthanorwalk.com).*

*For a free, no obligation telephone evaluation or to make an appointment, give her a call.*



# Email Marketing:

## How To Build The Most Valuable Relationship With Your Subscribers

by Marty Marsh

You can have thousands of subscribers on your email marketing list, but you won't make any money unless you've developed a relationship with those subscribers such that they trust you and are willing to spend money with you. Here are some of the best ways to build that all-important relationship.

### Be Personal

Your subscribers probably didn't sign up to hear about all the ins and outs of your personal life, but that doesn't mean you can't personalize your emails. Include a few sentences in your email about what you've been up to before moving on to your main topic.

It helps to remind customers that you're a real person, and you'll form a much deeper connection as a result.

### Be Open To Replies

This is another way to show your subscribers that you're a human being, and that you do care what they think. Make sure you include a sentence or two letting them know that they can reply to the email if they have any questions or comments. If they know they can rely on you in this way, they will be far more open to any offers you send their way.

### Under-Promise And Over-Deliver

You hear this phrase a lot when it comes to business, for one simple reason: it works! Always go above and beyond what your customers expect of you. Surprise them out of the blue with free products or valuable information that they can really use, and make sure any offers you do send them are of excellent value.

### Always Put Them First

There may be times when another marketer approaches you with a tempting deal to promote to your list. Instead of thinking about just the dollars, consider for a moment

whether this promotion would really be the best thing for your list.

First, did they really sign up for these kinds of promotions? Second, is the product/service something you trust, and have tested for yourself? Third, do you trust the marketer you're pointing them towards? Remember, if your customers aren't happy with something you personally recommend to them, they aren't going to be happy with you either.

### Be Yourself

Lastly, remember to always be yourself. Your integrity will show through if you believe in everything you do and say. Don't

try to copy other successful marketers – every business is different, and every person has their own unique strengths. Play to your strengths and let your list see the real you. They will appreciate it!

Every email you send should reinforce the relationship you have with your list. Sometimes you may need to turn down a potential money-making opportunity to keep the relationship intact, but you'll eventually come to realize that the strong, genuine relationship you have with your list members is worth a lot more money – and goodwill – to you in the long term.

*Marty Marsh offers coaching, mentoring, and consulting for business and personal success to highly motivated entrepreneurs. He is the author of The Right Stay-in-Touch Marketing Mix ebook. You can download your free copy when you visit [www.martymarsh.com](http://www.martymarsh.com).*



# What am I reading?

Who doesn't want to live well, feel great, and enjoy life! Today's world can be full of stressors that make it difficult to do this. The news can be negative and gives us all sorts of reasons to feel bad about our lives and our futures.

The world can be a noisy place that makes demands on our time and energy. What if there were people, ideas, and practices that could help you feel better so you could accomplish more in your life while being happy? There are and you can read about some of them right here in Zip!

Zip is a quarterly magazine designed to introduce you to ideas, people, and practices that can support you in living a happier life. Each contributor to Zip is an expert in their field. They are willing to share what they know with you. And they can help you with events, sessions, or classes if you want to learn more about what they have to offer.

Each article gives contact information for the author and you are encouraged to get in touch with them. They would love to hear from you!



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Zip is published by Silver Owl Publications and is regional in scope. This Premier Issue is focused on the greater Seattle area. Zip is available at select locations as well as on the internet at [www.zipnw.com](http://www.zipnw.com).

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Today millions of people practice yoga, and its health benefits are undisputed. But how, exactly, does yoga affect the body?

