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LETTER TO OUR READERS:



There are a lot of ways to look at independence (in dependence?), but there have been few people on the face of the Earth as independent as the Native American Plains tribes – and few as in touch with Spirit in every moment of their lives.

The warrior in *Good Omen*, this month's cover by Rance Hood, is in traditional Comanche garb, as is his horse – whose hooves, like in most of Rance's works, aren't touching the ground. "Some people say I paint flying horses, but Frederick Remington was the first to take photos showing that when horses run, their feet come all the way off the ground."

The good omen is the white owl flying overhead, even though the popular notion is that the owl was an omen of death to Native American warriors. "That's from the Kiowa," says Rance Hood. "To the Comanche, it meant good luck,

a sign that something good was coming." Often as not, good luck to the Comanche meant that *someone* stood a chance of dying, but there's a good lesson there – the value of an omen is only as good as the way you use it.

Kinda like independence.

– Michael Abedin

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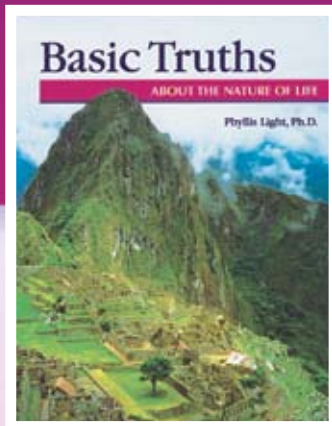
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The children of Gordon Gekko

How can you succeed in business, without really flying?

by Skip Looper, Economics Editor

Forty years ago, America was sitting on top of the world – and walking on the moon. On July 20, 1969, Neil Armstrong took what he called a small step off the Apollo 11 module, and made a giant leap for mankind. By the time Apollo 14 touched down in 1971, Alan Sheppard was knocking golf balls around on the moon.

Oil was cheap and plentiful in the summer of '69.

Nixon had a secret plan to get us out of Vietnam, rock and roll promoters were talking to a guy named Max Yasgur about having a concert on his farm in upstate New York, and General Motors was cranking out Corvette Stingrays.

Times were good – but within a few short years, you had to wait in line to put gas in that 'Vette, and Nixon turned out to be the ringleader of a gang of break-and-enter hoodlums and resigned. Jimi, Janis, and Jim Morrison bought the farm, and Jagger nearly did at Altamont, the month after Woodstock.

What's happened since? How did the Greatest Nation on Earth go, in few decades, from celebrating the incredible spiritual and technological achievement of flying to the moon to celebrating the latest version of the I-Phone?

A guy named after a lizard.

You could blame it on Nixon, you could blame it on Carter, Reagan, or Bill Clinton, or maybe on the Bush leaguers – George, or the other one, who went by his initials because they were easier to spell.

Or you could just blame it all on Gordon Gekko.

Michael Douglas played the corporate raider in Oliver Stone's 1987 film *Wall Street*, a guy with slicked-back hair, suspenders, no scruples, and a motto – "Greed is good." Gekko's legacy was such that a European leader referred to the financial developments that rippled through the world economy a couple of years ago as the "children of Gordon Gekko"

Dacey territory, meta-physically speaking. Creating, financing, and buying and selling debt was a major contributor to

getting our economy where it is – so, is the idea that you can come out on top by buying foreclosed real estate, stocks, or something that desperate people are trying to unload an act of charity and entrepreneurial spirituality, or is it preying on the death throes of the American Dream?

Kind of depends on your point of view. As Gekko says in the film, "I create nothing. I own. We make the rules, pal... You're not naive enough to think we're living in a democracy, are you?"

One thing's for sure – *that's* where we spent about half of the last forty years.

What would the Mayans do?

Gekkos aren't the real problem right now. A much larger reptile is in trouble. The dinosaurs that once ruled the land are on their way out. The GMosaurus has already fallen, crashing into a rain forest of decaying 401k's and plummeting stocks.

Dead dinosaurs make good fuel, though. Smaller, lighter, and more creative economic systems will evolve – one GM dealership in Detroit is already selling an Indian brand of small, fuel-efficient pickup trucks. Kind of a shame, though – seeing the USA in a Mahindra just isn't the same as seeing the USA in a Chevrolet.

If the Mayans were right, things will be moving even faster as the end of their calendar approaches in 2012. They figured these things out, then sort of vanished overnight leaving an intact civilization behind, apparently out time-traveling somewhere. If a short guy in a leopard-skin loincloth suddenly materializes and hands you a set of strange glyphs carved in stone, take them – and crank up a new seminar series.

If not – well, you can always learn to barbecue brontosaurus ribs. Just be careful. When dinosaurs fall, you don't want to be too close.

In the next few issues, Austin All Natural looks at some new ways (and old ones) to blend spirituality and profitability – see Joe Vitale's article in this issue.



An open letter to the President of the United States

re: *Healthcare Reform*

Dear President Obama:

We are all aware of your desire – and the need – to change health care. It is a daunting but absolutely necessary task you must undertake. What we are currently doing is financially unsustainable, and the health care that we provide is not very good.

I am a true believer in capitalism, but capitalism is not an isolated mathematical discipline. It exists in a societal context – and as such, it is subject to moral principle. All true morality, however, requires long-term thinking, a moral law that is obviously ignored by some of our most powerful capitalists. Greed and corporatism have overtaken our honest ingenuity, our hard work, our respect for our fellow man, and as I am sure you well know, our federal government.

As a practicing primary care physician with years of experience in traditional medicine – and, more importantly, considerable experience in alternative and anti-aging medicine – I bring a broader perspective and a different health paradigm. I believe this information will be useful, and should you choose to consider it, could produce a country with a level of health far beyond yours or anyone else's wildest imagination. I humbly offer as follows.

I can teach you and my fellow physicians in ten minutes how proper dietary changes cure the vast majority of adult diabetic patients in five to six weeks – and it is not with the American diabetes diet. I am not the only physician who can do this, but our letters to the medical journals have been ignored.

