

Life Dynamix's

WELLNESS MESSENGER

Spreading The Message Of Wellness For The Greater Good!

Winter 2009

DVD INSIDE



**Wellness For A
Better World**

**The Top Seven Reasons
People Break Their New
Year's Resolutions
With Dr. Stephen Kraus**

**Interview with PETA
Founder Ingrid Newkirk**

Fashion With Compassion

Beauty Without Cruelty



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VIDEO

The Wellness Messenger

The Wellness Messenger is a quarterly wellness magazine that features articles, poetry and messages shared by the members of the community at www.lifedynamix.com

The Wellness Messenger is dedicated to making a difference for a better world by helping people feel better and sharing the message of wellness. The more aspects of wellness a person implements the easier it is for them to access healthy energies. When people feel better they are generally kinder and more compassionate to others and have a greater sense of oneness with all life and the planet as well. Healthy energies emitted from one individual have the potential to positively influence millions of others.

Please join us on our quest to make a difference and to spread the message of wellness for the greater good!

We are all given our own unique tools, but it is up to us what we decide to build and how magnificent it will be. When we join together with other like minded individuals with similar passions what we build will be beautiful and brilliant for when we unite we can truly make a difference!

May this message help you to unite with this healing magic and explore the possibilities that your message has to offer.



**[Click Here
To View](#)**

This episode features host Nafeesa Deflorez talking with naturopathic physician Donese Worden on the topic of **Bio Energetic Medicine**.

Other features include a segment with *The Healthy Eating Coach* Rachel Albert-Matesz creating a **healthy chocolate indulgence**, and a dynamic mix of life enhancement strategies from health experts for optimal mind, body, and spirit wellness.

Making Things Happen

Goals are fantastic to have, but many times challenges surface that make it difficult for a goal to mature. Many may never start toward their goal because of doubt in their abilities. Some do not attempt the actions required to make their goals a reality. While others do not allow the right mental conditions to exist for fruition of their dreams. Those who do not have a strong belief in their abilities, usually have to see it first to believe that it can happen. **Many things were once invisible and started as a thought, as this article originated.** We cannot see our thoughts however, this does not validate that they do not exist. Electricity is invisible, it has no form, but it is very real as anyone who has felt the intense power of electrocution can attest. Those who felt extreme pain when a person they cared deeply for passed, have experienced the power of the invisible. It may manifest itself into tears or expressions of sadness, but it originated from within. A place that is invisible to the eye, but extremely apparent to the soul.



What comes from within is the most wonderful and powerful force of all. Our bodies are limited, however, our true inner self, is limitless. Open the mind to the possibilities of boundless dreams that all begins within, where our true beauty resides. **Until we go beyond the limitations of our form, we will not be able to live our life to its fullest potential and truly experience our dreams.**

Clarity is a powerful force. Clarifying what we need to do in order to achieve our goals will help guide us. Without a map, we may encounter detours that we could have avoided if we had one. The next and most important step is to take a step, and keep stepping until we achieve the desired result. **We must be proactive if we wish to achieve a goal. This means we need to do the things we need to do to achieve that goal.** We should ask ourselves what actions are needed for the goal to materialize, and then take those steps. Without action, nothing is accomplished. We can always change the direction when our view becomes heightened, but the engine has to be moving in order to make progress. **It is not what we can do, but what we do do that counts.**

Creating a healthy environment within the mind is instrumental with achievement. Thoughts create energy and those thoughts that are given the most attention become the strongest. If we do not focus on a goal long enough, it will be difficult for it to mature into form (the visible). When we use a magnifying glass to start a fire, in order for it to work the focus must be on a certain spot for a length of time and the conditions must be right. If it is only held for a short time, or if there is too little sunlight, it will not accomplish what was intended. For optimal conditions, **we should entertain only thoughts that are positive in nature while doing the things we need to do to achieve our goals.** This will allow for the right conditions and eventually it will become second nature. When this occurs, we will be in the habit of assuming peak performance levels at most times. This will facilitate the process of attaining our goals.

Most of us have heard that the most important thing about goals is having one. Do your true self a favor this new year and let one of your goals be to nourish and allow your true self to come into form **living your life without limitations.**

To Magic and Possibilities!

Your friend in wellness,

STEVEN FERREL

www.lifedynamix.com/community/Steven

**“You will never know how high you can fly
until you spread your wings!”**
Anonymous



WELLNESS FOR A

Little Things That Can

People

Share Smiles

Smiles are a powerful force. They have the ability to enhance the mood of others in a mere instant. Sharing your smile with others creates a positive chain reaction illuminating the lives of others while enriching your own wellness.



Steam Rather Than Nuke

Microwave ovens can alter the nutrition in food creating harmful chemicals. Steaming is a healthier choice.

Animals

Get Your Pet At A Shelter

When choosing a new pet please consider animal shelters. Many animals are euthanized because of overpopulation issues. The less popular breeders and stores that sell pets become, the better it will be for the animals because less will be killed in shelters.

Chocker Chain WARNING

Don't leave dogs on a choke chain unattended, the dog could get strangled if the chain gets tangled up.



BETTER WORLD!

Make A Big Difference!

Planet

Cutting Down On Garbage

Avoid unnecessary garbage whenever possible by kindly asking for only what you need. For example many food establishments give extra straws, napkins, utensils, that are not necessary.

Refill Bottles To Cut Down On Bottle Waste

Most grocery stores have units that disperse water into your containers. Refilling old containers reduces the need for more plastic containers. For optimal health utilize glass bottles because plastic bottles can leach unhealthy chemicals into the water.

Periodically Check Your Tires

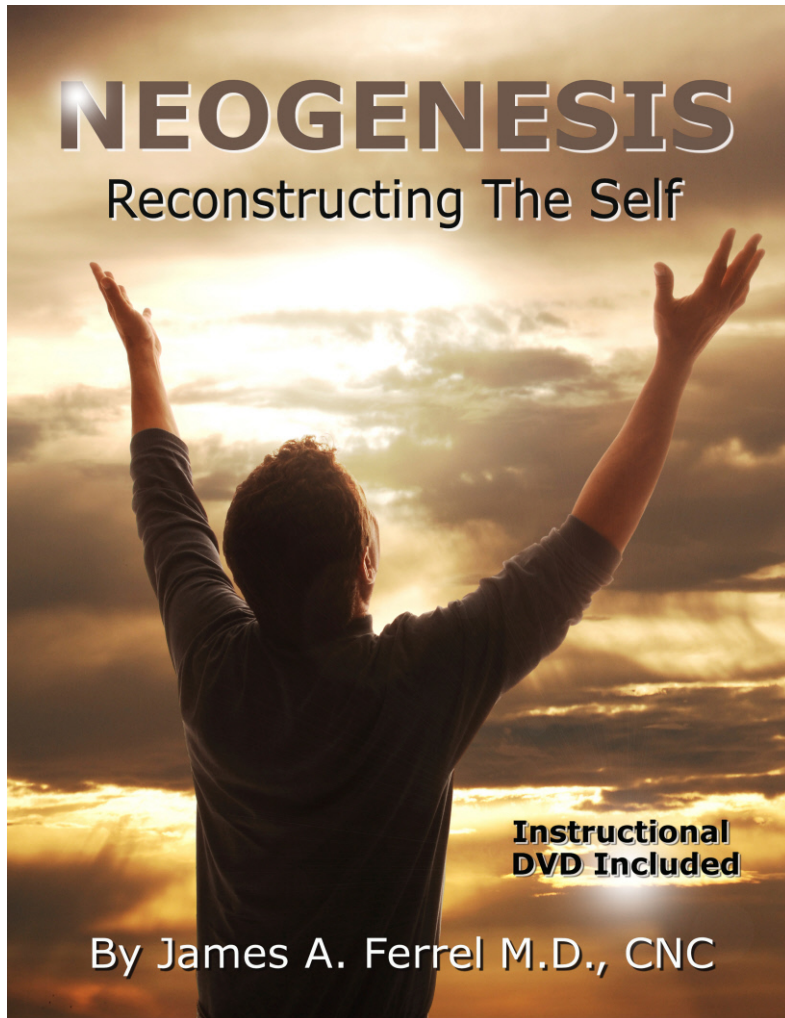
It is estimated that 200,000 barrels of oil a day could be saved if everyone had their tires filled to the recommended air pressure.

Choose Canvas Bags

"Paper or plastic?"...neither. When grocery shopping bring your own cloth shopping bags to help eliminate the destruction of trees and the fact that plastic takes over 1,000 years to decompose.



James A. Ferrel M.D., CNC's Gift To The World!



**Now Available. Download yours free
when you join the Wellness community at
www.lifedynamix.com**

**Or order it online at www.lifedynamix.com
Soon available with it's companion DVD
at a finer wellness store near you!**

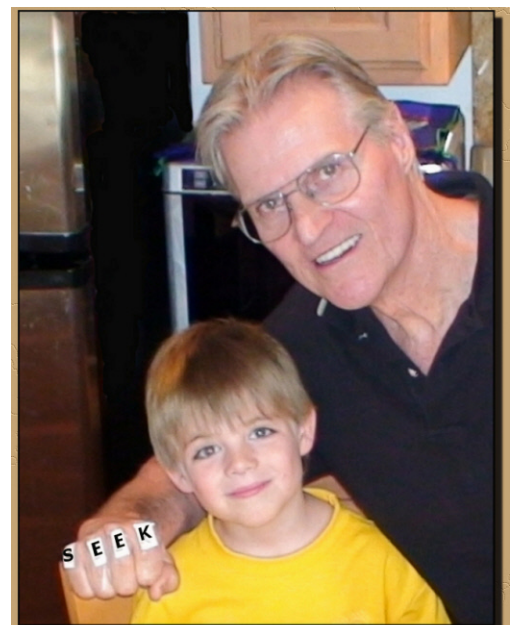
Neogenesis is a timely book with a companion DVD that helps the reader understand the factors influencing an alarming change currently evolving in the health profile of our Homo sapiens species.

The author shares his wisdom from over 35 years as a Physician in his personal quest to mitigate the modern health challenges associated with this destructive process.

- ▶ **Would you like to empower your health choices?**
- ▶ **Would you like to become an expert in wellness?**
- ▶ **Would you like to read the most innovative health book of the decade?**

If so...**Neogenesis** is the perfect book for you!

It emphasizes the small lifestyle changes that make a big difference.