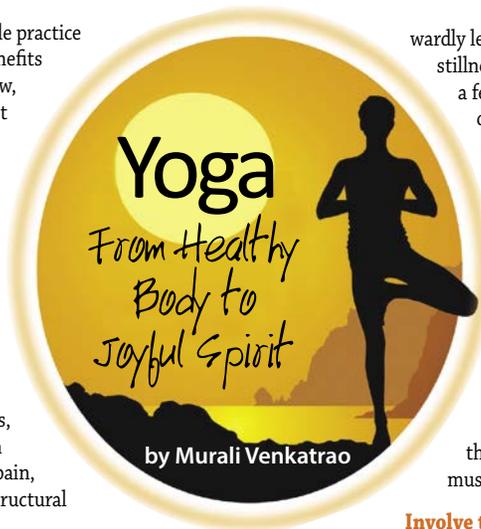
**Each posture is an exquisite balance of strength and relaxation.** This results in alignment among the joints, increased range of motion *within* a joint, and muscular strength **around** the joints. Thus, yoga is very effective in the treatment of back pain, knee pain, and other structural maladies.

**The poses exert gentle pressure on important organs of the body.** When this pressure is released, the organs soak in vital nutrients. This “squeeze and soak” effect keeps the vital organs healthy and functioning harmoniously. Thus, yoga benefits the digestive, circulatory, and endocrine systems.

**Every posture combines movement with the breath.** The diaphragm becomes stronger; alignment in the thoracic spine results in more room for the lungs to expand; breath becomes deeper and harmonious, calming the sympathetic tone and awakening the parasympathetic response. Thus, yoga helps with anxiety, insomnia, and other stress related disorders.

Impressive as this list of benefits is, the real purpose of yoga postures is much bigger: to reconnect our body-bound consciousness with its source in the Infinite Consciousness, a state of pure Self-awareness. Thus, they are known in Sanskrit as *Yogasana*: “Postures for achieving Union.”

How is this accomplished? In working with the physical body, yoga postures increase the flow of our vital energy, called *prana* in Sanskrit. Prana is the animating agent behind all movement. In day-to-day activities, prana flows outward and is dissipated. Yoga postures induce stillness in the body and magnetize the prana back into the spine (called “river of life” in the deeper meditation teachings). Unobstructed and energetic flow of prana in the subtle spine brings health and vitality. Sitting in meditation and communing with this energy in-



wardly leads us into deeper states of stillness and awareness. Here are a few techniques to achieve the deeper benefits of yoga:

**Calm concentration:** Let your postures be an exercise in mental awareness and concentration. *Feel* the muscles that are involved in the pose; *feel* the movement of the breath as you hold the pose. Let the mind expand into the body and become conscious of the prana that animates all muscular movements.

**Involve the heart:** Every pose has a feeling; some are full of vitality, others bestow deep calmness, while yet others bring forth joy. Tuning into and actively visualizing this feeling – called *bhav* in Sanskrit – magnetically draws prana back to its source in the spine. In Ananda Yoga, which is what I teach, we use affirmations to help awaken the *bhav*. For example, the affirmation for *Padmasana* (Lotus Pose) is: *I sit serene, uplifted in Thy light.*

**Use the power of your will:** be enthusiastic in your practice. Charge it with energy and endurance. Willpower – the determination to focus on a goal and direct energy to it – is, as Paramhansa Yogananda said, *the dynamo of all our powers.*

When the body expands into a yoga posture with concentration, feeling and willpower, the mind follows the lead of the body and expands its awareness towards the higher Self. Yoga is not merely physically rewarding, but also heart-warming and mind-expanding. So why not give it a try?

*Murali Venkatrao is the director of Ananda Yoga Teacher Training in Bothell, WA at the Ananda Institute of Living Yoga. He teaches classes and workshops, including: the Hatha Yoga Intensive, Yogasana Intensives, and Hindu Way of Awakening. He was born in India and lives in the Seattle area. For more information go to [www.anandawashington.org](http://www.anandawashington.org), 425-806-3700.*



## Can Acupuncture Help You?

by Amy Morrison

For many people, exploring the possibility of acupuncture and Eastern medicine as an option for their own health care comes with a lot of confusion and questions about what this medicine treats and how to approach it. You should know that this is very common, and the reason is because most likely approaching Eastern medicine means looking at your body’s ability to heal in a different way from probably everything else you’ve done so far in your past health care.

**Although acupuncture and Eastern medicine is very different from a Western approach,** it is a

complete system of caring for the body and has tremendous potential to balance, correct, and prevent many illnesses and diseases. In fact, I find this to be one of the greatest strengths of acupuncture and Eastern medicine, because most of my patients are looking for another way to health.