You see, our medical journals have been taken over by the pharmaceutical industry. Research of top medical journals shows a ninety-five percent conflict of interest. A former editor-in-chief of the *New England Journal of Medicine* has stated, “The pharmaceutical industry owns our medical journals; nothing gets published except what that they approve.”

In another five minutes, I can teach my fellow physicians how to clean out the coronary arteries of their patients that have cardiovascular disease. This “miracle method” utilizes simple nutritional supplements and was taught to us by Linus Pauling, a two-time Nobel Prize winner, but was completely ignored by the medical community.

Why? The patients themselves prove that this method works. I can teach my fellow physicians how to keep their patients healthy and functioning for a much longer period of time, so that we as a people remain productive longer while dramatically reducing the need for medical intervention in later years.

As an anti-aging physician, I do not seek to extend maximum life expectancy. I seek to extend health and functionality until the end, at a ripe old age. I can show you how the vast majority of disease is caused by our diet, a diet that is at absolute odds with our genes. As such, real health can never be expected until this is changed. You see, the problem is genetic – but it's not our genes that are bad, but a lifestyle that chooses to ignore our genes.

The number three cause of death in the United States, behind heart disease and cancer, is the *proper* use of prescription drugs. Vioxx killed at least a hundred thousand people from heart attack and stroke, and hundreds of thousands more were injured. I know you received a letter just two days after you were elected, signed by more than a hundred researchers at the FDA. They said they wanted you to know that their managers were changing the wording of their research, and approving drugs that they had disapproved. A former director of the FDA stated, “The FDA is incapable of protecting us from another Vioxx... the FDA should be closed down and rebuilt.” Please take him up on this.

Cancer is the number two cause of death in the United States, but if you ask what percentage of cancers in the United States are cured by chemotherapy, the answer is 2.2%. In 1950, cancer wasn't even in the top ten causes of death.

What are we doing? The cost of cancer care is astronomical (or should we now say, TARPonomical – as in *Troubled Asset Relief Program*). Most chemotherapy treatments don't seek to cure the cancer, but to extend life. If you're a pharmaceutical company, that's a much smarter business model.

The pharmaceutical companies are in trouble. They're bankrupt on new ideas. Pfizer sought to purchase Wyeth because it had a new vaccine that looked promising, and vaccines have become a real moneymaker for the pharmaceutical industry. They work with government agencies to try and make them mandatory, to the insane extent that a child is now required to get fifty-six different vaccinations by the time they graduate high school.

Unless a mother protests very loudly, these vaccinations start the day after we're born. Each vaccine has a purposeful irritant included in the injection (mercury, for example) to stimulate an immune response, but these irritants enter our cells and permanently promote inflammation every time we get sick.

The World Health Organization has said that heavy metal toxicity is in some way responsible for at least ninety percent of the chronic diseases that humans experience. Doctors are not taught this information – and, in fact, have had their licenses removed for trying to reduce a patient's heavy-metal burden by the safest and most effective method, which is chelation.

Recently, under oath, patients testified that they paid their insurance premiums for years – and when they got sick, had their insurance canceled. At the same hearing, under oath, the CEO's of the major insurance companies testified that they would not stop this practice.

The present system is not acceptable, and very often not accessible. I would say, however, that with some courage on your part and the backing of the people, we could create a system that incorporates the great virtues of capitalism *and* the caring attempts of socialism, while avoiding the obvious pitfalls of each.

I have some ideas – and so do others.

Respectfully,
Lane Sebring M. D.

Manifesting and marketing an Internet business (or anything else)

by Dr. Joe Vitale

Some people know from me from the hit DVD *The Secret*, but don't know about my life as a copywriter, Internet marketer, or creator of Hypnotic Marketing and Hypnotic Writing.

Others know me from my Internet marketing reputation – but they don't know me as a Law of Attraction expert or the author of more spiritually advanced books or audios.

This is a reminder that you have to keep marketing, or people won't know who you are or what you do. You can never stop. Ever. Since I have a foot in both worlds – the marketing and the spiritual – I call myself a "Spiritual Marketer."

Some people wonder how to manifest an Internet business using the Law of Attraction principles. Here are the basic steps:

Choose your outcome.

What's the end result you want to experience? How much money do you want to make? What kind of lifestyle can you see yourself having? Script out your life the way you want it to be. This is where you kick in the Law of Attraction, by stating a goal that will direct your thoughts, energies and actions. It begins with a target. You set it.

Find a market-to-passion match.

You may have an interest in playing golf or performing magic. Do keyword searches on Google to find out what people are looking for in those areas. Then create an information product based on your passion and their search.

Market your product to that audience.

You'll need a website, a direct response sales letter, and some traffic-generating methods.

There's much more to the above steps, of course. But one thing to keep in mind is this: If you have hidden beliefs (what I call counter-intentions) inside yourself about money, success, or deservingness, you will self-sabotage your own efforts to succeed.

You may need a coach to help you get out of the maze, because the most powerful limiting beliefs are largely unconscious. I still use a coach today because this is so essential to success.

In short, you have to get clear of those counter-intentions in your unconscious mind before you can attract what you consciously say you want – or else you'll chase your own tail forever.

Joe Vitale is about to release his latest book, *Attract Money Now*.
www.MrFire.com



photo by Brian Fitzsimmons

Putting the **POW** into powerful personal change

(And how to make it last)

by Dene Ballantine

Humans learn early how to avoid pain and pursue pleasure, and we arrive here with hardwired strategies for dealing with aggression, persistence, and other traits. We also have cerebral and cellular memories – both our minds and bodies remember events.