Dr. Ferrel with his grandson Max

The Top Seven Reasons People Break Their New Year's Resolutions

Dr. Stephen Kraus



Have you broken your New Year's resolution yet? If so, you aren't alone. Studies suggest that 20% of resolutions are broken within the first week of January. At least 80% are broken within one year, and the actual figure is probably much higher. But the big question is: Why? An even bigger question: What can we do about it? In this article, we'll explore the top seven reasons for breaking resolutions, and proven science-based techniques for avoiding them.

#1. All-or-none thinking.

"Resolutions" set us up for failure by luring us into all-or-none thinking. Most people think in terms of "keeping" their resolutions, or "breaking" them. Thinking in black-or-white terms of "success" or "failure" can be fun as long as you are making good progress. But the joy of feeling like a "pure success" soon fades with the first minor setback, and you plunge into feeling like a total failure. In other words, all-or-none thinking leads to the next cause of breaking resolutions: the snowball effect.

#2. The snowball effect.

We've all experienced the snowball effect: letting a minor lapse snowball into a major relapse and a total collapse. Because all-or-none thinking is a major factor, it happens to resolution-makers all the time. Dieters frequently suffer from the snowball effect as well, because they typically think in terms of being "on" their diet, or "off" it. Any little setback leads them to think that they have "broken" it, and they pig out.

#3. Overlooking progress, and dwelling on setbacks.

The "law of effect" is the most fundamental law in psychology. It's simple: actions followed by rewards are strengthened and likely to recur. It seems obvious, but most people do just the opposite. Study after study has shown people who try -- and fail -- to make life changes self-reward too little, and self-punish too much. Resolutions makers (and dieters) do this all the time. After two weeks of healthy eating and exercise, for example, they have an ice cream cone. But instead of rewarding themselves for two weeks of solid progress, they beat themselves up over their minor setback.

#4. No plan (& bad goal setting & we forget)

These reasons all go together, and they all have the same root cause. Most people resolve to do X in the coming year, and don't think much beyond that. But an annual resolution is too far in the future to be motivating. You won't be inspired to take action, or to make a plan and follow through. And because such a distant goal simply won't show up on your "radar screen," you'll soon forget about it. Until next New Year's. Instead, studies show that resolution-keepers use the proven principles for setting goals that will keep them focused, motivated and confident.

#5. The "nice-to-keep" syndrome

Let's face it -- for most people, their resolution is a "nice-to-keep," not a "need-to-keep." Sure, they'd like to be fit, or quit smoking, or have better relationships, or whatever. But by January 7th, they get focused on issues that are supposedly more "pressing," or get bogged down "putting out fires." Their longer-term, nice-to-have goals keep getting put on the back burner, and are soon forgotten. Resolution-keepers do it differently. They use a variety of commitment-enhancing and pre-commitment strategies that ensure they avoid the "nice-to-keep" syndrome. They find ways to keep themselves accountable, and follow through on the things that are truly important to them.

#6. No Vision (& not understanding the all-important "why")

The motivating power of any goal comes from truly understanding *why* you want it. But most resolution-makers don't think through their underlying motivations. Just wanting to lose ten pounds for its own sake may be a fine goal, but it won't be enough to motivate you when you have to make sacrifices or suffer a setback. But you'll have that motivation if you know that getting in shape will mean having more stamina for playing with your kids, or going on a big hiking trip with your friends. As Antoine de Saint-Exupery once put it: **"If you want to build a ship, don't drum up people to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea."** Clarify your Vision, and motivation will come.

#7. Not enough action.

All of the "small" reasons for not keeping resolutions add up to one big reason: not enough action. Most people know what to do in order to keep their resolution. They have the blueprint for success. But they don't take sufficient action. There's no great secret to weight loss success - just burn off more calories than you take in. Eat more vegetables, watch your portion sizes, and exercise more (studies have shown that weight loss maintainers average one hour of exercise per day!). It's not hard to figure



out. It's just hard to do it, and maintain these lifestyle changes over the long-term. Most people start out OK, but don't take sufficient action to make cement their new habits, and make their life changes permanent.



Harvard-trained psychologist Dr. Stephen Kraus separates the science of success from self-help snake oil. Get his free 7-day Real Science of Success e-course, and report on Becoming More Resilient & Persistent at www.RealScienceofSuccess.com



The Perfect Union of Human and Nature.

Serf to Surf is an all natural hemp oil, body, skin, tanning and hair care line. Educate others to the benefits of natural products.

Click here to visit

Coping With Post Traumatic Stress Syndrome

Question

I'm a widow of 22 months - my husband was shot and killed in a bar and died in my arms, also 1 other person died and 4 others wounded , I've to all the doctors I can go to and I'm still having a lot of problems so I'm reaching out for all the info I can any books, anything I can, I can no longer take the drugs they do not help only suppress the problems, I barely sleep. So any info would be helpful thank you very much.

Response

What you have experienced is incredibly painful to say the least. It is not abnormal to feel as you do after such an event because of the way the nervous system is hardwired. The following are suggestions that should help the recovery process:

Dealing With Post Traumatic Symptoms

1. Find Support Groups

Check if you have support groups through your city, at your work, club, church, organization etc. Communicating regularly with those who have experienced traumatic events will help speed up the healing process.

2. Take Steps To Give Yourself A Sense Of Reasonable Control.

After a situation such as you experienced most feel a sense of helplessness. So taking clear steps to feel more in control can be beneficial. There are many things we just do not have control over, however, we do have control over where we go and what we do. Avoiding areas that maybe more prone to violence such as parties

and places that serve alcohol, etc. maybe a step that will help you feel less vulnerable.

The serenity prayer

Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

3. Bathe Yourself In Love

Spend more of your time thinking, saying and doing things that guide you toward loving energies. The more you dwell in thoughts of loving energies and less of those from fear the faster you will heal. Make it a priority to mentally focus on what you want rather than what you don't want in life. By cultivating your connection to loving energies you will discover the most potent healing power available.

4. Spend Time With Nature

Make it a point to spend some time each day outside with some form of nature.

Make a garden

Sit under a tree

Hike a mountain

Visit a peaceful park

Take your dog for a walk

Feed birds

If you have tried all of the above and it does not feel that you are making progress seek a compassionate counselor or therapist for help.

From what you learn through this entire experience will most likely allow you, if you choose so, to be extremely helpful to others who experience tragedies. Helping others is also a way to help you heal.

Tips For Insomnia

Insomnia affects millions of people.

Recommendations include eating a well balanced diet of plenty of fruits and vegetable, stress reducing techniques such as meditation, avoiding medications whenever possible as well as stimulants such as caffeine, and avoiding the news or other stimulation that triggers the mind to race before bedtime. Moderate exercise and light sun exposure are also recommended.

Vital nutrients are essential for the mind to function well. Without these nutrients mental health will suffer. Eat a variety of vegetables, fruits, nuts, legumes, and whole grains in your daily diet.

Toxins interfere with brain chemistry and can trigger many depressive conditions. It is important to limit toxins whenever possible.

[Click the following url for tips on limiting exposure to toxins:](#)

www.lifedynamix.com/features/tips

Exercise is important for stimulating happy mental chemicals. Implement aerobic activity 3-6 times a week.

The following free e-book should provide helpful advice for insomnia:

[Relief From Insomnia: Naturally](#)

www.lifedynamix.com/ebooks/insomnia.pdf

Delightful Dreams,
your friend in wellness
STEVEN



www.lifedynamix.com/community/Steven

Very helpful information... good things to know as a massage therapist for the clients that ask those kind of questions. thanks Steven.

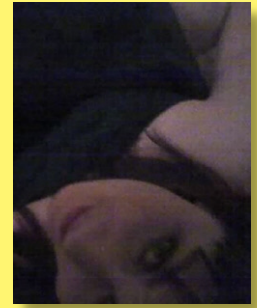


www.lifedynamix.com/community/butterfly_nadine

In addition to many of the things Steven mentioned, I have been taking St. Johns Wort regularly and using essential oils to help support my mood. Color can also be used.

Just by looking at a certain color we can

change our mood. Secrets of Color Healing by Stephanie Norris tells much of what there is to know about how to use color. #3 on Steven's list is so important, a book I found helpful is "You Can Heal Your Life" by Louise L. Hay. I lost a very good friend recently in a similar situation. I, fortunately, was not there. I send my warm thoughts to you and wish you well.



www.lifedynamix.com/community/katibean

I have read that much of the ongoing stress resulting from highly traumatic situations occurs because people remember the events (visualize them) as if they were still in them. If they can re frame the memory and look at the situation from the outside so they see themselves as well as the other people, the emotional stress is lessened and healing can begin. Adjusting the tone of the memory can be helpful as well. If the pictures in the mind are bright and in color, emotional intensity can be reduced by changing these pictures to black and white, softer images. Once the emotional response is reduced, the body, mind and spirit begin to calm down and the person can begin the normal grieving process and the process of recovery.



www.lifedynamix.com/community/Selana

This post is at the following url:

www.lifedynamix.com/community/forums/display_topic/id_16/



Whenever you have **truth** it
must be given with **love**,
or the **message** and the
messenger will be rejected.”
Mahatma Gandhi



Building Health And Wealth In This Economy



How you do prosper in this economy?

Find new resources within yourself and become more open to new technology, new business models, and educate yourself on trends, interests and what people are doing with their health, income and lives. There are so many more opportunities to prosper in this economy than any other!

More millionaires were created during The great depression than any other time in history! Do you think we have a chance to develop more billionaires during this economy? yes, Yes and Yes! That is the opportunity in front of you now.

Visit the link below to view CYNTHIAVP's profile:
www.lifedynamix.com/community/cynthiavp

Successful living

How many times has success eluded you? Maybe you have never tried harder, pushed harder or believed long enough? Maybe you have never set any goals for yourself.

"To laugh often and much; to win the respect of intelligent people and the affection of children; to leave the world a better place - to know even one life has breathed easier because you have lived. This is to have succeeded."

It is about believing in your abilities. Every moment that you spend in convincing yourself that you are made for success, you will get there.

There is a saying, "**Whatever you dwell upon grows and expands in your life.**" Therefore, you must focus your thinking on the things you really want in your life.

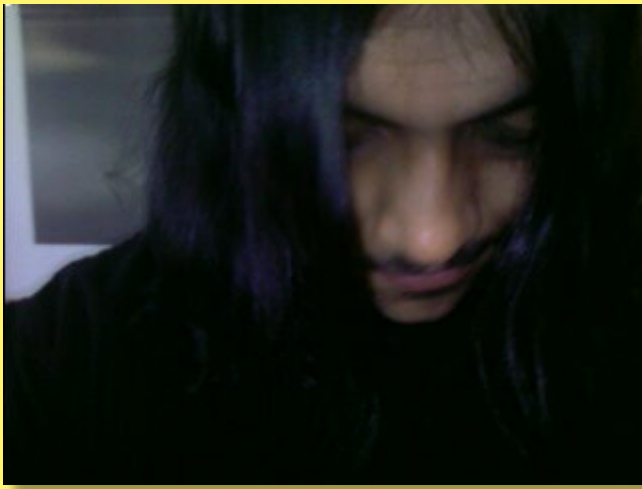
You continually attract into your life - the people, ideas and circumstances that harmonize with your dominant thoughts, either positive or negative.