**Often when someone comes into my office** it’s because they have tried other things and have been told either that there is nothing more that can be done, or that there is no evidence to support their reports of pain or discomfort, or they are simply looking for additional options to be at their best health. This can take the form of both adding or replacing what they are currently doing, both of which are valid and useful. I don’t personally view Western or Eastern medicine as better than the other, they are simply different approaches and both have their strengths and weaknesses.

**When you go in for a first visit,** your practitioner will most likely go through a systems review based on the Eastern understanding of how the body functions as a whole. Anything you feel comfortable to share about your experience in your body, both physically and mentally, can be very helpful in



understanding how to best treat you. From an Eastern perspective, often seemingly unrelated conditions are connected with each other. Be patient with the process and know that some of the questions your practitioner asks may not feel relatable to the primary reason you came in, but they probably are or the practitioner would not be asking them.

**One great thing that often occurs in a session** is that a patient will share what’s going on for them, and they will have the sense that everything is going wrong and they are “falling apart,” yet the practitioner can show

them, from an Eastern perspective, how in fact there are really just one or two imbalances in the body that are affecting other areas but with correct treatment a lot of imbalances can be resolved simultaneously.

**Acupuncture does not work overnight** and it’s a process similar to changing any habit in that with each session your body is resetting its cellular memory about how to be at its best. The body has a tremendous power to heal and acupuncture and Eastern medicine has a beautiful system for supporting your body in this process.

*Amy Morrison is an East Asian Medical Provider in Everett Washington. She works primarily in the treatment of pain, women’s health issues and chronic systemic diseases. Amy loves having the opportunity to offer a different approach to health and well being and is always happy to talk with potential patients to determine if Acupuncture and Eastern medicine might be a good approach for your specific needs. 206-661-6842, [www.originofhealing.com](http://www.originofhealing.com)*





## Her Vision:

# World Peace, Compassion, and Love

by Seattle Satsang

**Amma Karunamayi's mission is universal peace** and upliftment of humanity through meditation, selfless service, and love. Amma often tells us that it is not enough to just read or talk about spirituality; we must also practice spirituality. People from many different religions and spiritual paths have attended Amma's retreats and have found their own faith deepened and enhanced. Amma says, "Be in your own faith, travel only in your own path, but elevate more and more in that path." Amma retreats provide a very precious opportunity to all who want to deepen their spiritual practice and travel ever higher on whatever spiritual path they have chosen.

**The beauty of Amma's discourses** lies in their universal appeal. They are a wonderful mix of simple wisdom and profound philosophy. Amma motivates us to strive for purity in thought, word, and deed. Purity is the best jewel of a person, the best and greatest treasure of a sage, and the best wealth of a devotee. If you want to realize the self, you must have a pure mind.

**Speaking the truth is the most important qualification of a seeker.** Speaking the truth, one is freed from worries and restored to peace and strength. By speaking the truth always, in all circumstances, a meditator acquires *vak siddhi*. *Vak* is speech; *siddhi* is the highest level of attainment. Whatever you think or speak comes true. Honesty, integrity, freedom from fraud, frankness, and fair dealings are the only virtues upon which individual life can rest safely. Society endures when it is cemented with the mortar of honesty, justice, and righteousness. There is one immutable law: honesty. Honesty in the office, politics, business, the highways, in courts of justice, is what we need.

**Develop sincere devotion and equal vision.** Cultivate righteousness, compassion, and tranquility. These are the beautiful ornaments of a spiritual seeker. Let all these jewels beautify your heart. If our devotion is strong we will have bliss, patience, courage, and righteousness, and if we have all these divine attributes in our heart, our love will never be shaken under any circumstances. This is the essence of Bhagavad Gita and Sanatana Dharma.

**Practice of compassion,** charitable acts and loving service purifies and softens the heart. In the remote areas of Andhra Pradesh, Amma has been working for years to bring free education for lower income family students.

keeping with Amma's philosophy of holistic education, the students learn yoga, meditation along with other classes.