If you want to begin your transformational journey with a bang (or a *pow*), here are some actions suggested by coaches, therapists, and wise advisors. Take them – immediately:

- Practice energy psychology – "tapping", (such as TFT, TMT, EFT, or any other version) to eliminate painful cellular memories.
- Create growth through wisdom. Align thoughts, attention, and intentions with the highest values possible, and keep your focus and actions aligned with these values, even if you feel like you are being phony. When you mess up, immediately get back on track and concentrate your attention on the big picture, not on temporary disappointments.
- Eliminate greed and all cravings.
- Think, say, and take action to demonstrate wisdom, and abandon negative lower levels of consciousness and drama. When upsets happen, be authentic. Say how you feel with self-acceptance, engaging in *dialogue* with supportive people to help you stay out of sabotaging, internal, negative *monologue*.
- Have a career that makes you proud.
- Prevent destructive thoughts and feelings *before* they arrive. Give up inattention, forgetfulness, guilt, and fear, and shamelessly pursue good things for your future.
- Become more aware of goodness by eagerly searching for it.
- Continually demonstrate wholeness in every area of your life. Pray, meditate, or schedule time alone to quiet your mind.
- Practice the art of awareness – consciously expanding your awareness of sight, sound, touch, taste, and scents in new ways.

See life as it *really* is, instead of how you *wish* it were. Practice wisdom constantly and use energy psychology to impact cellular memory.

You are the only one who can put the *pow* into your own power, and get permanent results.

Dene Ballantine is a Master Coach and NLP, EFT, and Brain Entrainment practitioner. (512) 775-3363.
www.deneballantine.com

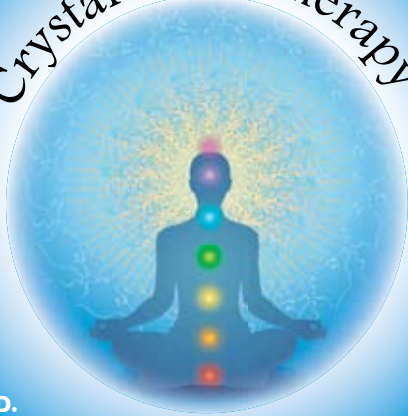
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Recognizing our biological past

Hunting and gathering clues on how we're designed to heal – and to eat

by Lane Sebring, M.D.

Traditionally, the physician has been considered as knowing more about health care than anyone. This is absolutely true when it comes to emergency medicine – no one can compare to the modern American physician when it comes to emergency care.

When it comes to chronic disease and maintaining good health, however, the modern physician has fewer tools – and some of them make no sense:

- It makes no sense, if a patient has heartburn, to treat it by blocking all production of stomach acid.
- It makes no sense, if a patient has pain from arthritis – caused by a wearing away of the smooth surface of the cartilage in the joint spaces – that they should be treated with a medication that blocks the pain, but prevents the cartilage from repairing.
- It makes no sense to treat elevated cholesterol with medications that have been proven to promote heart failure.

How are humans designed to heal?

It also makes no sense to ignore the body's own ability to produce what it needs to heal itself. A group of scientists in the 1950's, among them the Nobel Prize winner in Medicine, Linus Pauling, developed the concept of orthomolecular (meaning *same molecules*) medicine. In this model, doctors would treat diseases using the body's own chemistry, providing it with more of what it uses to repair itself, and to treat disease by itself. This method is especially impressive when the body's routine maintenance gets behind after years of aging.

Hormone replacement is a good example. Incorrect conclusions were drawn from research done on synthetic hormones – human hormones that have been altered significantly by the pharmaceutical industry. (You can't patent a human hormone.) Modern medicine believes it can take an estrogen or progesterone molecule, alter it significantly, and expect it to act like the original molecule. This isn't the case, and significant bad effects can and do develop. When human hormones are given to humans in human amounts to replace a scientifically determined deficiency, virtually everything you can measure is either improved or unchanged – including risk of breast cancer.

It turns out that our biological heritage supplies us with the tools we need to heal.

What are humans designed to eat?

It turns out that respect for our biological heritage is also the best way to determine the best diet. A research group led by Loren Cordain, Ph.D., at Colorado State University obtained information that's so far-reaching it completely alters our concept of chronic disease in humans, and demands a paradigm shift in our approach to health.

Cordain's group chose hunter-gatherers as their research subjects, because they have little or no chronic disease – no allergies, asthma, or irritable bowel syndrome, very low rates of depression, about one-hundredth the amount of breast cancer, and virtually no heart disease or high blood pressure. They have little trouble having babies, and they're able to lift their heads as soon as they're born. All of this is accomplished in a very exposed lifestyle, without EMS or antibiotics.

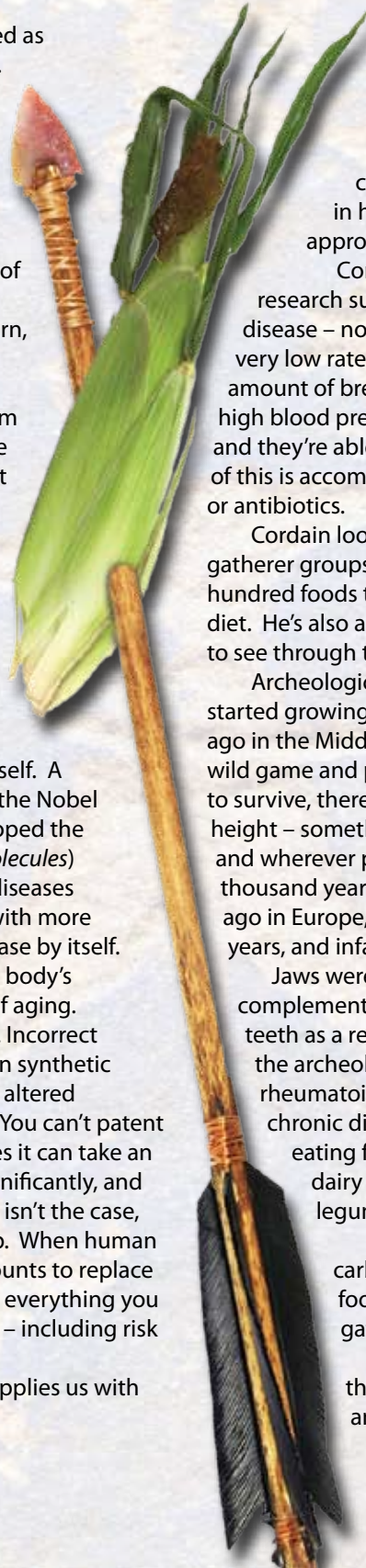
Cordain looked at over two hundred different hunter-gatherer groups still in existence and analyzed over forty-six hundred foods to see exactly what they were getting in their diet. He's also an expert on archeological digs, so he was able to see through time where the health of humans changed.