So do not apply limitation to your thinking. Think big and act big. Stay motivated, success is yours to be!

Shiningstar



Visit the link below to view Shiningstar's profile:
www.lifedynamix.com/community/Shiningstar



Visit the link below to view Syrno's profile:
www.lifedynamix.com/community/Syrno

Syrno

"GIVE MORE THAN
YOU TAKE & THIS
WORLD WILL BE
A BETTER PLACE."

Relaxing

When I'm stressed in life,
I love to relax & kick back
Enjoy the quality of life,
Kick off my shoes and just laugh
Wiggle my toes in the air,
Don't mind the strange stares
From me, Worry free energy
breathes freely without a care

Sometimes the world pushes
and pulls me in different ways
But the hidden meaning,
Is accepting the beauty in every day
I'm only here for a limited time,
So I continue to strive to shine
Another one of a kind find,
That appeared when the stars aligned

So through precious moments of time,
Let me live for today
No need to hurry through life,
Let's all celebrate together & play
How can anyone know the way,
We're all moved by our own spark
Even when we hurry along the way,
Our hearts always leave a mark

A Voice For The Silent

Gather around Dear Friends;
It's our time to take a stand.
United together our voices;
will reach farther than hands.
Please help the suffering end;
of all our sweet silent friends.
No voices have been heard for years;
beyond the lies of man.

Often masked by sin;
what is this cruel world we live in?
For society to move forward;
why must we torture from within?
All animals deserve to breathe;
never to be murdered again.
Banded together we can end;
the need for anymore bloody sins.

Beyond the realm of the written;
we can help stop the pain.
No real reason to profit from pain;
if we all live in shame.
One by one a wall of love as always;
will help bring a change.
There isn't a need for us to succeed;
when others die in vain.

As always...Syrno

CelebrandoVida



"You must be the change you wish to see in the World"

I often contemplate this quote by Gandhi whenever my mind wants to go into judgement. As I meditate, expand my mind and embrace all the love and abundance that is around me regularly, I am present it with the realization that in order to receive greater level of awareness, I have to bring truth to the things that I don't like in me and immerse in an environment that represents only the good in everything. I understand that I have mental faculties that allow me to choose what I think, feel, and the actions I take about any given experience and therefore I have to take responsibility first for the results that are going on with me. I also have learned to accept that there is a Universal process in which changes require an inner transformation, and I enthusiastically open myself to become the new me that can handle such demands.

Even though I have made many mistakes while playing this game I call life, I am always humble because no matter how much I have grown, I am just scratching the surface of my human potential; You can't miss, what you have never experience. I appreciate the opportunity to utilize this services and your interest on receiving my sincere gift. If anything, it's my intention to share with you that changes begin within our self first. If you find yourself judging, just forgive yourself, understand that is an ego trick to keep you trap in this illusion, and quickly get connected with Truth.

Darsana (CelebrandoVida) www.lifedynamix.com/community/CelebrandoVida

My Burden

Life is fast never slowing
Always changing where were going
Twists and turns ups and downs
Lots of smiles and lots of frowns
Pains so many, feel too weak
Never knowing what I seek
Hurts to sit, hurts to stand
Hurts to do anything with my hands
Jaw gets stiff and starts to lock
Sometimes it hurts to even talk
World is grey yet I still see light
A little hope along with a starry night
At first I said god why me
But now I understand; now I see
Now I thank god
because I don't know what id do
What if instead of me it was you?
By Evan Garcia (Blessed One)

www.lifedynamix.com/community/Blessedone

Blessedone



WIZARDS OF WELLNESS

This section is dedicated to the true magicians of wellness. The world is a better place because of these passionate people.

PETA Founder Ingrid Newkirk Helping The Voiceless

Steven Ferrel

When did you first realize that you had a passion for contributing to the wellness of Animals?

Ingrid Newkirk

While spending most of my childhood in India, I witnessed the suffering of impoverished human beings and animals every day. My mother made our house into a home for refugees, regardless of species. The turning point for me was when I witnessed some local people laughing at a dog who had had his mouth stuffed with mud and had been hobbled in the sun. The dog ended up dying in my arms.

Steven Ferrel

What was your first major step in becoming an angel for the wellness of animals?

Ingrid Newkirk

Becoming aware of how the dog I grew up with, Seanie, felt; his happiness, his fear, his pain when ill. He was like a brother to me and we read each other's faces, had adventures together, and I realized,



Ingrid Newkirk with Little Man

through him, that all of us, no matter whether dog or human, experience the same emotions and seek the same comforts and the avoidance of the same unpleasantness.

Steven Ferrel

How did PETA start?

Ingrid Newkirk

In 1980 PETA was started in the basement of my apartment in Maryland. Public attention was first received in 1981 when the co-founder and I conducted an undercover investigation in what became known as the Silver Spring monkeys case. We gathered evidence inside this primate research laboratory in Sliver Spring,

Maryland, showing that the monkeys were living in filth, in tiny cages with wires protruding from them; often going without food, dying for lack of medical attention, and tortured in a shock box. That evidence we provided it to the police, and a warrant was served on the laboratory at the Institute of Behavioral Research. When the primates were removed from the laboratory they were seen on national news, and many viewers nationwide contacted PETA to find out what they can do to help.

Steven Ferrel

May I ask about some important steps that others who are passionate about animal rights can take to get started on their journey toward helping our furry friends?

Ingrid Newkirk

I have written a book called *Making Kind Choices* that helps people see how easy it is to incorporate compassion into every decision, from what to have for breakfast to what to do when you retire at night, or from work, and everything in between. The first thing is to become more aware of the abuse that occurs, and make informed decisions about the products we buy (are they tested in rabbits' eyes?) and foods we choose (do they subsidize the slaughterhouse and factory farming?), what

we wear (pelts? Leather? Wool?) which health charities we support (do they test on animals?) and what entertainments we go to (the animals circus?). We can easily arm ourselves with a great vegan cookbook and switch out the meats, milk, and eggs for vegan foods, soy and rice milks, and so on; we can easily choose from over 600 brands of makeup and cleaning products that do not test on animals; and so much more. Speaking up when we witness or hear about animal abuse makes a big difference, too.

Animals can help us open our eyes, hearts and minds to the awesome variety of life forms who are like us in all important ways, and that realization can let us live as the kind of people we can be proud to be, free from prejudice, full of understanding, empathy and willing to reach out and help those in need.

Steven Ferrel

PETA is the largest animal right organization in the world and has benefited the wellness of animals in many ways. Please name a few of your favorite PETA achievements?

Ingrid Newkirk

Obtaining the first search warrant and conviction for cruelty to animals against an experimenter; the first felony convictions of pig farmers; stopping hundreds of companies from pouring chemicals down animals' throats to test them; helping to pass a cruelty to animals law in Taiwan; and stopping every car company in the world from performing

crash tests on animals. There are countless more, but those are just a few.

Steven Ferrel

I heard about a fascinating contest that PETA designed to create a meat alternative using animal stem cells to harvest cruelty free meat. May I ask if there is any progress in this innovative technology?

Yes, this has created a buzz in the in scientific world of in vitro meat development.

Ingrid Newkirk

Scientists are working now on perfecting the texture of in vitro meat, which is grown from just a few cells. It will be possible within the next decade, we believe, to eat meat that involved no cruelty, no factory farming, no slaughter, and contains no salmonella or E. Coli.

Steven Ferrel

When your time here on this planet is over... what would you like people to remember about you?

Ingrid Newkirk

That I don't count, but that their activism does, that all that matters is that they do their level best to help others who have less or nothing.

Steven Ferrel

May I ask what your primary message of Wellness for the world is?

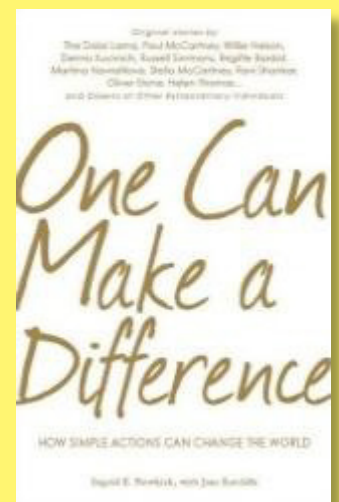


Ingrid Newkirk

He who dies with the most toys, loses, but he who dies having done all that is possible to improve the lot of others, that's the ticket. Animals can help us open our eyes, hearts and minds to the awesome variety of life forms who are like us in all important ways, and that realization can let us live as the kind of people we can be proud to be, free from prejudice, full of understanding, empathy and willing to reach out and help those in need.

For more information on People For The Ethical Treatment Of Animals visit: www.peta.org

One Can Make a Difference: How Simple Actions Can Change the World, is an enlightening roadmap for anyone who seeks a just society and strives to make a positive impact on our world.



www.peta.org/feat/makeadifference

What Matters Most A Conversation With Paul Samuel Dolman

Question

What advice would you give anyone who is trying to improve the current state of his or her life?

Paul Samuel Dolman

First I would like to say thank you for taking the time to come here and set up this process. In terms of your initial question I don't like to use the word advice, since it implies I know something that you do not. I could probably offer some guidance based on what has worked personally for me.

So how can you bring a greater degree of resonance to your own life? The first step is to find out who you really are.

This can be done by connecting with your true self. By accessing the higher part of your being you put your self in touch with an unlimited amount of timeless wisdom capable of changing your life. Every Answer to every question and every solution to every challenge lies right there within each and every one of us.