**The remote and rural region** of Penusila Kshethram, the area where Amma meditated for 10 years, is a place where one in ten children will pass away before their fifth birthday. Where mothers will die during their child's birth due to lack of emergency medical care. But now with Amma's initiative, a free hospital with dedicated doctors providing free quality health care to all who need it. New hope has come into the hearts of the villagers.

**In Seattle,** Amma's Karunaseva volunteers serve food for homeless shelters monthly. Free medical camps are offered around Washington State with the valuable help from doctors from Tri-cities and in Seattle.

For information about local activities of Amma's satsang, visit [www.karunamayiammaseattle.com](http://www.karunamayiammaseattle.com). For information on Amma's retreats, her mission towards world peace, compassion, and love; personal path toward spirituality, visit [www.karunamayi.org](http://www.karunamayi.org)

## Energy Work for Vibrant Wellness!

by Peggy Snow

The term "energy work" is used a lot these days and many wonder what it is all about. It is based on the fact that we are all made of energy, even those parts of ourselves that we would consider to be "solid." Scientists have proven that there is subtle energy surrounding and permeating us all the time, and the movement of that vibrational energy determines our state of health and wellbeing. Working in the field surrounding the body can have a great effect on the energy that we are made of, and consequently can profoundly affect all aspects of our well being, allowing us to thrive.



will heal themselves once balance is restored. This is nature's brilliance at work!

You can see that how we feel during our experiences affects our energetic flow, and the flow enables our system's self-healing mechanism. It's important to seek out those experiences that really make us feel good, for our optimum health and wellbeing. There are other ways as well to invite movement and balance.

### Tapping into the Flow

So, how do we get this movement going? There are many ways to do this.

Interestingly most of these involve unhooking your mind from the equation and learning to listen to the language of the body where the deepest wisdom is stored. One way, which can be very effective, is to work with an energy practitioner. For the practitioner to facilitate your session they will ask you to lie down fully clothed on a massage table and close your eyes. In many cases the practitioner won't be touching you, but rather working within the subtle energetic field surrounding you. They introduce a vibration, which is matched by your system and encourages balance. People have experienced healing from conditions such as Crohn's disease, depression, cancer, pain, restricted range of motion etc. through energy work sessions. You might just discover an expanded notion of who you are in the process!

### Our Stresses in Life can Create Blocks in the Flow

How we perceive our life experiences affects the way the energy flows in and around our body. If we experience trauma, or anything we find stressful for that matter, it affects our energy field and slows down the flow. Eventually and with repetition, sluggish flow can result in a blockage, which can result in physical and emotional symptoms. Ultimately, illness is likely if there is no resolution.

Conversely, when we are feeling really good, doing something that is of meaning to us, there is a free flow of energy. These are the moments when we lose track of time, creative ideas flow and we are really in the moment. This experience of opening to the flow of life force energy not only makes us feel good, but opens the door for our system to find balance.

### The Body's Wisdom

Our systems seek homeostasis, or balance. Science has demonstrated this. When there is movement of energy, balance naturally follows. And our bodies

Peggy Snow is a practitioner and the office manager at Stellar Reflections Healing Center, where they offer healing sessions, activations, training seminars, and transformational workshops.

To learn more, go to [www.StellarReflections.com](http://www.StellarReflections.com), call 425-999-9836, or email [psnowmn@mac.com](mailto:psnowmn@mac.com).



# Can't See The Woods For The Trees?

by Sarah Thorpe

I recently did some mini readings and healings at a fair. Two people had a similar question, about when the “special” person was going to come along. They both had the experience of attracting people to them that were not interested in a mutually loving relationship and were frustrated about that, wanting me to see into the future for when “the one” would come along. Since I don’t tell people about the future, as we all have free will, I asked if I could take a closer look at what was at the root of repeating unsatisfactory relationships.