Archeological records show that when mankind first started growing its own food about ten thousand years ago in the Middle East, when drought promoted the loss of wild game and people were forced to grow their own food to survive, there was a loss of five and a half to six inches in height – something that's true all around the world, whenever and wherever people start growing their own food. Seven thousand years ago in the Far East and five thousand years ago in Europe, life expectancy went from forty years to twenty years, and infant mortality went up.

Jaws were no longer wide enough to hold a full complement of teeth, resulting in an overlapping of teeth as a result of malnutrition, never before seen in the archeological record. Neither were osteoporosis, rheumatoid arthritis, and autoimmune disease. It appears chronic diseases began in humans when we began eating foods that we were not designed to eat – grains; dairy (especially non-human) after two years of age; legumes; and potatoes.

It makes sense to divide foods, not into carbohydrates, proteins, and fats, but into human foods and nonhuman foods. So, what do hunter-gatherers eat?

It turns out they eat, on average, about two-thirds animal and one-third vegetables, nuts, and fruits – the exact opposite ratio of what had



been reported previously. At the equator, the average is about forty-five to fifty-five percent animal and at the poles, the diet is virtually one hundred percent animal. Most people live in temperate zones, however, where the average applies.

Grains, a huge part of our modern diet, are considered starvation food by hunter-gatherers. Cows are a good example of why that's the case:

- Grass-fed beef is virtually identical to wild game – an animal eating the food for which it is designed. A cow that eats grass lives an average of twenty to twenty-five years.
- A cow that eats grains lives four to five years and develops liver abscesses, which is why it has to be given antibiotics to be kept alive. When cattle are forced to eat grains, it washes away the yellow fat full of healthy Omega Threes and replaces it with three times more white fat, made up of Omega Six and virtually devoid of Omega Three.

This is why beef has a bad name, but beef isn't intrinsically a bad diet choice – it's what we've done to it.

What kind of microscopic critters are humans designed to house?

Another area in which modern medicine completely ignores nature is the bacteria in the intestinal tract. Altering it with antibiotics – or by eating non-human foods – has been proven to promote rheumatoid arthritis, allergies, asthma, chronic fatigue, and fibromyalgia, to name just a few chronic diseases.

When a hunter-gatherer is given a course of antibiotics, it typically takes about two years for their intestinal flora to return to normal. Good symbiotic bacteria is nearly eliminated, and undesirable bacteria begins to grow and flourish, causing a chronic inflammatory state. Toxins are produced – toxins that easily leak through an inflamed intestinal mucosa. The liver, the body's filter, must handle these toxins, taking away from its ability to handle the normal waste products of our own metabolism.

Carnosine is a nutritional supplement recently recognized to have profound effects for diabetics, removing glucose molecules that have aberrantly attached to proteins. This is a huge problem for diabetics and a problem for all people as we age, because it promotes degradation of the vessels of nerves and of the kidneys. It was also recently discovered that exercising muscles, particularly with resistance exercise, causes them to produce large amounts of carnosine.

Do what you were designed to do – exercise, drink a lot of water, and don't destroy your intestinal flora. You don't necessarily have to become a hunter-gatherer, but if you want to eat like one, then eat human foods, including animals that grew up eating *their* natural food. Good health goes back to the basics – and you can't get much more basic than the people who once lived off the land, when the land was still healthy enough to provide for them.

Dr. Lane Sebring of the Sebring Clinic specializes in natural health empowerment, personalized nutritional counseling, and bioidentical hormone replacement.

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Borboleta is joining Bird's Barbershop and other Austin All Natural contributors who are helping to reduce traffic and emissions during the summer by offering freebies to anyone who bicycles to their locations. Bike to Borboleta's, and they'll give you a free macaroon for dessert with your entrée. (Just like your mom used to tell you, though, you gotta eat your vegetables first.)

Be cool —eat raw.

by Virginia Morgan

This is the perfect time of year to incorporate more living foods in your diet. With the heat index reaching well above the 105-degree mark, it's a good idea to eat some cooling food that won't leave you feeling sluggish or heavy. In fact, living foods are a great way to experience an increase in energy during a time of year when it's easy for the heat to slow us down.

What are living foods?

Whole, unprocessed, and preferably organic fruits, vegetables, nuts, and seeds that have not been heated above 118 degrees Fahrenheit are considered "living foods" because all the vitamins, minerals, and enzymes are intact. The body's cells respond to these foods as pure fuel, nutrients the body can immediately convert to energy with no empty calories or fillers.

When foods are cooked or processed above 118 degrees, they can lose some of their vitality – the quality and quantity of vitamins, minerals, and other nutrients essential for our bodies to function can decline in direct proportion to the temperature at which foods are heated. Steamed vegetables, for example, retain more of their nutrients than fried, grilled, or baked vegetables since steaming uses a lower temperature for a shorter period of time.

One trick often used to mimic the taste and texture of cooked vegetables – which are softer and easier to chew than plain raw vegetables – is either just to marinate them for twenty minutes or so, or lightly marinate them and then dehydrate them at a very low temperature – about 85 to 90 degrees. At this time of year, it's hotter than that on the sidewalk.

The spice of life.

A key factor to health and vitality is getting a wide variety of living foods in your diet. It seems to be human nature to find favorite foods we love and then stick with them until the bitter end. Eventually, we grow so tired of them we can't look at them ever again – or, even worse, we develop sensitivities or allergic responses to them.

A lot of people have issues with certain vegetables that grow well in Texas – tomatoes, corn, and mushrooms are the most common. Some people believe these are unhealthy foods to consume, and that may be true for some. Most raw food dishes can use a substitute for these ingredients, to accommodate food sensitivities or allergies.

However, if you don't have problems with them, use these ingredients in many dishes when they're local and organic or pesticide-free. Texas sweet corn has just started to come in and the heirloom and cherry tomatoes are in abundance, and there are so many flavorful dishes to create using these ingredients.