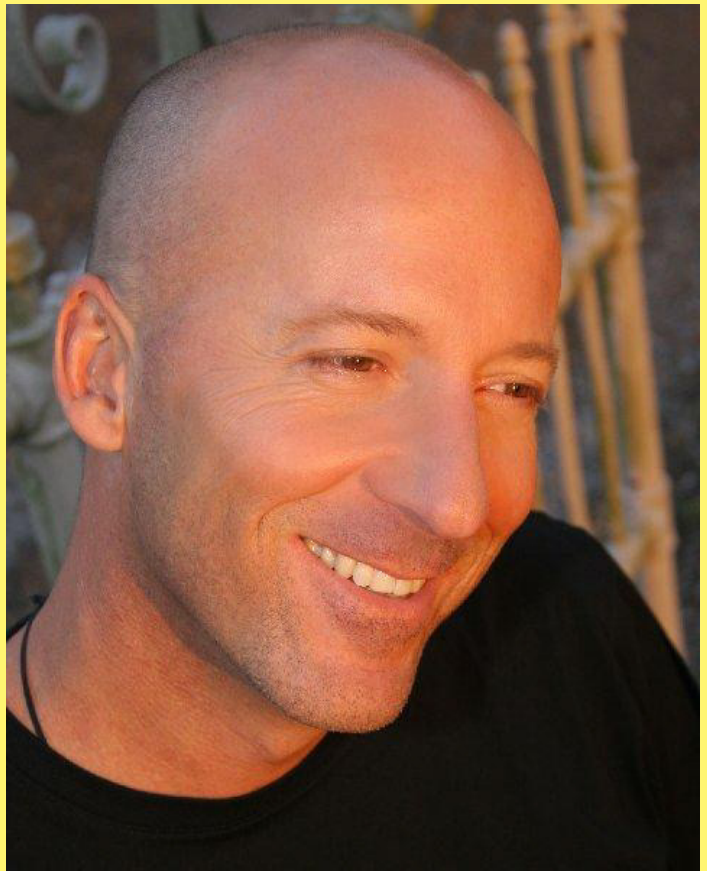
It is a beautiful thing.

Question

So how does one get in touch with one's higher self?

Paul Samuel Dolman

The paths are as varied and infinite as there are people yet they all seem to point towards some form of getting a little quieter and tuning into one's self. For some this may be a walk in the woods or a stroll along the beach while watching a magnificent sunset.



Paul Samuel Dolman

You can do it with the warm water running over your hands while washing the dishes.

I happen to meditate on a daily basis which allows me the chance, if only for a moment, to quiet the workings and wanderings of my chattering mind.

Question

Is there a difference between praying and meditating?

Paul Samuel Dolman

For me there is a subtle one. When I am praying I feel like I am 'speaking' to God and when I am in meditation I feel like I am 'listening' to God. As in my life I tend to get a lot more out of listening than talking!
(Laughs)

Question

If can we get in touch with the deeper or higher part of ourselves we will find more peace?



Paul Samuel Dolman

I would think so though the benefits may not be as immediate as taking an aspirin for a headache. The rewards of the spirit may take some time and have a more cumulative affect. Be patient and try not to judge yourself or the process.

When we go deep within ourselves we see that we are a lot more than a carbon based life form simply trying to get its basic needs met. This primitive survival mode is the terrain of the ego or mind and while all of this is well and good the ego's agenda tends to be different from that of the soul.

The polarity between the soul and ego like that in an atom creates the energy from which our life force comes. So once again we see that it is all just the most beautiful process. Yet this polarity, this conflict also creates most of the inner noise and outer strife not only within us but also within the world at large.

By getting in touch with who we really are, which I believe to ultimately be an eternal and mysterious force, we can transcend the

petty desires of the mind while putting the ego into alignment with the larger aspects of our Being.

We thus become more holistic and thus more resonate in the world. We become more peaceful. We have all experienced this to varying degrees at one time or another when things just seemed to flow our way.

Question

With all the noise and distraction in the world how do we get quiet enough to hear that still small voice within us?

Paul Samuel Dolman

We have to create the time and then have the discipline to follow through with it all the while being patient with ourselves in the process. Always remember that all of life is simply the most beautiful and miraculous ongoing process. There is no getting there.

Life is just constantly and eternally unfolding. There is no goal of peaceful or happy it is much more about being than doing. That is why we are called 'human

beings' as opposed to 'human doings. I would say try to enjoy the process with as much joy, love, and compassion as possible.

But it is up to us create a space where for just a few minutes each day we can disconnect from the temporal world and its endless and casual concerns and get in touch with the deeper aspects of our being.

Question

How did you come to these understandings?

Paul Samuel Dolman

I have no idea (laughs).

Even though that was an obvious one liner there is a lot more truth in it than I probably care to admit.

First I've been extremely fortunate in that my life has been set up in a way that I could explore this path and I have had many excellent teachers many of whom probably had no conscious idea they were showing me a multitude of truths. If you can reach a certain level of awareness you will soon see that everyone and everything has a magnificent lesson or gift to share with us.

In the movies because of time constraints and short audience attention spans when it comes to enlightenment there is always a super moment when lightning strikes the hero or heroine knocking the seeker off of a horse and on their ass but most of the time in real life it is an endless series of moments rather than one magical instant.

Yet all moments are magical instants if you wake up to that truth.

I like to say that I was and am the rough and jagged stone and God or life was the river gently over eternity smoothing out The edges and refining me into what hopefully will become a work of art from Creation itself.

The sculptor is still at work.

Question

Do you see the Creator or God as somewhat separate from you and the world?

Paul Samuel Dolman

No not at all though when we talk about this it is challenging because the mind can only process through the filter of either/or and this question like all of the mystery dwells in what is called 'paradox'.

Paradox is a nice word we all made up that sort of says the mind has no idea how that works and God happens to be the all time greatest paradox. In fact I think 'The Great Paradox' would have been a much better word to embody this transcendent force that cannot not be embodied.

An analogy that I like to use is that of the ocean and its waves. God is the ocean and we are the waves so at one point where does a wave stop and the ocean start? This also helps to explain how God can be ever changing but always the same because while ocean is never the same in any moment it is still always the sea.

God is everything that Is and everything that Is not and in terms of things like this interview that is a tough concept because the linear mind is at a loss to get its conceptual arms around all of this.

Ultimately we have to leave it where we found it on the doorsteps of the Great Temple of Mystery and gently surrender to our not knowing.

Question

What about when things like the Tsunami occur and people wonder what God's role is in all of the death and destruction?

Paul Samuel Dolman

You mean "How a loving God could let it happen or let so many people die and suffer?"

Question

Yes why would God let things like this happen to people?

Paul Samuel Dolman

That is a great question you brought up because I bet a lot of people have this thought when it comes to all kinds of things. I know that I certainly have these questions in terms of all kinds of suffering.

Let me first say that I don't want my little trivial answer in any way to reflect a lack of compassion and empathy for the enormous amount of loss so many people have suffered because of this single event. In human terms it is truly a tragedy plain and simple.

In terms of this Tsunami there is no way with my limited little mind to know 'why' it happened but it does cause me to reflect on my own set of questions like; is the earth trying to tell us something in terms of the way we are living within the framework of the miraculous ecosystem? Are we being good stewards of this sacred planet? The obvious answer to that question is absolutely not.

Another thing that really struck me was that all of the animals that lived along the devastated area somehow moved away before the waves hit so I think that the vast majority of them if not all them were spared. What are they tapping into that we have somehow lost a connection with?

If we didn't spend billions on weapons of mass destruction would we have had the resources to develop and implement an early warning system that would have dramatically reduced



the amount of death and suffering? My guess is we would have been able to do more than there is currently in place.

While the death of a couple of hundred thousand people is no small event it pales in comparison to amount of people who die every week from starvation and preventable illness. What are we going to do about that?

Like a child that does not want to grow up and take responsibility for its own life we would much rather lay it off on God but I believe it ultimately falls back to us every time. Which is fantastic because that means we are actually free to do something about it and to change it.

That is the beauty of God's greatest gift.

Question

Which is?

Paul Samuel Dolman

The gift of free choice and thank God for it because this means we can create whatever we want in any moment and the world you see now with all of its violence and suffering is that of our own creation. Until we consciously own this and then

choose to do things differently they will continue to be the same.

Someone once said "The definition of insanity is doing the same things over and over yet expecting different results." That truth sounds like something you would tell a pre-school or kindergarten class and yet here we collectively sit with it.

Lastly on a topic we could talk for years on; for some reason death is considered this horrible ending when it truly is life's most glorious beginning.

Question

Why are we so afraid of dying?

Paul Samuel Dolman

Perhaps because we are not living in truth. The truth of whom we really are; an eternal and mysterious and miraculous energy phenomenon and even that little pathetic sentence does nothing to touch our glory and magnificence.

When we experience physical death all the illusions we have meticulously surrounded ourselves with throughout our life fall away and the truth of who we really are is revealed to us in all its inherent glory.

If death is such a bad thing and we all are going to die this whole thing is an odd little set up but we are so far beyond all of that yet we simply do not know it. We think we are this puny carbon based space suit instead of the infinite force that embodies the vehicle. We are identifying ourselves as the light bulb instead of the light and the mysterious electricity that infinitely flows through it.

Oh if we only new.

But yet we can know and that completes the circle of what we started talking about. We can know if we go within us and find this truth and we can find it if we only seek it

for Truth has no choice but to reveal itself. This is really why I came all the way down here; to simply remind you of everything you already know, I'm here to say while you have been looking for your car keys they have been in your pocket the whole time.

Question:

So you really believe that?

Paul Samuel Dolman

Absolutely!

So I say to you and anyone who may happen to read this, 'Go forth and seek your truth, go forth and find your true self. Not my truth or any particular church's truth but your own personal truth.

Like the great Jesus himself said, "You shall know the truth and the truth shall set you free."

Truer words were never spoken. Give yourself a few minutes a day and God will give you the Universe in return. This is my promise to you and this is God's promise to all of us.

Someday I look forward to seeing all of us together in that place where we all collectively choose to end the suffering as we know it and join together in a Magnificent brotherhood of man.

I say let's start today?

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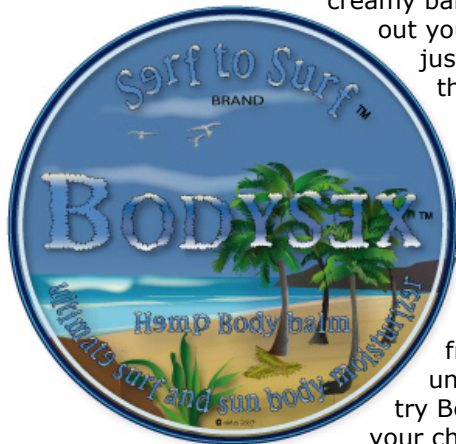
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Annmarie is wearing a 100% bamboo ecoHoodie from Global Ghetto Organics that is hand-sewn and braided.



Jax is wearing Global Ghetto Organics classic logo tee made of 70% bamboo, 30% organic cotton.

FASHION WITH COMPASSION



Jax is wearing Global Ghetto Organics hidden logo tee made of 70% bamboo, 30% organic cotton.



Annmarie is wearing a 100% bamboo ecoThermal from Global Ghetto Organics, extra-long sleeves, big scoop neck, super yummy fabric.