Looking at a problem differently, from a spiritual perspective, can be so helpful when we feel we’ve thrown all we’ve got at it ourselves. You know how you can’t see the woods for the trees? If you’ve been living your life with a belief system that you grew up with and makes sense to you, it’s not easy to step back and get a fresh perspective. We go to others, to books and friends, to help us get a fresh look at our situation. To help us see what’s obscured.

## Being able to see yourself from a different viewpoint opens the door to awareness.

It’s not about taking someone else’s word for it; that doesn’t generate a healing. It’s about having a moment of insight that then illuminates what was hidden from you. When that happens, you create a new framework for understanding yourself and the world, and step out of the pattern or belief that kept you stuck.

Rather than looking at when “the one” will come along, I asked to see the energy that was keeping

them stuck. It can be an old belief, an old spiritual contract, a stuck past life. Bringing it to consciousness allows us to reframe our view of ourselves with new insight. From there the rest unfolds.

## We all need support on our journey through life, but we are in charge of our life.

Your innate wisdom, your spirit, is what will guide you. Every time you read a book or get some information or advice, it should be filtered through your own wisdom, for you to own it as yours or release it as not. That is how you retain your spiritual authority. Letting someone else make your decisions is giving them some of your power.

Start by taking a few minutes a day to create a new habit of paying attention to your interior. Find a practice of meditation that resonates with you. Give yourself permission to continually let the thoughts go. Consistent time each day creates an environment that fosters self awareness. When you meditate you acquaint yourself with your own unique style of knowing and you learn to trust it.

When you look for advice, for a new perspective, your inner wisdom will let you know what is true for you. It will guide you to the best teachers, people, and books that are just right for you in that moment.

*Sarah Thorpe is an Energy Healer in Gig Harbor/Tacoma. She works with people to illuminate what has been hidden to bring clarity and she teaches meditation that develops connection to Source, intuitive awareness, and one’s inner wisdom.*  
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# You Have The Power to Change

by Mary Lee LaBay, PhD.

One afternoon, at six years of age, Sharon tried in vain to get the attention of her mother, who was too busy with other things. Sharon decided in that moment that her mother didn’t love her. Unconsciously, she continued operating throughout her life as if that perspective held true. She acted as if she was unlovable, which in turn caused problems in all areas of her life.

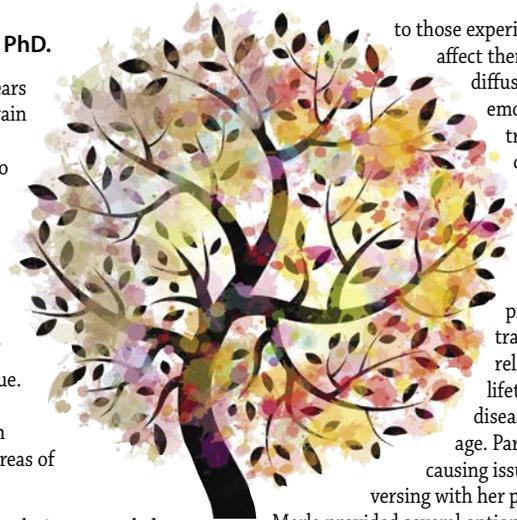
Through hypnotherapy techniques coupled with the maturity of many decades, Sharon saw it quite differently. Being a new mother herself, she exclaimed, “It wasn’t that Mom didn’t love me! She was just trying to answer the phone, cook dinner, change my little brother, and deal with me all at the same time!”

When Sharon’s memory and interpretation of the event changed, its significance and impact on her changed as well. She no longer had to walk around as a person whose mother disliked or ignored her. Her adult perspective and her willingness to address this issue, all worked together for healthy change. The same principles apply to working with past lives.

Hypnotherapy and past life regression offer a unique opportunity to make deep, profound changes on many levels. We can gain a new, broader perspective on life or actually change the course of our personal history.

Our consciousness shapes our reality, and how we perceive and interpret life experiences determines their effect on us. When we change our viewpoint and memories, we can let go of limiting interpretations, and move forward into more fulfillment and ease.