Don't get too stuck on any one dish, though, because a menu based on what's available from a variety of local farmers will rotate all the time. In fact, one of the best things you can do for your health is rotate what's in your diet – the way natural farmers and gardeners rotate the crops in the soil.

Virginia Morgan is the Executive Chef at Borboleta Café, a vegan, gluten-free living foods cafe located in Bella Salon, 1221 W. Sixth St., and profiled in the June issue of Austin All Natural. (512) 828-7404. www.borboletagourmet.com

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Artist of the Spirit

The visions of
Comanche artist
Rance Hood

by Michael Abedin

The Native American warriors of the Plains tribes were, in their day, experts in homeland security who started battling what they perceived as terrorist attacks not too long after 1492. Just before the beginning of the 1700's, a band of hunter-gatherers in Wyoming split off from the Shoshone and created their own tribe, after borrowing a whole bunch of large dogs they saw Spaniards riding.

Over the next couple of centuries, they became some of the best horsemen and some of the fiercest and most independent mystic warriors the world has seen. Like most Native Americans, their name in their own language meant simply "The People", but they eventually became known by a Spanish version of the Ute word for "enemy" – Comanche.

The Comanche became sort of the biker gangs of the Plains Indians, bad enough to have driven even the Apaches out of Texas. Read Larry McMurtry's *Lonesome Dove* trilogy or fellow Texas author Cormac McCarthy's *Blood Meridian* to get an idea of how much Texans feared them in the 1800's.

Sam Houston, the first president of the Republic of Texas, lived with the Cherokee in Tennessee, and he negotiated successful treaties with the Comanche and other Texas tribes. Most of them were broken, through no fault of Houston's – and in 1840, a group of Comanche chiefs was summoned to a house in San Antonio under a flag of truce, where they were surrounded by Texas militia. Over thirty of them were killed before they could reach their weapons.

Buffalo Hump, a war chief who didn't trust the truce offer, organized several Comanche bands and ran through central and south Texas like grease through a goose, sacking the second-largest port in Texas in August of 1840. They made off with hundreds of thousands of dollars in loot, some of which they dumped during a running battle with militia near Lockhart, outside of Austin.

By 1875, though, the last band of free Native Americans in Texas gave up the fight and went to the reservation – a band of Comanche under the legendary chief Quanah Parker.

History repaints itself.

What histories that were kept by Native American tribes were usually in story or graphic form. Rance Hood is half Comanche, raised by his grandparents on his mother's side. He can tell a pretty good story, but he's also one of a handful of Native American artists still preserving what's left of their culture by painting it.

He came to painting relatively late in life at twenty-two, after being a bull rider like his brothers and his mom. (Yep – his mom.) "I started off playing a guitar and wanted to make it in the music business, but somebody told me it was hard to get into that. I'd seen paintings by Indians, and I thought, hell, I'm an Indian, I should be painting to follow my traditions, to help the people."



"Sioux Rain Makers"

A gallery owner in Oklahoma City started showing and selling his work, then a cover story in *Southwest Art* magazine lit the fuse and Rance started doing what a lot of good artists never manage – he sold a lot of art. “I was doing serigraphs a hundred at a time and selling all of them in a week. I felt like one rich guy for a while.”

He lived the high life with rock stars of the Seventies and Eighties, running with guys like Stephen Stills and spending a little time with Stevie Nicks. He hung out with The Eagles, and his artwork would have been on one of their album covers – except they couldn’t find him. “They went with a Navajo artist, instead.”

White men with tails.

Some of the Native American languages are dying out, and Comanche, Rance says, is one of them. “They’re starting to teach it again, but you really have to spend time with the old people to learn it.” He speaks fluent Comanche, “better than most full-bloods. Did you know that none of the Indian languages have curse words? You might say something funny about a guy, like his butt was real skinny or his head was round as a globe, but even going into battle, we didn’t waste time cursing. We just fought.”

Indeed. The Comanche raided as far as Central America. “We went all the way down south of Mexico, on horseback, and saw monkeys in trees. We’d never seen monkeys before, but we’d seen a few white people – so we called them white men with tails.”

Although when Rance Hood talks about his ancestors, he doesn’t say “they”, he says “we”, it’s a good thing for him that they made it into Mexico. His great-great grandfather was full-blood Mexican, captured as a little boy by a raiding party. Like a lot of captives, including Quanah Parker’s mother, Cynthia Ann, he became a tribal member. “They called him Red Man,” he laughs, “and he was Mexican.”

The warrior tradition is so strong in Native Americans that they’ve been fiercely patriotic, proud to serve in the armed forces of the country that destroyed their culture. The fighting spirit of the Comanche was so powerful, in fact, that one Comanche on horseback was considered a threat, and two constituted a raiding party – but individual fighting spirit and skill can’t prevail forever against sheer numbers and superior firepower.

Hungry for land, wave after wave of immigrants poured into Native American homelands and intentionally decimated the buffalo – their source of food, clothing, and shelter. Some of the invaders wore Union blue and carried repeating rifles, and they kept coming and coming.

With the notable exception of a handful of Lakota war chiefs at the Little Big Horn, most tribal leaders failed to unite their people against them and they fought and died as they’d lived – in small bands of independent warriors. A way of life unlike anything seen before or since had passed, leaving only voices on the wind.

They say if go to the Little Big Horn around dusk or dawn, you can still feel the spirits of the warriors who passed over that day – but you don’t really need to go that far. Go instead to the work of artists like Rance Hood, who are keeping that spirit alive.

*Rance Hood lives in Denison, Texas.
His artwork is at www.rancehood.com*



“Fancy Dancer”



“Farewell to a Comrade”

Energy
rejuvenation,
universal laws, and

Oriental natural healing

by John So

The current state of the earth's condition and the current state of human health are both part of the same phenomenon. Environmental issues like air and water quality are just the equivalent of the way the body deals with viruses, bacteria and allergens.

Today's living patterns tend to keep us so busy working at our jobs and our homes that we don't get sufficient rest. It's a stressful life, everyday – so we need to take a few moments to think about how to keep our health and recover from our busy lives.

How about going to the gym?