GRIER is wearing a 100% BAMBOO reversible bucket hat from Global Ghetto Organics, antibacterial with natural UV protection.



Ashley is wearing a luxurious bamboo Chakras tee from Global Ghetto Organics made of 70% bamboo and 30% organic cotton.



Ashley is wearing a luxurious bamboo PEACE BLESSING Mudra embroidered tee made of 70% bamboo, 30% organic cotton from Global Ghetto Organics.



Jax is wearing Global Ghetto Organic's best-selling Industrial Organics Bison tee made of 70% bamboo, 30% organic cotton.



Open Letter To Oprah - "Oprah 'Embarrassed' By Her Weight"

Dorothy M. Neddermeyer, PhD

Dear Oprah: The headline, 'Oprah 'Embarrassed' By Her Weight' for an article posted by PopEater/Wire Services on the Internet has prompted me to write to you regarding your comments in the January issue of "O" magazine that you weigh 200 pounds.

To your embarrassment and chagrin and in spite of all the professionals at your side, you have created the opposite of what you desire. Your chagrin and embarrassment is understandable, but is counter productive.

It is not your fault you have struggled with maintaining healthy body weight, albeit, you know the health risks and have a cadre of professionals to guide you in your quest. The reason it isn't your fault is this:

Food is easy instant gratification. Food is a way to soothe oneself and to distract oneself or stuff down feelings.

Unresolved emotional issues are at the core of anyone's inconsistent weight issues. Emotional, sexual and physical abuse (a.k.a. corporal punishment, spanking) are the most prominent emotional wounds that causes childhood and/or adult erratic body weight.

"...Two hours after that show, I started eating to celebrate - of course, within two days those jeans no longer fit!" This statement clearly indicates you are eating for comfort, for recognition and to extend the good feelings. Ask yourself these questions to shed light on why food makes you feel better:



As a child was this a food I ate for Comfort?

As a child was I offered food when I was unhappy?

Are there wonderful memories of happy times connected with eating food or a particular food?

Are there events and people that I associate with food?

Was food the focal point for family gatherings and good times?

Is food the focal point for gatherings and good times now?

Do I eat some foods, because they make me feel good, and remind me of happier times?

Oprah, you know all the reasons to maintain healthy body weight. You want to be healthy. You know you want to take better care of yourself. You are embarrassed by what you see in the mirror-bulges and being out of shape. The answer lies in a single word. **LOSE.** Yes, Lose. **No one wants to lose anything.**

Psychologically, when we make the statement, 'LOSE weight,' the psyche experiences an immediate reaction to LOSS. It is not human nature to want to lose anything. People don't want to experience a loss. Loss hits emotional, sexual and physical abuse survivors harder, because they have experienced the loss of integrity, trust, dignity, and sense of authentic self. People do not want to lose their identity-albeit the body they see in the mirror is embarrassing, but it is preferable to feeling the feelings that are kept at bay with the distraction and comfort of eating. Nobody wants to be a loser-albeit for a good reason. We want to gain. We want to be thought of as a 'Winner.' When you lose something you look for it.

Unconsciously, losing weight is losing a part of yourself-albeit a part you would rather not have-yet, unconsciously you don't want to lose it and you look to replace it when it is gone. The answer is: **Stop dieting to LOSE WEIGHT!!!**

There is a battle going on between your conscious and subconscious mind. Your conscious mind knows you need to maintain a healthy weight for your health and well-being-but your subconscious mind resists the process because, "Lose"



is a negative command.

The secret is: Focus on what you want to gain not losing. What do you want to gain? What do you want to create? You create what you focus on. You become what you think about. If you focus on (think about) weight, you, struggle with weight. Focusing on creating health, happiness and peace of mind-is what you will achieve. When you know what you want...in positive terms...then the key is to look inward, heal the emotional wounds, change your beliefs about your experiences and forgive those who harmed you and forgive yourself. You will then achieve what you want-better health, self-esteem, fit and trim body, etc.

The majority of people are unable to access all the hidden emotional wounds that need healing, therefore, it is imperative to engage with a highly trained hypnosis professional. Talk therapy is inadequate to access the deepest emotional and spiritual wounding to heal what was caused by emotional, sexual and/or physical abuse

trauma.

Hypnosis goes directly to the subconscious to transform what you want to gain/create...only then is change possible. Using the most powerful mind transforming technique ever developed...hypnosis... in a positive way helps you become fit, healthy, strong, physically trim and attractive, you will gain/create the body you desire.

When you change your subconscious belief system you will walk, talk, eat, dress and live like the thinner, healthier, stronger, more physically fit and more attractive person you truly are. Change the mental programming...changed behavior follows. When one's behavior changes, one's body changes. Oprah, I wish you well on your journey to gain/create the healthy and trim body, happiness, peace of mind and well-being that you deserve.

Dorothy M. Neddermeyer, PhD, Life Coach, Hypnotherapist, Author, "101 Great Ways To Improve Your Life." Dr. Dorothy has the unique gift of connecting people with a broad range of profound principles that resonate in the deepest part of their being. She brings awareness to concepts not typically obvious to one's daily thoughts and feelings.

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The Naked and Unadulterated Truth about Alcoholism

David Roppo

The four theories of alcoholism and why they're all dead wrong!

Currently, there are four main theories relating to the cause of alcoholism; the biological, psychological, sociological, and social learning models. I believe that most of these theories do play a role in alcoholism. However, they mostly occur as a result of the addiction or in conjunction with it, rather than the direct fundamental cause of it! These theories represent the current views regarding alcoholism that are coveted by the medical community. Bear in mind, these are only theories, and none of them have been conclusively proven to be the cause of alcoholism.

The biological theory suggests that alcoholics have a biological abnormality that causes them to become addicted. The theory suggests that certain individuals are genetically predisposed to addiction by a faulty gene or perhaps a chemical imbalance in the brain, which renders addiction an incurable disease!

The psychological theory views alcohol addiction as problematic behavior. In other words, the individual uses alcohol to enjoy the effects that the substance has on the mind and body.

The sociological theory suggests that societies which produce higher levels of inner tensions such as guilt, stress, suppressed aggression, and conflict have higher rates of addiction. Furthermore, the model suggests that societies that are permissive of and

ADDICTION

encourage such behavior have higher rates of addiction.

The Social learning theory suggests that alcohol addiction is a learned behavior and continues because the user gets some desired outcome from it. The model also suggests that these behaviors are learned by being exposed to certain stimuli; people, places, things, thoughts and feelings.

The biological model theorizes that the chemical effect of alcohol coupled with a chemical imbalance in the brain cause patterns of destructive drinking. While it is true that alcohol does have an altering effect on the brain, so do other innocuous substances and even exercise for that matter. There is no empirical evidence to suggest that sugar or any other innocuous substance produces a permanent change in brain chemistry, and nor does alcohol. If you drink a large enough quantity of alcohol, can it kill you? Yes, it can!

But, so can other innocuous substances! Maybe not as quickly as alcohol, but none the less, they still can! Many of the biological model proponents claim that these substances perpetuate a release of the neurotransmitter dopamine in the brain which creates a euphoric experience and the chemical co-dependent factor. However, a similar change in brain chemistry is created through exercise IE (the runners high) and from other common substances as well. So, is it really a matter of chemical co-dependence or a chemical imbalance? In my opinion, absolutely, unequivocally, not!

The psychological model suggests that the individual suffering from an alcohol addiction displays problematic behavior by using alcohol to achieve a desired effect.

Logically speaking, I would venture to say that people who drink destructively partake in that behavior to achieve the desired effect of feeling high. However, that's not the reason they have an alcohol addiction! People choose self-destructive drinking not necessarily to achieve a desired effect but to mask the pain of underlying emotional distress.

Therefore, it is not a matter of treating the symptom, but more over, a matter of liberating oneself from the root cause.

The sociological model does touch briefly on the fact that emotional issues are related to alcoholism.

However, this theory seems to bridge the relation directly to the societal breakdown in some groups where higher levels of inner tension and permissive behavior are prevalent. I believe that it is not the emotional issue itself, but rather understanding the cause of the emotional issue that is of the utmost importance.

The social learning model suggests that drinking destructively is a learned behavior resulting from the stimuli of people, places, things and thoughts. I would not dispute the fact that repeated exposure to drinking alcohol could induce a learned behavior.

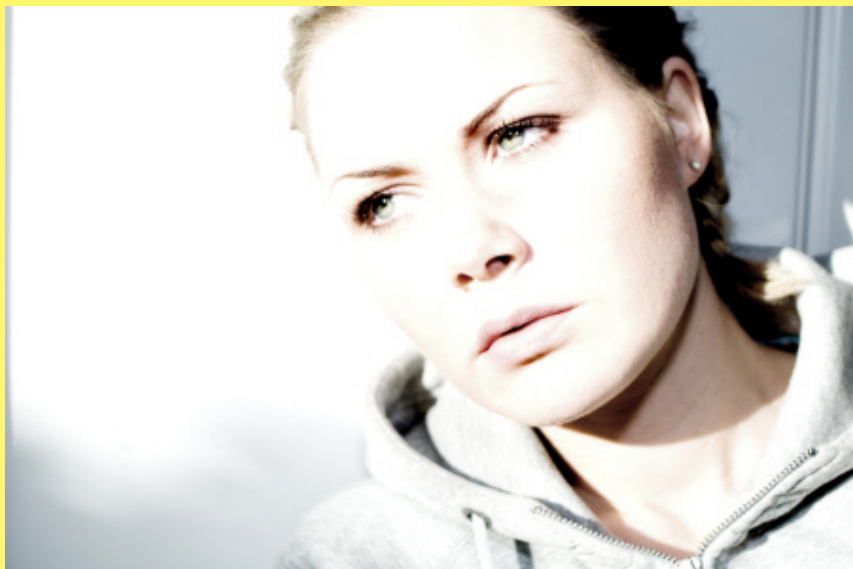
However, this theory can not explain why some individuals exposed to the same stimuli would opt to *just say no!* I believe that difference not only hinges upon whether an individual has the need to alleviate the pain of underlying emotional distress, but it's also subject to their level

of coping skills. While some of the above mentioned models touch on the fact that emotional distress plays a role in alcohol addiction, none of them have addressed the underlying cause of it. Are these emotional issues caused by the stress factors of school, work, relationships, peer pressure, financial difficulties, and every day life, or are they



caused by something that runs much deeper? Why is that some can cope with the stresses of every day life without having feelings of anxiety, depression, and emotional distress while others can not? Those that can

cope often possess a higher level of coping skills which allows them to process their emotions and make the necessary changes to remove the pain. On the other hand, those that can not cope turn to destructive drinking to alleviate their emotional pain. However, the emotional distress that causes addiction goes much deeper than every day stressors and usually stems from issues of family dysfunction. From a very early age we learn a system of beliefs from our families, and sometimes those beliefs serve us well while other times they do not! When you consider that eighty-five percent of all families are dysfunctional, you can begin to concur that these beliefs are frequently self-limiting to emotional happiness. And in an effort to avoid that unhappiness, people choose destructive drinking to alleviate the emotional stress, depression, and low self-esteem issues that are caused by these dysfunctional patterns.