Exploring past lives can help us change in profound ways as well. When appropriate, my clients exchange advice and wisdom with their past life counterparts, in turn changing their perceptions of and reactions



to those experiences that adversely affect them now. This exchange diffuses the negative emotional charge around traumatic events, and can even alter decisions made, and the course of that lifetime.

Marla regressed to a lifetime when a prearranged marriage trapped her in an abusive relationship. In that lifetime, she contracted a disease and died at a young age. Parallel experiences were causing issues in this life. By conversing with her past life counterpart, Marla provided several options, including leaving the household and beginning fresh in a new town.

Later when we revisited that lifetime, it had changed. In this new memory she left the marriage and opened a business in a distant town. Thriving, she lived a long happy life that included a new, loving husband.

New physics shows us there are infinite numbers of parallel universes. Each moment we choose a pathway into the future through attitudes, emotions, and actions. Alternate choices are equally as real and accessible. It is up to us to perceive and experience them. In the first example we saw a change of interpretation. In the second, a change in perception, and destiny.

You hold the power to change. Partnered with hypnotherapy it can happen quickly and easily, creating your desired results.

*Mary Lee LaBay, PhD, authored five books on hypnotherapy and past life regression, instructs professional training at Bastyr University and elsewhere, and maintains a private practice in Bellevue, WA. Visit [www.maryleelabay.com](http://www.maryleelabay.com) for articles, schedule, free guided visualization, and more.*



## ENERGY 101: Part I

# Good Energy Can Be The Missing Component to Success!

by Mary Lee McRoberts

### What Energy Is

The universe is meant to work in harmony, with cooperation and coordination. Everything has an energy field that emanates from it, whether it is living or not. We are trained to use our minds (through studies) and our physical bodies (via athletics/exercise), but we are not taught about the third component of “energy.” It’s unseen and not part of our scientific culture. We don’t see gravity, but it exists. We don’t see radio waves or electricity, but we know they exist because we hear music and lights turn on; we believe because we see an end result.

### How We Experience Energy

Energy fields exist, that are unseen by most, around people’s bodies. Ever walked into a room of people, smiling and acting happy, but you know (and feel in your gut,) they just had a disagreement? That’s your energy field detecting energy emanating from them. You receive information in your mind, although there is nothing you saw or heard to support the instant knowing. Energy is a real and palpable thing and it swirls around us all the time. It stays where we are – even after we leave the space – and the more emotion attached, the longer it remains.

### How Energy Can Impact a Business

Imagine energy/emotion in a business where everyone is under pressure to perform, or the last president was really unhappy before leaving. Businesses are like people; they have a heart and soul. Problems in any area – management, employees, buildings, projects – can be larger than the mechanics of what it might appear to be. When the right decisions are made from a logical business perspective, and yet the business continues to suffer challenges, it means there are other things in

play that are not normally “seen” from a traditional business viewpoint.

### How Energy Can Impact a Home

Every structure holds energy of its inhabitants until that energy is removed. Imagine making Easter eggs, dropping the dye tablet into vinegar and observing the color spread out – that’s what energy looks like emanating from our bodies. If you purchase a home from a couple who repeatedly fought in the kitchen, that energy/emotion still sits in the kitchen where it took place. It doesn’t go with the people when they leave! After moving in, you may find yourself feeling angry and arguing in the kitchen, when you’ve never done that. You’re literally living in the energy of anger left there.

Another example is a married couple having conflict but eventually sorting it out. Because they still live in the energy of prior conflict, it’s more difficult to experience harmony. (This is why real estate agents tell you to remove personal items when selling your home; this removes some of your “energy” so the buyer doesn’t feel like they are in someone else’s home.)

For solutions to removing energies from your business or home, look for my article in the next edition of Zip! or contact me directly for a consultation.

*Mary Lee McRoberts specializes in energy. Following her 25-year entrepreneurial career, she uses intuitive skills to assist business owners in removing obstacles to success and she mentors individuals to achieve personal goals. Email her at [businessintuitive@live.com](mailto:businessintuitive@live.com) or find her online at [www.maryleemcroberts.com](http://www.maryleemcroberts.com).*