How about stopping work and just resting?

Neither option is easy, because both of them take time. Traveling time is needed just to get to the gym – and some people don't even know how to stop working and rest. Twenty minutes a day of relaxing exercise would work for nourishing health, or even five minutes, instead of stressing yourself more by spending time you don't have. What about exercises at home or even the office?

You can do it – if you choose the right form of exercise. T'ai chi or qigong (ch'i kung) are two good options. You'll need to invest a little time to learn them, but you can – and should – practice them daily at home.

The force of one finger moving.

Qi (or ch'i) is an essential energy flowing through meridians in the human body, and also exists everywhere, within everything – non-being or being, moving or non-moving. In Oriental cultures, over thousands of years, people have applied this word to every aspect of life – air energy; nutritional energy; poison energy; mental, physical, and spiritual energy; earthly and heavenly energy.

There's an old saying – if there is qi together, there is life. If qi is scattered, there is death.

If even one finger moves, there is qi flowing through the body. It's the essence of life force, and is affected by thoughts, emotions, and physical condition. There are three major elements involved in creating the highest level of this universal energy:

- Nutrition, to nourish blood quality.
- Physical management, to keep the body strong, balanced and flexible.
- Mental and spiritual harmony (including special breathing), to keep stress levels down and to be aware of the self.

Western healing methods are based on a doctor's examination, followed by forming diagnoses that result in treatments using drugs or surgical therapy. Over many centuries in China, natural healing has focused on harmony and balance in the mind, body, and spirit, using moving and non-moving forms of meditation combined with special breathing techniques and slow, gentle, and quiet forms of exercise like t'ai chi, qigong and the softer styles of kung fu.

John So is an Oriental doctor and gold medal-winning martial arts instructor and competitor who is holding a Martial Arts and Spiritual Retreat at the Korean branch of the famed Shaolin Temple September 14-25. For information about the retreat or about Oriental natural health or martial arts training, call (210) 249-6433 or visit www.jademountainhealingcenter.com

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Use what's called the prenatal breath, pushing the lower abdomen out while inhaling and contracting it while exhaling.

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Dear Sasha: Messages from Your Angels

by Sasha GABRIEL White

Dear Sasha: I have been waiting for my immigration papers for sixteen years. How much longer will it take? I also would like to know if my current boyfriend is the one for me and what I am supposed to do when I grow up. Marge, 33, Austin, TX

Dear Marge: Your immigration papers should have already been taken care of. Do not do anything about them by yourself. Because of the length of time you have been over here, it is necessary to move forward with a lawyer. Within four months, with a lawyer, it should be taken care of. It looks to me like your boyfriend is a good one. I'm surprised that you think that there could be something different, for when he looks at you he melts. And when you lick your ice cream, he is right in it, and when you go to the store, he probably does not let you go alone. He is yours forever. Your career path is art and expression. Mold a clay pot or bowl, and learn how to market it.

Dear Sasha: I struggle with addiction, but I am currently over five months sober. Will I be able to maintain my sobriety? Jamie, 19, Georgetown, TX

Dear Jamie: Congratulations! Sobriety is yours. Know that when you feel the compulsion, ask for Gabriel, for he is your Guardian, and know that as you are in the Light, you will always call on Gabriel when you feel it.

Dear Sasha: Sometimes I feel I am living the wrong life! How can I fix my life? Also, what is my angel's name? Sylvia, 58, San Antonio, TX

Dear Sylvia: Your angels are Saint Germain and Jesus. You can change your life by living in the moment instead of in the past. For example, when you arise in the morning, you think about your parent or sibling or others. Instead, think about your Divine Authority who resides within you. Think about your future and don't worry about past errors. Never fear, Source is here.



Dear Sasha: I would like to know what my future holds for me both career wise and personally. Kathy Dube, 52, Austin, TX

Dear Kathy: It seems to me that what your future holds will depend on the career you decide to go into. At birth, Gabriel and others asked you to be a lawyer or a small doctor, like a dentist or homeopathic. Since law is probably out and dentist is probably out, why not take some courses in homeopathy? Learn kinesiology/muscle testing and open up a small practice. Messages from your Angel Michael are thus: You are going to move within a year or two. You will be in the same city. It should be with someone. Hopefully, everything is alright, because at times you appear to be a bit confused. Confusion is the reason for some rheumaty arthritis in the spine, you know what I mean? Eat raw food for a month and all will be beautiful and as promised by your Divinity when birthed as a great person!

Dear Sasha: My life seems to be in limbo. I have been divorced just over a year and I am in remission of a chronic illness. I feel like I am stuck. I would like to own a home someday. What do you see in the horizon for me? Carol, 46, Austin, TX

Dear Carol: Your future is better than your past. Don't ever think that your life is over, for you will live well into your 90's. You are going to be married again and your life will take off as if it is your new beginning. Owning a home takes savings and partnership for you. Good luck.

For phone and in-person readings that give in-depth answers to your questions, call (512) 278-0559 or email sasha@sashawhite.com. Sasha GABRIEL is an internationally-known reader, channel, psychic, medical intuitive and healer. www.sashawhite.com.



Cellular Release

Want to feel better in the future? Let go of the past – now.

by Dr. Patrick Price

In every pain or dis-ease in our bodies there lives an emotional component at the cellular level, one which goes as deep as our own DNA – our true make-up, who we are. Every physical ailment stems from an emotional episode in our lives.

When pressure is applied to a painful area in a TMJ patient, for example, the release is an explosion of tears, sometimes laughter, sometimes even smells. Some patients may even revert back to being a child, making child-like sounds to release emotional trauma.

Before getting to that stage, though, we get plenty of signals that something's out of balance:

- It begins at the spiritual level, that little voice that says, *Don't go there. Don't do that to yourself.* We hear it, but don't pay attention.
- Next, it goes to the emotional level. We become sad, depressed, or angry – and self-confidence is nowhere in sight. We then become numb, and don't feel *anything* anymore.
- Finally, it manifests into the physical realm. Knees, shoulders, and ankles may become constantly painful. Liver enzymes elevate, we can't sleep, and organs start to malfunction.