Once you explore these questions, you may begin to discover the vehicle that is driving your alcoholism!

Best wishes,
David Roppo

The Addiction Freedom Coach
For more information on how to overcome alcohol addiction subscribe to my free E-guide:

www.5stepstoaddictionfreedom.com



Think about it for a moment while you ponder the following questions:

- **When you drink destructively does it comfort you and help divert your attention from emotional pain?**
- **Do you find it difficult to manage your emotions without the crutch of alcohol?**
- **Have you used destructive drinking as a means of self-punishment, regarding the guilt and shame you are harboring?**
- **Do you find it difficult to socialize with confidence unless you are drinking alcohol?**
- **Do you feel inadequate unless you are drinking?**
- **Are you fearful of facing your emotional issues?**
- **Are you fearful of being hurt emotionally?**

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New Year's Resolution Action Plan (increase your success rate by 10X)

Lynn Bode



Creating a new year's resolution can be a great idea, especially if you are resolving to get healthier (weight loss and exercise are the top resolutions made). But if you don't have an action plan it may be doomed before it ever gets started. Unfortunately, the majority of individuals who make a new year's resolution end up breaking it. By February, nearly half have already failed.

The following shows how many of these resolutions are maintained as time goes on:

- past the first week: 75%
- past 2 weeks: 71%
- after one month: 64%
- after 6 months: 46% (1)

But don't let those stats convince you to plop down on your couch with a bag of chips. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions. (1) So, if you want to lose weight or just get more fit in 2006, then resolving to do so may be beneficial to you. Just make sure you have an action plan that helps ensure your success.

A Department of Labor survey of adults asked them to identify the biggest issue that prevents them from achieving their New Years Resolutions or goals. The top 3 reasons

identified were as follows: Procrastinating 33%; Lack of discipline 24%; No game plan 19%.

Here is a specific action plan for diet and fitness related resolutions that will help eliminate these three top issues.

Find a positive support system. For some, family may be just what they need. But, if your family members are struggling with the same diet or weight loss issues as you and aren't ready to commit themselves to change, then you might want to look elsewhere. Friends may also be an option, but again if they are struggling with their own issues then you might want to enlist other help. Try finding a local support group of like minded people, go online for a virtual support group or seek out the help of a professional personal trainer or dietician.

Don't put off tomorrow what you can do today. One of the biggest obstacles new dieters/exercisers face is just getting started. If you continue to say "I'll start tomorrow," then you may find that tomorrow never comes. You repeatedly push it off and before you know it another year has passed by while you remain in the same place you were before. If you promise to start tomorrow, then do it! Don't allow any other "priority" to get in the way. At the risk of sounding cliché, Just Do It!

Start a new exercise plan slowly but remain consistent and build up on it. Follow this example:

- o Week 1: Walk for 20- 30 minutes just 2 times per week.

- o Week 2: Increase your walking frequency to 3 times per week. Add in one day of strength training. Try 5-10 exercises to target your entire body.

- o Weeks 3-4: Maintain the three days of walking and increase the strength training to two times per week.

- o Weeks 5-6: Increase the intensity of your walk sessions by increasing the speed and/or increasing the incline. If possible, walk four times per week and strength train 3 times per week.

- o Weeks 7-8: Time to change things up to keep your body challenged and avoid plateaus and burnout. Try adding a different cardio option at least two times per week (swimming, jogging, playing a sport, etc.). For the strength training, try new techniques like pyramids or super sets. You may need to enlist the help of a personal trainer for new ideas.

Start a new diet plan slowly but consistently. Avoid labeling any foods as "bad." Eat a variety but in moderation and include more of the nutritionally dense foods.

- o Week 1: Improve your hydration through your daily water intake. Try to consume approximately 64 ounces per day.

- o Week 2: Add in one extra vegetable a day until you are eating 5 servings of

vegetables every day.

o Week 3: Include one serving of protein at every meal.

o Week 4: Limit starches and sweets (simple carbohydrates).

For more weekly dietary guideline advice, visit www.workoutsforyou.com

The above exercise and diet recommendations give you a substantial game plan for your first two months. All you have to do is implement it. Post this action plan on your refrigerator or somewhere else that will force you to look at it every day. And, mark every action on your daily calendar to ensure it doesn't get bumped by some other priority.



Also, remember that setbacks are normal and should not spell disaster for your resolution. If you are following your game plan 90% of the time and only 10% of the time falling off the wagon, then pat yourself on the back and cut yourself a little slack! If you find yourself starting to really wane from the plan, then tap back into what helped you initially get motivated. Don't give up. Just start where you can (even if that's taking a few steps backward) and head toward your goal.

About the author: Lynn Bode is a certified personal trainer specializing in Internet-based fitness programs. She founded Workouts For You, which provides affordable online exercise programs that are custom designed for each individual. Visit: www.workoutsforyou.com for a free sample workout. Fitness professionals take your business online, visit: www.trainerforce.com

(1)Source: Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers, by John C. Norcross, Marci S. Mrykalo, Matthew D. Blagys, University of Scranton. *Journal of Clinical Psychology*, Volume 58, Issue 4 (2002).

An advertisement for eHealthInsurance. It features a woman in a blue hoodie and white pants, smiling and leaning forward. The background is a mix of blue and white. The text is in white and blue. There is a blue button with white text.

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www.lifedynamix.com



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A JOURNEY OF THE SOUL

With Bodhi



Our Common Humanity

Sometimes I am just a solitary bird searching for myself in the skies.

Sometimes I am an ant wanting to have a place in this great vastness.

At times I find myself helplessly scavenging for truth among the Lies.

Yet, I cannot help but be a lonely soul believing in humanity's greatness.

I care not for your temples and your creeds.

I care not for your words more than your deeds.

I anguish for religion's secret pride in owning heaven while hunger, war, and suffering in all the world happen.

All I want is for you to look into my eyes and you will see...the poverty and longing for a people that is free.

No class, no color, no race, no religion, no ideology can really destroy the inextricable bonds of our common humanity.

In The Corners Of The Heart

In my heart there are secret corners that lie silent in the night, I harbor dreams and visions pure and potent of love and poetry, of joy and glory, of the dawning of the time of pure humanity.

I know not of selfish souls full of greed and vanity. I know not of violent spirits rampaging earth's beauty. I only know of passionate spirits lost in the journey. But all of us will gently arrive at our

indescribable destiny.

With sincere and humble spirits we will remember our true selves. With courage and determination we will rise above our Weaknesses.

We will realize our totality and gain the wisdom that innately delves. In the corners of the heart, we will reach our best and finest.

Change Of Hearts And Change Of Structures

For many, change means changing individuals and when individuals are changed, it will eventually tantamount to a societal change if you add up all the small changes together. This is called the heart revolution--changed individuals would mean changed structures. For others, the target of change are social structures that eventually individuals so the formula change structures and individuals will be changed. History has proven that both are inadequate.

Stalin changed social structures and yet the individuals remained greedy. Religion changed Hearts, but the evil structures were not changed. For total transformation to be achieved, there should be a change in both individuals and structures. If we all support Obama for a change then we should also change the military industrial complex of corporate America that thrives on wars in order to make profit. If we all support sweeping economic changes we should also change our lifestyles by not spending more than we earn, by not consuming more than we produce, by not importing more than we export, by living a simple and contended life which is also environmentally safe. As Obama said, "we are all in this together.... Everyone has got to give his share of change....As the saying goes, "Be the change you want the world to be!"

Cosmic Musings on Humans in the Universe

Now that we are able to create super telescopes to find the origin of the universe, we have discovered that there is no life in this vast universe as much as we have. After looking at billions of planets and galaxies, we have found no intelligent life as much as we have it here in this planet. This makes the earth and the human so very special that we have to really really understand our place in the universe. If we end up in nuclear annihilation, then all the work of the cosmos is gone.

There must be something really wonderful and great that we human beings can do. I believe that we only have a faint idea of the beauty that we can really become as humans. If we can only transcend the challenges of our time, then we are ready to receive the

gift of our ancient heritage. If we can turn selfishness into selflessness, hatred into love, war into peace and bring back the original blessing of paradise where we can commune directly with all the animals, with God, and with all human beings, wondrous things await. If only...



Visit the link below to view Bodhi's profile:
www.lifedynamix.com/community/Bodhi



HUMOR

Humor is a delicious treat for the mind, body, and soul. Discovering humor in daily life will brighten the day while sharing it with others can illuminate the world.

Words of Wisdom With Guru Shami

Since your
future
depends on
your dreams.

Get to bed
and start
dreaming!

A balanced
diet is a
cookie in both
hands.

—
If you think
nobody cares,

try missing a
couple car
payments.



Guru Shami

Things To Ponder

Why doesn't glue stick to the bottle?

What was the greatest thing before sliced bread?

How can there be self-help 'groups'?

What is another word for thesaurus?

If you try to fail, and succeed, which have you done?

If swimming is supposed to be good for our figure, how do you explain whales?

Why does your nose run and your feet smell?

Very fortunately, man is also gifted with a sense of humor, whose function, as I conceive it, is to exercise criticism of man's dreams, and bring them in touch with the world of reality.

It is important that man dreams, but it is perhaps equally important that he can laugh at his own dreams.

Lin Yutang



ANGELS FOR THE ANIMALS

GROUP S

The Horror Of The Fur Trade

Please open your eyes to what is happening to some of the animals of our world!

Eighty-five percent of the fur industry's skins come from animals living captive in fur factory farms. These farms hold thousands of animals. The methods used in fur factory farms are designed to maximize profits. These animals live extreme painful lives. Minks, foxes, chinchillas, lynxes, raccoons, rabbits and even hamsters are raised for their fur.

The factory fur farm animals live with fear, stress, disease, parasites, and other physical and psychological damage. All for what? So, we can have their fur? Fur is NOT cool. It just makes me want to cry, every time I see someone wearing an animal. Because I know what that animal went through for that person to enjoy its coat. I believe you would feel the same way if you just watched a couple of videos on PETA's websites. Or even Google or You-tube it. You'll see all kinds of horror you never knew existed. It's not easy watching the videos, but sometimes we need to look at the truth, even when we don't want to see it and it makes you cry, even if changing makes our life a little inconvenient at first. You don't need fur on your clothes, You don't need leather shoes, coats, purses, wool or angora sweaters, etc... pick out something else, save the animals. Help us end the cruelty.