Elementary, my dear Watson.

A healer is a detective, searching the body for clues. One clue is gritty places in muscles, organs, joints, and nerves, possibly a result of calcium deposits that surround areas where cellular memory is trapped. Within those calcium deposits there may even be crystals, structures that look like slivers of broken glass. Sometimes, they can be seen first as dark spots on the surface of the skin.

When these crystals are in an organ, they rob it of electricity and the organ slowly begins to fail. This action causes other reactions in the body, making other organs work twice as hard, and the body then tries to rebalance itself.

You're now using too much energy trying to stay balanced, even cutting into your reserves. Soon, your choices become those based on fear – medication, with maybe surgery to follow.

When conventional treatments, medications, and even your chiropractic adjustments aren't helping you get better – when you've had X-rays, MRI, and blood work and your doctor says, we can't find anything wrong with you – you may be ready for change.

Once upon a time...

The first step, though, is to look at your story. Some of it you may be making up, some of it will be based on actual events in your life. When you're not speaking your truth about old physical and emotional trauma, about feelings of being mistreated, victimized, misunderstood, or not properly respected – then that crystallized debris may start to form.

The big question is, are you ready to face your own issues or challenges, change your programming, delete the things you don't like about your life – or are you too afraid to change? Until you answer it, even the best practitioner or technique may not help you.

Dr. Patrick Price, founder of Body Detective Training and Cellular Release Sessions, is a practicing chiropractor, martial arts instructor, and health speaker with a new wellness center in Houston. He's offering a free introductory presentation in Austin on August 12 at the Tao Health Center. (713) 877-8600 www.TheBodyDetective.com



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On Fertile Ground

Tend to Your Garden Within: Austin author Shervin Hojat, Ph.D.

Book review by Michael Abedin

There's a story about a young man who hears of a great teacher who knows the true meaning of life. He starts on a grueling journey across burning deserts and vast rivers, enduring heat, cold, wild animals, near-starvation. His family and friends abandon him.

After years of searching, he climbs to an isolated mountaintop and finds himself at the old man's feet. "Great Teacher," he asks, "what is the meaning of life?"

"Life," the old man replies, "is a fountain."

The young man is enraged. "What? I spend years finding you, endure hardships, lose friends and family – and you sit there and tell me life is a *fountain*?"

The old man looks surprised. "You mean it's *not*?"

Lost and found.

Of course it's not. It's a garden.

Think about it – gardens need light, air, nourishment, and tending. Weeds have to be uprooted, and there may be worms involved – and manure. A garden needs fertile soil made up of things that have lived before, died, and returned to nourish the next cycle. As soon as you reap the rewards, it's time to plan the next phase.

Without running it into the ground (so to speak), you can't find a better go-to metaphor for love, relationships, growth, spirituality, and the cycles of life than a garden.

After the work, of course, a garden is a place to visit and meditate, a place to bring friends and family. This was once especially true in a land we hear a lot about nowadays – Iran, once known as Persia.

Austin writer Shervin Hojat was born in Tehran, Iran, came to the U.S. at eighteen during a tumultuous time in the history of his homeland, and became an electrical engineer. His parents were caregivers – his father a surgeon, his mother a midwife.

A few years after marrying and starting his own family, his parents began having marital problems, and never resolved them. "They blamed each other," he writes in the introduction to *Tend to Your Garden Within*, "and they got stuck in the past by always trying to convince my sisters and myself that the other parent was wrong."

Sound familiar? It's a weed lots of us have seen poking its head up, and before Shervin could clear that plot, his father was hit by a car in Tehran and never fully recovered. The next year, 2007, his father died while Shervin was on his way to their last visit.

It was a catalyst that led him within in a search for spirituality and purpose, and his book is its journal. His tools were shamanism, dream work, and meditation, and he sowed a garden of open verse – like another Persian before him. There's a touch of Rumi in his work, and of an ancient Persian tradition of taking a desolate landscape and enclosing it, watering it, and filling it with life and beauty.

The Persian garden was a model for monuments to the power of love and hope throughout the ancient world – the Taj Mahal followed its formula for peace, beauty, and serenity. Thousands of years before Christianity, there was an ancient Persian word for an enclosed space or walled garden – *paridaiza*.

Paradise. If life really *is* a fountain, Paradise may be the garden it waters – the garden from which we came and to which we return, the garden we try to create while we're here.

*We are stardust,
billion year
old carbon.*

*We are golden,
caught in the
devil's bargain.*

*And we've got to
get ourselves
back to the garden.*

– Joni Mitchell,
Woodstock

Tend to Your Garden Within, published by Tiber Pubs of Austin. Available at Book People, Unity Church of the Hills, Amazon.com and www.tiberpubs.com



Enough *(is enough)*

The Grace Journal, by Elizabeth Hoisington

Why does the idea of *not enough* arise in us? Not enough money, not enough smarts, not enough stuff...

We need more, more, more. If only _____, then I'd _____. Then I could be happy.

How often do you find yourself with this repetitious message seizing your mind? It's a recurrent pattern of true disease, and can either make you grasp for more or retreat inward, into feelings of inadequacy.

Where are *you* in these moments of dis-ease – you, the true Self, that place of joy and peace that's inherently yours, and resides in us all?

Where did ya go?

Changing the world.

What needs to shift to unshackle your mind from this unending cycle of pain? Only your perception – your attitudes or understandings, based on what you're thinking. If you're thinking "not enough", ask yourself what you think is going to make it enough. A person, a place, a thing – an external change?

This is the beginning of where our thinking goes off the beam. The change has to take place *within* you, beginning with a desire to alter your perception. The internal shift that needs to occur is from a state of self-centeredness to selflessness, from limitation to wholeness.

The root of this misperception, which leads to pain, lies in the idea of *me*, the nonstop focus on the self instead of the Self. Concentrate the heart of your life on your internal gifts, on what you can give back to others, instead of on the unremitting focus on what you can acquire or gain through the external world.

Then you can begin to see clearly into the nature of dis-ease.

This awareness, in turn, will lead to more feelings of usefulness, to a more contented, joy-filled life, one that doesn't reach outward for a false sense of wholeness and contentment.

What are you waiting for – the world to change? It can only begin from within, with you.

Elizabeth Hoisington is a mental wellness consultant trained to assist in clearing negative energetic patterning. If there's something in your life you'd like to see addressed in future articles, email e_grace@austin.rr.com. (512) 964-3382. www.movingtowardsgrace.com



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Dear Swami... *By Swami Beyondananda*

“Where the Swami answers your questions, and you will question his answers.”

Dear Swami:

I have impulses and habits that wreck my will power -- the one thing I need to overcome the bad habits. What do you recommend?

Malik E. Fawcett, Detroit, Michigan

Dear Malik,

Hopefully one of your bad habits is procrastinating. If so, then next time you have the urge to turn an impulse into an out-pulse, call on the positive power of procrastination, and simply put it off.

Dear Swami:

What on earth will I do with the rest of my life after enlightenment? Being a seeker has kept me busy all these years ... searching, finding and discarding ... it has given me a sense of purpose in life -- I shall be lost without it and with nothing to achieve, I might as well be dead.

*Kirsten Spatapahn,
Minneapolis, Minnesota*

Dear Kirsten:

Well, you know what they say. Before enlightenment, do the dishes. After enlightenment, do the dishes ... but they're forty percent brighter. Maybe you need to take a break from your purposeful activities, and get a sense of porpoise instead. Go swim with the dolphins. And if you want to help humankind, you can help spread human kindness. You may not be aware of it, but smiling is contagious. You can start an epidemic, and just like that increase the laugh force on the planet. Now, if you really want to speed up evolution by having enlightening strike twice as often, you can get enlightened with a friend as part of my Buddysattva program.

Dear Swami:

I would love to know your take on the whole idea of "mind viruses" and "memes" -- these thought forms that are spread through mass

media. How do we keep from being infected with negativity, or worse yet, infecting others unconsciously? (I have my mental floss at the ready, just in case.)

Frieda Mind, Fredericksburg, Texas

Dear Frieda:

It is good that you are prepared. Given that the mainstream media is a brainwashing machine stuck on spin, both truth decay and malconclusion are rampant. That's why four out of five transcendentalists recommend mental floss to dislodge all the superfluous "flossify" that has lodged itself between the ears.

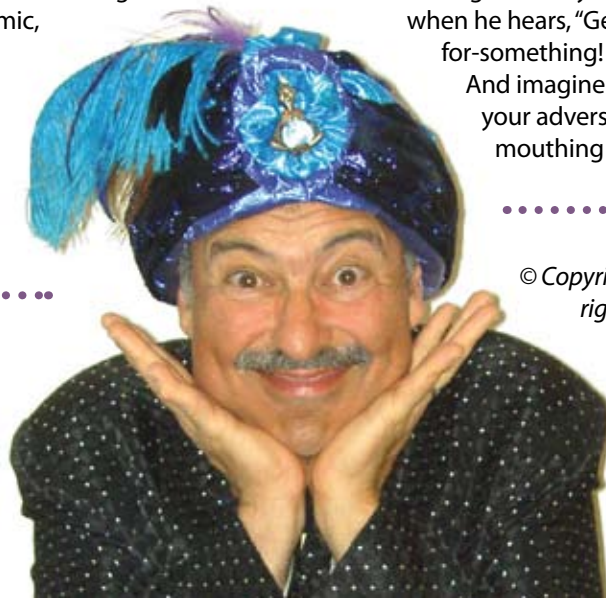
One of the greatest causes of truth decay is mistaking one's own beliefs for reality. Believe me, what some people believe is truly unbelievable.

And the secret for releasing unbelievable beliefs? You won't believe it. It is silence.

That is why I have labored to produce Swami's Ultimate Meditation tape, which is completely blank. Maybe you've heard meditation tapes before, but until you hear this, you ain't heard nothing.

Now finally -- and perhaps most importantly -- the way to avoid being infected with negative belief viruses is to avoid being negative, period. That is why I have launched my Just Say No to Negativity campaign where our slogan is, "Positively no negativity."

For example, perhaps your kids are driving you batty. Could it be that you have been reinforcing their negativity by responding negatively to them? If that is so, you must positively reverse course, and speak only positive words. Imagine how your teenaged son will respond when he hears, "Get out of bed, you useful good-for-something! What's right with you, anyway?" And imagine how exasperating it will be to your adversaries when they hear you good-mouthing them for no reason.



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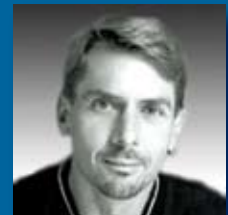
The Reconnection has taught this new level of healing to over 50,000 people in more than 65 countries and it has been documented in six books to date, including the international bestseller, *The Reconnection: Heal Others, Heal Yourself* by Eric Pearl, now published in over 30 languages!

As a doctor, Eric ran a highly successful chiropractic practice for 12 years. Then one day, his patients began reporting that they felt his hands on them – even though he hadn't physically touched them. Patients soon reported receiving miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, multiple sclerosis, rheumatoid and osteoarthritis, birth disfigurements, cerebral palsy and other serious afflictions. All this occurred when Eric simply held his hands near them – and to this day, it continues.

Reconnective Healing elicits great interest from top doctors and medical researchers worldwide, with new research programs currently in progress under the guidance of Drs. Gary Schwartz, William Tiller, Konstantin Korotkov, and others.

Kelly Woodruff, Reconnective Healing Instructor, is a Florida native, lived in Atlanta after graduating from college, and now resides in New York City. He has been a Reconnective Healing practitioner and teacher for six years and is excited to be part of the team bringing this revolutionary work to an international audience. Kelly's personal journey of discovery led him to this wonderful new work after a career in theatre and on Broadway. In addition to teaching worldwide, he currently owns an architectural and interior design firm, as well as a thriving Reconnective Healing practice in New York. Kelly invites you to step into your own mastery and expand your life with these amazing new healing frequencies.

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Joe lives in the Austin area and his website is www.joevitale.com