To cut costs, fur farms pack animals into small cages, preventing them from taking more than a few steps. Some are even packed on top of each other...The anguish and frustration of life in a cage leads animals to self-mutilate, biting at their skin, tails, and feet and frantically pace and circle endlessly. Foxes, raccoons, and other animals have been found to cannibalize their cage mates in their crowded confinement. Can you imagine breeding your babies to be tortured? Those mothers know what is happening to their babies. Animals are smart and amazing creatures. They feel pain and suffering just like we do, they care for and protect their children, just like we do. Bring up your kids to be Cruelty free. If we all did



that, just think what this world would be like years from now!

Animals in fur factory farms are fed meat byproducts considered unfit for human consumption. Water is provided by a nipple system, which often freezes in the winter or might fail because of human error. There are NO laws to protect animals in fur factory farms, and killing methods are gruesome. They use slaughter methods that can result in extreme suffering for the animals. Animals may have clamps attached to or rods forced into their mouths and rods are forced into their anuses, and they are painfully electrocuted. Others are poisoned with strychnine, which suffocates them by paralyzing their muscles with painful, rigid cramps. Painful gassing and neck-breaking, beating them on the head are other common slaughter methods in fur factory farms. Some of the animals even wake up while they are being skinned alive. Can you even imagine that kind of pain?

Here's a thought; would you wear your dog? When PETA conducted an undercover investigation into the dog and cat fur trade in 2005, investigators went to an animal market in Southern China and found that dogs and cats were languishing in tiny cages, visibly exhausted. Some had been on the road for days, transported in flimsy wire-mesh cages with no food or water. Animals were packed so tightly into cages that they could not move. Because of the cross-country transport in such deplorable conditions, the investigators saw dead cats on top

POTLIGHT



of the cages, dying cats and dogs inside the cages, and cats and dogs with open wounds. Some animals were lethargic, and others were fighting with each other, driven insane from confinement and exposure. All of them were terrified. Investigators reported that up to 8,000 animals were loaded onto each truck, with cages stacked on top of each other. Cages containing live animals were tossed from the tops of the trucks onto the ground 10 feet below, shattering the legs of the animals inside them. Many of the animals still had collars on, a sign that they were once someone's beloved companions, stolen to be bludgeoned, hanged, bled to death, and strangled with wire nooses so that their fur can be turned into coats, trim, and trinkets. Some fur items from China that we believe are fake fur are actually dog & cat fur. And you don't even know you are buying it. Think twice before buying!! Think about your dog; think about your pet cat. Please help us stop this. So, please do not buy fake fur items made in China. They might be made from someone's once best friend!

The fur ads you might see in magazines and commercials portray fur coats as a symbol of elegance. These ads fail to show how the original owners of these coats met their horrible deaths. I really believe if people really knew how these animals were treated, most would stop wearing and buying fur. Most do not have any idea of the horrors of this industry.

The seal hunt is another horrible event for fur & meat, they call it a sport. Bashing baby seals on the head, in front of their mothers. A sport? It's

horrible. I don't understand how anyone can even consider this a sport. This is just horrible people having fun beating an animal to death! Talk about inhumane. Animals feel for their babies just like we do. If you have children, you can surly relate to what kind of horror this would be for that mother seal. They cry as their children are being beaten to death right in front of their eyes.

Do you really love animals? Or do you just close your eyes as to what is happening and not think about it? If you don't do something, it's just as bad as if you are doing it yourself, your letting it happen. You can do even little things. Everything helps, and all the little things add up to something bigger. That's how we get results. *One person can make a Difference!*

What you can do, you need to know that every fur coat, lining, or piece of trim represents the intense suffering of animals, whether they were trapped, ranched, or even unborn. **This cruelty will end only when the public refuses to buy or wear fur, leather, wool, etc....**

Do not shop stores that sell fur, and let the store's owners know why you won't buy from their stores. Write letters to the editors of fashion magazines that splash fur-clad models all over their pages and explain how wearing fur supports a cruel industry and why faux fur is a much more compassionate option. Just telling people about the information you have learned or showing or sending them a video or an article...Every little bit helps! Just YOU not buying fur helps...signing petitions at sites such as **www.petitionsite.com** helps.

Post information through your groups, my-space, e-mails, etc... Just get the word out there. Talk to people! Believe me most people do not realize. People I talk to cannot believe what I tell them. They never knew. A lot of people were just raised thinking it was ok and never really thought about it. But it's NOT ok!

We have so many options of materials and fibers that can keep you warmer than the thickest furs in the coldest of climates. So, why would you wear fur??? Why torture the animals needlessly???

Even if we NEEDED furs to keep us warm, which we DON'T. Why does it have to be done in the

cruelest ways possible? Watching some of the video's you can tell some of them enjoy hurting the animals, they are laughing while they are doing it. It's unbelievable. I never realized how awful some humans actions can be. But, would it really hurt the fur industry to pay a little extra expense to gas the animals with a non-choking gas, instead of beating, clubbing, electrocution, cutting and bleeding out or skinning alive of these animals?

I do NOT believe personally as you can tell; That we should wear fur. I believe that god gave fur to the animals- it is NOT ours to take. I believe animals are not ours to use in any way! I don't care what it is, or what the reason. Please visit:

www.furisdead.com

www.peta.com

www.stopthesealhunt.org

for more details on how you can help.

Watch the video in my group

www.AngelsForTheAnimals.com on Chinese fur farms, or any of the videos on the sites listed above. If you have a heart you will never wear fur again after viewing any of the videos. If you can even bear watch them all the way through. Help make this world a better place...stop buying fur. That means leather and wool too! Even personal care products....buy products that are not tested on animals! It will say it on the label.

Lynn

www.AngelsForTheAnimals.com

References: **furisdead.com** / **peta.com**



Spring Issue Topic: Animal Testing For Products.

www.lifedynamix.com/community/Lynne



No one in the world needs a mink coat but a mink.

~Murray Banks

Cruelty is one fashion statement we can all do without.

~Rue McClanahan

When it comes to fashion... Attitude is the most important thing to wear!

~Steven Ferrel

As long as humans continue to be the ruthless destroyer of other beings, we will never know health or peace.

For as long as people massacre animals, they will kill each other. Indeed, those who sow the seed of murder and pain will never reap joy or love.

~Pythagoras

I am in favor of animal rights as well as human rights. That is the way of a whole human being.

~Abraham Lincoln

If a man aspires towards a righteous life, his first act of abstinence is from injury to animals.

~Albert Einstein

NON TOXIC STYLE

Is Your Skin Safe?

What you put on your skin can go into your body and affect your health! Your skin is your body's biggest organ! Everyday we use products that we think are safe; but the truth is that products are NOT

always safe- and manufacturers do not have to tell us so. Even if the label says All Natural or Organic...Still check the ingredients. Just because the label says so does not always mean it is true!

Think about this, how many personal care products did you use this morning? Soap, deodorant, shampoo, conditioner, toothpaste, shaving cream, after shave lotion, body lotion, moisturizer, lip balm, sunscreen. People apply an average of 126 ingredients on their skin daily. It gets absorbed through the skin or it can also go down the drain to create an impact on wildlife, rivers and streams. Accumulated toxins in people is what is contributing to our increased sensitivities, illnesses, cancers, etc. We have to ask ourselves as we are applying ingredients onto our body that are toxic, what is it doing to our health, our children, our future generations? After I read this ingredient list below, I threw out just about everything in my bathroom. And I am replacing with new toxin free products. If you don't know what something is- don't put it on your skin! Check it out first; please do not



always believe the pretty label. Below is a list of dangerous chemicals to remove from your Cabinets. Small amounts used repeatedly add up to large amounts. This can be toxic to your body. Many health Experts Recommend

avoiding these ingredients.

Mineral Oil: Oh yes! We all love baby oil don't we? Petroleum by-product that coats the skin like a plastic wrap, clogging the pores. This is horrible for you! Interferes with the skins ability to eliminate toxins, promotes acne and other disorders. Slows down skin function and cell development! And we use this on our babies...think again!

Propylene Glycol(PG) & Butylenes Glycol: This is found in Anti-freeze. Acts as a surfactant. Strong enough to remove barnacles from boats! The EPA warns against contact to prevent brain liver and kidney abnormalities. But there isn't even a warning label on our products...such as stick deodorants.

Sodium Lauryl Sulfate(SLS) & Sodium Laureth Sulfate(SLES) Used in garage floor cleaners and engine degreasers, this is in 90% of personal-care products that foam! This is Scary! Do you really want to put this on your skin?

Fragrances: Can contain up to 4000 ingredients(including animal urine). Who would have ever thought there would be animal urine in our perfume?

But that is nothing compared to the other 4,000 ingredients. Fragrances affect the nervous system, causing depression, hyper-activity, irritability, inability to cope and other behavioral changes. Sounds a lot like our world today to me.

DEA (diethanolamine), MEA (Monoethanolamine) & TEA (triethanolamine):

These are hormone disrupting chemicals that can form cancer causing nitrites.. Found in shampoos, shaving creams, and bubble baths. bubble baths! Think about our children, they spend a lot of time in the bathtub. And yes these are in our children's bubble bath too!

Sodium Hydroxide: Poison! This is found in drain cleaners and in some children and adult toothpaste! Drain cleaner in our mouth?

Triclosan: This is a Synthetic antibacterial, with a chemical structure similar to Agent Orange! The EPA registers it as a pesticide. Giving it high risk to human health and the environment. It can change genetic material, decrease fertility & sexual function. It can accumulate to toxic level, damaging the kidneys, lungs, liver, brain, and heart problems. This is used in anti-bacterial cleansers, toothpastes and household products. This could have a horrible effect on future generations.

DMDM & Urea(Imidazolidinyl)

Preservative's that often release formaldehyde which cause allergies, depression, skin reactions, joint pain, headaches, chest pains, ear infections, fatigue, dizziness...triggers heart palpitations or asthma. Other side effects include weakening the immune system and cancer.

Polyethylene Glycol(PEG): Used in



spray oven cleaners to dissolve oil and grease. Increases the appearance of aging.

Liutane or Propane Found in aerosol products. May be narcotic and cause Asphyxiation.

Alcohol, Isopropyl (SD40): Made from a petroleum derivative found in shellac and antifreeze as well as our personal car products! Promotes brown spots and premature aging. Strips the skin of moisture and immune barrier, making you vulnerable to bacteria and viruses. Fatal ingested dose is one ounce or less.

FD&C Color Pigments: synthetic colors from coal tar. This deposits toxins onto the skin, causing irritation. Absorption of certain colors can cause depletion of oxygen in the body and death.

Methyl, Propyl, Butyl and Ethyl Paraben Found in a variety of deodorants, skin and hair products, parabens extend the shelf life of products by inhibiting microbial growth. Reactions can include skin rashes, the estrogenic qualities of parabens have scientists concerned about implications for endocrine disorders including hormonal imbalance. Parabens also have been found in human breast tissue. The Environmental Working Group has researched personal care

product safety for over 5 years now. The EWG has compiled an electronic database of ingredient labels for 29,000 name brand products and cross-linked it with 50 toxicity or regulatory databases. To protect yourself, go online to www.ewg.org to learn more.

Go online to www.safecosmetics.org to see the signers of the Compact for Safe Cosmetics and then make smart purchase decisions. Visit : www.cosmeticsdatabase.com to view their safety guide to cosmetics and personal care products. There are clean and green products out there that are safe for you and your families. You just have to do your homework and read the labels and check your products out. When you think about it - it all is making sense. Why are we all so sick with new and different diseases? It didn't use to be like this. Look at our kids, the doctors are putting them on medications for everything. Our personal products even our food...Labels need to be checked. We need to make a change for our future generations,

our babies. Do not buy products with these ingredients. They are making us sick! It might be a little inconvenient at first finding the right products, but they are out there and together we can make this world a better place while hopefully getting rid of these ingredients in our personal products. The more people start buying toxin free products, the more the companies will follow and produce toxic free products!

Lynne
www.NonToxicStyle.com



www.lifedynamix.com/community/Lynne



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"This is the moment when we must come together to save this planet. Let us resolve that we will not leave our children a world where the oceans rise and famine spreads and terrible storms devastate our lands."

United States President Barack Obama

The Stimulus Package And A Green Economy

Thanks to all Green Americans who took our action, asking Washington to keep the stimulus package green.



We not only celebrate President Obama's signing of a bill that represents a significant down payment on America's green future. We also celebrate the **ideas and actions of Green Americans everywhere**, who over the past decades were the innovators, early adopters, and educators for the green ideas that now represent the way Forward for our country.

Every time you took an action for a greener future or passed along information to family and friends, you participated in the **shift of ideas and values that led to today** – where the whole nation is turning to the green economy for the future of the country.

Without solar energy's early adopters, there wouldn't be a solar industry ready for a government stimulus. Without commuters opting for mass transit over gas guzzlers, the logic of stimulating the light-rail industry wouldn't make sense. And without people taking simple steps to make their homes more energy efficient -- showing how much energy can be saved in homes everywhere -- the government wouldn't get it that putting people to work weatherizing homes is a win-win-win for jobs, energy security and the environment. Today, we have a lot to be proud of – and we can be hopeful for a more just and sustainable future.

Below, we call out five of the greenest parts of this package, and point you toward Green America resources that can help you take a similar step in your own life:

1) \$9.5 billion for energy efficiency – Called "weatherization" in the language of the stimulus bill, energy-efficiency improvements are always the first step toward greener energy use. The stimulus provides funding for both efficiency upgrades in existing federal buildings, and a Weatherization Assistance Program that puts Americans to work improving the energy efficiency for 2 million homes. [Learn how to cut your energy bill in half with Green America's "Energy First" magazine](http://www.greenamericatoday.org/pubs/caq/Summer2008EfficiencyFirst.cfm)

2) \$6 billion in loan guarantees for solar and wind projects – Dirty and dangerous forms of energy like coal, oil and gas, and nuclear power have taken advantage of government loan guarantees for years. Now, solar and wind can get a significant boost, and a somewhat more level playing field. Our allies at the Solar Energy Industries Association estimate that the stimulus will create 67,000 jobs in the solar industry just this year alone. [Read our collection of articles on going solar at home](http://www.greenamericatoday.org/programs/climate/cleanenergy/2009SolarResources.cfm)

3) \$11 billion to modernize the electric grid – In our meeting with the Obama Transition Team, Green America emphasized the need to modernize our electricity grid. A new "smart grid" infrastructure allows customers to put energy on the grid as well as take it off, improves long-distance transmission capacity, and enables a massive deployment of solar, efficiency and plug-ins. [Green America called for a smart-grid earlier this year in our Real Green article, "7 Solutions from the Green Economy"](http://www.greenamericatoday.org/pubs/realmoney/articles/7fixes.cfm)

4) \$17.5 billion for investing in public transportation (including Amtrak and high-speed rail) – This represents a significant win for greener transportation in a bill that ended up also providing tax credits to ALL car buyers (without tying those credits to greener technologies, like plug-in hybrids). Car buyers will get the credit no matter which type of car they purchase. Credits for truly green cars are more modest: 10-percent tax credits for drivers who convert an existing car to a plug-in now, and a future subsidy for plug-in car buyers that will start in 2010. [Learn about the greenest fuel choices from our comparative automobile chart](http://www.greenamericatoday.org/pubs/caq/articles/Summer2007Fuels.cfm)

5) \$50 billion in nuclear energy loan guarantees OUT of the bill. – Senate attempts to include loan guarantees for unsafe, risky nuclear power in the stimulus bill failed. Thanks to the public outcry of which we were a part, this dubious provision was removed from the final bill. However, there is still \$3.4 billion remaining for fossil energy research and development, so we still have our work cut out for us in opposing dirty energy. [Read our 10 Strikes against nuclear power](http://www.greenamericatoday.org/about/newsroom/editorials/tenstrikes.cfm)

Thanks so much to all of our Green America members who have been leaders in the renewable energy revolution – powering your homes with renewables, pursuing energy efficiency, speaking out about dirty energy, and much more. Our time is now. It's such an exciting time for Green America,

Alisa Gravitz
Executive Director
Green America



COMMUNITY NEWS

This section features the latest news from the Life Dynamix Wellness Community at

www.lifedynamix.com/community

Make a Joyful Noise Searching For A Spiritual Path In A Material World, author Chariss K. Walker, was just named "Most Inspirational/Motivational Book of the Year" in the 2009 Mom's Choice Awards (MCA). MCA is known for establishing the benchmark of excellence in family-friendly media, products and services. This prestigious honor for Make a Joyful Noise designates a gold seal on the book cover.



Chariss K. Walker

www.lifedynamix.com/community/Chariss/

Popular Community Video

This is a delightful short film that shares the magic of a smile.



Click Here To View

Talk about amazing video...watch these wild blue birds fly up to Syrno and take a cracker from his hand!



There are four video clips with 2 different birds.

Each bird has its own style. One swoops straight forward, while the other flies Backwards after she grabs the cracker.

Click Here To View

New Web Sites

Dr. Lauri Moody and Erin Hughes launched their new web sites. Lauri's naturopathic site is called **Fountain-of-health.org**



Lauri Moody N.D.



Erin's wellness spa site is called **Ecospawhistler.com** Congratulations!

Erin Hughes

Featured Group

A Beautiful Day

Category: Inspirational

Creator: Syrno

Members: 25 (at the time of publication)

This is a group where you can give more than you take, to help this world be a better place. A place of Light, Love, Laughter and Friends, where beauty can breathe freely beyond the realm of the written.



www.lifedynamix.com/community/groups/view/id_80/title_a-beautiful-day

We Are All GOOD ENOUGH ...And So Much More!

By Erica and Dwaine

We are all GOOD ENOUGH ...and so much more! As people are beginning to awaken to the new energies of the coming age, many are asking, "where do I begin?" The answer does not lie in recycling, global warming or demanding democracy across the planet. It lies within; we must start with ourselves. In the past, we were inundated with a lot of programming which told us we weren't good enough. This hindered the way many people created their lives. Deprived of the knowledge we could create ANYTHING we desired, we often wound up embracing fear, lack and settling for less.



As we progress towards 2012 and the Golden Age, the universe asks us to develop a strong self-image and start turning that old way of being around. We need to embrace the new energy and focus on one fact - we ARE good enough. Doing so will allow us the opportunity to start feeling good enough. It is when we feel good enough we open the doors to unlimited creativity, which allows us to manifest the world we truly desire to live in. The starting point for all of us is in learning where our power is. Where IS your power? Your true power lies in the act of getting quiet and being still. This action does NOT require a large

amount of work. It does not require twenty years of yoga meditation, nor the recitation of a million invocations or activations. We simply need to find a quiet place and be still within. In this manner, we are able to find the essence of joy, peace, love, and life. There are two voices within us: the fearful, scared voice and the happy, joyous, excited voice. One voice drains our energy and the other lifts us up.

We all know the difference between the two. We have all been exposed to people with these different types of energy and we understand how each impacts us. Our job is to recognize the

awareness and be cognizant at that time of our opportunity to choose. We can see it in that moment, in that second and make a choice to shift. We do not need to be in the limitations and density of 3D. We can raise ourselves and fly. Imagination is such an important part of being human. Being able to imagine light and step into it emotionally is a key component to making this shift occur within. We possess UNLIMITED potential in our imagination. By stepping into any given experience we can choose to guide our imagination in that moment. What we think, feel and see is the essence of what we become. Our



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vibration is what attracts circumstances and events into our lives. Maintaining that vibration at an optimum level will help us bring about the change we wish to experience. Each and every one of you knows that feeling inside, that feeling of being connected to something grander. As you allow yourselves to be just that, be your passion, listen to the subtle voice inside and feel yourself shifting and changing. See the image of yourself radiating with light and love and step into it. Allow yourself to practice that aspect on a daily basis, as that is who you really are. You are this creative spirit. You are this creative being. Be the living expression of the spark within you. Let your love flow. Dance like there is nobody watching, sing like there is no one listening, love like you'll never get hurt and live like there is heaven on Earth, because it IS here. We are here in a time when a great wave has come; we are the beginning of a Renaissance. All our powers are here and waiting for us to use them. Now is the time to shift how ,

we think how we believe, and what we value. We live in a miraculous world. Let the miracles flow from you. You can turn it inside out. Enlightenment only takes a second and you are never the same again. You have changed and you step out into the world, different. We all are worthy enough. We are all GOOD ENOUGH. We have always been. Sending Love and Light,

Erica and Dwaine



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P.S. Thank you Joanne Smith for adding your sparkling touches during editing. You are a true angel in our lives!



*Busy Lives Can Make it Easy
To Forget Many Things.
Whatever You Do Please...*

Don't Forget To Live!

